Caulfield's big day arrives



Above: After two years in the making, the extensions to Caulfield City Hall are now open.

# 8.5 million plan unveiled

CINEMAS, restaurants, sporting facilities and shops are just some of the features of a master plan unveiled this week for Monash University's Caulfield campus.

The five-year plan, which will include the construction of a multimillion dollar tower building on Dandenong Rd, next to the Caulfield Plaza shopping centre, not only will provide for the needs of students, but also will encourage broader community use.

The university's Vice-Chancellor, Professor Mal Logan, said the master plan represented an exciting development for the university and the community.

"The plan underlines the importance of Caulfield campus as an integral part of Monash," he said.

"The tower building will be de-

signed to be a significant feature, clearly identifying the university by giving the campus a prominent 'front door'."

The building also will house the university's David Dyme faculty of business and the graduate school of

Professor Logan said enrolments at the campus were expected to grow over the next few years, particularly in the faculties of business and computing and information technology.

The master plan was prepared to fulfil conditions of a previous town planning permit and to alleviate space problems and inadequate student facilities.

Professor Logan said that specific measures had been taken to increase student parking areas and

reduce demand for parking.

While the master plan has been prepared for Monash University by planning consultants under the guidance of a combined Council and Monash working group, the plan has yet to be approved by Caulfield Council.

The Mayor, Cr Geoff Patience, said public comment would be sought before the Council considered the plan.

The master plan can be inspected at the City Hall's planning section, or at the university's commercial property office, Level 4, Chisholm Tower, 26 Railway Ave, Caulfield

A summary document will be available. Comments should be forwarded to the Council's town planning department by March 29.

### Joan Child opens city hall extensions

ABOUT 100 invited guests gathered at Caulfield City Hall on February 24 to witness a significant event - the official opening of Caulfield Council's \$3.8 million office extension.

The extension, which was almost two years in the making, was officially opened by prominent Caulfield citizen and former Speaker in the House of Representatives, Mrs Joan Child.

Almost 100 staff members in a variety of departments, including engineering, building and human services, have moved into the new

Caulfield Mayor, Cr Geoff Patience, said the opening was a "red letter day" for the City.

"For many years there has been an ongoing need for more and more office space," Cr Patience said.

"In 1957, when the new centenary hall was added to the existing town hall, it seemed that the cramped conditions under which the staff were working was a thing of the past. However, it soon beA monthly publication produced by the Caulfield Council for the residents of the City.





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came apparent that this was not so. "Today, I would venture to say that with this magnificent building, we have conquered our previous ever-present problem of providing sufficient space for the staff.

'As with many public projects, there were obstacles to be overcome but the Council persevered in its objective and today we can appreciate the culmination of the efforts of many people."

Cr Patience paid special tribute to the architect, Mr Ivan Rijavek, the builders, Hooper Constructions, site foreman, Mr Doug Fullagher, and the council's director technical services, Mr Noel Wootten, for their work on the building.

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#### AUCTION

March 24 at 1pm comfortable villa home in

tree-lined Ave, close to shops, transport & Harleston Park



### **News in Brief**

#### History library open

THE CHURCH of Jesus Christ of Latter-day Saints (Morman) has opened its family history facilities to the public.

The library collection includes the international genealogical index and births, deaths and marriage indexes from New South Wales, Victoria and South Australia.

The library is open on Tuesdays from 1pm to 4pm and 7.30pm to 9.30pm, and on Saturdays from 1pm to 4pm.

Situated at 5 Hawthorn Rd, Caulfield, the library is free of charge. Volunteers needed

SPURWAY Nursing Home would like to hear from Caulfield people who have the time, the patience and the skills to help residents at the home lead a more fulfilling life.

Especially needed are people who like to play cards; people who enjoy applying make-up and nail polish to others; long-time Caulfield residents who enjoy reminiscing about people and places; and people who feel they have something to contribute.

Write to Spurway Nursing Home at 89-91 Murrumbeena Rd, Murrumbeena, or phone Chris Walker on 563 1911 between Wednesday and Friday.

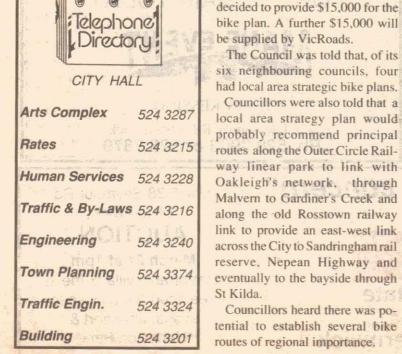
#### Montefiore appeal

Montefiore Homes for the Aged will continue its annual appeal until March 15.

Funds raised will be put towards a major redevelopment at Montefiore's St Kilda Rd complex.

Government funding covers only 55 per cent of Montefiore's annual operating costs and, since 74 per cent of the homes' residents are pensioners and unable to meet the cost of their care, an appeal is necessary each year. All contributions are tax deductible and can be sent to Montefiore Homes, 619 St Kilda Rd, Melbourne, 3004.

The editor reserves the right to exclude articles submitted for publication.



### **CEO** hands over robes



THE Council's chief executive officer, Mr Doug Aylen (right), has handed over his town clerk robes to director corporate services, Mr Brian Hoban. Mr Hoban will now take responsibility for the running of Council elections, citizenship ceremonies and the signing of official documents. Mr Aylen will revert to the sole position of chief executive officer, after three years as the chief executive officer and town clerk.

### Town planners face moral dilemma

CAULFIELD Council's manager planning, Mr Jeff Akehurst, has warned that most objections received from residents on a proposed brothel in Derby Rd will not be considered because they are based on moral issues, rather than planning issues.

Mr Akehurst said about 90 per cent of the 40 objections the council had received so far were not relevant because they did not raise any planning concerns.

"Most of the objections we have received have raised moral issues about why the brothel should not go there," Mr Akehurst said.

"When we consider this planning application, we are strictly limited to planning issues, such as car parking, hours of operation and the

bike plan, following a decision by

At a policy and environment committee meeting, councillors

The Council was told that, of its

Councillors were also told that a

Councillors heard there was po-

the Council last month.

affect on people in adjacent buildings."

Mr Akehurst said all the planning issues would be closely examined before a decision on the brothel was made.

He said the applicant's background was being checked by the police, which was the usual practice for this type of application.

The brothel is proposed to open above a pizza parlour at 26 Derby Rd. The brothel applicant, Mr Zoran Memed, operates the pizza

He proposes to have no more than three girls, a receptionist and a male manager working at the brothel at one time.

The matter is likely to be dealt with by the Council in April.

# No planning control over Crown land

CAULFIELD Council has been told it is not able to deal with a planning application lodged by the Victorian Amateur Turf Club because the land in question belongs to the Crown.

Caulfield Mayor, Cr Geoff Patience, said he had been informed that under section 46 of the Planning and Environment Act, the council was unable to consider an application by the VATC to use its new grandstand at the Caulfield Racecourse for private functions.

The VATC wants to use its new grandstand development for activities such as receptions and trade fairs. Cr Patience said normally this type of application would be taken to the council for consideration, and 33 objections to the proposal had been received by the

However the racecourse is on Crown land and operates on a Crown lease.

"We have been told by the Department of Planning and Housing that we are unable to deal with the application because the council can not deal with something that comes under the control of the Crown," Cr Patience said.

"This has very serious implications for all councils and it throws doubt on whether we have planning control over our other Crown land, such as Caulfield Park.

Under the present Crown lease, the VATC is able to use the racecourse development for recreation, racing

Cr Patience said activities such as receptions and trade fairs were not considered to fall into any of these categories, so the VATC had applied to the Ministry of Conservation and Environment to have the lease broadened.

He said Caulfield residents would not have the same opportunity to put their views forward if planning issues were taken from the council.

"Under normal circumstances, the council's planning process gives residents the chance to have their say, firstly at the Council a then at the Administrative Appeals Tribunal if they choose to pursue that option, " Cr Patience said.

"This opportunity has been taken away from them now and if residents want to object, they must do so through their local member. "This makes them more remote

from the issue." Cr Patience said the council had sent letters to residents in the area, advising them of the situation.

"I have been informed that, in the past, the government tended to turn a blind eye to cases such as this, because the intention was to repeal section 46 of the Act," Cr Patience said.

"However, this does not appear to be the situation now.

"The council cannot ignore the advice from the Planning Department and continue with the appli-

### to bike strategy CAULFIELD will get a strategic



Above: Local cyclists put their point of view across to Mayor, Cr Geoff Patience.

CAULFIELD publisher, Mr John Gould, has tackled Australia's fickle magazine market with the first complete, full-color magazine on disk.

