

# CAULFIELD CONTACT

M O N T H L Y

## Moderate change in city rates

CAULFIELD Council has absorbed \$288,000 in grants cuts for the 1989/90 financial year and increased rates by a moderate 8.9 per cent.

The increase follows a 27 per cent cut in the General Revenue grant, along with an annual increase of \$210,000 in WorkCare contributions.

The grant cut was the largest in the metropolitan area, but Caulfield Mayor, Cr David Bloom, said City Hall spending restrictions helped keep the rate rise to a minimum.

"Strict budgetary control will help to offset some of the costs," Cr Bloom said.

"Council is again in a position where it can withstand the negative impact of grant reductions and increased WorkCare charges, and declare a reasonable rate for next year."

The new minimum rates for residential properties are up from \$270.30 per year to \$290, while the minimum charge for flats and units has gone from \$213.10 to \$250. Commercial and industrial properties will rise to \$421 minimum, apartments and kiosks to \$140 and vacant land to \$290.

The annual charge for collecting garbage has also increased marginally to \$99.

Council's Chief Executive Officer, Doug Aylen, said the adopted estimates would help stabilise capital bases for Council's community projects.

"Caulfield suffered one of the largest decreases in Commonwealth General Revenue Sharing Grants in Victoria and yet kept its rate increase to almost inflation level."

### Council income for 1989/90 (estimated)

Rates.....	33.7 per cent
Grants & subsidies.....	12.0 per cent
Other (user) charges.....	38.1 per cent
Loans.....	9.7 per cent
Reserves.....	6.5 per cent

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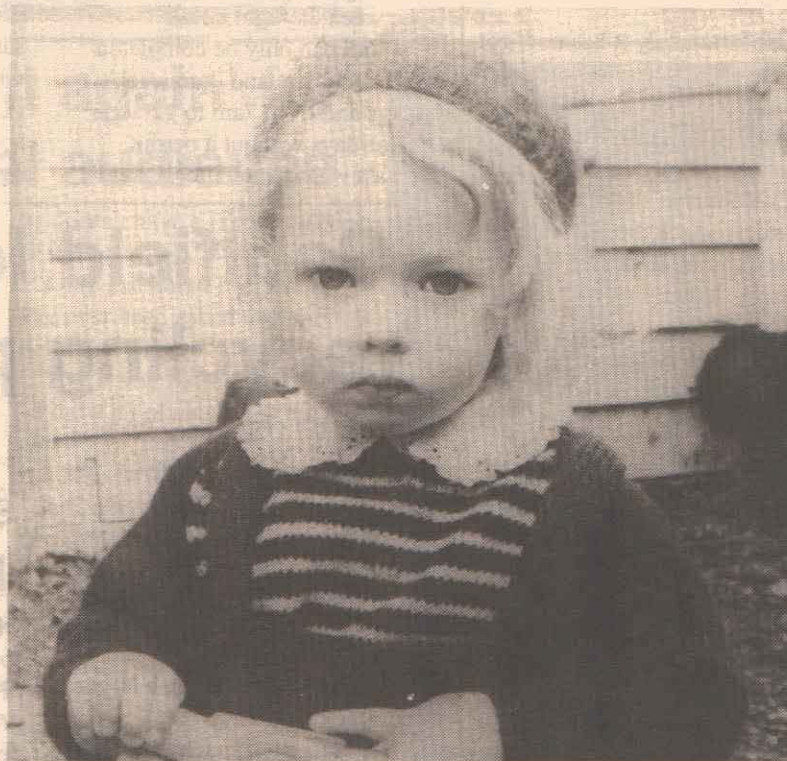
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This Caulfield youngster may not be aware of the preparations going on around her, but Children's Week begins on October 22. This year's national theme is 'The Rights of the Child - A National Responsibility'. Story on page 8.

## Council acts on parking

CAULFIELD Council has reviewed its cash-in-lieu carparking policy.

Potential developers in 11 key commercial areas can apply to provide cash instead of carparking spaces under the revised policy approved by Caulfield's Policy and Environment committee last month.

The City's new Cash In Lieu Carparking policy was adopted last month in an attempt to reassess the cost of providing

parking areas near large commercial centres.

However, the new policy applies only to specified areas within Balacava Junction, Alma and Orrong Rds, Elsternwick, Gardenvale, South Caulfield, Caulfield Station, Carnegie, Ormond, Murrumbena, Glenhuntly and Poath Road.

Rates are based on the cost of providing car parking spaces in these areas.

### PROFESSIONAL CURTAINS

We are settling in well, thank-you!

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2A St Georges Rd, Elsternwick

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



Vol. 15 No 8 October, 1989

1. Architecture & art - a winning combination for one man's quest. (Page 6)

2. Heart disease - are you at risk? Find out what the experts say. (Page 7)

3. Children's Week - a special theme & lots of fun for all. (Page 8)

### CONTENTS

General News	1-3
Editorial	2
Community Talk	3
Community News	4-5
Arts focus	6
Healthwise	7-8
Recreation & leisure	9-10
Classifieds	11
Contact Diary	12

## Australia Day awards

CAULFIELD Council has called for nominations for the 1990 Citizen and Young Citizen of the Year awards.

All Caulfield residents are eligible to win the award, although contributions to the community from non-residents will also be considered.

A selection panel comprising Mayor David Bloom, Chief Executive Officer Doug Aylen and councillors James Barrett and Veronika Martens will judge both award categories.

The panel will make it's decision on the basis of service to the local community in any appropriate field.

Nominees for the Young Citizen award must be under 25 years on January 26, 1990.

The awards will be presented at City Hall on January 26 as part of Council's Australia Day celebrations.

Nomination forms are available from the mayoral secretary, Norma Polglase, on 524 3224.

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# Vandals strike at bowls club

## Damage spree 'senseless' - Councillor

VANDALS caused \$5,000 damage to the Murrumbidgee Bowls Club late last month in an attack described by east ward Councillor John Robinson as "utterly senseless".

Eleven of 13 seats were ripped from their cement bases and walls spray painted in the spree, which left club officials and locals fearing further attacks.

Cr Robinson said the latest example followed similar incidents in recent months at the club.

"Ratepayers have had enough of this type of vandalism," Cr Robinson said.

"We've tried a number of measures to stop vandalism, but there's little else we can do."

Cr Robinson said officials may

be forced to consider hiring security personnel to safeguard against further outbreaks of graffiti.

"Unfortunately it has now got to the stage where we must consider every option available to stop these senseless behaviour."

Cr Robinson said many vandals attack the club while meetings are in progress nearby, leaving patrons "on edge."

"I actually caught two young people here once while they were vandalising the place, but they rode off before I could catch them," Cr Robinson said.

"It's ridiculous that some parents have no idea where their children are at night, when they are running around costing ratepayers money."

Cr Robinson issued a plea for local parents to make sure they knew where their children were at all times, especially at night

Continued page 3

## CITY HALL CONTACTS:

Arts Complex.....	524 3287
Rates.....	524 3215
Human Services....	524 3228
Traffic & By-laws..	524 3216
Engineering.....	524 3238 524 3240
Traffic Engineering and Planning.....	524 3324
Recreation Centre.	524 3228
Building.....	524 3201

## New Residents' Kit

Have you just moved to Caulfield? If so, contact Council's Community Liaison Department for a free copy of your New Residents' Kit on 524 3258 or 524 3259.

Or, write to us at PO Box 42 South Caulfield 3162.

## Footpath riders pose danger to elderly

CAULFIELD Council's by-laws department has issued a plea for local cyclists to keep off footpaths while riding their bikes.

The call follows complaints from elderly residents of near misses with cyclists who ignore pedestrians' right of way.

Most of the offences have occurred in the local shopping precincts, placing pedestrians at greater risk in built-up areas.

Riding a bicycle on footpaths is an offence under the 1988 Road Safety (Traffic) Regulations Act, and riders can be prosecuted if found breaking this law.

For more information, contact the traffic and by-laws department on 524 3269.

## Recognition for unsung heroes

COUNCIL has called on local community groups for nominations for its Caulfield Community Services Recognition Scheme.

The scheme was established last year as a method of publicly recognising the achievements of volunteer workers, with over 150 people given awards for

## Council cuts noise levels

CAULFIELD Council has issued a stern warning to all building and property developers to keep noise levels to a minimum.

Council has banned construction, demolition or removal of commercial and industrial buildings which causes excess noise, except with a permit, between daylight hours.

Work can only be completed between 7am and 7pm weekdays and from 7am to 12 noon Saturdays without a permit.

East ward Councillor, David

Spencer, said the by-law gave Council similar power to the Environment Protection Authority.

"We (Council) needed to give officers the power to protect residents from the noise of builders and demolishers," Cr Spencer said.

"Council can now enforce penalties against noisy nuisances, or the property owners who employ them."

Cr Spencer said the issue was sparked by residents' concerns over a North Rd factory.

## Caulfield leader in recycling program

### ... but large scale programs pose problems

CAULFIELD was one of the first Councils in Victoria to initiate a formal recycling program for waste products.

The program was started with the introduction of a mobile garbage bin system in 1981 and established to offset the chance of large bins promoting a larger volume of garbage.

