



# CAULFIELD CONTACT

A monthly publication produced by Caulfield Council for the residents of this City.



Vol. 9 No. 8  
Tuesday, August 30, 1983

## A Century of Living



Residents of the Council Hostel Camden Court recently celebrated with Mrs Slocombe her 100th birthday.

When asked the secret of her longevity, Mrs Slocombe said that she lives for today and tries not to think about tomorrow's problems.

Pictured above with Mrs Slocombe is Mr Norm Tranter, Supervisor of the Camden Court Hostel, sharing a glass of celebration champagne.

## Operation Olympus

In an attempt to minimise rough play in junior sport the Victorian police are awarding trophies to players who display the most self control and discipline.

Trophies are made available to junior sporting clubs (under 16 years) through police stations. The Caulfield Police Station at 291 Hawthorn Road, is involved in Operation

Olympus for the Caulfield area.

Only physically active sporting bodies can participate in the award. This will include football, soccer, cricket etc. and the award is presented to the player who has displayed personal and team discipline both on and off the field. The player need not display a high degree of skills but must exhibit considerable self

control, sportsmanship and discipline in a sporting activity.

Selection of the recipient of each award will be left to the decision of the club, league or sporting body concerned.

C.I.G. is a major sponsor of the project and will be involved as much as possible at the local level.

For further details telephone the Caulfield Police Station on 528 6688.

## Inspection of Voters' Lists

**Is your name listed on the voters' rolls? If so, is your name spelt correctly and are you listed for the correct address?**

To ensure that this is so, copies of the voters' lists (i.e. the draft voters' rolls) will be available for inspection from the 19th-26th September at the City Hall and at the following locations.

**North Ward**  
Caulfield Junction Post Office,  
134 Hawthorn Road,  
North Caulfield.

**South Ward**  
Caulfield Library  
Maple Street,  
South Caulfield.

**East Ward**  
Murrumbeena Post Office,  
457 Neerim Road,  
Murrumbeena.  
Carnegie Post Office,  
319A Neerim Road,  
Carnegie.

**West Ward**  
Elsternwick Post Office,  
Cnr. Glenhuntly Road  
and Riddell Parade,  
Elsternwick.

**Please avail yourself of this opportunity to inspect the voters' lists. It is in your own best interests.**

**Forms of claims and objections may be obtained from the City Offices.**

## A date for your diary

**On Sunday, October 23 the 3rd Ordnance Services Unit, Royal Australian Army Ordnance Corps, will exercise their right and privilege to the freedom of entry to the City of Caulfield. — More details next Contact.**

## Committee for Disabled

The future of the Advisory Committee for Persons with Disabilities is in doubt after poor attendance by Committee members at the last meeting.

Treasurer, Hamish Campbell, has resigned his position and Wayne Nevinson has been nominated as representative to the Caulfield Community Service Committee.

Members of the Committee are urged to attend a meeting on September 12 at the Recreation Hall, Caulfield Hospital, Kooyong Road at 8 p.m.

# The High Cost of Vandalism

**Vandalism in Caulfield costs the City approximately \$50,000 each year and this is a conservative estimate.**

The costs of this vandalism are borne by the ratepayers of the City in the payment of their rates each April.

Areas most often affected by vandalism are parks and pavilions, toilet blocks and bus shelters.

In parks and pavilions the Council often comes across pavilion and toilet walls defaced with graffiti, lights smashed, play equipment, seats and water fountains damaged, trees broken or uprooted and finds vehicles have been driven onto garden and playing areas damaging the surface.

Toilet blocks throughout the city are often defaced with graffiti and damage is done to cisterns, taps and paper holders.

Bus shelters are most often vandalised by graffiti and have damage done to seats and panels.

Vandalism is a continuing problem to the Council. Efforts are be-

ing made to reduce the costs of this damage by co-operating with the police in the apprehension and prosecution of offenders.

Another way to minimise this senseless destruction is to use design features which are hard to damage.

The Council is incorporating unbreakable plastic sheeting instead of glass in places like bus shelters; is using exposed aggregate building

panels which tend to minimise the effect of graffiti, is using protective coatings which allow easy removal of graffiti, is improving area lighting in parks and is using protective screens and grills.

Vandalism serves no purpose and is a costly act. If you see anyone vandalising property, whether Council or private, please report the matter to the Police immediately.

Smashing a window may seem like a minor offence to you but it adds up as part of your rates.



## Glass Recycling Survey

**How much glass do you use? How much of it could be recycled? Australian Consolidated Industries (A.C.I.) have approached the Council seeking support for a survey of Caulfield residents that will give them the answers to these and other questions related to the recycling of glass.**

The Council has agreed to the survey which will also incorporate an evaluation of the existing glass recycling program already conducted throughout the City.

The survey will take the form of telephone interviews with householders in the Caulfield area and will be based on numbers selected at random. It will be conducted during September

and it would be appreciated if residents could spend the small amount of time necessary to answer the questions.

This is the first time such a study has been done in Victoria. Your answers will assist both the Council and A.C.I. gain valuable information. You can help ensure that the recycling of glass in Caulfield remains a successful program and assist in the conservation of valuable resources.

### CAULFIELD TOWN HALL

Cnr. Glen Eira & Hawthorn Rds.,  
Telephone: 524 3333

Opening Hours:  
Monday, Wednesday to Friday — 8.30 a.m.-5 p.m.  
Tuesday — 8.30 a.m.-8 p.m.

Postal Address: P.O. Box 42, South Caulfield, 3162.

# Inside — Term Three Programs

## Contact Letters

### Thank-you from Scouts Madam,

On Ash Wednesday, the Caulfield District Scout Association had its camp site at Upper Beaconsfield, known as Dallas Brooks Park, completely destroyed. Recently, good for-

tune came their way. At a working bee at the camp site, a representative from radio station 3AW presented the Assistant District Commissioner, Jim Sneddon, with a cheque to cover the cost of replacing the fencing and restoration of the bridge. These two items were not insured. The district wish to

thank radio station 3AW and the people of Victoria, for this generous donation from the rural section of the Bush Fire Appeal Fund.

### Jim Sneddon Assistant District Commissioner, Camp Warden.

### ... and from Opportunity Shop Madam,

On behalf of Mrs Verena Fox and staff of the Caulfield Voluntary Workers Shop, I would like to thank Caulfield residents and the Caulfield Council for their help in collection of goods.

To June 1983, our 26th year of operation, we have raised \$361,450.

This year's donations totalled \$24,201 and have helped the Municipal Welfare

Fund, the Bush Fire Appeal, the Emergency Relief Fund and the Royal Southern Memorial Hospital. Other hospital auxiliaries working in Caulfield have also received donations.

Some of the 22 voluntary staff have been with us since the early days and look forward to the possibility of working towards Caulfield having a nursing home for its own aged people. Many of our elderly folk are afraid to say they are not so well because of the almost impossible

hope of getting a bed in a geriatric hospital.

We have funds set aside for this purpose and would like to see our not so well citizens looked after.

The Carnegie Opportunity Shop also receives goods through the Council's salvage collection service and the money raised there goes towards Caulfield projects too.

### Gladys Machin, Organiser, Caulfield Voluntary Workers Shop, Caulfield.

### Invitation from M.P.

general to contact me with any views or ideas they may have.

I believe that input from the community on Federal issues is vitally important and particularly now in the reassessment of Liberal policy.

I would welcome hearing from anyone with policy suggestions and in particular in the two

areas for which I am responsible, namely Small Business and Tourism.

### Roger Shipton, Member for Higgins and Shadow Minister for Tourism and Small Business

### MADAM,

The Federal Liberal Party is currently re-assessing and reviewing policy. I would like to invite constituents and the community in

## LOCAL RESIDENT HONoured

Frank Dalby Davison, author of "Man Shy", "Dusty" and other well loved Australian novels, will be honoured next month by the school that gave him his last six years of formal education.

Caulfield Primary School, where Davison attended from 1900-1905, has named its library in commemoration of the author and will celebrate the opening on Sunday, September 11, at 2.00 p.m.

Born in 1893, young Davison used to walk a mile to the school from his family's Gardenvale home. In a 1960 interview he recalled this suburban area of Melbourne as "a place of wide paddocks, Chinese market gardens, old orchards, extensive heath country with plenty of rabbits, plantations of pines and the beach a lit-

tle more than a mile off."

He was twelve when he left the school, having decided that he had had enough education and wanted a freer life. The city boy went to the bush and spent much of his life there, with interludes as a printer in America, as a British cavalry man (and later Infantry Officer) in the First World War, and as a journalist contributing to the Sydney "Bulletin".

His recognition as a writer came in the depression of the 1930s when, as a failed Real Estate Agent, he looked for a publisher for "Man Shy", which had been serialised in "The Australian", a short lived Sydney monthly published by his father.

Rejected everywhere, Davison paid to have the story printed; he sewed and bound the sheets in covers of wallpaper, and sold it door to door for a

sixpence a copy. That book won the Australian Literature Society's medal for the best novel of the year.

Davison's works include the "Wells of Beersheba" (in which he drew on his cavalry experience to recount a famous exploit of the Australian Light Horse), "Blue Coast Caravan", "Caribbean Interlude", "Children of the Dark People", "White Freedom Lives" and numerous short stories.

He spent the last years of his life on his property, "Folding Hills" at Arthurs Creek, Victoria; his widow, Mrs Marie Davison still lives there.

She and other relatives, including her husband's only surviving sister, Mrs Dorris Lister, of Hamilton, New South Wales, have been invited to the opening of the Frank Dalby Davison Memorial Library. Dr. N. G. Curry, Director General of Education, has agreed to open the library.

## Proposal for "Aged Care Office"

Member for Higgins, Mr Roger Shipton, recently voiced his approval of the Federal Government's proposal for an Office of Aged Care.

"It is a program which receives my full support", said Mr Shipton.

"If the objective can

be achieved to help the aged to remain independent for as long as possible and at the same time provide the most appropriate form of care when it becomes essential, this would be a welcomed improvement to the welfare program.

"The statement by the government, however, that the creation of the Office of Aged Care will end the fragmentation of

policies and funding for the aged is misleading," he said.

"It will not, for example, end the inconsistencies between Federal and State policies, nor the difficulties experienced by various voluntary bodies and the private sector in the provision of aged care."

# Centenary Celebrations for the Railway That Was Never Used

## It is 100 years since work first began on the Rosstown Railway.

William Murray Ross was a man with many dreams. History has made many judgements on him and it seems unlikely that there will ever be agreement as to his contribution to the growth of Victoria and the inner-eastern suburbs in general.

### The Dreamer

He was born in England in 1825 and arrived in Australia in 1852. His greatest dreams and ambitions came together in his plans for the township he called Rosstown. A railway was to run through the middle of his land holdings from Oakleigh to Elsternwick and join up with the Gippsland line.

This line was to service a sugar-beet industry which Ross attempted to establish in the area but the mill he built became a white elephant and the railway was never used.

### The Project

In 1875 the Rosstown Railway Act was passed, by the Victorian Parliament, giving Murray Ross authority to construct the railway line, a distance of approximately five miles.

He was allowed five years to complete the project, but four years and ten months were allowed to elapse before the project was commenced. Work started during the last week in September 1883. This allowed only seven weeks to complete the line and the whole project therefore was very roughly constructed.

The line ran from Elsternwick along Ridgell Parade, Clarence Street, Mars Street, Dover Street, Curawena Road and Oakleigh Road to the sugar-beet mill between Neville and Miller Streets where a siding was built to unload beet-sugar from Maffra.

the residents later changed its name to Carnegie — partly to avoid the connotations of failure associated with the name "Ross". William Murray Ross died a penniless and lonely man in 1904. He was lamented by few and almost forgotten by most.

### The Centenary

The Rosstown Railway Project is an important part of Caulfield's early history. A commemorative plaque is to be installed in the Marara Road gardens and unveiled at 2.30 p.m. Sunday, September 18.

This small celebration of the centenary year of the Rosstown Railway has been organised by the Mayor and Councillors of the City of Caulfield in conjunction with the Caulfield Historical Society. Residents and all other interested groups are welcome to attend.

### The Collapse

It was completed on November 1, 1883, only a few hours before the contract expired. The line was so badly constructed it was considered to be a danger to the public and had to be relaid before trains were allowed to use it. As far as can be ascertained, only two or three trains ever used the tracks.

The railway line and the sugar mills were eventually demolished and the railway cutting along Curawena Road was filled in and gardens planted. The township eventually developed but

## Caulfield's Own Collection on Display



Above, at a recent showing of the latest acquisitions former State Artist, Harold Freedman, speaks with Mrs Haines, an executor of the estate of Norma Bull.

Caulfield's permanent art collection will be on exhibition Thursday September 22 (Showday) through to Saturday September 24 at the Caulfield Arts Centre, 441 Inkerman Road.

It is quite some time since Caulfield's art treasures were on display. But residents will now have the opportunity of viewing the City's latest acquisitions (includes Boyd pieces) along with those purchased over the last nine years.

order to vary the collection and funds raised in this way are then available for the purchase of additional pieces.

The latest works to be added to the collection are six paintings donated from the deceased estate of artist Norma Bull.

Miss Bull though not so well known in Australia, spent much of her time in Europe and became quite close to members of the British Royal family who purchased several of her paintings.

### School Groups

Special arrangements can be made for school groups to visit the exhibition by contacting Martin King at the Arts Centre on 524 3277.

Opening hours: Thursday (Showday) and Friday 11 a.m.-9 p.m., Saturday 11 a.m.-5 p.m.

## Wordworks

Wordworks is a news-magazine produced by Employ. It professes to be "about people and employment".

The first issue is available for free but a subscription for \$10 (\$6 jobless people) for 12 issues, will apply for future editions.

Wordworks lists its aims as providing "a forum for a discussion and the exchange of ideas, particularly concerning traditional work values and alternative work structures" and to "present positive approaches to employment and, in doing so, encourage the elimination of discrimination and prejudice in all areas of society."

Open forum is encouraged and people can write letters to the Editor in response to issues discussed in the paper, or can submit articles and ideas.

Wordworks is not aimed specifically at the unemployed but for anyone interested in employment.

"You don't have to be without a job for employment to be of

major interest" says the Editor.

Each issue of Wordworks will concentrate on a specific theme concerned with employment. The first issue takes job creation and discusses this in a variety of articles from the Melbourne City Council's Job Creation Scheme to Access Theatre.

In another article volunteering is promoted as a way jobless people can use their free time constructively to learn new skills or to make use of existing skills.

Wordworks also lists other useful information for anyone interested in resources and services offered in the employment area. Wordworks obviously fills a gap in the employment area and is a good reference and ideas magazine for people.

However, it will be interesting to see how Wordworks appeals to the 16-21 year old person who is unemployed or unhappy in their job.

Wordworks is written by well educated people, and that may stop the people who need it most from reading it.

## "In Retrospect"

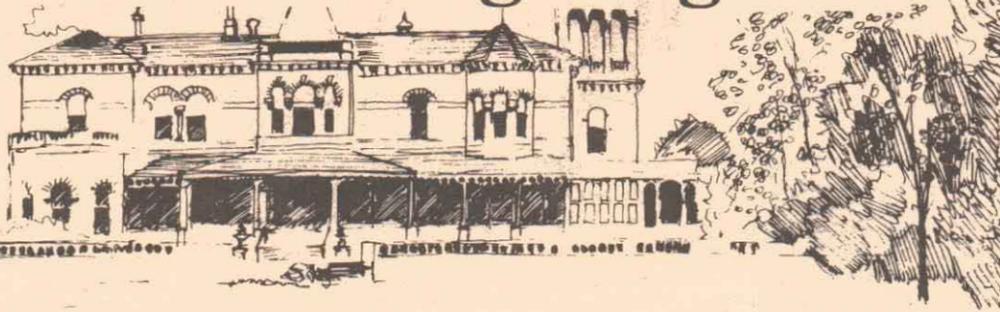
From time to time quite interesting snippets of information turn up as old Council records come to the surface.