Called PC Vision, the magazine can operate on IBM compatible computers.

PC Vision is directed at business users of personal computers and contains articles, reviews, new products, corporate news, advertisements and many pictures.

Mr Gould said all articles were written by Australian authors and, where possible, in a language the newcomer to computers could understand.

"PC Vision is only available on a computer floppy disk and this makes the conservation people very happy," Mr Gould said.

"An equivalent publication on paper would use about 2.6 tonnes of paper per 10,000 copies per is-

"It also provides information in a way that the printed medium often

"Pictures can move to demonstrate how a product works and software can be shown on screen as it really appears when in action."

The magazine suits users of IBM

graphics adaptor) quality or better.

"The first edition contains reviews on laptop computers, accounting software, networks, windows and many product releases," Mr Gould said.

"Magazine distributors, Gordon and Gotch, enquired through its international network and failed to find a similar product."

PC Vision took two years of research, development and hard work to produce.

The magazine will be produced quarterly and can be bought from newsagents Australia-wide for \$3.95.

new

### and compatible computers with color screens of EGA (extended



MR Ralph Sims, treasurer of the Caulfield Historical Society, is eagerly awaiting the group's move into City Hall.

The Caulfield Historical Society is one group to benefit from the Council's decision to allow community groups to move into some available rooms at City Hall.

Two rooms of a corner house in Lirrewa Grove will be offered to the Caulfield Community Toy Library, and another room in the house will be offered to the University of the Third Age.

Caulfield Historical Society will move into the executive area of the main City Hall building.

Two buildings housing the Citizens Advice Bureau and the Council's human services division will be used for the CAB and community groups now human services has relocated to the new office.

And two portable buildings owned by the Council will be retained for future community use.

The rooms became available after the opening of the Council's new office extension resulted in a staff and department reshuffling. Left: Mr Ralph Sims has his boxes packed in preparation for the move into City Hall.

# **ABC** releases its development plan

Clarke stand at Caulfield racecourse would provide racegoers THE AUSTRALIAN Broadcastwith world class facilities, Sport ing Commission has released and Recreation Minister, Mr details of a plan to redevelop its Neil Trezise said. recently acquired site at 10 Selwyn Speaking at the official open-St, Elsternwick. ing, he said the future of racing

Grandstand

'world class'

THE new \$23 million Rupert

in Victoria could only go from

strength to strength with such

magnificent public facilities

The grandstand project was fi-

nanced with \$20 million from

the racecourse development

The stand has four levels and

a capacity to seat 2000 people.

It has a suspended glass wall,

where people can watch the

races in air-conditioned com-

being made available.

fund.

fort.

The site was formerly occupied by Websters Hardware and Timberyard.

The ABC proposes to establish a mixture of offices, workshops, storage and garaging on the site, to be developed in two stages.

The first stage invoives the refurbishment of existing buildings and a new building at the southern end of the existing showroom building.

The second stage involves a new building on the Sinclair St frontage and a carparking deck on the eastern side of the site.

The old fire station will remain intact on the site.

The departments likely to be shifted to the new site are drama, children's, art and entertainment, natural history, design, outside broadcasts, field camera, engineering, new facilities and staging.

Project co-ordinator, Ms Julie Howson, said carparking for 85 cars would be provided and 150 ABC staff would be based on the

"For the past 30 years, ABC Television has operated from the Ripponlea studios in Gordon St," Ms Howson said.

"For some time there has been inadequate space at the Ripponlea studios."

# Council looks at AIDS policy

AN AIDS-Hepatitis B policy planning committee set up at the Council late last year should have a policy finalised within six months.

へいかなたれる場合を

Committee member and coordinator of the Council's hostels, Ms Jenny Backholer, said the committee aimed to teach Council staff procedures that would protect them from these diseases.

"Infectious diseases like AIDS and Hepatitis B have been very much in the news and it is important that all Council staff have factual and practical information to counter the misinformation and hysteria that is found in some sections of the community," Ms Backholer said.

The policy planning committee has discussed AIDS-Hepatitis policies in place at St Kilda and Melbourne City councils.

"The main role of the committee will be to educate all council workers," Ms Backholer said.

"Homecare workers do empty commodes, and people do fall and cut themselves. This happens in private homes, at child care centres and in hostels.

"If there is a blood spill and you wipe it up with your bare hands, the chances of gettings AIDS are slim, but we want staff to understand procedures that will make them safe."

Ms Backholer said the Council's outdoor staff were at risk of needle stick injury and needed to have a good understanding of protective equipment and procedures.

She said the Council's health department was considering installing needle disposal containers in public areas, to alleviate some of the problems associated with the disposal of used syringes.

Ms Backholer said Caulfield Community Care had recognised these problems, and ran a needle exchange program.

### Public participation sought

CAULFIELD Council is reviewing methods of public participation it has used to involve residents in decision making.

They include public involvement in committee meetings; random surveys of consumer satisfaction; policy releases for public comment; ward functions to meet residents; a promotional caravan in shopping centres; media releases and the production of Caulfield Contact; community meetings on controversial issues; question time

at Council meetings; and circular letters seeking response to issues.

The Council believes the need for public involvement should always be sensitively assessed on an issue-by-issue basis, if possible, prior to the planning stages of any major projects.

People with further suggestions on methods of public participation can write to Mr D. R. Aylen, Chief Executive Officer, City of Caulfield, PO Box 42, Caulfield South,

## Ladprow

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### Babies better off without the walker

#### Parents and children column

BABIES walk when they are

The age they are when they first walk is influenced by their personality, experience and opportu-

Often, the age of walking is a family characteristic.

Playing on the floor provides the opportunity to develop all the skills babies require to walk.

Strength, co-ordination and balance are developed by rolling, creeping, crawling, pulling to stand and cruising along the furni-

Baby walkers do not help babies learn to walk. Walking is more likely to be delayed if a baby spends time in a walker because they are missing out on normal experiences.

Abnormal walking patterns such as walking on toes are encouraged by the use of a baby

Babies like the freedom of

movement a walker gives them, but they often become very frustrated when you put them on the floor afterwards, and they have to make the effort to move them-

The walker can interfere with the normal sequence of physical development and expose babies to unexpected dangers.

Babies in walkers can reach things you don't expect, such as oven doors, shelves and tables.

Steps and stairs present a major danger to a baby in a walker.

Babies cannot see the stairs and their control and experience are not sufficient to protect them from serious injuries. The best thing you can do is not have a walker.

However, if your baby is used to a walker and is demanding it, either remove the walker out of the baby's sight, or take the wheels off and let the baby walk out the outside of it, using it as a push along

BAPTIST GIRLS' GRAMMAR SCHOOL

### **Carnegie Lions** are there to help

MURRUMBEENA Kindergarten is the latest organisation to benefit from the Carnegie Lions Club's community service.

Club president, Cr Ed Biggs, said the club would help the kindergarten's relocation by providing a storage shed for equipment at the new Blythe St premises.

Over the past year, Carnegie Lions Club has provided an electric barbecue at the Spurway Nursing Home, donated a trailer to a Caulfield scout group, sponsored the Caulfield fun run, which has raised almost \$5000 for the Life Education anti-drug program, and has provided members to assist the Red Cross, Salvation Army and Heart Foundation appeals.

Cr Biggs said Lions also organised an annual Christmas youth camp for children who may not otherwise enjoy such an experi-

Twelve Carnegie girls and boys participated in last year's camp.

"The club also hosts and arranges international youth exchange visitors," Cr Biggs said.

"Many local youths have enjoyed overseas visits through the scheme, which is not restricted to member's families.

"However, our most gratifying service was the sponsorship of a hearing dog for Carnegie resident, Nellie Coman."

Mrs Coman's hearing impairment became a huge problem after the loss of her husband last year.

Her hearing dog assists her in everyday living.

"I have no doubt the dog will be the means to enable Mrs Coman to stay in her own home and lead a normal life," Cr Biggs said.

Currently the Lions club has 23 active members of varying ages and backgrounds.

All members share an interest in fellowship and community sup-

For information on services andmembership, contact Cr Biggs at home on 569 9386.



### March 18

is the

deadline

for the

April issue of

Caulfield Contact

### Sweeping into retirement



AFTER 26 years of sweeping corridors, Carnegie resident Mrs Lyn Holt (above) has handed in her broom and dustpan. Mrs Holt has retired as head cleaner at Carnegie Primary School. A farewell function for Mrs Holt will be held at the Turf Club Hotel, at 8pm on March 20. Former teachers, parents and friends who knew Mrs Holt are invited. For more details, contact the school on 571 2662.