The amount of materials separated from the garbage since, has led to large costs savings for Council, along with the conservation of resources.

Council today continues to recycle both glass, paper and cardboard. Glass collection is carried out by a weekly collections coinciding with normal garbage collection.

Paper and cardboard is collected by a subcontractor to the Australian Paper Manufacturers, which also stages a collection service each month.

Collection dates are listed and distributed to local residents in all areas. New residents can find out collection dates from Council's engineering department.

To compliment the home collection system, Council also operates a drop-off depot in Neerim Rd Glenhuntly. Both paper and bottles can be left at the depot 24 hours a day, seven days a week.

Council has also considered adopting a bottle recycling system, backed by the Environment Protection Authority,

which has benefits to some forms of collection systems.

However, Council believes the program would introduce operational problems caused by kerbside sorting and a lack of storage space.

The large cost of providing and distributing replacement bags would also hinder the success of the operation, although Council is still considering the introduction of recycling bags.

The recent development by a large Melbourne company, Smorgan Industries, has also sparked debate on the issue of recycling plastics.

Smorgan's introduced a program earlier this year which is capable of converting unsorted, contaminated waste plastics into usable products, a system many council's have shown interest in.

The EPA has already sponsored and advised on two trial plastic recycling schemes in Brunswick and Nunawading, schemes which should shed more light on the issue.

However, Smorgan's cannot accept as many unsorted plastics as Caulfield or many other councils produce in city-wide collections.

As a result, large scale plastic recycling is so far an impossibility for many councils including Caulfield because of disposal problems.

However, local residents can still dispose of plastic wastes on a private basis.

ICI Industries' local outlet at 29 Mauton Rd Oakleigh accepts plastic bottles, while soft plastics including polythene can be left at Luiacre Plastics in Port Melbourne.

## EDITORIAL

THIS month's issue of *Caulfield Contact* is filled with interesting reading.

We have a special feature on heart disease and the signs to look out for in our 'Health-wise' section.

For those who are artistically inclined, we have a write up on two new exhibitions being held at the Arts Complex are well worth seeing and reading about in 'Arts Focus'.

Of course we keep you up to date with all the community news and general Council news, that you, as a resident, should know about and much more in our other regular sections such as 'Recreation & leisure', 'Community talk' and 'Contact diary'.

We hope you enjoy this October issue and look forward to bringing you another bumper issue next month.

Happy reading!

Editor

Because of the limited space available in the paper, the editor reserves the right to exclude articles submitted.

## Elsternwick woman to head Mormon society

AN Elsternwick mother-to-be has been appointed president of the Women's Relief Society of the Caulfield Church of Jesus Christ of Latter-day Saints.

Francine Mamouny, 27, will take charge of the local branch, part of a 157 year-old movement boasting two million members worldwide.

Ms Mamouny said members of the organisation (all female church members over the age of 18) placed heavy emphasis on education and self-improvement.

"All our subjects help strengthen the virtues of the community," Ms Mamouny said.

"Members show love and concern for each other and all women in the church are looked after, especially those who need help."

The organisation also plays a role in arranging visiting teachers for local schools.

The society meets each Sunday from 11.40am at the Latter-day Saints' (Mormon) Chapel in Hawthorn Rd Caulfield.





## 'Plain' submission sparks Pension News re-think

COPIES of the Commonwealth social security publication, 'Age Pension News', will be delivered in plain wrapping following a submission by Caulfield MP Ted Tanner.

Federal Minister for Social Security, Brian Howe, announced the move recently after Mr Tanner, acting on complaints by pensioners, expressed his concern at the see-through wrapping.

Mr Tanner said the community was "concerned" that elderly pensioners could easily be identified by having the publication delivered.

"It's disappointing that the first issue of 'Age Pension News' was in see through wrappers, but the Minister's response is pleasing," Mr Tanner said.

## Library upgrade leads to improved services

CAULFIELD library officials believe recent renovations will result in an improved service to the public.

Caulfield Mayor, Cr David Bloom, opened the \$57,500 renovations early this month and said he was confident local residents would utilise the upgraded facilities.

His comments were supported by chief librarian, Maryna Mews, who described the major facelift as "another step towards improving library facilities."

"The building works should attract many people who don't usually visit the library," Mrs Mews said.

"We're confident we can service the public's needs in an improved manner as a result of the changes."

The major upgrade includes the total replacement of the library roof, new fluorescent lighting, internal and external painting and new equipment.

The work was completed late last month following a one month rebuilding program, and Council has also set aside funds for air conditioning of the Maple St library branch next year.

The first stage of a \$135,000 computer upgrade will also be completed next year.

Local residents borrowed 505,000 books from the three local libraries in Maple St, Staniland Grove and Koornang Rd last year.

The library improvements are the latest in a series of initiatives designed by Council to upgrade its human services facilities.



## Vandal spree at bowls club

From page 2  
when the incidence of vandalism "increases considerably."

"If people were aware of what their own children were up to this type of problem would be

cleared up in no time," Cr Robinson said.

Police believe a large group of people, possibly youths in cars, were involved in the latest incident.

**Left: Bowls club secretary Jack Gilbert, assistant secretary Jack Brown, senior vice president Herbie Gamble and Cr John Robinson (left) survey the damage. The incident has inflamed fears that the club may have to hire security guards.**

## Sam 'plays it again' for international audience

CAULFIELD choirboy Sam Spencer has joined 32 members of the Australian Boys' Choir for a three week tour of England, Europe and the United States.

Sam, 11, will perform with the select group of choir members in Amsterdam, London, New York and other international destinations on their once-in-a-lifetime tour.

"I'm not sure what to expect - all I know is it should be fun," Sam said before leaving late last month.

"I'm really looking forward to performing in front of so many people."

The group's exhaustive itinerary includes practice sessions at the famous Westminster Cathedral, and sight-seeing tours of many internationally-renowned locations.

Sam, the son of east ward Councillor David Spencer, says

he doesn't have a favorite piece of music.

"I like just about everything I've ever been asked to sing," he said.

"That's why I joined the choir - I did a bit of singing in the classroom, and wanted to take it a little further."

Sam, a member of the 90-strong Australian Boys' Choir for only three years, has so impressed officials he was included on a short list of candidates for the overseas tour.

Apart from England, Sam has never visited another of the overseas destinations, but is confident he will return to Australia with a broader range of both singing experience and new-found friends.

**Pictured: Sam Spencer practices at home before leaving on his three week tour.**



## Weaver passes on tricks of the trade



LOCAL weaver John Irving took the chance to teach Glenhuntly Primary School pupils the finer points of weaving during last month's Education Week activities.

The pupils (above) joined Mr Irving in creating a three metre wide wall hanging, which still hangs in the Glenhuntly Joint Effort Community House.

Co-ordinator Jacqui Campbell said the project was the "first of many projects" to involve the house in arts projects.

**KILVINGTON**  
BAPTIST GIRLS' GRAMMAR SCHOOL  
Cnr. Leila and Katandra Roads, Ormond. 3163

## BURSARIES

Applications are invited for the Rev P.E. Evans Bursary and the Mrs. R.M.E. McKie Bursary

These bursaries are to assist girls whose financial situation would make attendance at an Independent School impracticable without substantial financial assistance.

Applicants should be in Years 6-11, 1989

Applications close Wednesday, 18 October, 1989.

For further details and application forms ring Mrs Roberts (578 6231)

## Neighbourly call for meeting support

THE U20 branch of Neighbourhood Watch will hold its annual general meeting at the Duncan McKinnon Oval Hall from 7.30pm on Tuesday, November 21.

The group has called on all local residents to attend the meeting, which will be followed by a supper in the hall.

**Sixth Caulfield Scout Group**  
Foch St, Ormond.

**New Cub Leaders are now being sought. Meeting night Wednesday, training and uniforms provided.**

**Contact group president Bev Tamblin on 578 9304 or group leader Rob Jamieson on 578 6368.**

## Computer course

THE Fusion Community Centre will hold a new basic computer course for beginners from October 23.

The course, at Fusion's headquarters at 101 Murrumbidgee Rd Murrumbidgee, runs for six weeks.

For more information, contact 563 1554.

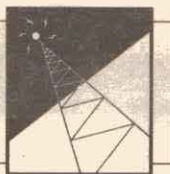
## Shelford



**An Anglican School for Girls**  
3 Hood Crescent,  
Caulfield, 3161  
Phone 528 5329

**A small school with academic tradition and a caring environment.**  
**Some vacancies for 1990.**  
**Phone the School Office for details.**





## Greeting cards for a worthy cause

A GREETING card collection produced by local Jewish day school students has gone on sale.

The ten card collection was launched recently at Montefiore Homes for the Aged in St Kilda Rd and includes work from Montefiore residents Hansi Kisch and Hildegard Insel.

Cards are \$12.50 per set (\$14 by mail) and are available by contacting Celia Freshman or Betty Gardener on 529 6666.

All proceeds will be donated to Montefiore.



A landscape design by Rochie Schneier, a Year 8 student of Beth Rivkah Ladies' College.

# A new approach to education

IT'S referred to as "Montessori Education", established by Maria Montessori who spent a good deal of time researching and studying behavior of children and their most sort after needs.