Council's Senior Records Officer, Bernie Carroll, is currently sorting through the various archives he is uncovering all around the City Hall and often comes across newspaper clippings.

This little notice appeared in "Notes from the Council Tables" in the Times on 17th November, 1891.

"The Elsternwick Brass Band made a modest request to the Council for a donation. They just wanted uniforms and torches and music etc. But when they asked for a big drum, Councillors commenced to get fidgety and began to wonder what the end would be. Some of them expected the modest letter would wind up with a request for a buggy and pair, a nice young lady and a five pound note per man."

# Ripponlea — Still Fighting For Survival



Ripponlea is Australia's last great suburban property to remain basically intact from the Victorian era. But it hasn't been without a struggle.

Sir Frederick Thomas Sargood created this magnificent property and named it after his mother Emma nee Rippon.

## INROADS

On the death of Sir Frederick in 1903 the property was bought by Sir Thomas Bent, the notorious land speculator, who did not live there but sold 35 "splendid" building allotments from the southern side.

This was the first foray into the Ripponlea gardens which had grown to 43 acres by the turn of the century. They were tended by 28 gardeners who were responsible for 24 conservatories, a great complex of orchards, ferneries and gardens, a croquet lawn, archery house and range, an aviary, stock paddocks and stables with six carriage houses. There

was a complex system of drainage and irrigation, an ornamental lake fed by a natural spring and a lookout tower that gave splendid views of Melbourne and Port Phillip Bay.

## A REPRIEVE

It was fortunate that, following the death of Bent, the property was bought in 1911 by Benjamin Nathan. During his ownership the house became a family home again and many improvements were made.

His daughter, Mrs Louisa Jones, inherited Ripponlea and lived there until her death in 1972. She shared her father's great love for the gardens and maintained them much as

they were last century.

In the 1930s a swimming pool and new ball room were constructed and the Belgian tiled roof was replaced. Over the years much of the interior was re-decorated but many of the early features remain.

## MORE SUBDIVISION

But slowly the size of the estate was reduced as outer areas and paddocks were subdivided. In the late 1940s the area that is now Gordon Street was sold, paddocks to the east and west were sold and in 1954 the ABC purchased nearly two acres from the southern tip of the property for the new T.V. studios.

Mrs Jones fully supported her father's desire to preserve the property intact and in 1963 resolved to give it to the National Trust. However, simultaneously, the Government compulsorily acquired 4.2 acres for the ABC and there followed a protracted eight year preservation struggle which culminated in the property passing to the Trust under her Will.

Ultimately, the government transferred the 4.2 acres to the Trust and the M.M.B.W. and the Caulfield Council purchased the Gordon Street paddock to provide facilities for visitors to the property.

## STILL STRUGGLING

But the fight to preserve Ripponlea continues. The National Trust with the Ripponlea Committee of Manage-

ment needs greater financial support if it is to restore the buildings and gardens to their original splendour.

Over \$½ million is required if this project is to continue to provide a testimony to a magnificent past that has all but disappeared with the passage of time.

## AN OPEN DAY

The public therefore, is invited to visit Ripponlea on Sunday, 23rd October, 1983, to see the work that has already been done. Free entry coupons will be printed in next Caulfield Contact.

Further enquiries to Community Liaison section at the Town Hall or to the National Trust of Australia (Victoria), Tasma Terrace, Parliament Place, Melbourne 3002, telephone 654 4711.

## News from Council



## Butchers Prosecuted

Two court cases were heard during June. In the first case the proprietors of a butcher shop were charged with having sausages containing excess preservatives. Both were convicted and fined \$250 each and costs of \$194 were awarded against each defendant.

In the second case, another butcher was fined \$200 plus \$377 costs in respect of the sale of sausages containing an excess of fat and an excess of preservatives.

## Trade Waste in Elsternwick

The Trade Waste service has now been extended into the Elsternwick shopping centre. Commercial premises in the area can now avail themselves of this Council service which provides for the collection of various capacities of waste materials.

At the end of June there were 220, 1.3 litre cubic metre bins and 186, 240 litre bins placed permanently at commercial premises throughout the City.

Contact the Waste Management section at the City Hall for further information.

## Street Closure Accepted in Principle

In order to provide additional parking facilities in the Gardenvale area, the Council has accepted in principle the proposed closure of Begonia Road and an associated car parking scheme.

Preliminary discussions are to be held with residents and initial negotiations undertaken with a view to sharing the costs with adjacent commercial and community facilities.

## Traffic Trials — A Success!

The Trial Traffic Management Scheme in the McCombie Street area is to be adopted and the traffic islands constructed. Application will also be made for the permanent closure of Miller Street immediately west of McCombie Street.

Residents commented that they were pleased with the effects of the trial roadworks but until the traffic control measures are made per-

manent, problems will still occur.

## Murrumbeena Depot

Residents living adjacent to the Council Depot in Neerim Road, Murrumbeena, have requested advice on its future use.

This fenced storage yard is adjacent to the railway reserve and has been used for the storage of bluestone pitchers and other materials.

The increased activity brought about by the sale of the pitchers will no longer occur and long term storage only will continue.

Additional tree planting and repairs are to be undertaken and the Depot should no longer cause problems for the residents of the area.

## Funding Accepted

The State Government, in 1982, called for submissions from municipalities seeking funds to support programs that could be linked to Victoria's 150th Anniversary celebrations.

The Caulfield Council submission was for funds to assist in the development of a shop front library in Elsternwick.

The Chairman of the Melbourne Regional Sesqui-Centennial Committee has indicated that \$10,000 would be allocated to the proposal and the Council has expressed its willingness to accept the grant. It will be used towards the redevelopment of the old Post Office as a shop front library and combined Council facility.

## New Site for Meals-on-Wheels Kitchen

The Council has accepted a proposal to convert the Truganini Road branch library for use as the new production kitchen for the Meals-on-Wheels service.

The service has outgrown the original expectations and both equipment and space has become inadequate for current meal production demands.

Funds have been allocated for the project and a full cook-chill catering system will be introduced.

The relocation is to be at the earliest possible date. The Truganini Road site is adequate for the purpose and will involve only limited external modification.

# Employers Retrenching Staff May be Breaking the Law

Employers retrenching staff need to watch that they do not break the Equal Opportunity Law, according to Victoria's Commissioner for Equal Opportunity, Mrs. Fay Marles.

In a Bulletin released recently, Mrs. Marles says employers planning retrenchments must avoid attitudes such as "a man's career is more important than a woman's", or "married women should go first".

The Bulletin on retrenchment is the latest in the series designed to help people understand the full implications of Equal Opportunity Legislation in Victoria. Others in the series have dealt with such controversial issues as "sexual harassment", "allocation of office chores" and "selection of tenants for rental property".

The Equal Opportunity Commissioner suggests that employers should follow some basic guidelines in retrenching staff if they are to avoid complaints of discrimination by their employee.

## These are:

— Make sure that you do not decide on who is to be retrenched simply because of that person's sex, marital status or any

disability they may have.

- Work out a system for retrenchments, don't just go about it haphazardly, and,
- Explain carefully to your staff the basis for your actions.

Many people retrenched from their jobs have turned to the Equal Opportunity Act for help in sorting out whether their employer's have broken the law.

"The number of complaints from women, for example, who felt that they had been singled out because of their sex or marital status, has more than doubled in the last 12 months," Mrs. Marles said.

The Bulletin recognises there are very real and justifiable reasons for putting staff off in the present climate. However, it stresses that the basis for making retrenchment decisions must not involve discrimination.

The same principles of equal opportunity apply when staff are being considered for a



Above, Social Worker Judy from TV's long running serial Prisoner (alias Betty Bobbit) left, meets the real thing in Caulfield Council's own social workers. Grundy's television production crew have been filming episodes of Prisoner in the Council Chambers. Centre is Kay Rundle with Judy Mills from the Citizens Advice Bureau.

retraining scheme or job creation program.

Care must be taken to avoid rejecting people because of their sex, marital status or a disability. One of the principles of the Equal Opportunity is that most jobs can be done equally well by either sex.

If you feel that you have been discriminated against on the basis of sex, marital status, race or religion, contact the Equal Opportunity Office on 602 3222.

## CAULFIELD CITIZENS ADVICE BUREAU A.G.M.

Notice is given that the 13th Annual General meeting of the Caulfield Citizens Advice Bureau will be held in the Mayoress' room (entry via Glen Eira Road) on Wednesday, September 28 at 8 p.m.

Special business will be to amend the Constitution. Proposed amendments will be circulated and available from the C.A.B. office prior to the meeting after September 7.

Resource and Research officer, Salvation Army Captain, Colin Berris, will be the guest speaker and will talk on Social Welfare and the Salvation Army in 1983.

Nominations for members of the Committee of Management are to be made in writing and should be delivered to the Secretary 24 hours prior to the meeting. Nomination forms may be obtained from the C.B.A. office, 259 Hawthorn Rd., Telephone 524 3200.

## Council and Committee Meeting Dates

- SEPTEMBER 5 — Executive Services Committee
- SEPTEMBER 6 — Environment and Community Development Committee
- SEPTEMBER 13 — Policy and Resources Committee
- SEPTEMBER 20 — Council

## FUSION

Every Friday night Fusion is open for teenagers and young people. The Friday Night Drop-in includes a wide range of activities such as billiards, video games and table tennis, as well as being a place to meet, or sit and enjoy a cup of

coffee. There is no admission charge and the doors open at 7.30 p.m. Enquiries can be directed to Wells O'Neil or Ken Ferdinands at Fusion, 101 Murrumbeena Rd. or telephone 568 2427 during office hours.



## "How Did It Get There?"

"I didn't do it!" is Mr Ted Emery's reply when asked about the missing front end of this car.

The car, which is located in a specially located activities area of Caulfield Hospital, was donated by Hudson's Toyota of Caulfield.

The hospital's engineers actually removed the front end of the car. The next step, according to the Chief

Engineer, Ian Thompson, was "tearing down a wall so that the modified car would fit in this area between the two wards."

The car is used regularly by patients to practice transferring into a vehicle. Patients also learn how to get their wheelchairs in and out of the boot of the car.

The activities area also boasts a tram step and bus step both of which physiotherapist, Jenny Patrick explains "are a lot higher than normal steps." Different surfaces, rocks, sand and pebbles are used so that patients can gain more confidence and experience in walking.

The brightly painted green car however remains the attention grabber. Now you know how it got there.

## Working in Glass

Many Caulfield residents have probably seen the work of Adrian Gemelli without realising it.

Adrian is a Caulfield Artist who works in glass, mirrors, mosaic, resins and plastics, photography and various stones and metals to create three dimensional artworks and wall murals and he is the creator of the mirror mosaic wall in the City of Caulfield's Recreation Centre in Maple Street.

The mural in the Recreation Centre took Adrian two months in 1980 to complete. A recent work called "The Wall" at the Glendonald School for the Deaf, in Kew, took a total of nine months. It measures 40 ft. by 17½ ft. and was featured recently in "Craft Victoria".

Adrian is currently working on a Community Arts Project at the Knoxbrook Activity and Therapy Centre in Fern-tree Gully.

"There is community involvement across the board. I am working in

conjunction with landscape artists and I am trying to integrate the community into the project," said Adrian.

The project includes making large earthworks for the park with pools, native shrubs etc. combined with Adrian's modern technological approach to his medium.

### POTENTIAL

All of Adrian's works feature glass in one form or another. "The average person doesn't think of the potential glass offers, it is a very common medium," said Adrian.

"But", he says, "any medium can be used for artwork with the right skill and money."

"People have to get used to glass as an art medium". Adrian regards himself as having a very 20th century approach to glass. "So much can be done with glass, mirrors, stones and metals," says Adrian. "For example, in architecture there is tremendous potential.

Artists need to work more in conjunction with the architect in producing glass buildings.

"Glass is a relatively cheap material compared to brick but needs to be more aesthetically used".

### INTERACTION

Adrian stressed the need for artists to interact with other people in getting their medium accepted. "Technology and aesthetics need to be combined, especially with community projects, otherwise art is going to remain isolated.

"Art is not often looked at as part of the environment but rather as an addition to the environment," said Adrian.

"One way this could be developed is to encourage older people not to taper off the skills they learn throughout their lives, but to hang on to them and teach younger people those same skills.

"Art is dynamic and it can be a lot of fun", says Adrian, "but the environment and the community is also very important in creating art".

Below, Adrian Gemelli among his work in his house in Gardenvale.



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# Bag Searches - Know your Rights

Having your bag searched in a store can be an embarrassing and frustrating way to finish your shopping trip. Both you and the shop have rights and it is a good idea to know them.

Shoplifting is a growing problem to many stores. More often, signs are displayed telling you you must show the contents of your bag to a store representative if asked to do so.

A shop is private property, not a public place, so if the shopkeeper wants you to leave, for whatever reason, you must go.

You will have accepted the conditions of entering into the store if a notice asking you to display the contents of your shopping bag is properly displayed and can be seen before you enter the store.

Shoppers are given authority to enter the shop for the purposes of inspecting goods and making offers to purchase certain goods if desired.

This licence can be made subject to certain conditions by a store owner, but those conditions must be brought to the shopper's attention in a clear and proper manner (commonly, a notice) before entering the store.

The notice must make clear that the requirements noted form a condition of entry to the store and the conditions must be adequately

drawn to the attention of the shopper.

It does not matter that the shopper has not read, or cannot read, the notice and the form of notice which is sufficient, may vary from shop to shop.

The notice must be brought to the shopper's attention before they enter the store and the condition must be broad enough to cover what the storekeeper seeks to enforce. For example, a notice relating to handbags may not cover purses.

You don't have to show the contents of your bag when asked, but if you say no you can either be asked to leave, the proprietor can refuse to sell you any goods or the police could be called

if the proprietor believes you have committed an offence such as shoplifting.

You are free to leave the store if the proprietor wants to keep you unless the proprietor makes a "citizens arrest".

If a wrongful "citizens arrest", is made, you may be able to sue for damages on the grounds of injury, insult, mental suffering or humiliation and if you are kept in a store against your will, you may be able to sue for assault and/or battery.

If you have any enquiries regarding laws concerning bag searches please contact the Victorian Ministry of Consumer Affairs on 602-4288.

## NEERIM ROAD CLEARWAYS

Following the closure of Watson Grove at Neerim Road in 1982, parking restrictions were installed along Neerim Road between Queens Avenue and Grange Road. These operated during peak periods and were aimed at reducing congestion.

Reports have been received that parking along other sections of Neerim Road east of Grange Road results in traffic congestion and that Clearway parking restrictions may be desirable.

### What is a Clearway?

A Clearway is defined as a length of carriageway along which the standing of vehicles is prohibited during specified times.

The Road Traffic Regulations prescribe a higher penalty for parking offences due to the congestion and potential danger that such an offence would cause. Clearway signs are a major traffic control item and, as such, approval must be received from the Road Traffic Authority before they can be installed.