# Food Co op doors may have to close

FUSION Food Cooperative in Carnegie will be forced to close if it cannot secure suitable premises

The Co op will be homeless after Fusion Community Centre moves out of its premises in Murrumbeena Rd.

Co op spokesperson, Ms Julie Pearce, said despite requests to many churches and community groups, the search for alternate premises had been unsuccessful.

"The food Co op started in 1979 and has served many people in the area," Ms Pearce said.

"There are currently about 35 members, including young mums and elderly people trying to meet diet requirements on a limited budget."

Ms Pearce said food such as stoneground flour, pure honey and organic dried fruits were bought in bulk, direct from wholesalers.

The foods are packaged by group members on a roster system, and are bought from the storeroom as required," Ms Pearce said.

"There is a small mark-up on costs to cover running expenses."

As well as supplying healthy food, the Co op runs cooking evenings, food tastings and shares recipes.

The group is looking for a lockable room, large enough to house goods on shelves and in storage bins.

The current room measures 3m by 2.7m.

"There needs to be ease of access for members to purchase goods, to pack goods and to accept deliveries from wholesalers," Ms Pearce said.

"Given our current economic climate and the constant need to strive towards a healthier diet, it would be better for everyone if this worthwhile community service was to expand rather than close."

Anyone with ideas or premises to offer can call Christine at Fusion Community Centre on 563 1554 or Ms Pearce on 569 7569.

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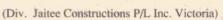
sash cords, balances, catches, hinges & locks, reputty,

weatherseal, repaint. Treatment of decayed timber PHONE Credit cards welcome

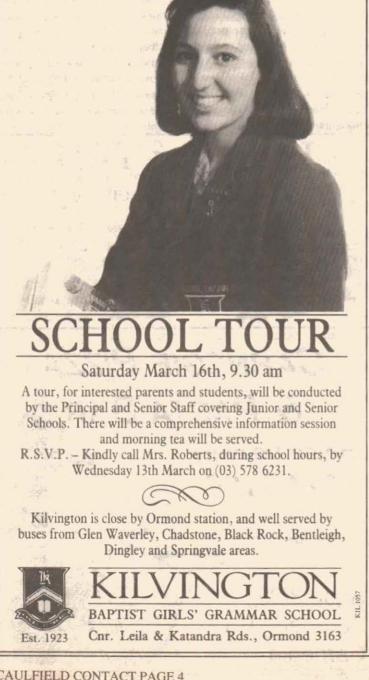
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"Peace be with you" is part of the Church's liturgy at Easter.

It reminds us of Jesus' message to his disciples before they went out to the garden of Gethsemane ....

words of comfort, hope and strength ....
"My peace I give to you".

Christians celebrate Easter because they believe Jesus died on the cross for all.

He rose from the dead as this world's Saviour

He is the Prince of Peace.

So Easter invites us to celebrate ....

To celebrate the Peace of God.

We invite you to share with us this message of Hope at Easter.





Church of Christ
Enquiries, telephone 571 3784
Carnegie
Toolambool Road
Maundy Thursday - 7.15pm
Good Friday, Neerim Road
Uniting - 8.30pm
Easter Day - 10.30am
Ormond
Cnr North Road & Arnott Street
Good Friday - 9am
Frou

Cnr Alma & Dandenong Roads Maundy Thursday - 8pm Good Friday - 9.30am Easter Day - 9.15am & 5pm South Caulfield 206 Bambra Road Easter Vigil - Pt. Ormond, sunrise

#### Elsternwick Baptist Church

Easter Day - 10.30am

481 Glenhuntly Road
Elsternwick
Telephone 528 1031
Rev. David Poole
March 17, Special Family
Service, 10am
March 24, Palm Sunday Service
- 10am
March 28, Maundy Thursday 8pm
March 29, Combined Good
Friday Service at Elsternwick
Uniting - 9.30am
March 31, Family Easter Day
Service - 10am.

#### Elsternwick/Caulfield South Uniting

Cnr Kooyong Road & Jupiter Street Caulfield South Caulfield South Church, Palm Sunday - 10am, Elsternwick Church - Tenebrae Service - 7pm Maundy Thursday, Passover meal Caulfield South - 6pm Good Friday Services, Elsternwick & Caulfield South -9.30am Easter Eve, Prayer Service at Elsternwick - 7.30pm Easter Sunday, Caulfield South

### Holy Cross

Elsternwick - 10am.

9.30am,

707 Glenhuntly Road Caulfield South Telephone 528 5988 Palm Sunday Masses Saturday March 23 - 7pm, Sunday March 24 - 9.30am & Holy Thursday, Mass of the Lord's Supper - 7pm, Private adoration until 10pm Good Friday, Stations of the Cross - 10am, Solemn Celebration of the Lord's Passion - 3pm Holy Saturday, Private devotions Easter Sunday, Dawn Service of Light and Solemn Vigil of Easter and Easter Mass - 5.30am Masses - 9.30am, 11am.

#### St Aloysius 233 Balaclava Road

Telephone 523 9368

Palm Sunday, Mass - 8am

Caulfield

Blessing of the Palms, Procession & Mass - 10.30am Holy Hour and Benediction -Monday March 25, Mass - 9am, Confessions 9.30-10.30am & 7pm-8pm Tuesday March 26, Mass - 9am, Confessions, 9.30am-10.30am, 7pm-8pm Wednesday March 27, Confessions -10am Mass, followed by Exposition and Private Devotions - 10.30am Benediction - 12 noon Stations of the Cross, followed by Confessions - 7.30pm Holy Thursday, Confessions -4pm-5pm, Mass of the Lord's Supper, including washing of feet and procession to alter of Repose -Private adoration until 10pm Good Friday, Stations of the Cross - 10am, Confessions - 11am-12 noon, Solemn Celebration of the Lord's



Holy Saturday, Confessions -

Solemn Vigil of Easter - 7pm

Easter Sunday, Mass - 8am &

10am-11am & 4pm-5pm,

Passion - 3pm

10.30am.

#### St Catharine's Anglican Church

402 Kooyong Road,
South Caulfield
Telephone office 523 7135 or
Vicarage 523 8963
Vicar - Rev. Charles W Kenny
Holy Week - Daily Services
including Palm Sunday, Holy Communion
(Blessing & Distribution of Palm
Crosses) - 10am
Wednesday, Holy Communion 10am
Good Friday, "The Way of the
Cross Service" - 10am
Easter Day, Holy Communion 10am

#### Saint Clement's Anglican Church

Cnr Glenhuntly & Brighton Roads, Elsternwick Telephone 523 8036 Services for Lent & Easter Lenten Studies each Wednesday evening at 8pm. Palm Sunday, Holy Communion - 9.30am, Evening Prayer - 7pm Services in Holy Week - 7.30am each morning, Monday to Thursday Maundy Thursday, Holy Communion - 8pm Good Friday, Devotional Service, "The Way of the Cross" - 10am Services for Easter Day Holy Communion, 9.30am, Evensong (1662) - 7pm

#### St Mary's Anglican Church

Cnr Glen Eira Road & Hood Crescent Caulfield Telephone 528 5541 Maundy Thursday, Holy Communion - 7.30pm Good Friday, Holy Communion - 8am, Readings, Prayers, Hymns, Meditation - 10am Easter Day, Holy Communion -8am & 10am

#### St Patrick's

6 Dalny Road
Murrumbeena
Telephone 568 7365
Palm Sunday, Saturday - 7pm,
Sunday - 9am, 10.30am & 5pm
Holy Thursday, Mass of the
Lord's Supper - 7pm
Good Friday, Solemn Celebration of the Lord's Passion - 3pm
Holy Saturday, Easter Vigil,
Ceremony & Mass - 7pm
Easter Sunday, Masses - 9am,
10.30am & 5pm

#### St Stephen's Uniting Church

151 Balaclava Road Caulfield North Telephone 527 1240 Easter Services Palm Sunday, All Age Worship -10am Maundy Thursday, Communion Service - 8pm Good Friday Service - 10am Easter Day Celebration - 10am

(This greeting and message of hope is sponsored by the listed Christian Churches of Caulfield)

### COMMUNITY N E W S



### Join in Children's Week

Children and family services column

PEOPLE living or working in Caulfield who are interested in services for children and families are invited to the next children and family services network meeting on Thursday March 21 at 8.30pm in the mayoress' room at City Hall.

The purpose of the network is to consult and commend on existing services as well as identifying gaps and future needs in the community.

The network also provides an avenue for integrating and sharing resources, information and expertise in the area of children and family services.

Further information can be obtained from the chairperson, Elizabeth Rand, on 571 0215 or Valda Bawden, family and services development officer, at City Hall on 524 3311.