Once these needs had been established, it was necessary to provide these children with a way that the needs could be met.

The Montessori method allows children to learn by doing things by themselves.

With this type of freedom of expression, children gradually build a strong sense of independence and confidence as their skills increase.

It's an educational system based on a child's innate love of learning and it allows the child to create a life-long motivation for continuous learning.

It helps children remain in touch with their natural growth and development and avoids forcing them to do anything they are not ready for.

## Education cycles

There are three cycles in the Montessori education system.

Each cycle has a duration of three years. The age groups

**"Respect for a child's personality and trust in their inner potential are prerequisites to the establishment of an adequate educational alliance." (M Montessori Jnr)**

consist of:

- \* cycle 1 - 3yrs to 6 yrs
- \* cycle 2 - 6yrs to 9yrs
- \* cycle 3 - 9yrs to 12yrs

In cycle one, learning takes place in concrete form. There is importance in movement and sensorial learning.

This stage was described by Montessori as "the absorbant mind process where children begin to take in information, experiences and draw on everything the world has to offer".

During this stage, the child develops an inner sense of order.

Within the classroom in all cycles, children are members of a mini society.

They begin at three years of age to benefit from being the youngest in their group learning from the older children.

The following year they take on the position of middle children and then oldest

children where they have a chance to develop leadership qualities, responsibility and a sense of caring for the younger children.

During the final year in the cycle, children can consolidate what has gone on before.

The three year time frame for each cycle provides opportunity for children to build on all that they've learned.

Teachers and children can build a solid and close relationship.

When the child moves to cycle two (6-9 yrs), learning still takes place in concrete form but a gradual shift to more abstract topics is introduced.

A rigid timetable is set for the children in this cycle but are left to work at their own pace settling into an activity as long as the child finds the workload comfortable.

From knowledge gained in the first six years of a child's life, the amount of scope for digestion of new information is limitless.

By the time children reach cycle three, they will have been

introduced to a number of areas that other children their age are yet to cover.

These include the cultural and scientific development of skills research leads to independent work habits.

With research skills the learning process becomes limitless.

Glen Watson, the school's principal believes that the Montessori education system is like no other.

"At the age of two to three years, children experience 'sensitive periods', explosions of learning.

"There is a culminative effect of learning and children can build on this in different ways as they move through the cycles.

"Our school aims to establish its final goal by 1993 where a stable 'pyramid' structure will be achieved.

"This new structure will consist of:

- 3 x cycle 1 rooms (3-6 yrs);
- 2 x cycle 2 rooms (6-9 yrs);
- 1 x cycle 3 rooms (9-12yrs).

"At this level the casual friendly, personal touch of the school community is maintained."

For more information, contact the Caulfield Montessori School on 528 4478.

## COMMUNITY TALK



## Spurway tribute

AT a time when the standard of care in nursing homes is being questioned, the new Spurway Nursing Home in Murrumbidgee stands as a shining example of excellent care for the aged.

My father spent the last few weeks of his life at Spurway, and I cannot speak highly enough of the standard of care provided.

Not only is the single room accommodation very comfortable, but there has been an attempt to 'de-institutionalise' the whole home.

The dedicated, caring staff made a difficult time for my family much easier to bear.

Thank you to everyone involved in the establishment of this wonderful home, especially Sue Clark and Caulfield Council.

**Bernadette Garuana,  
Victoria St,  
Pahran.**

## 'Green up' Contact

WE applaud the updated format of *Caulfield Contact*, but it fails to address environmental issues adequately.

As a clear and very readable community paper, it is ideally suited to taking on this educative role.

We are very concerned about the future and quality of the environment our children will inherit. Ongoing education of the public is essential in order to bring about changes in peoples' attitudes and behaviours.

*Caulfield Contact* could take a leading role in this educative process by including an 'Environment Page'.

This page could feature articles about home composting, recycling, alternative cleaning recipes, natural alternatives to pesticides and other practical suggestions.

It could also contain feature articles on environmentally conscious organisations, such as the Environment Protection Authority, Friends of the Earth, and The Tree Project, along with their objectives and the sort of information available from them.

Improving Caulfield must go further than beautification projects. It must also address the fundamental issues of 'rehabilitating' our precious planet.

Jenny and Terry Rule.



## Students' art 'conquers' all

STUDENTS of Chisholm Institute of Technology's Fine Arts will take part in an exhibition entitled 'Conquest and Neglect in the 1980s' from October 11-29.

The exhibition, organised by Council's Youth Services and

Youth Council Departments, will present a cross-section of local artists' ideas and feelings.

The exhibition will be held at the Caulfield Arts Complex.

**Above: Chisholm Fine Arts student, Martin Ferrez, shows off his work.**

## History in motion

CAULFIELD Historical Society are an active group sharing a common interest in local history.

Meetings of this Society are held on the third Wednesday of each month, February to November, at 8pm in the Auxiliary Room, Caulfield City Hall.

Membership is open to residents and friends who share an interest in Caulfield's history. Guest speakers have addressed

the Society on topics such as porcelain, heraldry, genealogy, transport and various others.

At other meetings, members share personal memorabilia.

The society collects photographs, books, documents, anything of historic value, so please do not discard those old letters and objects of the past.

For further information please do not hesitate the Society's Secretary, Hazel Ford on 528 4140.

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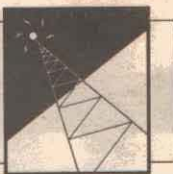
**ENROLMENTS TAKEN NOW FOR 1990**

**'PARENT INSPECTIONS WELCOME'**

All enquiries direct to the Vice Principal.

**Phone - 579 5522**





## Students back CanTeen fund with disco money

SIXTEEN Shelford Anglican School students spearheaded a \$1,500 fundraising effort to aid one of their bravest friends' favorite charity.

The girls organised one of the first school Blue Light Discos held in the area, partly in memory of former classmate Effie Fatouros.

Miss Fatouros lost her defiant battle with cancer in May, but her friends rallied around one of her favorite causes - CanTeen, a support group for cancer-stricken teenagers - and donated money raised from the disco to that cause.

Since Miss Fatouros' death, the school has raised over \$5,000 for the support group.

The latest effort was led by a committee of Year 9 students and members of the Shelford Parents' Association including David Whiting, Margot Howell and Pam Davies.

Their efforts were helped by local police including Senior Sergeant Kim Norman and winner of the 1989 Caulfield Young Citizen of the Year Award, Constable David Michelson.

Over 400 students attended the disco, allowing an extra \$500 to be donated to the Caulfield community in general.

CanTeen co-ordinator Leanne Lambart accepted the \$1,000 cheque for her organisation, while Caulfield Mayor, Cr David Bloom, accepted the \$500 award on behalf of the City.



Caulfield Mayor, Cr David Bloom, accepts a cheque for \$500 from Year 9 Shelford student Elise Edlin. Looking on (from left) are David Whiting, Margot Howell, Snr Sgt Kim Norman, Pam David and Shelford principal, Elizabeth Britten.

## Child care centres open doors for 1990

ENROLMENTS for child care at the City of Caulfield's five children's centres for 1990 are now open.

Applications for centre care to commence early in 1990 will be received until November 17, 1989.

Family day care enrolments (home based care) will be taken until December 21, 1989, thereafter January 1, 1990.

Parents must either live, work or study in the Caulfield municipality to apply.

First priority for child care is given to children whose parents are working, studying or actively looking for work.

Successful applicants for children's centres will be notified in early December.

Family day care applicants will be given vacancy information at lodgement of application.

The five children's centres are situated at:

**Caulfield** - City Hall Complex, 35 children, 2-5yrs.

**Ormond** - 2 Oakleigh Rd, 25 children, 1-5yrs.

**Carnegie** - 15-17 Truganini Rd,

35 children, 1-5yrs.

**Murrumbeena** - 23 Oakdale Cres, 24 children, 1-5yrs.

**Elsternwick** - 269 Kooyong Rd, 35 children, 6mths - 5yrs.

A fee subsidy is available to families on moderate incomes.

Before a fee subsidy can be arranged at the child care centre, the family income must be assessed at the department of social security.

Child care applications can be obtained by contacting Cathy Hainey at City Hall on 524 3333.

## Building bridges between the generations



A HANDFUL of Shelford Anglican Girls' School students have spent most of this year attempting to bridge the gap between three generations - and they've met with their fair share of success.

The Year 10 students visit residents of the Caulfield Adult Day Centre in Freeman St South Caulfield each Tuesday,

working with centre staff to assist in a broad range of programs.

The caring students take part in exercise and mobility sessions, music, therapy, painting, discussion groups, cooking and outdoor activities designed to increase the mental and physical well-being of the residents.

All have become an integral

part of the program, helping the older members of the groups on walks and other day-trips and joining current affairs discussions.

**Pictured: Naomi Kay (left) and Sarah Lawrence (holding ball). . . two students helping bridge the gap of two generations.**

## 'Wellness Group' kicks off in Chadstone

A GROUP set up to discuss fitness, nutrition, mental well-being and relationships will begin operation on Thursday October 12.

The 'Wellness Group', based at the Chadstone Community Health Centre, will meet weekly for ten sessions to plan changes to help individual health and happiness.