Guidelines for the provision of Clearways for a two lane road such as Neerim Road indicate that a one way hourly in-flow rate of 800 vehicles

would be the minimum to warrant the installation of these signs.

The following table shows maximum hourly flows along various sections of Neerim Road during morning and evening peaks:

TRAFFIC COUNTS	Morning Peak	Evening Peak
Neerim Rd., West of Murrumbena Rd.	425 vph	600 vph
Neerim Rd., West of Ames Ave.	529 vph	570 vph
Neerim Rd., West of Truganini Rd.	689 vph	643 vph
Neerim Rd., East of Grange Rd.	854 vph	859 vph
Neerim Rd., West of Grange Rd.	814 vph	890 vph

These figures indicate that the traffic flow in Neerim Road decreases considerably east of Grange Road and it would appear unlikely that approval would be received for the installation of Clearway signs.

Traffic volumes between Grange Road and Mimosa Road are high enough, however, to be affected by kerb-side parking during peak times and observations indicate that, the installation of normal

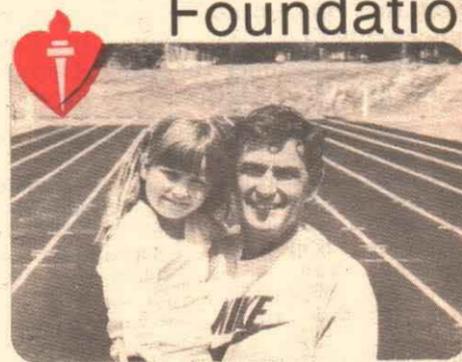
— a solution to peak traffic congestion.

restriction signs, which do not require Road Traffic Authority approval, may be desirable in order to assist in clearing traffic from the Grange Road intersection.

The extension of

restrictions east of Mimosa Road is not considered warranted and would encourage higher speeds along this section of Neerim Road which already has a history of speed related accidents.

## National Heart Foundation



Champion athlete Ron Clarke and little Kiera Robinson can look forward to normal, active lives thanks to heart surgery and the research that made it possible.

### Heart Surgery Gives Life

The National Heart Foundation has played an important part in advances in heart surgery — it needs your help to continue the fight against heart disease.

**1983 HEART APPEAL**  
on Sunday, October 2

### Will You Help?

If you can give 2 hours of your time on October 2, please contact your local Volunteer Area Chairman as soon as possible.

**JACK CAMPBELL 523 9228**

You could help save a life.

## Murrumbena Remembered

Is it true that 40 years ago a group of respected citizens used to go moonlight swimming in a local pool after the Saturday dances at the bowling club? And were there really May Day marches through the local shopping centre?

If you know any similar snippets of local history here is your chance to contribute to a neighbourhood study of Murrumbena. Murrumbena Primary School is planning a school concert for December 9. A feature of the planning is close co-operation with the Caulfield City Council's Artist in the Community, Carolyn Lewens.

Carolyn hopes to work with local people gathering old stories and photos, and taking lots

of new photos to prepare an audio visual presentation of our neighbourhood.

The theme of the concert will be "Murrumbena's a Good Place To Be".

If you would like to improve your photographic skills and contribute to an exciting community project come along to a meeting planned for Thursday, September 15, 8 p.m. at Murrumbena House or contact Dot Marshall on 568 8756 or Carolyn Lewens on 524 3277.

# CAULFIELD LIBRARY SERVICE

## Free Activities

**Caulfield,**  
Maple Street,  
Caulfield South  
Telephone: 528 6301  
**Opening Hours**  
Monday and Thursday 10 a.m.  
to 5.30 p.m.  
Tuesday and Friday — 1.00 p.m.  
to 8.30 p.m.  
Wednesday — CLOSED.  
Saturday — 9.30 a.m. to 12 noon.  
Sunday — 2.00 p.m. to 5.00 p.m.

**Elsternwick,**  
4 Staniland Grove,  
Elsternwick  
Telephone: 523 6682  
**Opening Hours**  
Monday and Thursday — 1.00 p.m.  
to 8.30 p.m.  
Wednesday and Friday — 10.00  
a.m. to 5.30 p.m.  
Tuesday and Sunday — CLOSED.  
Saturday — 9.30 a.m. to 12 noon.

**Carnegie,**  
15 Truganini Road,  
Carnegie  
Telephone: 211 8280  
**Opening Hours**  
Monday and Friday — 10.00 a.m.  
to 5.30 p.m.  
Tuesday and Wednesday — 1.00  
p.m. to 8.30 p.m.  
Thursday and Sunday — CLOSED.  
Saturday — 9.30 a.m. to 12 noon.

### Sharing Stories

**Friday, September 9 —**  
Carnegie 10.30 a.m.  
Join people from Rosstown Court in discovering new treasures and remembering old favourites. Classes from local schools will be invited — parents and pre-school children are also most welcome. Morning tea will be provided. Contact Anne Schaezel for details.

### Football Fun

**Monday, September 12 —**  
Caulfield 4.00-5.00 p.m.  
Sharpen your footy skills with St. Kilda's Trevor Barker. Girls — don't you miss out — show those boys how to play the game! Contact Moira Madden for details.

### Meet the Police

**Tuesday, September 13 —**  
Caulfield 7.00 p.m.-8.00 p.m.  
Police women from the Community Policing Squad at the Caulfield Police Station will speak on the role of the Squad and the work of the police in the City of Caulfield. A must for all residents! Supper will be provided. Contact Lyn Wade for details.\*

### Book Sales

**Sunday, September 18 —**  
Caulfield 2.00 p.m.-5.30 p.m.  
**Saturday, November 19 —**  
Elsternwick 9.30 a.m.-12.30 p.m.

You asked for it! Due to popular demand the Library Service is having another series of book sales. Hardbacks — 20c, paperbacks and magazines — 10c. Contact Margaret Grabau for details (telephone 200 1207 or 524 3337). Elsternwick people have no need to worry if they missed out on the first sale. They will be able to line up for some great bargains.

### Discovery Tours

**Wednesday, September 21 —**  
Carnegie 2.30 p.m.  
**Thursday, September 29 —**  
Carnegie 2.30 p.m.  
Do you get the feeling that behind the Library door there is a wealth of material but that you haven't got the key? Come along and discover just what is available for you in the "Great Library Discovery Tours". They start at 2.30 p.m. and then you will be able to relax with the staff during afternoon tea at 3.00 p.m. Contact Peta Humphreys for further details.



### Guide Week

**October 9 to 15 —**  
Elsternwick.  
Discover the magic of "guiding". There will be displays and activities — Heather Black has the details.

### Parenting

**Thursday, October 20 —**  
Elsternwick 7.00 p.m.-8.00 p.m.  
A panel of experts will discuss children's books and reading. Parents, teachers and anyone working with children would be interested. Supper will be provided. Contact Glenda Benness for details (telephone 524 3339).

### Fire Prevention Week

**Thursday, October 27 —**  
Elsternwick 2.00 p.m.  
Come and hear a fireman from the Metropolitan Fire Brigade speak on fire prevention and protection. You owe it to yourself and your family to attend. Children's groups are invited.

### Meet the Staff

**Monday, October 31 —**  
Caulfield 10.30 a.m.  
Spend time with the staff of the Library and have a chat with them at morning tea time. Contact Lyn Wade for more details.

### Play it Safe

**Sunday, November 6 —**  
Caulfield 2.00 p.m.-5.00 p.m.  
Make sure your bicycle is in good order. Have your bicycle brakes checked by a mechanic coming to the Library to help you. Contact Margaret Grabau for details (telephone 524 3337).

### Pre-school Storey Times

**Suitable for 1-5 year olds.**  
Story times are held fortnightly in the three Libraries. Contact Moira Madden at Caulfield, Judy Lowe at Elsternwick and Joyce Cruchley at Carnegie for all details. A great outing for parents and children.

## ... and something more

### Class Visits

Many of the local schools visit our Libraries and it is always great fun. Teachers, if you haven't brought your class along yet give your local Library a ring and discuss the types of programs that can be provided.

### Do You need a Speaker?

The Library Service will provide speakers for your community group or meeting. Just ask at any of the three Libraries.

### Remember

The Library Service is always looking for groups in the community that they can work with. Margaret Grabau is looking forward to hearing from your group and can be contacted on 524 3337.

### Puffin Club

The monthly meetings of the Puffin Club are held after school at the Caulfield and Elsternwick Libraries. Children from 7-13 years share the excitement of secret codes, competitions, club badges, a club magazine and lots more. For a small joining fee and annual subscription your child can enter this mysterious and exciting world.

### Further Information

Check with your Library for details of other programs and displays which may be of interest to you. The Caulfield Library Service is your community library — come along and talk with the staff — see what is there for you.

City of Caulfield

# Term 3 Program

## ARTS CENTRE ADULT CLASSES

### Arts and Crafts

#### Calligraphy

— "The Art of Beautiful Writing".  
This course will offer a brief history of the development of writing from ancient hieroglyphics through to the use of the western alphabet. Basic elements of lettering, use of the broad pen, calligraphic layout, design and materials will be covered. Students are to bring a pencil and ruler and can bring their own paper if they wish.

**Instructor:** Terry Pepperell  
**Times:** Wed. 7.30 p.m.-9.30 p.m.  
**Cost:** \$45 — 10 sessions (starting materials included — limit 12).

#### Christmas Gift Making

Beautiful ideas for Christmas gift giving — a creative 10 week course covering door wreaths, unique Christmas trees, colourful stockings, bread baskets and ornaments, padded picture frames and boxes, etc. Use all your bits and pieces to make creative handmade gift (bring sewing kit along to the first lesson).

**Instructor:** Elizabeth Haig  
**Times:** Mon. 10.00 a.m.-12 noon  
**Cost:** \$45 — 10 sessions.

#### Creative Fashion

(Beginners to Advanced Students)  
This is a course for people who want to make their own individual clothes under the guidance of a fashion designer. You will learn not only the basic secrets of successful dressmaking but also colour co-ordination and the use of unusual fabrics — resulting in the ability to create your own style. No materials included.  
**Instructor:** Ella Bien-Cybulshi  
**Times:** Thurs. 5.30 p.m.-7.30 p.m.  
**Cost:** \$45 — 10 sessions.



#### Decoupage A

Decoupage is the 18th century art of cutting out, glueing on to a suitable painted background and glazing until the object glows with an inner light. Photographs and mementoes can be preserved forever in this tradition. Starting materials included.

**Instructor:** Val Lade  
**Times:** Mon. 1.00 p.m.-3.00 p.m., 7.00 p.m.-9.00 p.m.  
Wed. 10.00 a.m.-12 noon  
**Cost:** \$48 — 10 sessions.

#### Decoupage B

This 18th century art of cutting out prints, posters and mementoes and using them to decorate boxes, plates and ceramic pieces includes starting materials.  
**Instructor:** Elizabeth Haig  
**Times:** Mon. 1.00 p.m.-3.00 p.m., Tues. 10.00 a.m.-12 noon, Sat. 1.00 p.m.-3.00 p.m.  
**Cost:** \$48 — 10 sessions.  
\* This class is held at Rosstown Court, Ames Avenue, Carnegie.

#### Dressmaking

(Beginners to Advanced)  
This course aims to give a basic understanding of the use of a sewing machine and the cutting and layout of patterns. Make any garment you wish, obtain a professional finish. An ideal course for making children's and adults' clothing.  
**Instructor:** Jill Swinson  
**Times:** Tues. 9.30 a.m.-12 noon  
**Cost:** \$50 — 10 sessions (no materials included).

441 Inkerman Rd., Nth. Caulfield, Tel. 524 3277  
**HOURS**  
Mon., Wed., Thur., Fri. 10.00 a.m. — 5.30 p.m.  
Tue. 10.00 a.m. — 8.00 p.m.

### CLASS COMMENCEMENT

— see General Information.

#### Fabric Frames

An easy and inexpensive way to frame photos, artwork, embroidery, etc. The fabric can be chosen to complement both the photo and the room in which it will be seen. Bring a photo to be framed, pencil and paper, metal rule, Stanley knife with new blade, tracing or greaseproof paper on first lesson.

**Instructor:** Juliet Field  
**Times:** 7.00 p.m.-9.00 p.m.  
**Class A:** September 21-October 5 (3 sessions)  
**Class B:** October 12-October 26 (3 sessions)  
**Cost:** \$16 (some materials supplied).

#### Life and Model Drawing

An introduction into all facets of drawing using different media. Students will progress from drawing simple life objects to the complex form of the human figure.

**Instructor:** Richard Ward  
**Times:** Tues. 7.00 p.m.-8.30 p.m.  
**Cost:** \$48 — 10 sessions  
Note: A separate model fee will be charged. Starting materials included.

#### Painting and Acrylics and Oils

Modern painting with acrylics and oils enables the student to use paints thickly in a wealth of strong, luxurious textures or softly as a delicate watercolour. The exploration of colour, process and surface within painting will be discussed.

**Instructor:** Val Lade  
**Times:** Tues. 7.00 p.m.-9.00 p.m.  
**Cost:** \$48 — 10 sessions (starting materials included).

#### Painting

— Open Medium  
A creative approach to painting which encourages each student to follow individual interests. Compositional, technical and imaginative aspects of painting will be considered. Although any medium may be used, acrylic paints are preferred in the classroom for practical reasons. However, students painting in oils at home may bring in work for criticism of technical problems.  
**Instructor:** Raja Idris  
**Times:** Thurs. 1.00 p.m.-3.00 p.m.  
**Cost:** \$48 — 10 sessions (starting materials included).

## Antiques

### A History of Furniture (cont.)

Furniture and furnishings from England, France and Australia. Social history, background, architecture and decorative arts of the 19th century from the classical period at the opening of the century through the flamboyant styles of the mid 19th century, the arts and crafts and art nouveau to the revivalists of the early 20th century.  
**Instructor:** Pat Kennett  
**Times:** Monday 8.00 p.m.-9.30 p.m.  
**Cost:** \$50 — 10 sessions.

### Knowing and Enjoying Antique Furniture

This is an ideal introductory course — a comprehensive history of English furniture from Gothic and Edwardian. A study of English furniture characteristics, care and repair of antique furniture and the market.  
**Instructor:** Pat Kennett  
**Times:** Tuesday 8.00 p.m.-9.30 p.m.  
**Cost:** \$55 — 10 sessions.

### Photography

— Developing Visual Skills  
This course is designed to afford students who have basic technical skills, an opportunity to explore some visual aspects of the medium. Through practical assignments, discussion and education we will cover themes such as visual awareness, visual communication and translating ideas into images. Although this course is not directed towards improving technical skills, guidance can be given where students experience particular problems. Students supply and work with materials of their choice.  
**Instructor:** Dave Bulman  
**Times:** Thurs. 7.30 p.m.-9.00 p.m.  
**Cost:** \$40 — 10 sessions.

### Picture Framing

This course will include instruction in the cutting of wood for frames with an insight into all sizes of frames; direction in the cutting of glass and the technique of "bevel cutting" mounting board.  
**Instructor:** Raja Idris  
**Times:** Tues. 7.00 p.m.-9.00 p.m., Thurs. 10.00 a.m.-12 noon  
**Cost:** \$38 — 6 sessions (starting materials included).

### Pottery

#### FOR BEGINNERS

Introduction to all methods of hand building. Instruction on the care of clay and glazing work. Small classes enable the student to become closely involved with the firing of finished work. All students work at the same level during their first 10 lessons, they will then be introduced to use of the wheel.