#### Children's week

Interested in being part of children's week? This occasion will be held in October and the children and family services network is considering auspicing this year's activities.

Individuals or groups who would like to be part of planning and deciding what happens this year are invited to get together before the next network meeting.

The meeting will be held on Thursday March 21 from 7.30pm to 8.30pm in the mayoress' room at City Hall.

#### Playgroups

Playgroups resource sharing is a sub-group of the children and family services network. The group meets regularly to share ideas and support each other. They plan to produce a directory giving detailed information about playgroups in Caulfield. If you belong to a playgroup that has not received any information about the directory, phone Valda Bawden on 524 3311 or Elizabeth Rand on 571 0215.

#### Assistance grants

The City of Caulfield allocates some money each year to organisations in the municipality which provide pre-school services.

The amount available this year totals \$5350 and grants usually comprise no more than 10 per cent of the total fund available.

The closing date for applications is March 22.

If your group has not been advised of the grant, contact Valda Bawden on 524 3311.

### **Snap-happy visitors tour Caulfield**



Above: The Japanese visitors pause for a moment outside Captain Cook's cottage.

"HAI, chiizu!"

This phrase, which means "say cheese," in English, was spoken many times last month when a group of Japanese teenagers and young adults visited Caulfield.

Ten visitors and three chaperones spent six days in the City, staying with local families. The visit was part of an exchange organised by the Ogaki Lions Club and Ogaki City Council in Japan.

Caulfield and Ogaki have a friendly city agreement.

The visitors were on a tight schedule, which took them to Ballarat and Phillip Island, as well as tours around Caulfield and Melbourne. They attended an AFI game, visited some factories at tried fishing at a trout farm.

And of course, there was lots of time for the visitors to take photographs.

A return visit by a group of high school students will be organised later this year.

# Disabled committees employ part-time worker

BRIGHTON man Ken Ravensdale says there is an endless list of things that can be done to help disabled people in the community.

In his new position of development worker for the Caulfield, Oakleigh, Brighton and Sandringham (COBS) advisory committees for people with disabilities, Mr Ravensdale intends to make a start on that list.

Mr Ravensdale was appointed last month by COBS. The part-time position is funded by Community Services Victoria, through the auspices of Disability Resource Centre.

Mr Ravensdale said he would initially help the four advisory groups increase membership; encourage and support their members; raise the committees' profile; liaise with local councils; assist with projects; liaise with community groups and assist with funding

Mr Ravensdale will be based at Caulfield City Hall.

"My first plan is to find out what the members of the committees want and go from there," he said.

Mr Ravensdale has been president of the Brighton advisory committee for many years.

### Tea staff take a break with Tony



NINE Network celebrity, Tony Barber, officially launched Montefiore Homes' 1991 appeal campaign at a tea party on February 21 at the homes' St Kilda Rd complex.

Guests included State parliamentarians, local councillors and a wide circle of home supporters. Montefiore Homes catering staff found Tony Barber equally adept at serving tea.

Above: Taking a tea break with Tony are (from left) Pauline Shneiderman, Thelma Veloukas, Vera Kogan and Roy Redzepi.



Cnr. Leila & Katandra Rds., Ormond 3163

### Caulfield Community Bus Service

needs volunteer drivers, particularly for Sunday afternoons.



If you can help, please contact Kim Barrett or Laurel Thompson

on 524-3200

### **Divorce support**

ARE you experiencing the difficulties often accompanying divorce or separation?

Do you need to talk to someone about it?

In view of setting up a women's divorce and separation support group with the aim of providing information and support to women residing within the Caulfield municipality, Effy Kalogeropoulos would like to hear from any interested people.

For further information, contact Effy on 524 3333.

Est. 1923



Trio linked by memories and humor



Above: Dirk Leemburggen, Tony Sowersby and Lyn Young are Art L.T.D.

THEIR names are Lyn Young, ony Sowersby and Dirk Leembruggen, but collectively, they are known as Art L.T.D.

The trio, who have known each other for more than a decade, will hold an exhibition at Caulfield arts complex between March 13 and March 24.

Lyn, Tony and Dirk first met at art school and have continued their association at meetings,

gallery openings and other social functions.

Art L.T.D. has previously shown together in large group shows, such as the I.H.T. exhibition in 1983, the Loungeroom Artist Show in 1984 and the Ten Years After Show in

This exhibition will consist of small to medium-sized works on paper in a variety of media, including gouache, ink, pencil, watercolor, lino-cuts, etchings and color photocopies.

Their common threads could be an interest in popular culture, childhood memories and humor.

They are also united by a belief in the value of art works other than oil paintings, which perhaps places them outside the contemporary gallery scene.

Their works are distinct and there is no hint of a house style.

# New series dives into Lake Eyre

ABOUT once a year, Gary Miles packs his essentials for several weeks into a 4WD and departs his studio and home in the green hills of Gippsland for the less verdant inland reaches of Australia.

Living off his own resources and the land, Miles spends up to two months painting and drawing, setting himself a timetable for work which leaves little time for relaxation - usually a meal cooked over the camp fire, a warm beer and bed.

Each of these trips has resulted in a series of paintings which span Australia, from Tasmania to the Northern Territory, and from South Australia to Wilson's Promontory in Victoria.

Previous series have included areas such as the Gordon River and Avers Rock.

Each series has had its own emphasis, taking on the tones and hues, atmosphere and individual character of the area.

Miles' latest series, the Lake Eyre series, is the result of five weeks' work in the flooded Cooper Creek and Lake Eyre regions of South Australia

Working from two long-term camp sites, Miles completed more than 50 paintings in oils and mixed media on paper to make his biggest series ever

Unlike his last series, which captured the soft greens and white sand beaches of Wilson's Promontory, the Lake Eyre series is a sweeping panorama of the desert.

Eagles, goannas and a camel feature in various canvasses, but it is the landscape that is the overriding theme of the exhibition.

The Lake Eyre series will be on display at Caulfield arts complex from March 24 to April 5.

Presented by J. Jinks Art Pty Ltd, the Lake Eyre series is Miles' tenth solo exhibition. It will be officially opened on March 24 at 2pm.



Above: Evening Birds of Prey, by Gary Miles.

### Just hanging



Above: Peter Cole puts the finishing touches on his mobile.

A MOBILE depicting the southern landscape has been put up in the entrance to the City Hall extensions. Called Elements of the Southern Landscape, the 48kg

mobile took two months to build. It is made of stainless steel and cast aluminium. The creator of the mobile is Peter Cole, whose work is well-known in Queensland.

AN exhibition by Ian Edlin at Caulfield arts complex between April 2 and 14 is titled Letting Go.

Edlin, a sculptor, said he had little preconception of the visual forms he made.

"I am happier to let go to the physical manipulation of the material, whether is be clay, wax or pigment, and to my ideas and experienced to create the visual forms," Edlin said.

The sculptor's experiences and ideas arise from the environment in which he lives and the people around him.

"In looking at the world around me, I try to see the realities for what they are," Edlin said.

"I project these realities to my inner experiences and, through imagination and the manipulation of the medium, I create a fantasy and make a visual image



Above: Letting Go. bronze on wood, by lan Edlin.



### Lupus awareness

LUPUS, a much neglected disease, will be in the spotlight from March 11 to 15 when the Victorian Lupus Association holds an awareness week.

Lupus is short for systemic lupus erythematosus - a chronic inflammatory disease which can affect many parts of the body.

Although it is found throughout the world, lupus is fairly rare and between 50 and 100 new cases are reported in Melbourne every year.

The cause of lupus is not known. Lupus is categorised under the term, "auto-immune diseases".

This means that, for reasons not yet apparent, the body's immune system mounts an inflammatory attack upon itself.

Various body organs may become transiently infoamed and may not work properly.

This inflammation is continuous but tends to occur in episodes.

This explains why most patients' symptoms fluctuate markedly and can improve without specific treatment.

#### Symptoms

No two lupus patients are the same and symptoms vary greatly.

But certain features are common in all the various types of lupus.

Many patients complain of feeling unwell, having fevers and suffering from fatigue.

The most frequent specific features of lupus are those pertaining to musculo-skeletal systems.

Painful swelling of joints, particularly the hands and wrists, is extremely common and is often associated with aching in and around muscles.

The next common symptoms are skin problems, chest pains due to inflammation of the lining of the lungs and the lining of the heart

A consistent feature of lupus is the marked propensity from prolonged sunlight exposure to cause flareups of the disease. Alopecia, or hair fallout, is not a common feature but is worrying to the patient. In most cases though, the loss is only temporary and normal hair growth returns.

#### Treatment

Even doctors experienced in treating lupus do not agree on what the correct medications are and how they should be used.