The group will attempt to recognise stress levels and find constructive outlets for tension before it reaches dangerous levels.

All local residents can attend the free sessions from 10am to 12 noon every Thursday.

For more information, contact the duty person on 568 2599.

## Grief counsellors call

THE Little Company of Mary Hospital in Kooyong Rd, Caulfield has called for volunteers for its grief counselling service.

Grief Line counsellors started a ten week training course on October 2, but have issued a plea for more volunteers to bolster dwindling numbers.

The two-year-old 24 hour support service is based through a telephone diverter at the hospital.

"Volunteers get a lot out of our education program," Grief Line co-ordinator, Sister Pauline Pervan, said.

"They develop the effective communication skills and explore their own experience of loss."

For more information, contact Sr Pervan on 596 2853.

## Coin line fundraiser

THE 12th Caulfield (St John's) Scout Group will hold a 'Kilometre of Coins' event to raise funds for camping equipment.

The event will be held on Saturday, December 2, between 8.30am and 12.30pm along Glenhuntly Rd.

Group members will draw a chalk line from Beavis St to St George's Rd and invite local shoppers to place coins along the line.

Members are confident of a big response from shoppers as they prepare for the group's 60th anniversary next year.

## Caulfield Festival fun

CAULFIELD Festival officials have announced plans for this year's Community Day activities to be held in conjunction with the ever-popular Caulfield Festival.

Community Day will be held on December 3, the final leg of the three day festival.

And don't forget *Caulfield Contact's* preview of the festival next month.

## Literacy day 'a major success' - group claim

THE Caulfield Adult Literacy Group has hailed it's September 8 display at the Elsternwick Library as a major success.

CALG co-ordinator, Julie Wurf, said the display was held to highlight International Literacy Day.

"One million Australians have problems reading and writing," Mrs Wurf said.

"The degree of illiteracy can range from being able only to write their name and address to being 'hopeless' at spelling."

Mrs Wurf also said International Literacy Day, held on the same day as Red Nose Day (to aid cot death research), relied on support from the public.

"We must try to give all Australians the opportunity to read," she said.

For more information on the local literacy group, contact Mrs Wurf on 523 6682 or 571 1426.





# Minister praises 'Pandora' performance

THE premiere performance of Caulfield's multicultural musical 'Pandora's Land' last month was applauded by an enthusiastic audience, including the the Federal Minister for the Arts, Mr Clyde Holding.

Local Councillor John Robinson, chairman of the City of Caulfield Bicentennial Committee, welcomed the audience, noting that they were taking part in a special part of Australian history as this performance was the last Bicentennial event to take place in the country. This work was commissioned in

1986/87 by the City of Caulfield from the Cyprus-born composer Stelios Tsiolas, to form an important part of Caulfield's Bicentennial celebrations.

Stelios worked with local and professional musicians, together with Doug Heywood and the Caulfield Choir to develop the work.

In fact, so much thought and effort was put into bringing the work to life on the stage the projected performance target was unable to be met within the Bicentennial year.

The vibrant musical recites the ancient Greek myth of Pandora, who in this version visits Australia and experiences the different cultures and sentiments that have built our nation. The composer used a fascinating blend of traditional Greek rhythms and classical music style to underscore the harmonisation of our diverse cultures.

The ten piece orchestra brought together by Spiros Rantos, features an unusual but highly effective combination of instruments including violin, cello, flute, brass, electronic

synthesiser and bouzouki.

The soloists and chorus combined well to convey the excitement and joy of Pandora's new-found land and the performance of Julian Bailey as 'Giovanni' and Leonor McWhitter as 'Carla', was particularly noteworthy.

Carolyn Kennet as 'Pandora' impressed everyone in the audience with her magnificent singing voice.

Speaking at the traditional cast party for a world premiere

performance, Mr Holding praised the director, cast and crew.

"The performance is worthy of inclusion in the Spoleto Festival," he said.

"This type of community theatre is not only very exciting for performers and audience, but also helps raise the consciousness of all Australians in our heritage.

"I congratulate the City of Caulfield for commissioning 'Pandora's Land' and hope that further performances will follow."

## Artist's works of a 'different' kind on show at gallery

**"I'm a free soul when it comes to my art"**

THE above is a phrase coined by Bruce Doyle, an artist with a difference.

Doyle's paintings are characterised by an exuberance in content and style.

His love for the world around him and his enthusiasm for painting radiates in the content of each work.

Expressionist is one way to describe Doyle's work although the artist describes it as "abstract realist".

Abstract realist".

Apart from these definitions, viewers will find the works spontaneous and colourful.

Doyle began painting over 15 years ago and was prompted by a magazine article that quoted the extremely high prices paid for "old masters" by dealers and collectors.

"I felt tempted to create my own work and now I'm constantly flowing with ideas for new pictures", the artist says.

Originally trained as a mechanical engineer, Doyle also completed a six month drawing course with Alan Sumner at the National Gallery Art School.

This background in drafting and professional training is subtly revealed in the formal qualities of Doyle's work - in his strong compositional skill and exciting sense of colour.

The exhibition titled "Paintings" by Bruce Doyle, will run from October 31 to November 12, 1989, in the Community Gallery, Caulfield Arts Complex.

For further information contact the Complex on 524 3287.

### Just a quick reminder

THERE'S always something happening at the Caulfield Arts Complex.

If you'd like to visit the gallery and view some of the exciting art on display or would like information on upcoming exhibitions, contact the friendly staff at the complex on 524 3263.

### Caulfield South Primary School

Bundeera Rd, South Caulfield

**Enrolments are now being taken for 1990. You are invited to visit our school to find out about programs, policies and activities. Inspection by appointment.**

Contact Principal Miss Bev Ennis on 578 3189

### New baby?

Home visiting support service for new parents. Birth, Baby & Bedlam.

**Ph: 587 1045.**

### WINDOW FRAME REPAIRS

Treatment of Decayed Timber  
New cords, Balances, Catches, Hinges & Locks  
Reputty, Weatherseal, Repaint.

Credit cards welcome

**PHONE AFTER HOURS: 569 7549**

## Building an artistic world

A RETROSPECTIVE exhibition of drawings by the late Dr Ernest Fooks will show 30 drawings examining architecture from around the world and artifacts collected by Dr and Mrs Fooks over a period of 30 years.

Dr Fooks was an architect with a social conscience.

His overriding interest was people and his life's work reflected this concern for humanity.

He related to architecture universally - for him its function did not differ across time or cultures.

However, architecture manifests itself differently and what particularly inspired this artist was what architecture revealed about relationships between people and their environment.

His drawings represent his observations of these relationships in a world where he was no longer the engineer but the "artist-onlooker".

He used his intimate acquaintance with architecture of different times and cultures to bring to his own designs the freshness and objectivity of approach which characterise his architectural style.

Underlying his devotion to architecture was a concern for the quality of life and how living conditions relate to lifestyle and environment.

For Dr Fooks, housing did not imply the provision of a house, but of satisfactory living conditions.

The artist deplored the "haphazard and uncontrolled sprawl"

typified by large metropolises.

In the prosperous 1950s and '60s, he espoused the ideal of the suburban home, where everyone had equal access to space, sunlight and amenities.

It was a truly democratic approach to architecture.

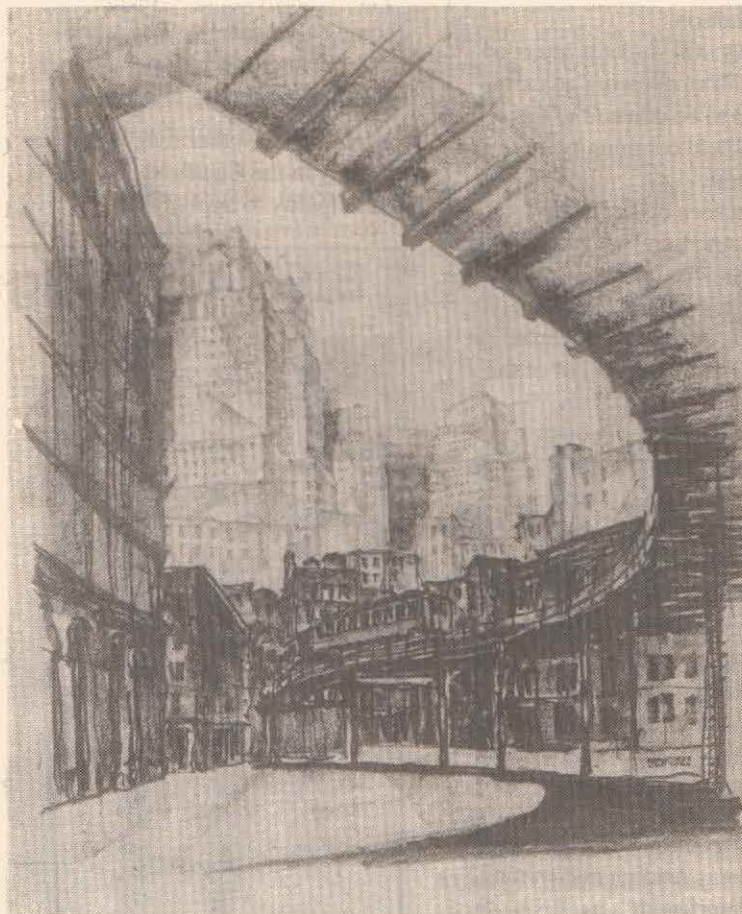
The artifacts which accompany the exhibition give it another dimension and give the works a context.