#### ADVANCED

For the student who has some experience in pottery. This opportunity is offered to students who wish to work at their own level and be involved in the workings of the studio. Projects for these students will be presented and instruction on decoration techniques will be given. Students will be able to experiment with their own clay and glaze mixes or may use those provided in class. Facilities for mixing and testing glazes will be available. Bring a note pad and pen to each class.  
**Instructor:** Elsie Hill  
**Times:** Tues. 7.00 p.m.-9.00 p.m., Thurs. 7.00 p.m.-9.00 p.m.

**Instructor:** Maureen Woxbold  
**Times:** Wed. 10.00 a.m.-12 noon, 1.00 p.m.-3.00 p.m.  
**Costs:** \$55 — 10 sessions (starting materials included, additional charges for clay firing).

### Relaxing Massage

This course is being offered as an introduction to those who wish to use massage for family and friends. The benefits of massage are numerous: it increases blood and lymph circulation thereby toning the whole body, eases stress and tension and induces relaxation. Please bring a towel. Please bring a towel.

**Instructor:** Lynne Wines  
**Times:** Mon. 7.00 p.m.-9.00 p.m.  
**Costs:** \$38 — 8 sessions.

### Tai Chi

Tai Chi is a smooth-flowing, creative exercise involving the

## Fitness and Well Being

gentle movement of the body, promoting a sense of mind and body well being.

**Instructor:** Emmanuel Santos  
**Times:** 6.00 p.m.-7.30 p.m.  
**Costs:** \$35 — 10 sessions  
**Note:** Wear loose clothing.

### Yoga

Learn how to exercise gently, relax and breathe correctly. Yoga promotes good health and a sense of well being whilst helping to relieve the stress and tension in our everyday lives.

**Instructor:** Norma Smith  
**Times:** Mon. 10.00 a.m.-11.00 a.m.  
**Costs:** \$34 — 10 sessions.

### Yoga, Relaxation and Meditation

This course covers breathing techniques, basic yoga postures, gentle limbering and stretching exercise to tone and strengthen the body. The practice of meditation and relaxation brings relief from tension, develops creativity and concentration whilst promoting an increased sense of well being. Loose clothing should be worn for comfort.

**Instructor:** Norma Smith  
**Times:** Mon. 11.00 a.m.-12 noon, Tues. 7.30 p.m.-8.30 p.m.  
**Costs:** \$34 — 10 sessions.

## CHILDREN'S CLASSES



### Drama and Production Workshop

(10 years and up)

A youth theatre workshop in drama, working on theatre skills incorporating movement, vocal and mime skills, makeup, stage craft, script construction, lighting and set design.

**Instructor:** Simon Matthews  
**Times:** Wed. 4.00 p.m.-6.00 p.m.  
**Costs:** \$42 — 10 sessions (some materials included).

### Drama and Story Telling

(6-9 years)

An introduction to drama using story telling to help develop the child's participation in stage craft and the working involved with a performance.

**Instructor:** Simon Matthews  
**Times:** Thurs. 4.00 p.m.-6.00 p.m.  
**Costs:** \$42 — 10 sessions (some materials included).

### Jazz Ballet

(13 years and up)

The class will create a feeling for movement and dance with the latest steps and styles intended for the modern young person. The course will include exercise, modern dance routines, self-expression and mime exercise.

**Instructor:** Christine Baker  
**Times:** Tues. 5.00 p.m.-6.30 p.m., Wed. 5.00 p.m.-6.30 p.m.  
**Costs:** \$34 — 10 sessions

### Jazz Dance

A class for children who love to dance. The course will cover exercises, self-expression and modern dance routines \*all done to music.

**Instructor:** Janice Burgess  
**Times:** 7-9 years Thurs. 4.00 p.m.-5.00 p.m., 10-13 years Thurs. 5.00 p.m.-6.00 p.m.  
**Costs:** \$30 — 10 sessions

### Pottery

An introduction to methods of hand building by demonstration will give the student the opportunity to become familiar with the basic techniques of pottery. Firing facilities are available for selected work. More advanced students can be introduced to the wheel.

**Instructor:** Margery Schreppel  
**Times:** Mon. 4.00 p.m.-5.30 p.m., Thurs. 4.00 p.m.-5.30 p.m.  
**Costs:** \$36 — 10 sessions.

### Woodwork for Beginners

— Balsa Wood Modelling

A course in woodwork designed specifically to show how to use tools and work constructively with this flexible medium. Model boats, planes, dolls' houses, furniture and balsa wood pictures will be demonstrated. Balsa wood, glue, pins and tools provided.  
**Instructor:** Doug Walton  
**Times:** 5-7 years Mon. 4.30 p.m.-6.00 p.m., 8-12 years Tues. 4.30 p.m.-6.00 p.m.  
**Costs:** \$40 — 10 sessions.

## CHILDREN'S ACTIVITIES

Note: A number of continuing classes are also held at the Centre but already have waiting lists for participants and therefore have not been advertised. Further information can be obtained by contacting the Recreation Centre on 524 3288.

### After School Program

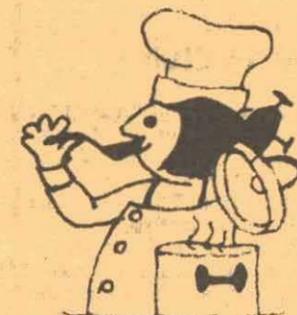
(5-12 years)  
On Monday, Wednesday and Friday from 3.30 p.m.-5.30 p.m. the Caulfield Recreation Centre provides a structured activities program which allows children to enjoy the freedom of creating their own games until 4.00 p.m. and then they participate in a competition after which all children have a choice of joining in the following activities:

Mon. — Art and Craft, Wed. — Cooking, Fri. — Pottery or Trampolining, Fri. skill learning or games sessions including basketball, soccer, ropes and playing with fun shapes. All activities are fully supervised. All materials are provided.

Cost: 50c per child per day.

### Caulfield Gymnastic Club

These classes are offered on Saturday mornings and Tuesday nights for gymnasts from Level 1 (one) onwards. Children who wish to participate must have done some form of gymnastics before. All enquiries to Mrs Helen Keays — Tel: 578 8443.



### Cooking Classes

Children are given a chance to learn and experience cooking techniques in a wide variety of areas, e.g. pizzas, cakes, slices, pasties, desserts etc. Recipes are provided so the children can have a go at home. All ingredients will be supplied, and children will be able to take home whatever is made during these sessions (if there is anything left).  
**Time:** Sat. 11.00 a.m.  
**Cost:** \$30 — 10 x 1 hour sessions.



### Disco Fit

(10-17 years)

Specially designed for teenagers, these fitness sessions offer a chance to get fit and enjoy good music at the same time. The sessions are structured in such a way as to exercise all the parts of the body, strengthening and toning muscles. All classes provide warm up and cool down exercises. No enrolment necessary.  
**Times:** Wed. 6.00 p.m., Thurs. 6.00 p.m.  
**Cost:** \$2.00 x 1 hour session

### Gymnastics

(5 year olds)

These classes are aimed at teaching children basic gymnastic skills and routines. They will be involved in activities using gymnastic equipment; beam, bar, spring board. Other activities will include learning forward and backward rolls, handstands, cartwheels etc.  
**Times:** Wed. 4.00 p.m. (for children with tumbling experience), Thurs. 4.00 p.m. (beginners).  
**Cost:** \$20 — 10 x 1/2 hour sessions

### Remedial Gymnastics

A specially designed course in basic gymnastics aimed at developing a child's skills in such areas as hand-eye co-ordination, body weight-bearing, motor co-ordination, balancing, body agility, flexibility, body awareness and spacial awareness. Each week the children are involved in trampolining, ball handling skills and gymnastics.  
**Times:** Mon. 5.30 p.m.  
**Cost:** \$30 — 10 x 3/4 hour sessions

### Trampoline

(Children 5 years and over)

Children will be involved in a wide variety of activities which are aimed at developing their co-ordination and balance. As they improve the children are taught trampoline tricks such as knee-drops, seat-drops, front-drops etc. Once children have mastered the basic skills they then progress to more advanced skills e.g. back-drops, forward somersaults. Routines involving individual skills are introduced throughout the term, thus the children can creatively combine skills and make their own routines as well as learn standard routines.  
**Times:** Tues. 5.00 p.m., Thurs. 5.00 p.m., Sat. 10.00 a.m. and 11.00 a.m.  
**Cost:** \$30 — 10 x 1 hour sessions

## TENNIS COACHING

Tennis coaching is available at the Caulfield Recreation Centre courts in Brooklyn Avenue. People wishing to learn tennis should contact Cheryl Hewitt, Tel: 596 5085. Cheryl offers classes suitable for adults and children.

### Casual Hire of Tennis Courts

The courts in Brooklyn Avenue are also available for casual hire. People wishing to hire the courts can do so by contacting the Recreation Centre on 524 3288.  
**Costs:** Adults (daytime) \$5 per hour, (night time) \$6 per hour. Weekends \$6 per hour. Children (daytime) \$2.50 per hour, (night time and weekends) \$3 per hour.

## SUNDAY MORNING ACTIVITIES



This is a time for all members of the family. You will be able to join in and enjoy a wide variety of activities including art and craft, trampolining, cooking, games. The upstairs fitness area will be available for adults to work out. All areas will be fully supervised. Parents and children are encouraged to create their own activities using our equipment, i.e. hoops, balls, bats, ropes etc. or you may join in and participate in organised activities. Special program sheets will be available at the Recreation Centre office at the start of third term.  
**Times:** 10.00 a.m.-12 noon each Sunday.  
**Cost:** \$1 per child, \$1 per adult or \$2 per family.  
Commences September 18.

# RECREATION CENTRE

6 Maple Street, South Caulfield  
Telephone: 524 3288

**Class Commencement** All classes commence week of September 12.

## ADULT PROGRAM

### Aerobics — Exercises Callisthenics —

These sessions give all adults a chance to participate in constructive well balanced exercise sessions which provide strengthening, flexibility and general muscle toning, as well as heart and lung fitness. No enrolment required. All exercises are done to music.

**Times:** (Day) Tues. 11.00 a.m. (creche available 50c), Fri. 10.00 a.m. (Night) Mon. 7.00 p.m. and 8.00 p.m., Tues. 8.00 p.m., Wed. 7.00 p.m. and 8.00 p.m., Thurs. 7.00 p.m. and 8.00 p.m.

**Cost:** \$3 x 1 hour session

### Basketball

The Caulfield Recreation Centre gymnasium area is hired out by a group who run an adult men's rules basketball competition on Monday evenings. People interested in individual participation, team entry or just watching the play should contact Mr. John Frecker, Tel: 528 1871.

### Caulfield City Gym

As from September 5, 1983 the Recreation Centre will offer participants the use of a fully equipped gymnasium. The gym will be named the Caulfield City Gym and patrons will have the choice of term membership or payment of a casual fee. Gym instructors will be available for those wishing to take advantage of expert advice in the areas of body-building, strength-training, circuit-training and toning and firming exercises for women.

**Times:** Mon. to Fri. 9.00 a.m.-9.00 p.m. Weekend use available (times to be decided). For further information contact the Recreation Centre.

### Disco Gym Exercises

Ladies' fitness class with exercise routines to disco and popular music. Time is spent on stretching and mobility exercise with emphasis on aerobic fitness towards the end of the session. Creche available — cost 50c.

**Instructor:** Sara Gorr — Tel: 211 9235.

**Times:** Mon. 10.00 a.m., Thurs. 10.00 a.m.

**Cost:** \$2.50 x 1 hour session. (No enrolment necessary).



Above, The Recreation Centre caters for all levels of fitness and tailors programs to individual needs and capabilities.

### Judo

Apart from teaching self-defence, discipline and co-ordination, judo builds confidence in unsure and shy people. It is not aggressive and is an individual sport. Students can join classes at any time. These classes are conducted by Mr Akira Yamada, Japanese 6th Dan. He is one of the best exponents of the art of judo in Australia. Several of Mr Yamada's students have become black belts and have proven their ability in the judo world in Australia and overseas. In 1980, two students participated in the Moscow Olympic Games.

**Times:** Tues. 6.15, 7.15 p.m., 8.15 p.m., Thurs. 6.15 p.m., 7.15 p.m., 8.15 p.m.

**Cost:** For 1 hour sessions \$32 x 13 weeks, \$52 x 26 weeks (these may be subject to change).

**Enquiries —** Mrs Yamada, Tel: 578 4460 or 589 3671.

### Tai-Kwon-Do

The Korean art of self defence. Students follow a continuous program of self defence techniques with special emphasis placed on attacking, kicking skills. All students have the opportunity of eventually entering tournaments and grading procedures are held regularly in order that the progress of the students can be measured. A conditioning program of strength, flexibility and mobility exercises is followed in order that the participants will have the necessary fitness and stamina required. Because concentration is of the utmost importance, mental exercises are also encouraged in order to achieve the desired effect.

**Instructor:** Rod Black (Black Belt)

**Times:** Wed. 6.00 p.m.-8.00 p.m., Fri. 6.00 p.m.-8.00 p.m.

**Enquiries —** Rod Black, Tel: 857 4191 for costs and commencement details.

### Tapestry

(Needlepoint)

This course introduces students to the different types of canvases and different threads available. Learn new stitches. Try working on a frame. Learn to block the finished work.

**Time:** Mon. 7.30 p.m.-9.00 p.m., Tues. 10.00 a.m.-11.30 a.m., Wed. 10.00 a.m.-11.30 a.m.

**Cost:** \$35 x 10 weeks (includes kit).

**Enquiries and bookings to** Instructor — Anna on 592 5608 or 528 5884.

## COOKING DEMONSTRATIONS

**Note:** All cooking demonstrations will be held at the Caulfield Recreation Centre, 6 Maple Street, Caulfield.

**Enquiries and bookings —** Tel: Rina 524 3288. Seat bookings may be made in advance by telephoning or calling into the Centre but these bookings must be confirmed on the days noted for each demonstration or they will be cancelled and late bookings will then be taken.

**Costs:** \$3 — food prepared will be available for tasting. Recipe sheets will be given out.

### Chinese Cooking

This session will demonstrate various methods used to cook Chinese food. There will also be a discussion on ingredients and their effect on other ingredients in the dishes.

**Time:** Tues. Sept. 20 7.00 p.m.-9.00 p.m. (seat bookings must be confirmed on Fri. Sept. 16 or Mon. Sept. 19).



### Vegetarian Cooking

This demonstration will illustrate creative ways of cooking and presenting vegetables.

**Time:** Tues. Oct. 4 7.00 p.m.-9.00 p.m. (seat bookings must be confirmed on Fri. Sept. 30 or Mon. Oct. 3).

### Summer Delights

Desserts for all occasions will be demonstrated. Techniques and preparation will be discussed.

**Time:** Tues. Oct. 18 7.00 p.m.-9.00 p.m. (seat bookings must be confirmed on Fri. Oct. 14 or Mon. Oct. 17).

### Fish

Observe and learn to prepare and cook new and exciting fish dishes.

**Time:** Tues. Nov. 15 7.00 p.m.-9.00 p.m. (seat bookings must be confirmed on Fri. Nov. 11 or Mon. Nov. 14).

### Salads and Dressings

With summer on its way this is your chance to come along and learn a few new techniques in the making of salads and dressing them up.

**Time:** Tues. Nov. 29 7.00 p.m.-9.00 p.m. (seat bookings must be confirmed on Fri. Nov. 25 or Mon. Nov. 28).

## Arts Centre Program Cont. MUSIC



### Group Classes ADULTS Advanced Intermediate Recorder Group

A continuation of the intermediate group from last term but others are also welcome to join. Students should be able to sight read for both Descant and Treble Recorder. The course will then go on extending the repertoire of consort music from medieval times to the present (students will be expected to purchase music during the term).