In the vast majority of patients, the use of simple anti-inflammatory agents such as Indocid and Naprosym are of great benefit.

When diagnosed, most patients are started on these medications and a large number of them are helped greatly.

For reasons not entirely clear, some anti-inflammatory agents such as aspirin are not tolerated by lupus patients.

This also applied to a number of antibiotics, particularly penicillins and sulphur drugs.

#### Cortisone

The main stay mode for the majority of the problems seen in lupus patients are cortisone drugs. The most frequently used of these is Prednisolone, which in low doses can have a marked beneficial effect on many feature of lupus, particularly arthritis and the inflammation of the lungs and skin.

However, in high doses over a long period of time, cortisone brings unfavourable side effects, such as a ballooning face, thinning bones and a breakdown of the lining on the hip joints.

Over the past five years, various techniques have been tried on lupus patients.

One of these techniques is plasma exchange, where the patient is placed on a machine similar to a kidney dialysis machine and his/her blood is washed. This is usually reserved for patients with life-threatening problems.

For more information on lupus, contact the Victorian Lupus Association at GPO Box 811F, Melbourne, 3001.

# Get off the dieting merry-go-round

FORGET battling with your willpower - research shows the best way to lose weight and keep it off is to improve the way you feel about yourself.

Australian researcher, Ms Liz Dangar, said there was "overwhelming evidence" that only a small percentage of people who followed diets reached their desired weight and maintained it.

The new line of thinking is that focusing on general wellbeing is the key to losing weight forever.

According to Australian Sugar Industry nutritionist, Ms Andrea Mortensen, tackling the issue of weight on its own is doomed to fail.

"Weight should be looked at in the context of someone's whole life," she said.

She also said most diets caused problems because they were unrealistic.

"It's no use saying to someone who's trying to lose weight, 'Don't ever touch any sweets, crisps, fizzy drinks or biscuits', because it's unrealistic.

"Everyone should be allowed to enjoy the occasional treat without feeling they've blown their goal."

Ms Mortensen said women should forget diets and look at developing a sensible, achievable and fun eating and living plan.

"Once you feel good about yourself you can seriously think about reducing your weight forever," she said.

Focus on eating a wide variety of



Above: Andrea Mortensen foods with plenty of low fat carbohydrate foods at each meal.

These foods include cereals, pasta, rice, steamed or mashed potatoes, vegetables and fruit.

Add a serve of lean meat, fish or chicken and some low fat dairy products.

Those people who nibble between meals can snack on unbuttered popcorm, fruit, low fat yoghurt, crackers or bread with jam or Vegemite - forget the butter and margarine.

Quick tips for fat-busting:

 All fats, such as margarine, olive oil and butter have the same energy, or kilojoule, value so use them sparingly.

• Check good ingredient labels for words that mean "fat" - vegetable oil, copha, vegetable shortening, palm kernel oil, cream and cocoa butter. If they are among the first three ingredients listed, it is likely to be a high fat food.

• Choose lean meats and trim all visible fat before cooking. Use low fat cooking methods - grill or barbecue instead of roasting or frying. Brush oil in the pan instead of pouring it in.

• Use low fat, reduced fat or skim milk. Choose reduced fat cheese as well as low fat soft cheeses - ricotta or cottage cheese.

• Use generous amounts of cereals, such as pasta, rice, oats, bread, vegetables and fruit.

Ms Mostensen said no foods had to be absolutely forbidden.

"Eating a piece of cheesecake does not mean you've blown it and have failed yet again," she said.

"Just control how much, when and how often you eat these foods. Total denial or abstinence often drives people who struggle with weight to overeating or binging."

Ms Mortensen said exercise was another important component for people trying to lose weight.

"The biggest mistake people make when starting an exercise regime is going too hard too soon.

"Start by walking up stairs, walking to the shops or getting off the bus a stop early. Slowly venture into a more structured exercise program which might include walking or jogging, jazz ballet, yoga or golf."

Ms Mortensen encouraged people worried about their weigness to jump off the dieting merry-goround and start living.

### Coloring competition a success

A HIGH standard of entries was received in a recent coloring in and poster design competition organised by Foster Care South East Inc.

After much deliberation, winners were chosen in four sections. They are Krissie Hayes, of South Caulfield, (best senior poster, 9-12 years), Sarah Dollard, of East Bentleigh, (best senior coloring), Helena Singer, of Gardenvale, (best junior poster, 4-8 years) and Anthony Kraus, of Elsternwick, (best junior coloring).

Each child won a \$20 book voucher from Channel 5 Books.

The prizes were presented by Cr George Brown.

Foster Care South East is grateful to Cr Brown, children's librarian Lillian Trpkovic, and community services librarian Barry Scott, who arranged the competition.

People wanting to know more about fostering can phone Foster Care South East on 562 9966.

Director, Mr Ray Carroll, said there was always a need for people who may be able to become foster caregivers.



Above: Competition winners are pictured with Lillian Trpkovic, Cr George Brown and Foster Care South East director, Mr Ray Carroll.



### Let's all dance to the Wiggly Woo



Above: Children enjoy dancing at preschool fun and games.

IF you haven't heard of the Wiggly Woo, you must be over the age of five.

The Wiggly Woo is common knowledge at Caulfield Council's arts house, where preschool fun and games are conducted.

The two-hour session incorporates fun learning for three and four year olds through innovative play. Ms Elka Adler, who has conducted the classes for six years, said they allowed the youngsters to interact with each other and learn basic skills at the same time.

"Sessions are carefully planned with the individuality of the child of prime concern," Ms Adler said.

"Music and movement, painting, threading stones, imaginative play situations and songs provide each child with a stimulating and enriched learning environment - and allow each child to develop at his or her own pace.

"The classes have proved to be extremely popular with this adventurous and curions age group.

"With the emphasis on individualism and fun, it's no wonder classes fill quickly."

To book, contact 524 3287.

# Senior citizens, it's your week

CAULFIELD's older citizens will receive special attention during Senior Citizens Week, which will run from April 7 to 14 this year.

Caulfield Council's coordinator recreation services, Ms Pamela McKimm, has put together a comprehensive program centred around this year's theme - Time for Living.

Senior Citizens Week has been an annual event since 1983, and is sponsored by the State Government.

The week has three main aims to acknowledge the contribution older people have made to Victoria's growth; to promote a continuing involvement of older people in community life; and to draw community attention to the needs of all older people, not just for material care, but for a full, rich and satisfying lifestyle.

A highlight of the week will be the presentation of the Senior Citizens Week awards, sponsored by the Victorian Council of the Ageing.

Awards will be made in the following categories: senior citizen of the year; worker in the aged field; senior citizens' centre; innovative program; residential care; sports; concert party group; arts and photography.

The VCOTA must receive nomi-

nations for these awards by 4pm on March 18.

For details, call 663 6199.

Senior citizens who can prove they are 60 years or over and not in full-time employment will be eligible for free public transport during Senior Citizens Week.

A special Met ticket, required for the nine days of free travel, will be available from tram and government bus depots, railway stations and Met shops from March 19. Call 617 0900 for details.

Sixty Plus cardholders and Seniors Card holders will need to obtain this travel ticket for free travel.

V/Line country services will operate on April 6, 9, 10, 11 and 13.

Bookings are essential for all long distance train and coach services, and can be made from 10am on March 19. Book on 619 5000.

As well as free public transport, senior citizens can take advantage of free entry to all movie sessions at Hoyts, Greater Union, Village Roadshow, the State Film Theatre and many independent cinemas from April 8 to 12.

A wide range of concerts, race meetings, historical events and other activities will also be available to senior citizens.

For further information, contact the Senior Citizens Week project office on 651 5015 or 651 5241.

# Your guide to a busy time

CAULFIELD Council and a number of other organisations have banded together to provide local senior citizens with a comprehensive range of activities to enjoy.

The following program is a list of hat is available in Caulfield and surrounding areas for Senior Citizens Week.

#### Friday April 5

• Bus trip to Point Cook metropolitan park. Leave 11am, cost \$8. BYO lunch but afternoon tea provided. Bookings essential. Contact Pamela on 524 3367.

#### Monday April 8

- 10am-noon tennis with Cheryl Hewitt at Caulfield recreation centre. Limit 15 places. No charge. Bookings on 524 3288.
- 10.30am-12.30pm massage with Jennifer Berridge in the balcony room, City Hall. No charge. Book on 524 3367.