The works are materials of the landscape, thus reflecting the cultures of the people who made them.

This exhibition is not to be missed.

It will run from October 12 with a 6.30pm opening to October 29.

For more information, contact the Caulfield Arts Complex on 524 3263.



**'Chicago 1948' - a chalk and graphite work depicting one of the United States' most famous, yet infamous, cities.**

### Spanish seminar

PHOTOGRAPHER and journalist Elizabeth Disney will hold seminars on Spain at Trinity College on October 14, 21 and 28.

Ms Disney, who lived in Spain for 20 years, will use slides for the seminars.

Spanish history, traditions, art and architecture will all be discussed.

The seminars cost \$35 (\$29 concession), and for more information, contact 819 3675.

### CAULFIELD'S OCCASIONAL CARE CENTRE HAS MOVED!

THE 'LITTLE KIDS' CONTACT OCCASIONAL CARE CENTRE HAS MOVED FROM KING STREET ELSTERNWICK TO GLENHUNTLY RD ELSTERWNCIK (BEHIND ST CLEMENT'S CHURCH).





# Don't break your heart

About 50,000 people suffer a heart attack every year ... 30,000 of these occur in people below 70 years of age.

CARDIOVASCULAR disease is one of our largest health problems.

But it hasn't always been the greatest killer. In fact, heart disease only got the title of 'number one killer' in the late 1930s.

## You are what you eat...

OFTEN when people ask "is food good?" they may mean "is it beneficial to health" or "has it got a nice taste".

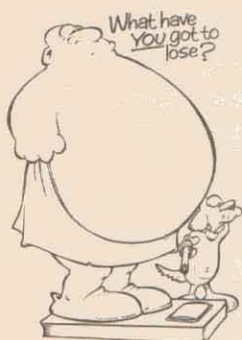
However, they may also mean "is it microbiologically safe" (for example, free from bacteria which causes illness).

Food poisoning unfortunately is still a common reality with symptoms such as diarrhoea, vomiting, nausea and abdominal pain.

Practices that have frequently been shown to contribute to instances of food poisoning are:

1. Improper cooling of foods;
2. Lapse of a day or more between preparing and serving food;
3. Infected persons having handled foods that are not subsequently heat processed;
4. Inadequate time-temperature exposure during heat processing of foods;
5. Insufficiently high temperature during hot storage of food;
6. Inadequate time-temperature exposures during reheating of previously cooked foods;
7. Ingesting contaminated raw foods or raw ingredients;
8. Obtaining food from unsafe sources.

Remember these eight points next time you take an appetising bite of your favorite food. It may be a harmful one.



For further information, contact the Council's Health Department.

## What is heart disease?

Heart disease occurs when the coronary arteries slowly clog up.

In most people, this happens via a process which involves deposition of fatty substances (mostly cholesterol) on the inside walls of the arteries.

This process usually occurs in all of the body's arteries but has its most serious effects in the heart and brain. This clogging up process is called *atherosclerosis*.

In some cases a person will become aware of symptoms of heart disease before any damage to the myocardium occurs.

In these people one or more of their coronary arteries has blocked to a degree that limits the blood flow.

During times such as exercise, after a meal, very cold weather or even during emotional stress, the myocardium needs more blood and oxygen so that it can pump harder.

At these times, the partial blockage does not allow sufficient blood to get through and that person will experience symptoms.

## The symptoms

The most common symptom is pain in the chest called *angina* (pectoris).

Angina is an unpleasant dull tightness or heaviness in the middle of the chest which may also be felt in the neck, jaw, shoulders or arms.

It is often accompanied by shortness of breath which sometimes may be the main discomfort experienced.

No permanent damage occurs to the heart and the pain disappears once the activity ceases.

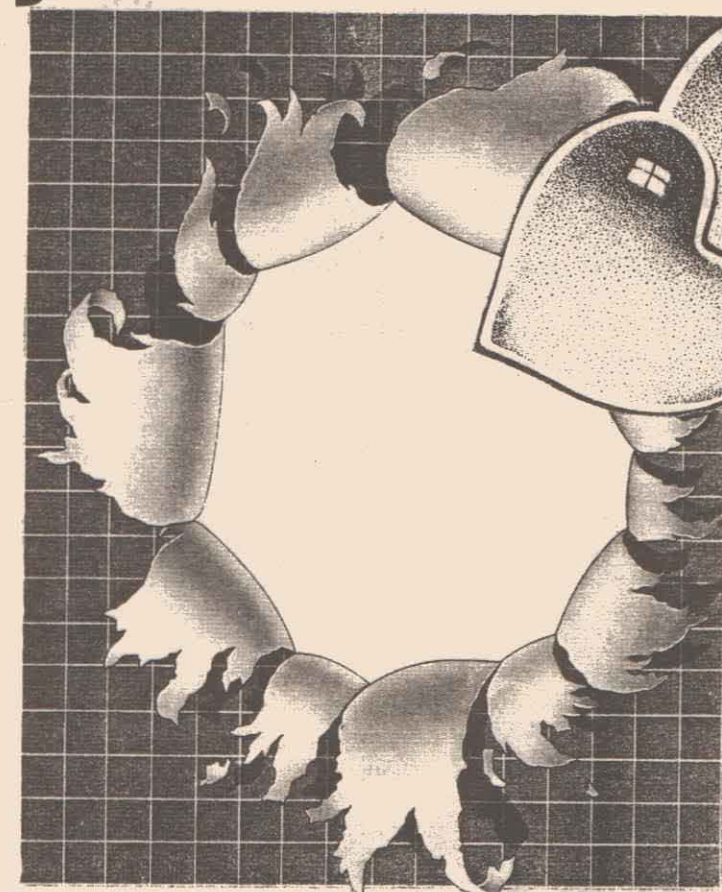
If you experience these symptoms which do not pass after five or ten minutes of rest, then go to a hospital immediately - you could be experiencing a heart attack.

## Increasing the risk

The following is a list of eight main factors which substantially increase the risk of heart attack:

**Cholesterol** - a fatty substance that our body needs for a number of essential functions.

Some of the cholesterol in our blood is manufactured in our liver, the amount manufactured is influenced by a number of



factors which include genetics and the amount of body fat we carry.

The remainder of the cholesterol comes from our diet.

The amount absorbed from the intestines is influenced by the fibre content of our diet. The more cholesterol in the blood, the faster the arteries clog up.

There is some controversy as to how low you should aim to maintain blood cholesterol levels.

Certainly everyone should aim for less than 5.5 mmol/litre, and generally, the lower the better.

To lower cholesterol, you should avoid cholesterol-rich foods.

Ask your doctor to check your cholesterol level with a blood test.

**Hypertension** - or high blood pressure, as it is usually known, appears to accelerate atherosclerosis and also narrows arteries by causing the muscle in artery walls to thicken.

## YOUTH MEETINGS

Are you young, interested in your local community and enjoy meeting people? Then why not join the Caulfield Youth Council for a free dinner from 6.30pm on the last Thursday of each month in the Youth Resource Centre at 8 Maple St, South Caulfield. From 7.30pm, participants discuss youth issues, set up projects and organise social activities.

For more information, contact Richard Cooke at City Hall on 524 3321 (BH).

Many factors influence your blood pressure, and the following steps should help maintain low blood pressure:

- Keep your body lean;
- Keep dietary salt & fat to a minimum;
- keep alcohol consumption moderate;
- control stress or emotional tension;
- have your blood pressure checked once a year.

**Smoking** - it's a major health hazard in our community. Smoking lowers the level of HDL cholesterol (the good cholesterol which protects against atherosclerosis) and by other mechanisms greatly accelerates the atherosclerosis process. As a smoker your chances of dying of a heart attack are much greater than a non-smoker.

## UPCOMING MEETINGS:

**TUESDAY, OCT. 10**  
POLICY AND ENVIRONMENT COMMITTEE

**TUESDAY, OCT. 17:**  
FULL COUNCIL MEETING

**WEDNESDAY, NOV. 8:**  
EXECUTIVE SERVICES COMMITTEE

## COUNTRY FIREWOOD

THE LIONS CLUB OF CARNEGIE IS SELLING  
BAGS OF COUNTRY FIREWOOD  
\$5.00 PER BAG - DELIVERED!  
PLEASE CONTACT: KEN LIMBRICK ON 568 7911 OR STAN JOWETT ON 578 9684

**Obesity** - increases the risk of developing coronary heart disease in a number of ways.

A high body fat content causes the liver to manufacture more cholesterol, adding to the cholesterol contributed by diet.

**Stress** - it has been long presumed but not yet proven that stress contributes directly to heart disease.

Since stress cannot be readily measured by a machine or in figures, it has been difficult to perform suitable studies.

Long term stress causes high blood pressure and stress predisposes the heart to abnormal rhythms.