**Instructor:** Malcolm Tattersal  
**Times:** Mon. 7.30 p.m.-9.30 p.m.

**Cost:** \$52 — 12 sessions

### CHILDREN

#### Beginners in Recorder (5-7 years)

A course to enable children to learn recorder to a point where they can play music pieces.

**Instructor:** Jo Harrison  
**Times:** Tues. 4.00 p.m.-5.00 p.m.

**Cost:** \$36 — 12 sessions

## CHILDREN'S SATURDAY MORNING CLASSES

### Art and Craft

Happy things for 3-5 year olds — come along and have fun for one hour each Saturday morning. Please bring an apron or some form of covering.

**Instructor:** Miriam Jackson  
**Times:** Sat. 10.00 a.m.-11.00 a.m. or 11.30 a.m.-12.30 p.m.  
**Cost:** \$30 — 10 sessions (some materials included).

### Beginners — Recorder and Percussion

**Instructor:** Jo Harrison  
**Times:** Wed. 4.00 p.m.-5.00 p.m.

**Instructor:** Julie Connolly  
**Times:** Sat. 10.30 a.m.-11.30 a.m.

**Cost:** \$36 — 12 sessions

### Continuing Recorder

(6-8 years)

**Instructor:** Julie Connolly  
**Times:** Tues. 4.00 p.m.-5.00 p.m.

**Instructor:** Christine Barren  
**Times:** Tues. 4.00 p.m.-5.00 p.m.

**Instructor:** Kathryn Bayly  
**Times:** Thur. 4.00 p.m.-5.00 p.m.

**Cost:** \$36 — 12 sessions.

### Continuing Percussion Workshop

**Instructor:** Julie Connolly  
**Times:** 5-6 years Wednesday 4.00 p.m.-5.00 p.m.

**Cost:** \$36 — 12 sessions

### Continuing Recorder and Percussion

**Instructor:** Julie Connolly  
**Times:** Wed. 5.00 p.m.-6.00 p.m.

Thur. 4.00 p.m.-5.00 p.m.  
Sat. 11.00 a.m.-12 noon

**Cost:** \$36 — 12 sessions.

### Music and Storytelling

Using much loved stories as a basis, the children will develop small musical dramas. A wide range of instruments will be used and the children will be encouraged to develop basic musical skills of beat, rhythm and pitch through the music and songs they create.

**Instructor:** Christine Barren  
**Times:** 3-4 years Wednesday 10.00 a.m.-11.00 a.m.

**Instructor:** Kathryn Bayly  
**Times:** 3-4 years Wednesday 4.00 p.m.-5.00 p.m.

4-5 years Wednesday 2.00 p.m.-3.00 p.m.

**Instructor:** Julie Connolly

### Pottery

(6 years and up)

An introduction to the modelling of clay using hand building techniques whilst allowing the students to develop their own creative ideas. Firing facilities are available for selected work. More advanced students can be introduced to the wheel.

**Instructor:** Eugenie Jackson  
**Times:** Sat. 10.00 a.m.-12 noon or 1.00 p.m.-3.00 p.m.

**Cost:** \$42 — 10 sessions. Additional charge for clay firing.

**Times:** 3-4 years. Saturday 9.30 a.m.-10.30 a.m.  
**Cost:** \$36 — 12 sessions.

### Music Workshop

For children who have had some music tuition and can read music. Recorder, keyboard and percussion players are welcome to discover the joys of group music making — this would be an ideal activity for the young piano student.

**Instructor:** Christine Barren  
**Times:** 8 years up Wed. 6.00 p.m.-7.00 p.m.

**Instructor:** Julie Connolly  
**Times:** 8 years up Sat. 11.30 a.m.-12.30 p.m.

**Costs:** \$36 — 12 sessions

### Percussion Workshop

(4-5 years)

An introduction to sound for the older pre-schooler. The class will make their own instruments and will experiment with both electronic and natural sounds. Children will be encouraged to work both in a free style and in a more structured way. Structured work will encourage the development of an understanding of beat, rhythm and pitch.

**Instructor:** Kathryn Bayly

**Times:** 2.00 p.m.-3.00 p.m.

**Costs:** \$36 — 12 sessions

### Recorder Consort 1

(11 years up)

An introduction to recorder consort playing with opportunity to play descant, treble and tenor recorder.

**Instructor:** Julie Connolly  
**Times:** Thurs. 5.00 p.m.-6.00 p.m.

**Costs:** \$36 — 12 sessions

### Recorder Consort 2

(8 years up)

A consort for the more experienced players. Children must read music and be prepared to play descant, treble and tenor recorders during the classes.

**Instructor:** Julie Connolly  
**Times:** Thurs. 6.00 p.m.-7.00 p.m.

**Costs:** \$36 — 12 sessions

### Wind Ensemble

(8-12 years)

The group performs each term in concerts within the Caulfield area. Children must read music and play recorder and one other instrument. A two hour session of group playing, listening and theory plus one half hour private lesson is provided each week.

**Instructor:** Christine Barren  
**Times:** Tues. 5.00 p.m.-7.00 p.m.

**Costs:** \$46 — 12 sessions

## Private Classes for Adults and Children

### Private Classes

**Fees for private tuition.** 12 Sessions \$96 per half hour, \$144 per three quarter hour, \$192 for one hour. No pensioner concessions are available for private music classes.

### Clarinet

Lessons are held Wednesday and Thursdays. A plan for instrument rental is also available. Contact the office for further details.

**Instructor:** Anna Houseman

### Flute

Classes held on Mondays, Tuesdays, Wednesdays and Thursdays. A plan for instrument rental is available. Further details from the Office.

**Instructors:** Rhonda Michaels & Michael Kyriakakis

### Guitar — Classical

All styles available for beginners. Teachers will also prepare more advanced students for A.M.E.B. of HSC guitar. Music theory is taught in a progressive, relevant easy to learn approach. Lesson material is broad and flexible and classes are held on Mondays, Wednesdays and Thursdays. Contact the office for specific times.

**Instructor:** Damien Cappicchio

**Costs:** Group of 2 — \$60, Group of 3 — \$78. Half hour private \$96 (no pensioner concessions) — 10 sessions.

**Note:** All pre-school music groups will continue.

### Guitar

— Folk, Jazz, Contemporary and Pop

Music reading and theory is also applied to all practical work. Lessons are available on Thursdays and Saturdays.

**Instructor:** Richard Ward

### Piano

Classes are available Mondays and Wednesdays. This course gives an introduction to the keyboard with concentration on notation, reading and writing music, ear training and general knowledge of the repertoire. Please contact the office for specific details.

**Tutor:** Helen O'Brien

Piano taught using the Suzuki method is offered for children in groups of two and three or privately from the ages of 3½ to 5 years approximately. Parents must be prepared to stay and work with the children in these groups and to follow through at home.

**Instructors:** Christine Barren, Vaune Lewis

**Costs:** Group of 2 — \$60, Group of 3 — \$78. Half hour private \$96 (no pensioner concessions) — 10 sessions.

**Note:** All pre-school music groups will continue.

# WEEKEND WORKSHOPS

## Felt Making

A weekend workshop for adults and interested students from 12 years up who would like to learn the ancient and versatile craft of felt making. A list of requirements will be provided on enrolment.  
**Instructor:** Mary Jackson  
**Times:** Sat. Oct. 15 10.00 a.m.-4.00 p.m.  
**Costs:** \$20

## Glazing and Decorating

A workshop for people with some (limited) knowledge of pottery. During the day extensive demonstration of many techniques are explored giving participants the opportunity to try out as many techniques as possible. If you have pots you would like to work on bring some along on the day.  
**Instructor:** Elsie Hill  
**Times:** Sat. Nov. 19 10.00 a.m.-4.00 p.m.  
**Cost:** \$20

## Pottery

An excellent opportunity to come and have a go. A chance to find out everything you wanted to know about pottery (but were afraid to ask!) Try your hand at wheel throwing, hand building, coils, press moulds.  
**Instructor:** Elsie Hill  
**Times:** Sat. Sept. 17 10.00 a.m.-4.00 p.m.  
**Cost:** \$20 (materials supplied — firing available for work made during workshop).

## Quilted Vests

This short course will introduce students to the string quilt technique. A machine quilted vest or waistcoat will be made and other quick quilting techniques will be demonstrated. If there is sufficient demand the class using advanced quick quilting techniques will be held at a later time. A note pad and pen should be brought to the first lesson.  
**Instructor:** Juliet Field  
**Times:** Sat. Sept. 24 and Sat. Oct. 1 10.00 a.m.-4.00 p.m. both days.  
**Cost:** \$38 (a list of requirements will be provided).

## Children Fabulous Masks

A weekend workshop for children! A fun time where many different avenues of mask making are explored using a variety of materials and making handheld masks.  
**Instructor:** Elsie Hill  
**Times:** Sat. Oct. 1 10.00 a.m.-12 noon  
**Cost:** \$5 (materials included).

## Fun with Printing

Come along and enjoy yourself by trying fabric printing, potato printing, and using other different textures. Think of all the things you could make — pictures, notepaper, cards, learn how to decorate your own clothes etc.  
**Instructor:** Elsie Hill  
**Times:** Sat. Oct. 29 10.00 a.m.-12 noon  
**Cost:** \$5 (materials included).



The Arts Centre is the venue for a number of exhibitions. Details of these can be obtained from the Calendar of Events listed each month in Caulfield Contact.

# GENERAL INFORMATION

## Enrolment

- No phone bookings will be accepted.
- A place will not be held without payment of the required fee.
- Applications for classes must be made before classes start each term.
- Enrolments can be made in person.

- All cheques should be made payable to "City of Caulfield Arts Centre."
- Note see enrolment form below.

## Office Hours:

Monday, Wednesday, Thursday & Friday 10.00 a.m.-5.30 p.m., Tuesday 10.00 a.m.-8.00 p.m.

## OR

they can be mailed to: City of Caulfield Arts Centre, 441 Inkerman Road, North Caulfield, 3161

**Note: This information is applicable to Arts Centre activities only. Class details were correct at the time of publication, however, some changes may occur and full information can be obtained from the Arts Centre on 524 3277.**

## Concessions

• Pensioners are eligible for concessions. Please quote your pension number when filling out the enrolment form. Concessions do not apply to the one day and weekend workshops or the private music courses. Contact the Arts Centre for full concession details.

## Cancellations

• If enrolment for any class is less than the minimum required, it will be cancelled and students offered a full refund or the opportunity to transfer to another class or workshop.

## Refunds

• Refunds will only be considered if a request is received in writing seven days before the course commences. An administration fee of \$5 will be levied for all refunds. Refunds will not be considered after a course commences. Special circumstances may be referred to the office for consideration. Refunds may take about four weeks.

## Commencement of Classes

Music and Antique classes commence the week of September 12. All other classes commence the week of September 19.  
**Public Holidays** — No Classes.  
**Postponed class sessions** — Students may be notified by mail, telephone or telegram.

# FITNESS CENTRE

Moira Avenue, Carnegie.  
 Telephone: 211 8143  
 9.00 a.m.-12 noon weekdays.

**Class Commencement** All classes start from the week of September 12. Aerobics, boxing, karate, ju-jitsu are continuous. No classes on public holidays.

## ADULTS

### Aerobics

These one hour sessions are fully supervised and conducted by qualified instructors. The class aims at a well balanced fitness workout that strengthens heart and lungs, tones muscles, improves flexibility, balance, co-ordination and body control. Join in a fun class and exercise to the latest music.  
**Times:** (Day) Mon, Wed, Fri, 10.00 a.m. creche available (Evening) Mon. 6.30, 7.30 p.m. Thurs. 6.30 p.m.  
**Cost:** \$3 x 1 hour session — creche 50c per child.

### Over 40's Fitness

This program provides gentle exercise which is designed to slowly increase overall flexibility and strengthen muscles. Come along and exercise in the relaxed atmosphere and share in morning tea after each class.  
**Times:** Mon. 1.30 p.m., Tues. 10.00 a.m., Thurs. 11.15 a.m.  
**Cost:** \$2 x 1 hour session

### Yoga

**INTRODUCTORY COURSE**  
 Experience all aspects of yoga exercises; breathing techniques, relaxation etc. The people involved in these classes will benefit by experiencing a more relaxed state of mind and improvement in general health. There is no competition as everybody advances at individual level.

**Instructor:** Mini Robinson  
**Times:** Tues. 6.00 p.m., Wed. 8.15 p.m.  
**Cost:** \$35 — 10 x 1 hour sessions

### INTERMEDIATE STANDARD

Designed as an advancement from beginners and incorporates more strenuous exercises and a continuation and progression into more demanding breathing and concentration skills.  
**Instructor:** Mimi Robinson  
**Time:** Tues. 7.15 p.m.  
**Cost:** \$35 — 10 x 1 hour sessions

### Hatha Yoga

A constructive and informative introduction to all aspects of yoga e.g. concentration, relaxation exercises.  
**Instructor:** Phyll Leete  
**Times:** Tues. 12.45 p.m. and 2.15 p.m.  
**Cost:** \$35 — 10 x 1 hour sessions.

### "Gently Does It"

(Hatha Yoga)  
 These yoga classes are specially designed to include gentle exercises, relaxation and breathing techniques.  
**Instructor:** Phyll Leete  
**Time:** Tues. 11.15 a.m.  
**Cost:** \$35 — 10 x 1 hour sessions. (Pensioner concessions available).

## CHILDREN

### Creative Movement

(3-5 years)  
 Children participating in this class will engage in activities designed to develop movement oriented skills such as mime, creation of simple structured plays, body awareness and an introduction to activities involving spacial awareness. Musical activities incorporating aspects of rhythm and movement are also explored.  
**Time:** Tues. 4.30 p.m.  
**Cost:** \$20 — 10 x 1 hour sessions

### Disco Fit

(10-17 years)  
 An aerobics class especially designed for teenagers. Come along and improve your fitness while having fun and listening to top 40 music.  
**Time:** Wed. 5.00 p.m.  
**Cost:** \$1.50 x 1 hour session

### Jazz Ballet

An enjoyable way of learning the fundamentals of jazz ballet. Emphasis is placed upon co-ordination of body

movements, dance steps and flexibility. The classes emphasise discipline yet allow the child to learn and participate in a friendly class. Classes are fully supervised and taken by a professional teacher.

**Instructor:** Jeanette Liddel  
**Times:** Mon. 4.30 p.m. (5-9 years), Mon. 5.30 p.m. (10-15 years)  
**Cost:** \$25 — 10 x 1 hour session

### Tiny Tots Tumbling

(3-5 years)  
 These classes are an introduction to the fundamentals of gymnastics. Children engage in activities designed to develop an awareness of bodily functions, spacial relations, hand-eye co-ordination, gross motor activities etc. Through this involvement children learn to develop basic skills such as jumping, rolling and ball-handling.  
**Times:** Mon. 12.30 p.m., Wed. 9.15 a.m., Thurs. 3.30 p.m. and 4.15 p.m.

**Cost:** \$20 — 10 x 3/4 hour session



## TENNIS

Two new Plexi-Pave tennis courts have recently been completed at the Fitness Centre and will be available for public usage from 9.00 a.m. to 5.00 p.m. 7 days a week. At a later date the courts will be available in the evenings from 5.00 p.m.-10.00 p.m. Watch Caulfield Contact for further information.