#### Tuesday April 9

- 9.30am-10.30am gentle exercise with Cheryl Kennedy at Caulfield recreation centre. No charge.
- 10am-11am exercise to music at the recreation hall, Caulfield General Medical Centre, 294 Kooyong Rd. No charge. Park in entry no 1.
- 10am-noon tennis with Cheryl Hewitt at Caulfield recreation centre. Limit 15 places. No charge. Bookings on 524 3288.
- 9am-10am and 2.30pm-3.15pm
   Come and see aqua exercises at Caulfield General Medical Centre hydrotherapy pool. Parking entry
   No charge, Book on 276 6648.

Carnegie-Murrumbeena Senior Citizens Club will hold a musical afternoon at the corner of Belsize Ave and Neerim Rd, Carnegie. Phone 569 7778.

#### Wednesday April 10

- 10am Wednesday Walkers meet at the end of North Rd at the beach, Melway map 67, C7.
- 10am-11am Come and see aqua exercises at Caulfield General Medical Centre hydrotherapy pool. Parking entry 2. No charge. Bookings on 276 6648.
- 9.30am-10.30am gentle exercise with Rosanna Zuanetti, Caulfield recreation centre. No charge.
- 10.30am-11.30am yoga with Mimi Robinson, Caulfield recreation centre. Phone 524 3288, No charge.
- 10.30am-11.30am chair-based gentle exercises with Cheryl Kennedy at Carnegie-Murrumbeena Senior Citizens Centre. No charge. Phone 524 3367.
- 11.30am-12.30pm Feldenkrais awareness through movement. A gentle approach to learning to move with ease and confidence. Theme - getting out of a chair easily. Presented by Zelman Lederman, an occupational therapist and Feldenkrais practitioner, At Caulfield recreation centre. No charge.
- 11.30am-12.30pm gentle exercise with Cheryl Kennedy at Carnegie-Murrumbeena Senior Citizens Centre. No charge.

9am-10am - walking group,

Packer Park, with Cheryl Ken-

Thursday April 11

- Murrumbeena Senior nedy. Leila Rd carpark. No charge. Phone 524 3367.

  the corner of Belsize 9.30am-10.30am gentle exer-
  - 9.30am-10.30am gentle exercise with Rosanna Zuanetti, Caulfield recreation centre. No charge.
  - 10am-11am exercise to music, recreation hall, Caulfield General Medical Centre, 294 Kooyong Rd, Caulfield. Parking entry 1.
  - 10.30am-11.30am tai-chi with Daniel Isaacson, Caulfield recreation centre.
  - 1pm and 3pm pottery and painting, Caulfield City Hall.

#### Friday April 12

- 10am-11am exercise to music, recreation hall, Caulfield General Medical Centre, 294 Kooyong Rd, Caulfield. Parking entry 1.
- 10am-11am and 3.30pm-4.15pm Come and see aqua exercises, Caulfield General Medical Centre hydrotherapy pool. Parking entry 2. Bookings on 276 6648.
- Sunday April 14

   1pm-4pm Caulfield From
  Shire to Town to City a photographic exhibition depicting the
  development of City Hall from
  when the first stone was laid in
  1882 to the opening of the new
  offices in 1991. Devonshire teas
- 3pm opening concert of Caulfield Concerts 1991 series, featuring Sarah Grunstein on piano in a recital of works by Bach, Beethoven and Chopin. Special reduced ticket of \$5 to celebrate Heritage Week and Senior Citizens Week. For details, call Liz Jesty on 524 3264.

will be available for a small charge.

### First aid courses offered

TWO four-week basic first aid courses will be held at the Glen Huntly maternal and child health centre during April.

The courses will be conducted by a community health nurse from Caulfield Community Care.

Participants will learn how to control bleeding, what to do when children scald themselves and how to cope if children eat the dishwasher powder.

People will also learn how to administer resuscitation.

Bookings are essential and each class is limited to 12 participants.

The day course will be conducted on April 8, 15, 22 and 29, from 1pm to 3pm at a cost of \$15.

The evening course will run from 7.30pm to 9.30pm on April 9, 16, 23 and 30. The cost is \$15.

Book by phoning Mrs Kemp on

524 3345. Child minding will not be available.

\* \* \*

PARENT Education Committee will conduct an evening with speech pathologist, Ms Michelle Payne, on April 9.

Ms Payne will discuss language development in pre-school children at the Glen Huntly maternal and child health centre at 7.45pm.

Supper will be served and the cost is \$2 a family.

Enquiries to Leanne Kemp on 524 3345.

\* \* \*

ROYAL Children's Hospital Caulfield auxiliary will hole its annual general meeting on March 20 at 1.45pm in the mayoress' reception room, City Hall, Caulfield.

Everyone is welcome. Enquiries to 523 7956.

### **VACANCIES**



Citizens Advice Bureau has vacancies for volunteer staff.

Full training will be provided. Call Laurel Thompson on 524-3200 between 9.30am and 3.30pm, Mon-Fri



# Dreams and rock music What's on the shelves

views on dreams and rock music when they speak in Caulfield this

Caulfield psychologist and author, Ms Doris Brett, will talk about dreams at the Caulfield Library, Maple St, on March 14 at 7.30pm

The author of Annie's Stories and The Truth About Unicorns, Ms Brett has worked extensively with people in identifying and interpreting their dreams.

Every person dreams at least four or five times a night.

"People can train themselves to remember their dreams," Ms Brett

"They soon begin to realise that the dreaming mind has access to the memories and perceptions of the unconscious mind, which are far more extensive than those of our conscious mind.'

Ms Brett's free talk will provide an excellent introduction to the subject of understanding dreams. Refreshments will be provided.

People more interested in rock music than dreams may want to



**Above: Doris Brett** 

attend From Music to Words, the first in an innovative series of readings organised by the Caulfield Library Service.

The reading, scheduled for March 21 at 7.30pm at the Caulfield Arts Centre theatrette, will feature writers well-known for their involvement in Australian rock music.

Readers will include Sam Sejavka, a playwright also known for his past involvement with Australian bands Beargarden and The Ears; David N Pepperell, poet and

work is influenced by Aboriginal

and African art. The swirling skies,

faces and figures represent torture

and chaos within women.

Above: David N Pepperell

rock and roll commentator with magazines such as Juke, Daily Planet and Nation Review; James Griffin, author of Australia's first recorded rock and roll novel; and Gig Ryan, a poet and member of Disband and Poets of the Machine, a United Kingdom duo with a style somewhere between Frank Chickens and Laurie Anderson.

It is hoped that Sydney musician, Steve Kilbey, well-known for his work with The Church and for his superb lyrics and poetry, will appear also.

Caulfield community services librarian, Barry Scott, said the reading would be an exciting demonstration of the often neglected interplay between rock music and contemporary writing.

Bookings are advised and can be made on 524 3357.

### Sunday recitals

THREE unique Sunday recitals, featuring works from the Australian Music Examinations Board syllabus, will be held at Caulfield arts complex.

The recitals will be presented by Nehama Patkin and Friends, who comprise many of her students from seven to 17 years of

These recitals should interest music teachers, parents and students, as works from the new series 12 piano examination books will be highlighted.

In addition, works from the foute, violin and cello syllabuses will be featured.

The recitals will be held on April 7, July 28 and October 13. All start at 4pm.

Cost is \$7 adults, \$5 concession. Call Liz Jesty on 524 3264.

The following items are now available for loan from the Caulfield library service:

Laura Ashley. A Life of Design by Anne Sebba, 1990. The story of Laura Ashley, a leading figure in the fashion and home decoration industry.

Insight Guides. Australia. 1990. This well-illustrated travel book unfolds the highlights of the continent. An essential book for visitors and armchair travellers alike. Insight Guides. Rockies, 1990. In words and pictures, the visitor is introduced to bustling cities, historic railroads, festivals and ski resorts. A wide range of the latest Insight travel guides are now available from the library service.

Art Deco Interiors. Decoration and Design Classics of the 1920s and 1930s, by Patricia Bayer, 1990. This beautifully illustrated work documents art deco interiors in Europe and America. Theatres, stores, hotels and homes are included.

Pleasures. Women Write Erotica. Edited by Lonnie Barbach. PhD. True stories that reveal a woman's secxuality as it is experienced by women themselves.

Cassanova Complex. Compulsive Lovers and Their Women, by Peter Trachtenberg, Examines what the life of a compulsive cassanova is really like.

Jimi Hendrix. Electric Gypsy by Harry Shapiro and Caesar Glebbeek, 1990. Every aspect of Jimi's short, but intense life is explored in this new biography.

Jim Morrison. Dark Star, by Dylan Jones, 1990. This extensively researched biography brings Jim Morrison alive to those who remember his stage performances and also to those who know him only through his records.

Dark Star. The Roy Orbison Story, by Ellis Amburn, 1990. The disasters that struck Roy Orbison in the mid 60s were so severe that he never recovered to achieve the stardom he had known as a young man.