**Physical activity** - several studies have shown that the more physical activity an individual performs the less likely they are to develop heart disease.

Before commencing regular exercise it is important to have a medical checkup.

If you are over 35 and have been inactive for some time a stress ECG is desirable.

It is clear that exercise reduces your risk of heart disease, but if you already have significant coronary heart disease you may

Continued page 8

## Ballroom Dancing

St Anthony's,  
Glenhuntly

Tuesday and Thursday  
social nights from  
8.30-11pm, beginners  
to advanced dancers.  
Cost \$4.50.

Thursday also teenage  
class 7-8pm. Cost \$3.  
Enquiries to Sadie  
Hawkins  
580 4635





## Hooray for 'Children's Week'

In August 1958 the Children's Welfare Association of Victoria organised a Child Care Week. Children's Week has now grown into one of the most popular annual events for youngsters in the state.

**October  
22-29**

THE Children's Welfare Association recruited representatives of member agencies to organise Child Care Week each year and over the years, representatives of government departments joined the committee and gave financial assistance.

The first Children's Week began on August 1, 1976 when the organisers asked each municipality in Victoria to arrange

at least one activity for, or about, children during the week.

This year's special theme for Children's Week is 'The Rights Of The Child - A National Responsibility'.

Universal Children's Day this year is on Wednesday, October 25.

Here in Caulfield, a group of dedicated staff, organise a variety of functions for all children living in the area.

Heather Gunstone, deputy branch youth services librarian for the City of Caulfield, is one

of the many who contribute significantly to this important yearly event.

"I became involved in a submission on behalf of the Caulfield Council on various activities held in Children's Week", Heather explained.

"I have met with people from Council's human services department for several months to help share in the activities.

"I believe in drawing attention to issues that relate to children.

"Focus will be on the environment - how to keep it safe for our children."

All our local libraries will be running a number of sessions on the environment which will be both educational and enjoyable.



These youngsters thought they'd get a head start on Children's Week proceedings by having fun at Caulfield's local child care centre.

## HEALTH W I S E



### Don't break your heart...

From page 7

risk over exertion.

**Age & family history** - this fact can be used to advantage by warning individuals that they should take extra care as the years pass.

As heart disease has a strong tendency to run in families, this fact also can be used to an individual's advantage.

The simple rule is to avoid making the same cardiac risk factor mistakes your parents made.



**Diabetes** - or high blood sugar, as it is commonly known.

Good control of diabetes slows the rate of atherosclerosis.

The fact remains, that over 80 per cent of patients with both juvenile and adult onset diabetes die of some form of premature cardiovascular disease, usually heart attack.

**\*Information taken from HBA Health Management brochure on Heart Disease.**

### 'Food For All' is Nutrition Week theme

**October 15-21**

THIS year's theme for Nutrition Week is "Food For All", highlighting the need for good nutrition for everyone in our community.

Remember, good nutrition is essential for good health as we cannot expect optimum performance without providing ourselves with all the daily essential nutrients.

Dietary guidelines have been formulated to promote good health and scientific studies show that a relationship exists between diet and diseases such as cardiovascular disease, hypertension, stroke, dental decay and some forms of cancer.

**These dietary guidelines include:**

- choose a nutritious diet from a variety of foods;
- eat breads and cereals (preferably wholegrain) and vegetables and fruits as major components of diet;
- avoid eating too much fat;
- avoid eating too much sugar;
- use less salt;
- limit alcohol consumption;
- control your weight;
- promote breast feeding.

Remember a healthy diet need not be a dull diet.

After all, eating is one of the pleasures of life and a good diet is both nutritional and delicious.

### Storytime

**Caulfield library :**

Tuesday October 24, 11am.

**Elsternwick library:**

Tuesday October 24, 10.45am.

**Carnegie library:**

Wednesday October 25, 10.30am.

### Activity session

**Caulfield library:**

Nature collage - Thursday October 26, 4pm.

### Video sessions

**Caulfield library**

The duration of the video is 15 minutes and is on our raintree forests, titled "Where the forest meets the sea".

**You can see the video on:**

Wednesday, October 25, at 2pm & 4pm and;

Friday, October 27, at 7pm & 8pm.

**Elsternwick library**

Tuesday, October 24, at 2.15pm and Thursday, October 26, at 2.30pm.

Several staff from Council's Children and Family Services department have been kept busy organising a number of interesting and enjoyable activities for the children of Caulfield.

On Sunday October 29, the fun begins at 12 noon.

The activities include picnic lunches, educational displays, live theatre, music, kite flying and venturing on a nature trail through Caulfield Park.

Bronti Merrett, chairperson of the Children's Day Committee, believes the event will be "a

most enjoyable day for all members of the family, old and young alike.

"I always enjoy organising this event and am impressed with the wealth of ideas and enthusiasm shown by committee members and the general community."

### Professor Balsan - a guest speaker

As part of the Children's Week celebrations, Council's Children and Family Services department have organised an evening with Professor Maurice Balsan.

Professor Balsan is from the Monash Teacher Education Centre and is well known for his excellent presentation and practical advice on parenting.

Professor Balsan will also be available to respond to ques-

tions from the floor after his presentation.

This event will take place on Thursday October 26, 7.30pm at the City of Caulfield Town Hall, corner Glen Eira & Hawthorn Roads, Caulfield, in the Theatre.

A light supper will be provided and a donation of \$2 per family would be appreciated.

For more information, contact Leanne Kemp on 524 3345.

The department hopes you will be able to join them for this very interesting evening.

### Fun & food night

THE Fusion Community Centre will hold a 'Family Fun and Food Night' at 101 Murrumbena Rd Murrumbena on Saturday, October 28, from 6pm.

### Watch group targets car thefts

THE H District branch of Neighbourhood Watch will use car thefts as the cornerstone of its Neighbourhood Watch Awareness Week campaign from October 21-28.

The value of stolen cars in Victoria is expected to jump above \$30 million this year, and police have joined forces with Neighbourhood Watch officials to help stem the ever-increasing crime.

Pamphlets giving advice and information to help prevent car thefts will be distributed during

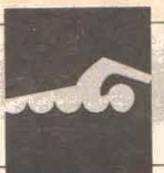
the awareness week.

Police and Neighbourhood Watch members will also staff a static display at the Chadstone Shopping Centre on October 27 and 28 to culminate the week's activities.

Included in the display will be crime prevention books and anti-theft devices.

Neighbourhood Watch will also hold a 'Lights Against Crime' awareness campaign on October 28, and for more information on both activities, contact 571 5429.





# Sculpture on the move

**"Everybody has a creative side and it takes just a little bit of confidence to find it"**

CORAL Trimmer, artist and teacher, is a firm believer in human potential.

Coral has been a 'creator' most of her life and enjoys teaching others who want to develop their creative skills.

Workshops are constantly run by the Caulfield Art Complex, and Coral is one of the many talented teachers who conduct the practical classes.

*Caulfield Contact* visited the Thursday 'life sculpture' class, where participants were busy modelling figures of clay.

The interesting part of the visit was the intensity and enthusiasm of workshop participants who observed the posing gentleman modelling for them.

"To be able to create a figure from a lump of clay is easy", explains Coral.

"I don't like people who say 'I can't do it', that is simply not true.

"Creativity is unique and everyone can create something different.

"I like 'plodders', they achieve results and feel good about it.

"It's my job to encourage students and help them believe in themselves."

So what do the students think of these workshops?

The general reply was "they're great".

One of the workshop participants, Adechka Jacobi, found the classes to be the highlight of her week.

"I have been a make-up artist for most of my life and have always liked to see 'end products', she said.

"I find myself being addicted to life sculpture, and would recommend it to anyone.

"The best thing about having this sort of hobby is that once you've created something, you can take it home and be proud of it ... it's a real conversation starter among friends."

Other class participants also commended the workshops and believed that it's the best way to get to know people and find out about how good a 'creator' they are.

On the classes front, the Arts Complex is heading into term four with a whole range of classes beginning the second week in October for eight weeks.

Adult's art and craft classes, classes for children, special interest areas and music for everyone.

Contact City Hall on 524 3287 for a brochure outling all the details.



**A life sculpture student is a study in concentration as she completes her work at a local sculpture workshop.**



**More sculpture students hard at work, learning the intricacies of an age-old craft which still enjoys huge popularity today.**



**Some students' work on show, produced at the workshops.**

## School art goes on show

THE Kilvington Baptist Girls' Grammar School will hold art displays and demonstrations in a special function on October 24.

The three hour opening, from 7-10 pm in the school's art

complex, will feature painting, printing, photography, ceramics and textiles displays.

Entry to the exhibition is free, and for more information, contact the school in Lillimur Rd, Ormond.

## A touch of India

THE Caulfield Family Day Care Caregivers recently held its annual curry night at the Caulfield City Hall.

The group, including women from the Caulfield family day care program, decided four years ago to hold similar events to share and improve cooking skills.

Since then, they have organised nights featuring Australian, Fijian, Sri Lankan, Indian, Argentinian, Malaysian and Italian dishes cooked in a variety of methods.

The caregivers' group has also called on local people to join the movement, which cares for pre-school children in the volunteers' home.