**Bookings** for the courts can be arranged by ringing 211 8143 — 9.00 a.m.-12 noon Monday to Friday.

**Cost:** Adults \$5 per hour (day), \$6 per hour after 6.00 p.m. (winter) 8.00 p.m. (summer). Children \$2.50 per hour (day), \$3 per hour after 6.00 p.m. (winter) 8.00 p.m. (summer). All weekend hire: Adults \$6 per hour. Child \$3 per hour.

**Coaching** will also be available from 10.00 a.m.-12 noon and 4.00 p.m. to 6.00 p.m. in the near future. All coaching will be conducted by a qualified tennis coach. Contact the Fitness Centre for further information.

## MARTIAL ARTS

**Note:** These activities have continuous classes and may be joined at any time. For further information contact the Fitness Centre.

### Boxing

— for adults and children  
 An introduction and emphasis on the art of self-defence. Many areas of fitness will be explored and a substantial amount of time spent on balance, co-ordination, flexibility and timing.

**Instructor:** Bill Crossley  
**Times:** Tues., Thurs., Fri. 5.00 p.m.-6.00 p.m.  
**Cost:** \$10 per month.

### Ju Jitsu

A Japanese method of self-defence studied and developed into the modern sport of judo. Both karate and aikido include many features of ju jitsu. Its self-defence techniques place special emphasis on punching, rolling and kicking.

**Instructor:** Alan Perner  
**Times:** Thurs. 7.30 p.m.  
**Cost:** Junior \$20 annual membership — \$2 per class. Senior \$25 annual membership — \$3 per class.

### Karate

(For Adults and Children)  
 Karate is a practical empty handed fighting technique, a formal method of physical and mental training and a competitive combat sport. These classes will involve students in learning kicking and punching techniques. General fitness is also improved throughout this course.

**Instructor:** Graham Miller  
**Time:** Wed. 6.00 p.m.-8.00 p.m.  
**Cost:** \$20.00 Annual Membership \$21.00 per month.

### ARTS CENTRE ENROLMENT FORM. TERM 3 PROGRAMS 1983

Name: ..... Tel. No. (H): .....

Address: ..... (B): .....

Postcode: .....

Date of Birth

Day	Month	Year
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Sex  M or F

First Arts Centre Course?

Yes or No

Pension Card No

Class: ..... Day: ..... Time: ..... Fee: .....

Class: ..... Day: ..... Time: ..... Fee: .....

I enclose cheque/money order for: .....  
 Note: Full payment must accompany enrolment form.

Age (if child) ..... Signature: .....

#### OFFICE USE ONLY

Date	Amount Paid	Receipt No.
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Return to Caulfield Arts Centre, 441 Inkerman Rd., Nth. Caulfield, 3161.

# A Step Forward in the Diabetes Fight

Diabetes is the leading cause in blindness in the industrial world. Diabetic adults are at a very conservative estimate twenty-five times more prone to blindness.

People with diabetes who require insulin are now more susceptible to the development of eye problems, collectively known as diabetic retinopathy. Diabetic eye disease, in fact, is the leading cause of near blindness among adults aged 20 to 65.

Throughout the world the Lions International are becoming involved with support diabetes research and treatment and because of their commitment to an on-going program to combat diabetes many of the clubs are supporting clubs dealing with blindness from diabetes.

In Melbourne two of

those clubs, the Lions Club of Blackburn North and the Lions Club of the City of Melbourne, have raised \$15,500 to buy a non-mydiatic retinal camera for the Diabetes Centre of the Royal Southern Memorial Hospital in Caulfield.

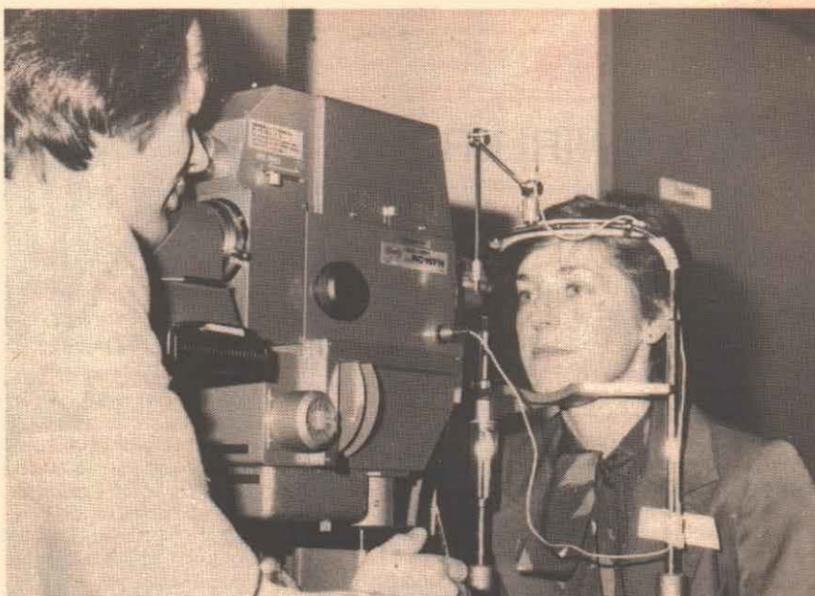
With this camera early stages of diabetic eye disease will be detected and progression of the disease can be monitored.

This camera will allow the centre to document,

using a non-invasive technique, the presence and severity of diabetic eye problems.

The patient's eyes will be monitored on the first visit and there will be an annual follow up, so that the development of eye disease will be detected at the earliest possible stage.

Early recognition of eye changes in a person with diabetes is critically important in preserving sight.



Above, Stuart Gairns, Ophthalmic Photographer, photographing the eyes of Margaret Loucks, Acting Head Dietitian of the Royal Southern Memorial Hospital. The camera was purchased with money raised by Lions Clubs.

## Interchange Comes to Caulfield

Disabled children are regularly being looked after by host families to give natural parents a break under a new program called "Interchange".

The Southern Region Interchange Committee was formed in March this year and is concerned with "offering disabled people the opportunity to extend their social experience through developing new friendships in a caring environment and increasing their confidence and independence."

Co-ordinator of the Southern Region, Faye Greaves, says the main aim of the newly formed committee is to make the community aware of Interchange and to attract host and natural families to the program.

Interchange involves recruiting host families who are happy to commit themselves to regular hosting of disabled children. Hosting broadens the lives of disabled children and enriches the lives of all people involved.

"Caring for a disabled child can be very demanding", said Ms. Greaves, and the relationship between the host and natural family needs to be one of mutual respect and understanding.

Natural parents involved in the program have the opportunity to

enjoy family activities with more time for other children and perhaps go out for the evening or just have a rest secure in the knowledge their child is well cared for and happy.

Before starting the program, the host families and natural families attend a training program of five two-hourly sessions, one evening a week over five weeks.

Ms Greaves said natural families bring a wealth of experience and knowledge to the sessions and are the "natural educators" of the host families.

Interchange is also interested in volunteer people who may be unable to commit themselves to regular hosting but who would be happy to help on an

occasional or less intensive basis.

This could involve picking up a child from a special school, taking a child on a picnic, to a film or to a playground.

Often parents need to take their children to hospitals for treatment and some help at these times would be welcome.

The program is available to any family in the Southern Region (Brighton, Caulfield, Malvern, Moorabbin, Mor-dialloc, Oakleigh and Sandringham) who has a child with a physical and/or intellectual disability. Interested persons can contact the Southern Region Interchange Committee on 598 7421.

## Racecourse Moves with the Times



During a series of recent renovations to Caulfield Racecourse, facilities for female jockeys were introduced bringing Caulfield ahead of most other racecourses in Victoria.

The renovations included installing a new jockey's room, including the additional facilities catering for up to 10 female jockeys.

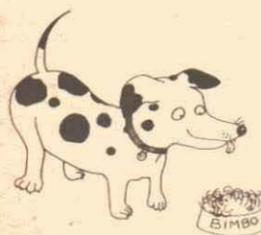
A spokesman for the Racecourse, Dale Monteith, said there are a

number of licenced female jockeys and the Racecourse was prompted to install facilities for them now, rather than waiting until later. "The number of female jockeys is likely to increase in the future," said Dale.

Other changes at the Racecourse include a new sauna, a jockey's rest room, new club bar for members and guests, a new secretary's office, a new press room and an owner's and trainer's bar.

Left, Jenny Chapman, 22, a licensed jockey, tries out the new facilities for female jockeys at the Caulfield Racecourse. The female jockeys' room can cater for up to 10 jockeys at a time. The men also have a new room as part of the recent changes to the Racecourse facilities.

## To be or not to be (a working Dog)



Whenever dog registration fees are due at the City Hall the Animal Control Officers wonder how many people will try to tell them they have a working dog.

Even if your dog is a guard dog for your home it does not qualify as a "working dog."

The fees for a working dog are \$18 compared to \$24 for unsterilised males or females.

Under Part One, paragraph 7, subparagraph 3B of the Dog Act 1970, a working dog is defined as "a dog kept exclusively for droving or drafting livestock or which participates in dog

races held pursuant to the Racing Act 1958 or is registered with the National Coursing Association of Victoria."

It is doubtful there would be any droving or drafting of livestock in Caulfield these days, so your dog can only be a "working dog" if it is being raced.

## Rotary Project to Give Hospital a First

The Physiotherapy Department at the Caulfield Hospital hopes to be the first in Victoria and possibly Australia to install a "Clinical Stride Analyser" or a "Locomotion Laboratory".

According to the Chief Physiotherapist, Mrs Pat Baker, this sophisticated electronic machine with printout mechanism will be a great step forward in the retraining of handicapped patients to walk again.

The equipment is also of great value in the design of artificial limbs for amputees, and when installed at Caulfield will be available for patients referred from elsewhere.

The equipment is only obtainable from Rancho Los Amigos Hospital, California, at an approximate cost of \$7,000.

The Rotary Club of Caulfield is aiming to raise this money as one of its 1983/84 projects by means of a raffle to be drawn at its Caulfield Cup Eve Ball to be held at the Caulfield Town Hall on Friday, October 14.

The Dennis Farr-

ington Band will provide dancing music and there will be lots of good food, fun and gaiety. Tickets are \$35 a double.

First prize in the raffle is a National video recorder valued at \$995, supplied by Taylor's Discount Store, 667 Glenhuntly Road, Caulfield. Second prize is a Toshiba Stereo Radio Cassette Recorder valued at \$95, also donated by Taylor's. Third prize is groceries worth \$60, donated by Anstee's, Cnr. Glenhuntly and Kooyong Roads, Elsternwick.

Enquiries for the ball to Brian Gales on 578 5525 and for the raffle to Graham Sicklemore on 523 5067 or after hours on 570 5207.

## High School Becomes Involved

This year, 60 students from Caulfield High School are taking part in an exciting new activity called Community Involvement.

Every Thursday afternoon the students leave the text books, pens and the classroom behind to head for the "real world".

The aim of Community Involvement is to encourage greater communication between youth and other groups in the community.

Students have learnt much about the history of Caulfield through their conversations with elderly people. They develop tolerance and patience during their work with younger children in child care centres and primary schools.

As well as tutoring younger children, the students are involved in activities ranging from playing table tennis to helping with craft at the Caulfield Hospital After Care Centre.



The students enjoy Thursdays immensely both for the help they give and the appreciation for the confidence adults and children show in them.

Above, two students

from Caulfield High School at work in the yard of one of Caulfield's primary schools as part of the Community Involvement program run by the High School.

### Public Meeting

A public meeting is scheduled for October 6 at 7.30 pm in the Mayoress's Reception Room to discuss the formation of a Caulfield Youth Advisory Council. Representatives of Youth organisations and young people especially are encouraged to attend. For further information contact Ian Brain on 524 3333.

### New Residents Kits Available

If you have recently moved to the City of Caulfield and rent a house or flat then contact the Community Liaison section of the Caulfield City Hall for your New Residents Kit. If you are an owner/occupier then you will automatically receive a Kit in the mail. Telephone Sonja Rosenberg on 524 3259.

## BATON TWIRLERS

The Caulfield Baton Twirlers are travelling to Sydney in October for the Australian Championships after successful results in the Victorian Championships.

At the championships at Boronia in August, Alex Crerar and Ruth Mansell gained second place in the Duos and Ruth Mansell gained second place in the Senior Novice Section.

The Caulfield Senior team finished third in the team routine. The

successful members will be competing in the same events in Sydney.

The Baton Twirlers are available for displays, parades or demonstrations and a donation is appreciated. They are also keen to attract sponsors for the Sydney trip.

The girls range in age from 14 to 19 years and train each Tuesday night in St. Johns Uniting Church Hall, Foster Street, from 7-9 p.m. Enquiries and further information can be obtained by telephoning 528 5206.



**Right, Ruth Mansell, 17 and Alex Crerar, 19, are off to Sydney in October to compete in the Australian Championships for Baton Twirling. Ruth has been baton twirling for eight years and Alex for 11 years.**

## NEW BOOKS

The following list of books of general interest include some of the titles recently added to the Caulfield Libraries. Those not held at your local library may be reserved and obtained on inter-library loan.

**ORGANIC GARDENING** by L. D. Hills, 1977. Growing fruit and vegetables by organic methods avoids the use of all artificial fertilizers and harmful pesticides. This book contains practical information about the different types of organic fertilizer and detailed instructions for growing a wide range of fruits and vegetables.

**EXERCISES FOR CHILDBIRTH** by B. Dale, 1982.

A physical and psychological preparation for childbirth geared to helping pregnant women feel their best throughout pregnancy.

**THE BABY EXERCISE BOOK** by J. Levy, 1975. Exercise for the first fifteen months of life; the techniques illustrated will clearly be beneficial both to the child's physical development and to his emotional stability and relationship with his parents.

**DEALING WITH DRINK** by I. Davies and D. Raistrick, 1981.

A handbook intended to aid those people who are best placed to identify and prevent drink problems, and need to be able to offer effective help.

**LET'S STAY HEALTHY** by A. Davis, 1982.

This work contains Adelle Davis's most important ideas about nutrition, and explains exactly what constitutes a balanced diet and vividly demonstrates how what you eat can damage, preserve or improve your health.

**ARTHRITIS IN CHILDREN, A PRACTICAL GUIDE** by V. Horgan, 1982.

The author is mother of a child who contracted arthritis and her book, written with compassion and commonsense will help anyone concerned with the care and treatment of children with arthritis.

**INTRODUCTION TO WORD PROCESSING** by H. Glatzer, 1981.

Over 200 pages of easy-to-understand information on what a word processor can do for you, how to evaluate what kind of system best fits your needs and a step by step guide on how to use a word processor.

**THE ELECTRONIC COTTAGE** by J. Deken, 1982.

An extraordinarily engaging introduction to the computer as a familiar partner in your everyday life — a clear-sighted guide to how the computer works and how you can use it.

**THE COMPLETE HANDBOOK OF VIDEO** by D. Owen, 1982.

Everything you need to know about video — from home entertainment to everyday office use.

**TO INFORM OR TO CONTROL?** by O. H. Ganley, 1982.

This book describes the advent of new, largely electronic, communications and information devices and discusses their effects on U.S. domestic industries, the reaction this created within other countries, and the altered role of the U.S. media abroad.

**WRITE, EDIT AND PRINT, Word Processing with Personal Computers** by D. McCunn, 1982.

A complete how-to manual for word processing — an evaluation of equipment, an introduction to Basic, four essential word processing programs and an operator's manual.