Don't Shoot, It's Only Me, by Bob Hope with Melville Shavelson, 1990. This is Bob Hope's inimitable story. It is all here - the fun, the laughs, the heartache and the danger.

Choosing Weight Intention ally. How to Lose and Gais Weight Without Dieting, by Xandria Williams, 1990. The author shows us how our past and our emotional responses to people and situations affect our weight and shape:

The Other Side of Lennon, by Sandra Shevey, 1990. Sandra Shevey uncovers new information to help us understand the private side of John Lennon.

COMMUNITY-spirited athletes and recreational runners are urgently needed to join an organising committee for the 1991 Caulfield Festival fun run.

The run has been held over the past two years in conjunction with the Caulfield Festival - held on the first Sunday of December each year. The event has been organised by a committee comprising Cr Ed Biggs, Nigel Thursfield and Paul Shewan.

Cr Biggs said the event had raised \$5000 for the Life Education anti-drug program and had generated interest and attendance at the festival.

"The run is probably unique in the number of medallions awarded," Cr Biggs said.

"We award first, second and third in various age groups for male and female sections.

'Most runs award place getters only in the open category and first place for other sections.

"We have done this to involve" many people as possible.

'Last year, elderly ladies and men and toddlers in pushers were among those who ran or walked. just to participate."

Cr Biggs said organising the event on this scale had become too onerous for his small committee and he would like to hear from people willing to assist.

Alternatively, athletes or community groups could conduct the event as a fundraising venture.

Some financial and other assistance will be available through the Caulfield Festival committee.

Interested people should contact Cr Biggs at home on 569 9386.

# Jump 'n' Gym

Above: Beverley Rae Cooper with one of her works.

Images of Woman, an exhibition of

paintings by Beverley Rae Cooper,

will be at Caulfield arts complex

from March 13 to 24. Beverley's

Paintings portray women

Join The Great Fun



Kindergym for toddlers & preschoolers Recreational gym for boys & girls Olympic gymnastics for boys Rhythmic gymnastics for girls Olympic gymnastics for girls Trampoline classes for boys & girls.

Phone 563 8881

Chamford Academy

### Free classes for senior citizens

SENIOR Citizens Week will be a Tuesday April 9 lively time at the Caulfield Recreation Centre.

Staff at the recreation centre have put together a special program to encourage older people to exercise. The following classes will operate free of charge for senior citizens at the centre, 6 Maple St, Caulfield

Monday April 8

10am-noon - tennis with Cheryl Hewitt. Places are limited to 15, so book on 524 3288.

9.30am-10.30am - gentle exercise to music with Cheryl Kennedy. 10am-noon - tennis with Cheryl Hewitt. Places are limited to 15, so book on 524 3288.

Wednesday April 10

9.30am-10.30am - gentle exercise to music with Rosanna Zuanetti. 10.30am-11.30am - Yoga with Mimi Robinson

11.30am-12.30pm - Feldenkrais movement with Zelman LederThursday April 11

9.30am-10.30am - gentle exercise to music with Rosanna Zuanetti. 10.30am-11.30am - Tai-chi with Daniel Isaccson.

Friday April 12

3.15pm-4.30pm - pryme ball, a game similar to netball or basketball, for active women aged more

Tea and coffee will be available at the end of each class. Call Michelle or Maria at the recreation centre on 524 3288 or 524 3362.

27.5.5

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#### **PUBLIC NOTICE**

I, L. Palmer of 68 Murray St, Caulfield Sth hereby give notice of my intention to apply to the Council of the City of Caulfield for permission to keep an additional two dogs. The number of dogs proposed to be kept is four small house dogs. Objections to be lodged within one month.

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### **Development recognised**



sought for the Council's 1991 Outstanding Residential Development of the Year award.

The award was introduced last year to recognise and encourage top quality multiple residential developments in Caulfield.

The inaugural winners were architect Mr Norman Roth and developer Mr Danny Schwartz, who were responsible for a threeunit development at 20-24 St Georges Rd, Elsternwick.

The Council's statutory planner, Ms Lyn Spiller, said nominations should be with the planning department before the end of October.

NOMINATIONS are now being Nomination forms are available

from the Council.

"The Council would like to encourage good quality, multi-residential design in Caulfield and hopefully these awards will help achieve that," Ms Spiller said.

"The judging is very thorough, with a panel assessing every nomination on a points basis. For example, good quality landscaping that blends in with the development will score higher points."

The winner of the 1991 Outstanding Residential Development of the Year Award will receive a brass plaque. For details on the award, contact Sandy Freidin on 524 3337.

#### Bowled Over

**ELSTERNWICK Park Bowls** Club would like to congratulate Lindsay Ackland, who won the club championship of the men's section this year. His was a popular victory, as Lin is a past president and has always worked hard for the club.

The club's gala day in February was a great success and full credit must go to all members who worked so hard. Treasurer Brenda Best said that, at the moment, the profit totalled more than \$2700 with some contributions still to arrive.

On Sunday April 7, a special

committee will run a nominated

fours day (mixed or all ladies) start-

followed by two games of 15 ends. Lunch and afternoon tea will be provided. Bookings are being taken now. Entry fee is \$28 per team. Single entries will be accepted also.

Phone Dot King on 596 1100 or Freda Smith on 528 3789 to book.

GLEN HUNTLY Bowls Club reports that the pennant seasons are now completed, with the ladies' two sides outperforming the men's.

Now concentration will be focused on completing the annual club competitions and club social and open tournaments.

Lady vice-president's day will be held on March 14, open mixed triples will be held on March 16 and on March 17, the club will receive a visit from the Visually Impaired and Blind Bowlers Association.

For the third successive year, Glen Huntly's Peter Darwin and lady senior vice-president Margaret Laughton have been selected in the Victorian side to contest the Australian championships to be held in April for visually impaired and blind bowlers.

With the approach of the club's annual meeting in May, at which the number of pennant sides to be entered next year must be decided, Glen Huntly is suggesting to anyone who is on a bowls club's waiting list to come to Glen Huntly until a vacancy occurs in their own club.

Phone president Geoff Piper on 571 2666 for more details.

### ing at 9,30am with morning tea Caulfield Contact Publication Dates -1991

CAULFIELD Contact will be published eleven times in 1991

The following is a list of publication dates, along with contributed article deadlines for this year.

Articles submitted before the listed date have the best chance of being included in each edition, although no responsibility will be taken for I the exclusion of articles due to space restrictions.

ISSUE

PUB. DATE ARTICLE DEADLINE

Mon Apr 8 Mon Mar 18 April May Wed May 8 Wed Apr 17 Mon May 20 Mon Jun 10 June Mon Jun 10 Mon Jul 1 July Mon Jul 29 Mon Jul 8 August Mon Aug 19 Mon Sep 9 September Wed Oct 9 Wed Sep 18 October Mon Nov 11 Mon Oct 21 November Mon Dec 9 Mon Nov 18 December

Display advertisements must be submitted three weeks before publication date for each issue, while classifieds must be submitted a fortnight before.

All submissions, cancellations and alterations must be received in writing by the deadline date of the next issue.

Contact staff will not check with advertisers on whether they want to repeat an advertisement. For more advertising information, contact Jane Fletcher on **524 3259**.

### CONTACT DIARY

Do you have an event coming up that you would like to publicise? This is the place to put it.

Contact Diary is compiled monthly, so if you want to let the community know about your club, society or event, we'll be happy to include it on this page.

Let us know about your activities.

Contact diary
P. O. Box 42, South Caulfield 3162



#### CLASSES

Chadstone Community Health Centre will run a parenting course, Raising Responsible Children, on Wednesday evenings from 7.30pm to 9.30pm. The course starts on March 13 and will run for five weeks. Cost is \$20 for materials. Phone 568 2599 for bookings and enquiries.

Southern Citizen Advocacy is offering a free training course for people interested in helping disabled adults participate in community life. A short orientation program begins soon. Call 576 0155.

A Seminar on improving the quality of life for people in nursing homes will be held next month. Therapists, care givers and recreation workers can create an atmosphere within nursing homes to uphold the dignity of each resident and provide them with opportunities to creatively participate in their own home life. The seminar will be led by Catherine van Wilgenburg, a practising artist, and Eva Thiedeman, a community health worker. Call 528 2814.

#### ENTERTAINMENT

Music Lovers Society will present a recital featuring Natasha Anderson on recorder and soprano Lynette Alcantara with associate artists at St Paul's church, Dandenong Rd, Malvern/Caulfield, opposite Glenferrie Rd, on April 6 starting at 8pm. The H.A. Owen memorial prize will be presented to Natasha at this recital. Admission is \$8 adults; \$6 pensioner/student; \$3 child under 13. Family tickets are available for \$17. Enquiries to 571 0850.