For more information, contact Pam Arnott on 524 3317.

## Gymnastics club plea

THE St Gile's Gymnastics Club in Murrumbidgee has issued a call for new members.

The club has experienced coaches trained to teach children aged 5-13.

For more information, contact the club secretary on 570 6839.

## Lions roar... for help

THE City of Caulfield Lions Club has called for new members aged 25 or over.

The club has raised money for community welfare projects since its establishment in 1965, including a large contribution to the recently-opened Spurway Nursing Home.

For more information, contact president Gordon Huggard on 578 6169 or secretary Gordon Giles on 523 9497.

## CAULFIELD FESTIVAL

Schools are invited to take part in

## AQUA FUN 1989

- a program of fun and activities held at the Caulfield Swimming Pool on Tuesday and Wednesday, November 28 & 29.

**Details from Penny Paxman on 592 3443**





# Swimming season to open soon

CAULFIELD Swimming Pool officials are confident of attracting large crowds for the upcoming season.

The pool, which opens on November 1, posted an impressive 30 per cent increase in usage last year following the introduction of water heating facilities.

Longer opening hours also

sparked an increase in early morning swimmers, and members of the community-based Pool Patrons Committee believe last year's success could follow on this season.

Council has already approved opening times and admission charges for the 1989/90 season following assessments of support for proposed changes.

The Munro Ave pool will open between 6am and 7pm this year (weekends and public holidays 10am to 6pm), although it will remain open until 9pm on days where the temperature is above 27 degrees at 5pm.

Charges have been marginally increased in line with inflation to \$1.50 for adults, and \$1 for

juniors under 15.

Council has also decided to replace single and family seasons passes with concession ticket books.

These are available in books of 30 or 60 tickets, and offer up to 33 per cent off normal prices for regular users.

## Founding club calls for new members

ONE of the South Suburban Churches and District Cricket Association's founding clubs has called for new players to join for the upcoming season.

Elsternwick's St John's Uniting Cricket Club, established in 1901, will field three senior and three junior teams in the 1989/90 competition.

The club is based at Caulfield Park, and held its first training session last month.

St John's won a number of premierships in the late 1970s and early 1980s, while the third grade will start this season as reigning premiers.

For more information, contact secretary Alan Taylor on 605 8477 (BH) or 211 0816 (AH).

# New mission for pedal-pushing nun

SISTER Joan Westblade is a nun with a mission.

The Little Company of Mary sister is busy preparing herself for the 627 km State Bank Victoria Bike Ride to raise money for the hospital.

Sr Westblade is still looking for sponsors for the nine day Yarrowonga-Melbourne ride, which starts on December 2.

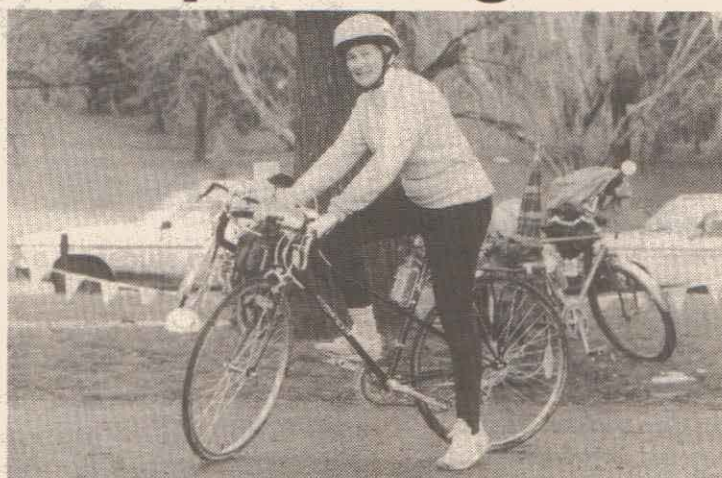
"The patients get very bored," she said.

"I'd like to involve them in

my ride."

The ride will raise money for equipment for the hospital, the only one in Victoria which gives care exclusively to Multiple Sclerosis and neurological patients.

A South Caulfield sponsor, Gran Prix Cycles, has supplied a bike, helmet and other riding gear for the good sister, who hopes she'll be 'flying' to Melbourne with the invaluable back-up of more sponsors.



# Bowled over...the best bowling coverage for the City of Caulfield

THE Murrumbidgee Bowls Club will lay a synthetic green during the Christmas break.

The club says the move is a "positive step", and players will be able to use the greens year-round as a result of the change.

The club's tournament committee is also considering dates for a Winter competition, and has called on local bowlers to submit entries.

**THE Koornang and Lord Parks committee** of management will hold its annual general meeting on Wednesday, October 18, at the Koornang Park Pavilion in Munro Ave from 7.30pm. Nominations for the five citizen representative positions should be sent to secretary, Phillip Meyer, 1a Munro Ave, Carnegie, 3163, by October 16. For more information, contact Mr Meyer on 571 2053.

**THE Caulfield RSL Bowling Club's** new season was launched by veteran member, Frank Turton, early last month.

Mr Turton, at 95 the club's eldest member, delivered the first bowl of the season at the club's opening early last month.

Dual presidents Pat Harte and Laurie Kerr officially declared the season open, and bowlers later contested a mixed event as the first of the 1989/90 competition.

**MURRUMBEENA Park Bowls Club** veteran Lorna Cosstick has been awarded life

**Local bowling clubs are busy preparing for the upcoming season, and many have already rolled their first jacks for the 1989/90 competition. If your club has bowling news it wants in this special section of Caulfield Contact, write to The Editor, PO Box 42, South Caulfield, 3162.**

membership of the club.

Mrs Cosstick was presented with her award recently at the club's opening day and lady president's day. Mrs Cosstick also rolled the first jack of the 1989/90 season, while reigning club champion Ruth Shorter bowled the first bowl. Victorian Ladies' Bowls Association state councillor Valmai Lewis presented veteran badges to Agnes Graham, Lil Keeling and Gladys Simpson, while Nell Stewart won a super veteran award for her years of service. The club, boasting new extensions and alterations to its clubrooms, will start its men's pennant on October 7, mixed bowls on October 8, a nominated inter-club mixed fours on October 11, and a nominated mixed fours on October 15.

**Glenhantly Bowls Club's** new season of celebration has been scheduled for 1989/90 to mark Glenhantly's 75th anniversary of its formation in 1914. Club president, Bert Hibbert and lady president Ethel Peagram, with their respective committees, have planned a full program of events, including special anniversary tournaments spread throughout the season. The green was officially opened in September, following which an anniversary dinner was held. The ladies' two pennant teams

play in A2 and C2 respectively and the men's in divisions four and nine. Vacancies exist for both new and experienced bowlers in this small and friendly club and residents interested should contact Graham Woods on 571 3834.

**THE Elsternwick District Bowling Club** held its combined opening day last month, opened by north ward Councillor Sandy Anderson.

Cr Anderson rolled the first jack of the season, while James Cunningham presented a set of his grandfather Harry's bowls, used to win the club's first championship in 1911.

The club also held its women's opening day on September 5, which included a presentation to indoor bowls champion May Cunningham for her win in the winter competition.

**THE Caulfield South Bowls Club** held its official opening on August 26, and is already confident of a successful season.

The opening, performed by Caulfield Mayor David Bloom and Mayoress Tammy Bloom, attracted a large crowd.

The club has attracted a handful of new sponsors for the 1989/90 season, setting the scene for another popular triples competition held three times a

month.

One of the club's biggest tournaments, the invitation men's fours on March 4 next year, has also attracted a new sponsor and should attract another top-class field.

**THE Carnegie Bowls Club** will field four teams in the pennant competition this year following its 35th annual general meeting held recently.

Bob Bainbridge was re-elected president for the 1989/90 season.

John McCracken and Byron McDonnell are senior and junior vice presidents for the upcoming year, while Elwood Davey is still secretary.

Rob Robson has taken on an assistant role to Mr Davey, while Des Smith was again elected treasurer.

The club has already held its opening night, attended by Caulfield Mayor David Bloom and Mayoress Tammy Bloom.

Royal Victorian Bowls Association officials Cr Ken Lucas and Cr Peg Moyle, while 'Super Veteran' badges were presented to Mary Finlayson and Dorace Ford.

Stella Solomon and Dorothy Taylor were also awarded 'Long Service' badges.

**THE Caulfield Central RSL ladies' bowls club** will hold a Gala Day on Sunday, November 26 from 11am.

The competition day will include women's, mixed fours and lady's skips events.

Entry fee is \$24 per team in-

cluding morning tea and lunch, along with a large selection of trophies.

For more information, contact Nan on 211 4550 or Jean on 523 8774.

**THE Elsternwick Park Bowls Club's** outdoor bowls season will include nominated mixed triples and nominated mixed fours on the second and fourth Sunday of each month.

The club is now taking bookings for this season's gala days, while weekday bowling events will feature inter-club functions and triples on the third Friday and second Wednesday of each month respectively.

For more information, contact Clare Seymour on 578 5593.

**NORMA Rosevear** has been elected president of the Carnegie Bowls Club's womens section.

Ms Rosevear was elected president at the associates' annual general meeting recently, while Lucy Cuman and Marg Bean were nominated senior and junior vice presidents respectively.