## ARTHRITIS OPEN DAY

The Brighton Self Help Group of the Rheumatism and Arthritis Association in conjunction with the Caulfield and Bentleigh groups are holding an Open Day on Monday, September 19 at St. Andrew's Church Hall, Cnr. St. Andrews and Church Streets, Middle Brighton.

A Melbourne rheumatologist will present a lecture on aspects pertaining to rheumatoid and other forms of arthritis as well as screening a film and answering any questions.

Paramedics from the Community Care Centre, Royal Southern Memorial Hospital will present lectures, demonstrate aids and answer queries.

Admission is free, tea and coffee available. The day begins at 11.30 a.m. and finishes at 3.30 p.m. Topics of the lectures include Living with Arthritis, Footcare for Arthritics, Arthritis from a Medical Point of View, Mobility and Arthritis and Diet and Arthritis.

All enquiries can be directed to 592 8732, 527 2185 or 570 1123.

## CROQUET

Are you looking for a sport that will be a challenge? We would like to hear from anyone male or female who would like to learn the game. The Elsternwick Croquet Club can offer you a cheaper sport, lots of friendship and an outdoor healthy game. Lessons will commence after the opening of the new season on August 25. The club is situated in Victoria Street, Elsternwick. Anyone interested please ring Mrs V. Peterson 557 3110 or Mrs M. Fagan on 523 8593.

## FESTIVAL OF CHURCH MUSIC

The choirs of the Uniting Churches in the Nepean Presbytery (from Mordialloc to East St. Kilda) will combine to present a Festival of Church Music on October 18 at 2.30 p.m. in the Toorak Uniting Church, 603 Toorak Road.

Donation of \$3.00, students and pensioners \$2.00. Further details from Jessie Morgan on 578 1553.

## FIRST AID

First aid and home nursing tuition for adults is conducted by the St. John Ambulance Brigade. Home nursing tuition commences on Monday, September 5 at 7.15 p.m. in the St. John Hall, Birch Street, South Caulfield.

First aid classes begin on Thursday, September 15 at 7.15 p.m. at O'Neill Campus Hall, Brentani Avenue, Elsternwick. Enquiries to Sister M. Vianney on 523 9181 or Mr A. Reynolds on 528 5367.

## LIBERAL PARTY

Memberships are open for anyone interested in joining the Henty electorate of the Liberal Party and having a say in the future of Australia and Victoria.

A young Liberal branch is being formed in the Chadstone area for anyone between 16 and 30 years of age who is interested in politics, socials, sport or community services. Enquiries can be directed to 654 2255.

## OPEN WEDNESDAY

"Open Wednesday" meets each week at St. David's Hall, Cnr. Grange Road and El Nido Grove, Glenhuntly between 9.30 a.m. and 12.45 p.m. for skill sharing and friendship. All are welcome including children, donation 50c.

September is patchwork month starting on September 7 at 11 a.m. Bring fine cotton materials, scissors, needle and thread.

The movement and relaxation group meets every Wednesday between 10 and 11 a.m. Enquiries to Mrs Denholm on 211 3063.

## MURRUMBEENA MARKET

The Murrumbeena House Committee of Management is considering the establishment of a monthly market at the house.

For a fee of \$5.00 local groups or individuals could hire a space to sell their hand or home produced goods, or even their trash and treasure.

Probable dates for the markets would be the second Saturday of each month, starting on October 8.

If you are interested please contact Dot Marshall on 568 8756 or 568 1011 (work).

If initial numbers are promising, more details will be advertised in the next issue of Contact.

## MUSIC LOVERS SOCIETY

The Music Lovers Society is hosting a return concert by a former member of the Society, John Lavender, who has been living in England since 1969.

John played with the Music Lovers Society in his student years and became a junior committee member of the group. He graduated as a Master of Music from Melbourne University, then studied with Alfred Brendel in Vienna and Albert Ferber in London. His last tour in Australia was in 1974.

On October 1, John will give a piano recital for the Society at 8 p.m. in the St. George's Church Hall, 296 Glenferrie Road, Malvern.

The program will be Haydn's Fantasia in C Major; Schubert's Sonata in G Major, Opus 78; Chopin's Andante Spinato and Grande Polonaise, Opus 22; Faure's Nocturne in E Major, Opus 36 and Debussy, three pieces pour le piano.

The admission price is \$5 adults, \$3 students/pensioners, \$1 children. Enquiries to the Honorary Secretary on 598 3520.

## "FRIENDSHIP TIME"

The Elsternwick Baptist Church, 481 Glenhuntly Road, Elsternwick, welcomes you to Friendship Time for a free cup of coffee or tea every Thursday starting on 1st October, 1983, from 1.30-3.00 p.m. "There are no strangers here, only new friends" is their motto. Contact Dot on 528 3665 or Sadie on 531 6972 for more information.

## CAULFIELD CITY CHOIR

If you like to sing, then why not consider joining the well-established CAULFIELD CITY CHOIR which practices each MONDAY EVENING from 7.45pm to 9.45pm in the St. Stephen's Uniting Church Hall, Balaclava Road, Caulfield.

Talented DOUGLAS HEYWOOD is the Choir's new Conductor and there are vacancies in most sections for choristers with melodious voices, (no joining fee for the remainder of this year).

We invite you to come and meet Douglas and "listen in" on a practice night.

Preparations have commenced, for the Christmas Concert which will be held in the CAULFIELD CITY HALL on TUESDAY DECEMBER 15, 1983, at 8 pm, when the choir together with the CAMERATA ORCHESTRA will present Handel's "MESSIAH".

For further information phone Secretary, Mrs Ruth Rose, 570 4012. You can be assured of a warm welcome.

## 1984 RESOURCE GUIDE

Work is commencing on updating all the information contained in the 1983 Community Resource Guide for next year's 1984 edition. The Resource Guide is a booklet for all residents of Caulfield and lists a variety of things from local Councillors, halls for hire, Justices of the Peace and welfare services, to sporting groups.

If you belong to a group in Caulfield or know of a group in Caulfield that are not listed in the Resource Guide, then please contact Community Liaison at the City Hall on 524 3333 for a form or send in details on the group.

We need to know where you meet, age groups you cater for, what you do, the President's, Secretary's and Treasurer's names, addresses and telephone numbers and the month of your Annual General Meeting. Any other information such as times of operation, fees etc. should also be submitted.

All information should be addressed to:

Community Liaison,  
Caulfield City Council,  
P.O. Box 42,  
SOUTH CAULFIELD, 3162

## A REMINDER

All existing listings in the Resource Guide will soon receive a computer printout in the mail to be updated. Mailing out of the printouts will be completed by Thursday, September 1 and need to be returned by Friday, September 16.

Please make sure the printout is carefully checked and alterations are marked on it. If you receive a form and are no longer connected with the group, please make sure it is passed on to the right person.

## DEADLINE

The deadline for submission of material for the next issue of Caulfield Contact is September 16. The paper will be published on September 29. Submit material in writing or over the telephone by that date. Address written material to Caulfield Contact, P.O. Box 42, South Caulfield, 3162 or telephone 524 3259.

## CRICKET

The Channon Park Cricket Club is affiliated with the C.M.C.A. and in need of players for the forthcoming '83-84 season.

The club fields three senior sides and utilises the Duncan MacKinnon Park facilities.

If you are interested in playing with the team please contact Bob Haisman on 524 3204 (Bus.) or 531 1299 (Home).

## KARATE

Are you interested in learning Karate?

A new Karate club has opened up close by in Malvern. It is a non-profit making organisation and all the senior instructors teach on a voluntary basis.

Students train every Tuesday evening from 7-9 p.m. and all that is needed is the right attitude, determination and endurance. Students not only learn self defence, they are encouraged to display respect, discipline, self control, confidence, co-ordination and fitness. Anyone interested in the club can telephone Joann on 211 9037.

## WANTED

One piano in reasonable condition is needed for the Caulfield Council's Freeman Street Day Centre. Anyone who has a piano no longer used or needed and would like to donate it to the Day Centre can contact Jane Cohen on 524 3333.

## SUPPORT GROUP

The Combined Support Group for the Intellectually Handicapped recently celebrated the first birthday of its opportunity shop at 489 North Road, Ormond.

Six young intellectually handicapped people are currently engaged in sorting goods, pricing them, serving and speaking with customers and cleaning and tidying the shop. This is done with minimal assistance from the helpers in the shop.

If anyone is interested in becoming involved in the group, they can contact the Opportunity Shop on 578 4102.

## COMMUNITY SCHOOL

A Thursday morning community school for children not already at school, is available between 9.30 a.m.-12 noon at the Tara Grove Church Hall, Tara Grove, Carnegie.

Primary level maths, music and other subjects will be taught. All enquiries to Andrew Uren on 528 4033.

## Champs Choose Caulfield



Above, from left, Barry Murray, 25, Neil Marriot, 31, and Len Wilson, 43, have a chuckle among themselves and wish all the weights they had to lift were this easy. These dumbbells are chickenfeed compared to the weights the men will be lifting in Perth.

The Caulfield Recreation Centre in Maple Street, South Caulfield, has been the training ground for six of the ten member Victorian Power Lifting team who are currently competing in the National titles in Perth.

The six team members are representing Victoria in the National Power Lifting Championships which are held over ten days in Perth.

Barry Murray, Neil Marriot, Bruce and Ray Rigby, Charlie Coleiro and Matt Barber have been training in the Recreation Centre's gymnasium for a month leading up to the championships. Two members of the Over 40's team going to Perth, Len Wilson and Albert Carpenter, have also

been training at the Recreation Centre.

All of the men live locally and found it better to train together most nights of the week than training separately in other gymnasiums.

Each of the team members has spent on average five years in power lifting and can now lift approximately three times their own weight which ranges from 75-125 plus kilos.

Each of the team have to compete in three sections, the bench press, the squat and the dead

lift (a 125 kilo lifter will then lift 500 pounds, 850 pounds and 800 pounds respectively).

### CONFIDENT

The majority of the team have represented Victoria in past championships and are confident of success in the titles in Perth.

"We will win the team shield and five first places at least," said Len Wilson. "This is the best team we have ever had for Victoria".

The winners of the Australian titles in Perth will be selected to represent Australia in the World Championships in Sweden in November. They will also represent Australia against New Zealand in September.

### SPONSORSHIP

All the team members are paying for their own

airfares, accommodation etc. to Perth and will also be paying for the New Zealand and Sweden trips if they are successful in the championships.

The Team would be interested in hearing from anyone who would like to sponsor them for New Zealand or Sweden.

The six members who

train at the Recreation Centre are also keen to offer tuition to anyone interested in power lifting. They won't charge a fee, but the student will have to pay the gymnasium fee charged by the Recreation Centre.

Also, if anyone is interested in shotput training then Matt Barber is keen to help out.

Enquiries regarding sponsorship or tuition can be directed to Ron Rutter at the Recreation Centre on 524 3288.

## Bowled Over

### Elsternwick District Bowling Club.

The club invites all newcomers to the game to try their hand at this most popular game for men and ladies of all ages. Free tuition is available, with bowls and shoes available. Come and join the club at Victoria Street, Hopetoun Gardens, Elsternwick. Contact the Secretary, James McLoghlin on 528 3271.

### Murrumbeena Park Bowling Club.

The club in Gerald Street, Murrumbeena has top class greens and fully licensed facilities with limited vacancies for men and ladies.

Bowlers are invited to enter a team in this club's mens triples to be held on the second Monday in each month commencing on Monday, October 10 at 1 p.m. Telephone 568 1147.

Mixed fours are held on a third Sunday commencing on October 14 at 1 p.m. with a smorgasbord tea on completion. Enquiries to 569 6196.

### Carnegie R.S.L. and Citizens Bowling Club.

The club in Rosanna Street has vacancies for new members, married couples or men. Teams are invited to join the club in the men's triples every fourth Wednesday commencing September 28. Telephone the club on 569 8483 or 568 7754.

### Caulfield Central R.S.L. Bowls.

The green opening will be performed at 2.30 p.m. on September 3 and weather permitting, a roll up will follow. High tea will be served in the main hall from 6 to 8 p.m. Members' ladies will be more than welcome.

### Carnegie Bowls Club.

The club is celebrating its 30th anniversary on September 21 and has twelve of the original foundation members still active. Indoor bowling has been very popular with up to 80 players participating on the 5 carpets. Many events are scheduled including barbecues, gala days, smorgasbord and medley days.

A new innovation is the men's nominated turkey triples, two games of 10 ends starting at 9.30 a.m. on the second Sunday of every month. Fees are \$1.50 each and prizes are a turkey each for the winners and chickens for runners up. Details from Harry Birch on 509 9383 or the club on 578 7131.

### Caulfield South Bowls Club.

The club, in Princes Park, Maple Street commences the season on August 26. The greens are in excellent condition and the club is fully licensed. The club has vacancies for experienced and new bowlers with free coaching to members. Contact the club on 528 4620.

### Glenhuntly Bowls Club.

The combined opening day of the club is on September 3 and R.V.B.A. Councillor, Des Sellenger will officiate at the ceremony. Mixed fours will be played later.

Two teams have been entered in the men's penant and three in the ladies and with a full program of social bowls scheduled a successful season should ensue.

Non bowlers wishing to try their hand can do so at Glenhuntly without obligation or first joining the Club. Further information from Graham Woods on 211 3834 or Athol Johns on 211 3664. No indoor bowls during the summer months but bingo afternoons will continue in the club house every Monday at 1 p.m.

## Local Club Promoted

The North Caulfield-Glenhuntly Cricket Club was promoted to a new Division following two consecutive premierships wins last season.

And, having left no doubt they are the top side in South A Division of the Victorian Junior Cricket Association, the Devils are raring to tackle the stiffer competition of V.J.C.A. Senior Division. Captain coach Robert Lamb is once again at the helm for the club. Robert sees promotion to senior division as a challenge his young charges are well up to meeting.

### Players Wanted

With the senior division challenge ahead, North Caulfield-Glenhuntly is chasing new members. Cricketers who would like to try out should attend training at Glenhuntly Oval on Sunday mornings throughout September. From mid September, regular Tuesday and Thursday evening training sessions will also resume.

The club is fielding seven men's sides (three V.J.C.A. playing turf, four City of Moorabbin Cricket Association playing on matting); two

women's teams and boys Under 16, Under 14 and Under 12. The men and women play Saturday afternoons, the boys (C.M.C.A.) on Saturday mornings.

The club President, Paul Dobson says the Devils are a big, well organised club with good atmosphere on and off the field. "We enjoy a busy social season as well as cricket season," he added. "We would be delighted to strengthen both these areas in 1983/84 with new members right through the grades." Paul can be contacted after hours on 527 4928.



## Athletic Season on its way

The Caulfield Little Athletics Clubs compete every Saturday morning at the Duncan MacKinnon Reserve, Cnr. North

and Murrumbeena Roads, Murrumbeena.

The season commences on Saturday, September 2 from 8.30 a.m. to 12 noon, and registration can be made on a Saturday morning or on the registration day which is Sunday, September 18 between 10 a.m. and 12 noon.

Little Athletics is open to all children between 6 and 13 years on October 1. Events include

Above, training time for the Caulfield Little Athletics club at Duncan MacKinnon Park. Children from the club try out their sprinting ability.

sprints, distance running, walking, discus and shot put.

Any enquiries can be directed to the Secretary, Mrs Jan Gyles on 568 8651 or Mrs Lexie Seward on 568 1730.