Adelphi Players Theatre Company will stage the play Melba by Paul Sherman at Ormond Uniting Hall, corner of Booran and North Rds, Ormond, on Friday March 22 at 8.15pm. Bookings on 578 6101. Melba also will be performed on March 23 at 7.30pm at Labassa, Manor Grove, Caulfield North. Tickets are \$12.50 and include a light supper and tour of the house. Bookings on 523 9228 or 528 1476.

#### **FETES**

King David School will hold a fete on March 24 from 10am to 4pm. The fete will be held at the school, 517 Orrong Rd, Armadale.

Carnegie Uniting Church will

hold a fete at the church hall, corner of Neerim and Toolambool Rds, on March 23 starting at 9am. All the usual fete stalls will be there and light refreshments will be available.

#### **MEETINGS**

Neighbourhood Watch group C80 will hold its next meeting on Tuesday March 12 at the Caulfield City Hall committee room at 7.30pm.

Oakdale Angling Club, a family club, will hold its next meetings at Murrumbeena Reserve, Kangaroo Rd, at 8pm on March 13 and 27. Interested anglers can contact Max Born on 544 3703.

Victorian Gas Association Caulfield branch will meet in the auxiliary room of Caulfield City Hall at 1.30pm on March 26, There will be a fashion parade and garments will be for sale. New members are welcome and an annual subscription of \$2 is payable. Enquiries to 557 2254.

U3A Prahran Garden Club will meet at 10.30am on the third Thursday of the month, at the parks and gardens depot, Osment St, Armadale. The club organises guest speakers, visits to nurseries, potting up, propagation and general information on gardening. Call Patricia Baitz on 527 5854.

Murrumbeena Baptist Church will hold a members' breakfast with guest speaker Dr Tim McCormack on Saturday March 23 from 7.15am. Enquiries to 568 4239.

Arthritis Foundation of Victoria's Caulfield self-help group will meet at 10.15am on Monday March 25 at 259 Kooyong Rd, Elsternwick. Visitors welcome. Enquiries to 570 4971.

New Ormond Auxiliary will hold its next meeting on Monday March 25. Meetings are held on the fourth Monday of each month in the Uniting Church hall, corner of North and Booran Rds, Ormond. Money raised goes towards hospital equipment. A street stall will be held on Friday April 12 outside a supermarket in North Rd, Ormond. New members are welcome. Enquiries to Mrs Moir on 578 1721.

Caulfield/Carnegie Nursing Mothers Association of Australia will meet on March 21 at 8pm at the Glen Huntly Maternal and Child Health Centre, corner of Rosedale and Royal Aves. STEP (systematic training for effective parenting) for toddlers will be discussed. Supper is provided and everyone is welcome. Enquiries to Fiona on 578 7247.

Caulfield Home Bible Study group (KYB), meets on Wednesday mornings at 10am. Ladies are invited to join the group's lively and topical discussions in an informal and friendly atmosphere. The group is currently studying Revelations. Phone Joyce on 527 1987.

Caulfield Historical Society will meet on Wednesday March 20 at 8pm at City Hall. Mrs Landells will speak on Henry Dendy - Brighton's founder. Visitors welcome.

Caulfield Combined Pensioners Association will hold its monthly meeting on March 19 at Caulfield City Hall at 1.30pm. A guest speaker from the financial information service for pensioners will talk on "deeming". Everyone welcome. Afternoon tea will be provided. Call Alma on 528 4459.

The Oaks Toastmasters meet locally to develop their communication skills in a friendly atmosphere. Men and women are welcome. Contact Patricia Dennis on 822 7013.

The Independent Church of Australia conducts a 'Search for God' group each week at the ICA Centre, 167 Hawthorn Rd, Caulfield. The groups meets at 10.30am till noon each Wednesday. For details call Cecilia on 528 2814.

#### **OPEN DAYS**

Kilvington Baptist Girls' Grammar School will hold an open day on March 20 between 2pm and 8pm. Visitors are invited to join the classes, view the displays and demonstrations and have afternoon tea. Programs will be available at the gates.

Regent Community Auxiliary will hold its annual open day on Sunday April 7 from 2pm to 4pm at Regent House, 46 Regent St, Elsternwick. Crafts, cakes and jams will be on sale. Devonshire teas will be available. Visitors welcome.

#### RECREATION

St Mary's Anglican Church will hold a street stall on April 13 outside Coles Fosseys, Glen Huntly Rd, Elsternwick from 9am to 1pm. Home made cakes, jams, plants and bric-a-brac will be for sale. Enquiries to 509 5360.

Whole in One, a Christian group for single adults, will hold a progressive dinner on March 23 starting with savouries and drinks at 6.30pm. For details, phone Maree on 802 8254. Cost is members \$10; non-members \$13. A coffee and chat night for singles aged more than 30 will be held in the fellowship room, Church of Christ, 40 Toolambool Rd, Carnegie, at 8pm on April 8. Guest speaker Des Reed will talk on jewellery. For details, phone Norma on 568 7228.

Scottish Country Dancing classes start on March 18 at 8pm in Ormond Uniting Church, corner of Booran and North Rds, Ormond. Phone Ann on 578 4217 or Helen on 798 7929 for details.

Malvern Rotaract Club will hold a barbecue to mark its 20th anniversary on Sunday February 24 from 11.30am. The barbecue will be held at Banksia Park, Bulleen, and past and present members and associates of the club are invited. A charge of \$5 per family will cover organising costs. BYO food and drinks. For details, contact John on 241 5305 or Brett on 878 8038.

Hughesdale Art Group will hold a demonstration by well known water colourist Margaret Cowling, The Clothed Figure, on March 13 in the Hughesdale community hall, corner Poath and Kangaroo Rds, at 8pm. All welcome. Supper is provided, Visitors \$2, members 50c. Enquiries call 568 7123 or 885 6407.

Alma Rd Neighbourhood House will continue its social get-togethers for the over 50s on March 13 and 27 from 1.30pm to 4pm. People can learn how to play Rummytiles and cards and have a cup of coffee and a chat. Everyone is welcome. Call Anita on 527 8172 or Nita on 527 6124. Alma Rd Neighbourhood House also has a Scrabble club (Nita 527 6124), a chess club (John Herbert 527 6115 ah) and children's playgroups (Ruth 536 1336).

Irise Calisthenic College seeks early contact with all past students, friends and families who attended classes from 1948 to 1981 for a reunion to be held at Caulfield City Hall in April. Memorabilia is urgently needed. For information, contact Mrs Pam Bartlett, PO Box 323, Vermont, 3133.

All Seasons Social Club will hold a bus trip for over 50s on Sunday March 17 to Lauriston Falls. The committee will provide lunch for \$5. Cost of trip is \$18.

Early Planning for Retirement Group in Caulfield has organised the following events for March: March 12, walking group will meet at 10am at Caulfield City Hall. The walk will be in Gellibrand Hill park. Visitors welcome. People requiring transport can

phone 528 5376.

March 18, photography group will meet at 8pm at 1 St Georges Rd, Elsternwick. The subject is Landscapes, Seascapes & Cloudscapes. Visitors welcome. Enquiries to 571 3687.

March 21, an interest meeting will be held at 7.30pm in the Gladys Machin hall, Cedar St, Caulfield. Guest speaker Mr Robert Burdett will speak on his exploits in the French resistance movement during World War II. Supper will be served. Visitors welcome. Enquiries to 570 1170.

March 27, travel group will at 7.45pm at Gladys Machin hall, Cedar St, Caulfield. Emily Bueth will show slides of India. Supper will be served. Visitors welcome. Call 571 3687.

Friends of Rippon Lea will hold luncheons at the historic mansion on March 21, April 18 and May 24. Guest speakers will be Dr Owen Woodman, Mrs Nance Donkin and Mr Clive Canning respectively. Dr Woodman will speak, in layman's terms, about developments in medical research. For bookings, contact Joan Hare on 523 8839 or Lynette Dobson on 555 8382.

Caulfield General Medic. Centre's Caulfield auxiliary holds cards and Scrabble afternoons on the second Wednesday of every month from 12.30pm in meeting room 3, CGMC, 260 Kooyong Rd, Caulfield. Enquiries to Mrs Nancy Needham on 569 5467.

The medical centre's Carnegie auxiliary holds cards afternoons on the third Tuesday of every month in the same room. This starts at noon. Call Mrs Beryl Conn on 571 5293.

### **CAULFIELD CONTACT**

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