Joan Bainbridge will be secretary for the upcoming year, while Raie Houston will act as assistant, and Anne Helman is treasurer.

All committees have been filled, although the club has issued a call for new members to approach the club.

Carnegie offers coaching for beginners, and for more information and bookings, contact J. Bainbridge on 569 5749.



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## CONTACT DIARY

Do you have an event coming up that you would like publicised? Well this is the place to put it!

Contact diary is compiled monthly and if you want to let the community know about any club or social event, we'll be happy to include it on this page.

Let us know about your activities.



Post your notice to:  
Contact diary  
P.O. Box 42, South Caulfield, 3162.

Please note: Deadline for November issue is October 15.

## Activities

## October

**THE Caulfield branch of the University of the Third Age** has started classes in public speaking and French language. The public speaking classes are held on Friday from 10am at St Mark's Church, 721 Hawthorn Rd, while the French classes are on Wednesdays from 1pm at Murrumbeena Hall. For more information, contact 568 5095.

**THE Caulfield Friendship Club** holds meetings at the Seventh Day Adventist Church (Grange Room), Grange Rd Glenhuntly every second Thursday of each month. The meeting is from 10am-12 noon. Visitors welcome.

**THE Over Forties Dance Club** will hold dances at 675 Centre Rd East Bentleigh on October 14 and 28. Cost is \$4 members and \$5 visitors. People bringing a plate will be charged \$1 less. For more information, contact 563 2486 or 546 8095.

## Yoga

## October

**THE Caulfield Raja Yoga Centre** holds free weekly evening teaching sessions at 898 Glenhuntly Rd South Caulfield. For more information and bookings, contact 528 4995.

**A FREE yoga program** aimed at local teenagers will be held at the Caulfield Youth Resource Centre in Maple St on October 12 from 7pm. Practical techniques including concentration, utilization of thought and character development are taught.

## Cards

## October 14

**THE Australian Playing Card Collectors' Society** will hold its next fair on Saturday, October 14, at St Mary's Church Hall at the corner of Hood Crescent and Glen Eira Rd Caulfield from 12noon to 5pm. Cost \$1 adults, children and

pensioners 50 cents. Afternoon tea available.

## Fete

## October 14 &amp; 15

**ST Anthony's Primary School** will hold its annual fete at the school site on the corner of Neerim and Grange Rds Glenhuntly on October 14 and 15. The fete starts at 10am and runs until 4pm the first day and 2pm the second. There will also be a guest appearance by Humphrey B. Bear on the first day.

Card afternoon  
October 19

**THE Caulfield Hospital's senior auxiliary** will hold its next card afternoon in the hospital's Recreation Hall on October 19 from 12 noon. Games including Solo and Red Aces, along with raffle, lucky prizes and afternoon tea. Cost \$2. For more information, contact Beryl Rowley on 527 5216 or 523 9635.

Events plus  
October 10,16,19,25

**THE Caulfield Early Planning for Retirement Group** will hold the following events in October: October 10 - Walking group. Meet 10am City Hall for walk in Dandenongs. Enquiries 569 5467. October 16 - Photography group. Meet 8pm at 1 St George's Rd Elsternwick. Enquiries 571 3687. October 19 - Interest meeting. Meet 7.45pm Gladys Machin Hall, Cedar St Caulfield. Subject is role and operation of Royal Botanical Gardens. Enquiries 523 7051. October 25 - Travel group. Meet 7.45pm Gladys Machin Hall for slides of Antarctica. Enquiries 568 7732.

Trash & treasure  
October 29

**THE Sixth Caulfield Scout Group** will hold a garage sale of trash and treasure on Sunday, October 29, from 9am to 1.30pm. Items include bric-a-brac, second hand clothes, books, a sausage sizzle, hot

dogs and cake stalls. For more information, contact 578 9304.

Street stall  
October 13

**THE Uniting Church's Regent Community for the Elderly** will hold a street stall outside Coles New World in Glenhuntly Rd Elsternwick from 9am to noon on Friday, October 13. Items include cakes, biscuits, jams and knitted goods.

Pre-school events  
Oct 24, Nov 19

**THE Carnegie Rudolf Steiner Pre School** will hold a seminar from 8pm on October 24 entitled 'Childhood's Vital Years - A Steiner Approach to the Kindergarten Child.' This will be followed by an open day on Sunday, November 19 from 12 noon to 4pm at the Uniting Church Hall, Tara Gve Carnegie.

Angling club  
October 11 & 25

**THE Oakdale Angling Club** will hold its next meetings at the Murrumbeena Reserve in Kangaroo Rd from 8pm on October 11 and 25. Prospective members should contact Max Born on 544 3703 for more details.

Street stall  
October 14

**THE Spurway Nursing Home Committee** will hold a street stall on Saturday October 14 to raise funds for the home. The event will be held in Koornang Rd Carnegie outside the Coles/Fosseys store, featuring cakes, home-made jams, plants, bric-a-brac and a sausage sizzle.

Garden fete  
October 28

**THE Carnegie auxiliary** of the Caulfield Royal Southern Memorial Hospital will hold a mini garden fete on Saturday, October 28 from 10am at 29 Hollywood Gve Carnegie.

Film luncheon  
October 31

**THE Helmsmen kiosk auxiliary** of the Royal Southern Memorial Hospital will hold a film luncheon featuring 'Dead Poet's Society' on Tuesday, October 31. A bus will leave the hospital at 9.30am. Cost \$8.50. For more information, contact Mrs B. Conn on 571 5293.

Indoor bowls  
October 9, 16, 23, 30

**ST Catherines' Bowlers** hold

an indoor bowls competition every Monday from 1pm to 4pm at St Catherine's Hall, 402 Kooyong Rd South Caulfield. For more information call 528 4190.

Baby program  
October/November

**THE Chadstone Community Health Centre** will hold a four week 'New Baby?' program for new mothers from Wednesday, October 4, from 11am. For more details, call 568 2599.

Hospital meeting  
October 23

**THE Alfred Hospital's New Ormond Auxiliary** will hold its next meeting on Monday, October 23, at the Uniting Church Hall at the corner of North and Booran Rds Ormond from 10.30am. Meetings are held on the fourth Monday of each month. For more information, contact Eveline Moir on 578 1721.

Card party  
October 19

**ST Joseph's Parish Hall**, at 71 Orrong Rd Elsternwick, plays host to a card party including solo and canaste on the third Thursday of each month from 1.30pm. Cost \$1.50 and \$1 (afternoon tea), including lucky number prize.

Arthritis meeting  
October 23

**THE Caulfield self-help group** of the Arthritis Foundation of Victoria will hold its next meeting from 10.15am on October 23 at 259 Kooyong Rd, Elsternwick. For more information, contact 527 2185.

Hall dances  
October 5, 12, 19, 26

**ST Margaret's Hall** in Hotham St East St Kilda is the venue for European, Israeli, Sacred Circle, English Country and New England dances each Thursday from 8pm. Entry by donation only, and for more information, contact Gary on 531 7000.

Ethnic dance  
October 15

**'ANASHIM'** will play Israeli and Greek dance music under the leadership of Audrey Klein and Gary King on Sunday, October 15, from 8-11pm at the Caulfield Arts Complex. Entry \$7 and \$5 (concession), and for table bookings, contact Liz Jesty or Jim Badger on 524 3264.

Gas association  
October 24

**THE Victorian Gas Association's Caulfield branch** will hold its next monthly meeting in the auxiliary room of the Caulfield Town Hall from 1.30pm on Tuesday, October 24. Speakers from Radio for the Print Handicapped will speak at the meeting. For more information, contact Mrs Murdoch on 557 2254.

Labassa opening  
October 29

**THE historic mansion Labassa** will hold its next opening on Sunday, October 29, from 10am to 4.30pm. The mansion is at 4 Manor Grove Caulfield.

Flower show  
October 29

**CAULFIELD Garden Club** will be holding a Spring flower show at the Uniting Church Hall, corner Kooyong Rd & Jupiter St, Caulfield Sth, on Sunday from 2.15pm to 7.30pm. Admission is 60cents (adults) & children admitted free. Afternoon tea and a variety of plant stalls. Enquiries call, Joyce Chapman on 596 4085.

Pensioner meeting  
October 17

**THE Caulfield Combined Pensioners' Association** will hold its monthly meeting on Tuesday, October 17 from 1.30pm at the Caulfield Town Hall. A special report on law changes affecting volunteer workers will be discussed, and afternoon tea served. For more information, contact 528 4459 or 527 8172.

Youth council  
October 19

**THE Caulfield Youth Council** will hold its annual general meeting on Thursday, October 19, from 7.30pm at the Caulfield Youth Resource Centre at 6 Maple St Caulfield South. Supper is provided, and for more information, contact Lyn Nye on 524 3321.

School tour  
October 17

**THE Glenhuntly Primary School** will hold a school tour on Tuesday, October 17 from 9.30am at the premises in Grange Rd Glenhuntly. Parents will formally meet principal Mrs Wendy Wilson, followed by group discussions hosted by parents of pupils. Enrolments will also be taken on the day, and for bookings or more information, contact 211 2931.