## Lacrosse Club

Seven members of the Under 16 Caulfield Lacrosse Team have been selected to compete for the National Championships in Perth from August 30.

The team members are Chris Brown (captain), Lino Ettia, David Humphrey, Tim Laidlaw, Scott Mulder, Brett Smith, Serge Tofalidies and Anthony Iezekil.

The under 16 team have lost only one game this season and recently won the preliminary final.

In the Under 19 National Championships held in July, the Club had three representatives in the successful team — Andrew Whittington (captain), Trevor Martin and Jay Miller.

The under 14 team has had similar success to the under 16 team and has also lost only one game this season.



## A LEISURELY LOOK

by Max Binnington

This month's column has taken a turn since I first planned it. The topic of Fitness and Health Week remains the same, however, I recently had the rewarding experience of seeing my first child born.

Where does this fit into Health and Fitness Week? Those of you who have been there, know what a physically and emotionally exhausting time 16 hours of labour can be. I believe the incredible recovery my wife made, both immediately after the birth and 18 hours later when I visited her, was due to her physical preparation — a lifelong commitment to fitness and a specific pre-natal exercise program, and this will have a great effect on her recovery.

Fitness and Health Week is not designed for expectant mothers. It is a planned attack on the lifestyles of us all. Hopefully it will convince everyone of the need to keep their body in a state of preparedness for dealing with the requirements of everyday life. This includes physical, mental and social preparedness.

Caulfield's contribution to Fitness and Health Week is to highlight a broad range of programs already occurring or about to be launched. You will find they vary greatly in terms of target groups and level of intensity.

One of the most successful programs for our older folk is the swimming program for Over 50's. This is available to any of the City's residents at minimal cost thanks to our community bus and free use of the Clayton pool. Our resident mermaid, Carolyn Clark, leads the group through a series of aquarobics as well as assisting with their swimming. Carol is careful to pitch the level of activity to achievable heights.

If you are more physically inclined there is an Over 40's Aerobics group operating from the new fitness facilities at the Carnegie pool in Moira Avenue. Again the program is designed to cater for the wide range of ability and fitness levels.

If you want to test your body even further the City of Caulfield Recreation Centre has recently installed a considerable amount of iron for powerlifting. Ron Rutter is keen to develop your interest in this growing sport or assist your training program or to advise you on body building. Whatever your age or ability a program can be designed for you.

There are many people in this community for whom consideration of the above programs would be ludicrous. For this and a variety of social reasons Council's Residential Care staff are working with hostel resident committees on a series of programs pitched at a lower level of physical capacity.

These include passive activities such as table games, crafts, singalongs, darts and table tennis. Residents at our hostels will be encouraged to participate and hopefully, fling their doors open to their friends and neighbours.

I have tried to mention a few ways in which the Council Services are trying to provide fitness opportunities. We can all do more for ourselves and Fitness and Health Week offers the opportunity to focus on our own fitness and then to do something about it. During Fitness and Health Week, September 12 to 16, 1983, what will you do about it?

Max Binnington

# Contact diary



Contact Diary is compiled each month by Sonja Rosenberg who would be pleased to receive notice of your events by the 15th of each month.

Telephone 524 3259.

## Camera Meeting

SEPTEMBER 1 — The Hughesdale Camera Club will meet at the Hughesdale Community Hall at 8 p.m. The evening feature is "Off the Tourist Track in England" by Les Ritter. Further details by phoning 568 0414.

## Crazy Whist

SEPTEMBER 1 — Crazy whist begins again at St. David's Uniting Church from 1.30 p.m. and will then be held every Thursday in the hall on the corner of Grange Road and El Nido Grove, Glenhuntly. A welcome is extended to all past and new players who would like a friendly game and afternoon tea. Donation 60c.

## Plants

SEPTEMBER 6 — The Caulfield and District Group for Growing Australian Plants meets at 7.45 p.m. in the hall, Cnr. North Road and Tara Grove, Carnegie. Visitors welcome. Enquiries to Mrs Carol Booth on 211 1425 between 5 and 8 p.m.



## Probus Club

SEPTEMBER 6 — The next meeting of the Caulfield Probus Club is in the Committee Room of the Caulfield City

Hall. Speaker to be arranged. The Club has doubled its membership since starting up over a year ago but still has room for more members, retired and semi-retired men. Ring John Fogarty on 528 4336 or Jim Fox on 551 2689 for information.

## Walking Group



SEPTEMBER 6 — The Caulfield Branch of the Early Planning for Retirement Association walking group meets at 10 a.m. on No. 9 Flinders Street platform to catch a train to Williamstown for a walk around the historical sights. Bring lunch. Contact Nancy Needham on 569 5467.

## Immunization

SEPTEMBER 6 — The Caulfield City Council is holding free night immunizations for adult diphtheria, tetanus and oral sabin from 7 to 8 p.m. Ring the City Hall on 524 3333 for location.

## Garden Club

SEPTEMBER 6 — The Caulfield Garden Club is holding their next meeting at 8 p.m. in the Uniting Church Hall, Cnr. Kooyong Road and Jupiter Street, South Caulfield. Mrs R. Hartung will give a floral art demonstration. New members welcome. Enquiries to Mrs Chapman on 596 4085.

## Crazy Whist

SEPTEMBER 7 — The Carnegie Blind Auxiliary is holding crazy whist every Wednesday afternoon from 1.45 p.m. in the Progress Hall, Truganini Road, Carnegie. Special effort on September 14 for the Auxiliary's birthday. Solo and crazy whist, stall and afternoon tea. Everyone welcome. Enquiries to Mrs Dexter 568 0961 or Mrs Field on 211 5957.

## Spinning Group

SEPTEMBER 7 — The Caulfield Spinners meet at 10.30 a.m. in a private home on the first Wednesday of each month. If you spin, the group would like you to join them. Bring fleece, a spinning wheel and lunch. The group meets to spin and share skills. Enquiries to Jean on 523 6916.

## Theatre

SEPTEMBER 7-10 — The Elwood Theatre Company presents the Australian Premiere of the thriller "Bloody Jack" by Tim Kelly based on the murders of Jack the Ripper, at St. Columbas Hall, Cnr. Glenhuntly and Normanby Roads, Elwood, at 8.15 p.m. each night. Tickets, \$4 for week-nights, Sunday gala night \$7 (sherry and supper). Concession for groups of 20. Bookings to 578 1386.

## Opening

SEPTEMBER 11 — Former teachers, pupils and friends of Caulfield Primary School 773 are cordially invited to the opening of the "Frank Dalby Davidson Memorial Library" by Dr. N. G. Currie, Director General of Education. Commences at 2 p.m. Enquiries to 523 7932.

## Ballroom Dancing

SEPTEMBER 11 — Ballroom dancing classes are being held at St. Anthony's Glenhuntly Hall, Cnr. Grange and Neerim Roads from 8.30 to 10.30 p.m. each Sunday night for twelve weeks. Cost \$40, pay before commencement. Enquiries to A. Watson on 819 3214.

## Rosary Crusade

SEPTEMBER 11 — The 61st Rosary Crusade will be held at St. Francis's, Lonsdale Street, Melbourne from 2.30 to 3.45 p.m. Speaker Father Joseph Finn, Sacred Heart, Sandringham. Enquiries to E. McGrath on 596 4820 or 596 4289.

## Disarmament

SEPTEMBER 14 — The Murrumbidgee/Carnegie People for Nuclear Disarmament is holding their next meeting at 44 Omama Road, Murrumbidgee. Enquiries to 568 0190.

## E.P.R.A.

SEPTEMBER 15 — The Caulfield Branch of the Early Planning for Retirement Association will present "Look, Taste and Try", a demonstration of some interesting little-known products, to examine and taste. Door prizes for 20c with tea or coffee provided. Begins 7.30 p.m. at the R.S.L., Hawthorn Road, Caulfield. Visitors welcome.

## Exhibition

SEPTEMBER 17-OCTOBER 2 — The Embroiderers Guild, Victoria is holding a Creative Exhibition and Sale of Original Embroidery at the Embroiderers Guild Gallery, 170 Wattleree Road, Malvern. Open weekdays and Saturday 10.30 a.m. to 4.30 p.m. and Sundays 2-5 p.m. Admission \$1.00. Enquiries to Wilma Garnhan on 29 5339.

## Open Day

SEPTEMBER 19 — The Rheumatism and Arthritis Association of Victoria is holding an Open Day as part of the Australia-wide Arthritis Week at St. Andrew's Hall, Cnr. St. Andrews and Church Streets, Middle Brighton from 11.30 to 3.30 p.m. Enquiries to 592 8732, 527 2185 or 570 1123.

## Photography



SEPTEMBER 19 — The Caulfield Branch of the Early Planning for Retirement Association photography group meets at Jack Campbell's, 1 St. Georges Road, Elsternwick at 7.45 p.m. Bring along 20 slides or prints of people and their activities. Enquiries to 523 9228.

## Hospitals

SEPTEMBER 19 — The Auxiliary for the Aged and Infirm of the Caulfield Hospital are holding their monthly meeting on the third Monday of each month.

New members most welcome. Cards played. Enquiries to E. Matheson on 523 7630.

## Pensioners

SEPTEMBER 20 — The monthly meeting of the Caulfield Combined Pensioners begins at 1.30 p.m. at the Caulfield City Hall, Cnr. Hawthorn and Glen Eira Roads. All welcome. Enquiries to Alma Morton, President on 528 4459.

## Blood Bank

SEPTEMBER 21 — The Blood Bank's Mobile Unit will be visiting the Ormond Uniting Church Hall, Cnr. North and Booran Roads, Ormond between 1.30 p.m. and 8 p.m. Donor enquiries to 616 0300.

## Blood Bank

SEPTEMBER 22 — The Blood Bank's Mobile Unit will be visiting the Chisholm Institute of Technology, 900 Dandenong Road, Caulfield from 9.45 a.m. to 3.15 p.m. No outside donors. Enquiries to 616 0300.

## Garden Club

SEPTEMBER 24 — The Caulfield Garden Club is holding a Spring Flower Show in the Uniting Church Hall, Cnr. Kooyong Road and Jupiter Street, South Caulfield from 2.30 to 8.30 p.m. Official opening 3 p.m. by Mr Ted Tanner, M.L.A.

## Auxiliary

SEPTEMBER 26 — The annual meeting of the New Ormond Auxiliary for the Alfred Hospital is held in the Presbyterian Church Hall, Cnr. North and Booran Roads, Ormond at 10.30 a.m. Visitors are welcome. Further information from Eveline Moir on 578 1721.

## Rheumatism

SEPTEMBER 26 — The Caulfield Self-Help Group of the Rheumatism and Arthritis Association meets at 10.30 a.m. at 259 Kooyong Road, Caulfield. All welcome. Enquiries to 527 2185.

## Gas Association

SEPTEMBER 27 — The monthly meeting of the Women's Gas Association is held in the Auxiliary Room of the Caulfield City Hall, at 1.30 p.m. Guest speaker Carol Harry, Community Liaison Officer, Caulfield Council. All welcome. Enquiries to Mrs Murdoch on 557 2254.

## Travel

SEPTEMBER 28 — The Caulfield Branch of the Early Planning for Retirement Association travel group meets at Caulfield Grammar music room, Glen Eira Road at 7.45 p.m. Les Carritt will present "Capricornia and Cape York". Telephone 568 7732 for details.

## Crazy Whist

SEPTEMBER 28 — A Crazy Whist card evening is held at 8 p.m. on the fourth Wednesday of every month at St. Catherine's Anglican Church Hall. Supper and prizes provided, donation \$1. Enquiries to Valda Clayton on 578 9167 or Merle McDougall on 528 1801.

## Jumble Sale

SEPTEMBER 29 — A jumble sale will be held at St. Mary's Church Hall, Glen Eira Road, Caulfield from 10 a.m. to 12 noon. Good used clothing, household goods and bric-a-brac. Enquiries to M. Casey on 509 5360.

## Film Night

SEPTEMBER 30 — Fusion at 101 Murrumbidgee Rd., Murrumbidgee is holding a film night beginning at 7.30 p.m. Recent films shown included "Mango Tree", "On Golden Pond" and "Time Bandits". Entry by donation. Enquiries to Wells O'Neil on 568 2427.

## Fete

OCTOBER 1 — The St. Catherine's Anglican Church of 402 Kooyong Road, South Caulfield, are holding their annual fete at 9.30 a.m. The stalls will be well stocked with cakes, plants, fancy goods and odds and ends. Enquiries to Valda Clayton on 578 9167 or Merle McDougall on 528 1801.

## Murrumbidgee House

### SCHOOL HOLIDAY PROGRAM

105 Murrumbidgee Rd., Murrumbidgee.

The second week of the school holidays (August 29 — September 2) is catered for at Murrumbidgee House. Primary aged children can join in all sorts of activities from 9am to 4pm each day.

Activities include breadmaking, pottery, face painting, basketry, masks, craft, cooking and visiting a TV studio. Extended hours care is available for children of working parents — 8am to 6pm.

The fees per child per day are \$5 for a single child, \$4 for second child and \$3 for subsequent children.

Further information can be obtained on 568 4935 or 520 7633. Lunch will not be provided except on Friday.



# Calendar of Events



Caulfield Arts Centre, 441 Inkerman Road, North Caulfield, 3161 Telephone: 524 3277

## Community Theatre

SEPTEMBER 8-11 — The Caulfield Community Theatre's next production aims to highlight some of the

diversity of theatrical styles from the 1920's to the present through a trio of short plays and one excerpt from a full length play.

The play will be under the direction of Shirley Harriett and commences at 8 p.m. nightly. Bookings and enquiries to Mr George Collins on 570 1221.

## Song Recital

SEPTEMBER 16 — Song recital with Arial Saltmarsh, Angela Dhar (piano) and Derek Jones

(flute). Works by Dowland, Mozart, Schubert, Hugo Wols, Richard Strauss and Henry Bishop will be featured. There will also be flute variations on a theme by Mozart. Begins 8 p.m.

Cost is — adults \$6.50, pensioners and students \$3.00, supper provided.

## Term 3 Music

Classes commence September 12, see insert in this month's Contact.

## Term 3 Art & Craft

Classes commence September 19, see insert in this month's Contact.

## Ballet

SEPTEMBER 17-18 — By popular demand the wonderful students of the Australian Ballet School return to Caulfield in a special production of their own design for the Sunday Club. Colour, movement, sound and story line combine to provide

an exciting afternoon for children of all ages. A really good family occasion, very popular too so please book early to avoid missing out. Commences 2.30 p.m. Cost — adults \$4.00 and children \$3.00.

Gallery hours — Thursday and Friday 11 a.m. to 9 p.m. and Saturday 11 a.m. to 5.00 p.m.

## Concert

SEPTEMBER 25 — The young Jewish talent concert with children within the ages of 5 to 18 years entertaining with their unique talents. Soloists, bands, actors, singers, dancers and jazz ballet performances will be featured. Begins 2.30 p.m.

Adults \$5.00 and children, students and pensioners \$3.00. Tickets from the Jewish National Fund Office

telephone 51 6921 Ext. 20 and at the door.

## C.I.T.

OCTOBER 4-23 — An exhibition of work by students and staff of the Department of Ceramic Design at Chisholm Institute. It includes the work of professional people and young designers involved in studio and architectural ceramics, glass and concrete. This exhibition was displayed in London earlier this year as well as Melbourne, Sydney and Langwarrin.

Gallery hours — Monday to Friday 10 a.m. to 5 p.m. and Saturday and Sunday 1 to 6 p.m.