



Council's efficiencies reduce rates

CAULFIELD residents can look forward to a reduction of up to 9% on next years' Council rates and charges.

Caulfield Mayor, Cr James Barrett said the large saving was the result of contracting out the garbage service, together with repaying and restructuring of Council loans and an overall gain in efficiencies.

"In the midst of these difficult economic times we've been able to achieve a great result for our ratepayers without cutting any services," said Cr Barrett. "In fact, two new major projects are planned for the coming year -

"In the midst of these difficult economic times we've been able to achieve a great result for our ratepayers without cutting any services."

- Caulfield Mayor, Cr James Barrett.

one being a new athletic track at Duncan MacKinnon Park, the other a new pavilion for East Caulfield Park. Substantial funding for staff training needed for the local government reform program has also been allocated," he said.

"When we met with the Local

Government Board earlier this year we stressed that it was not necessary to combine Caulfield with any other municipality as it is efficient on its own. This years' budget proves it! Caulfield Council is an efficient and effectively run organisation always looking to introduce new facilities and

services for the benefit and enjoyment of its residents whilst keeping the impost on ratepayers at an absolute minimum," said Cr Barrett.

"It's the fourth year in a row that Caulfield's rates have been less than the rate of inflation," said Cr Barrett. "Without any major new initiatives the Council's forward plan provides for the level of rates to remain at this level for the next four years. This is despite projected inflation of 2% p.a.," he said.

Council's total charges to ratepayers for next year will fall from \$20,589 million to \$18,735 million.

contents

General News	1-3
Community News	4-6
Health Wise	7
Recreation & Leisure	8,9,14
★ SPECIAL FEATURE Foster's Caulfield Cup	10-11
Arts Focus	12-13
Classifieds	15
Crossword	15
Diary	4,16

Cup fever hits Caulfield



Above: The 1993 Caulfield Cup. Winner, "Fraar". See pages 10-11 for our special feature on the Caulfield Cup and its history.

★ See our special feature - The Foster's Caulfield Cup - a colourful history, page 10-11

Swimming season is about to begin...see page 8-9 for exciting program and also Caulfield Recreation Centre Open Day specials!

FOR THIS MONTH'S SPECIAL,

see page 3 for

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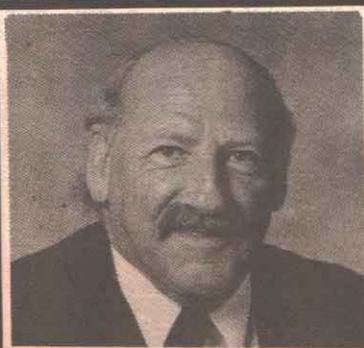
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Generalnews

COUNCIL MEETINGS

MEETING DATES FOR 1994

CAULFIELD Council has appointed three special committees comprising all of the members of the Council.

They are committees of:

Town Planning
Chairman - Tony Browne

Policy & Environment
Chairman - Veronika Martens

Finance
Chairman - Noel Erlich

1994

OCT 18	6pm	Council
	8pm	Town Planning
NOV 2	8pm	Policy & Environment
	8	8pm Finance
	15	6pm Council
	15	8pm Town Planning

CAULFIELD COUNCILLORS

NORTH WARD

Cr Nicholas Gold
2/272 Hawthorn Rd
Caulfield 3162
Tel: 523 0253

Cr David Michelson
(Deputy Mayor)
P O Box 4
Elsternwick 3185
Tel: 523 5758

Cr Sandy Anderson
398 Glen Eira Rd
Caulfield 3162
Tel: 528 1727 (P)

SOUTH WARD

Cr James Barrett
(Mayor)
3/69 Cooragal Rd
Carnegie 3163
Tel: 569 5698

Cr Tony Browne
3 Gisborne St
Elsternwick 3185
Tel: 528 3525

Cr Danielle Hastings
39 Malane St
Ormond 3163
Tel: 578 4810

EAST WARD

Cr Ed Biggs
40 Rosanna St
Carnegie 3163
Tel: 569 9386

Cr David Spencer
28 Margaret St
Carnegie 3163
Tel: 568 5073 (P)

Cr Veronika Martens
13 Margaretta Ave
Murrumbeena 3163
Tel: 579 0297

WEST WARD

Cr Heather Welsh
8 Burns Ave
Murrumbeena 3163
Tel: 568 7190

Cr Alan Grossbard
19 Keeron St
Caulfield South 3162
Tel: 523 7209

Cr Noel Erlich
4 Pretoria St
Caulfield 3162
Tel: 523 7365

Staff win kiosk/swim coaching tenders

CAULFIELD Council staff are the successful tenderers to take over the operation of the Caulfield Swimming Pool kiosk and the Swim Coaching Program for the 1994/95 season.

These two tenders were won by the in-house bid submitted by the swimming pool management in competition with two other bids for the kiosk operation and one other bid for the swim coaching program.

Caulfield Mayor, Cr James Barrett said the decision to award these two tenders to Council staff was made on the basis of the financial return to Council and the quality of activities proposed within the swim coaching program.

"The choice of in-house operation for these two tenders will give the ability to more fully integrate these activities into other pool operations and promotions," said Cr Barrett. "This will also make better use of Council resources and swimming pool staff will be able to be utilised in a variety of roles."

Caulfield Heated Swimming Pool will open on November 1. An exciting program has been planned for the season which runs until March 1995. Some of the activities include:

- Local Government Week - Nov. 6, visit by a mobile farmyard, Nov. 12, Bouncing Boxing (inflatable boxing ring activity)
- Portsea to Caulfield Swim Competition - starts Dec. 1
- Aqua Fun Days - Nov. 29-30
- Junior Basketball Competition - Dec. 11
- Santa's Christmas Party - Dec. 24 - see page 12 of this issue for a full program.

For a full program of events, contact Council's senior design engineer, Ian Lewis on 524 3394.

Caulfield Park - tree planting and removal

LANDSCAPE rejuvenation work at Caulfield Park is underway.

The new playground at the eastern end of the Park, near Park Cres has already proved very popular and the basketball rings installed nearby are also expected to be well utilised.

Additional picnic tables have been installed around the playground and new attractive and comfortable seats have been installed throughout the eastern end of the Park.

One hundred indigenous trees are about to be planted with further tree planting to occur next year.

The eastern end of Caulfield Park (between Council's nursery and Park Cres) will be planted with predominantly Australian trees interspersed with exotic trees to maintain historical planting links. The new tree planting will create a strong landscape character.

The existing trees in Caulfield Park, between the nursery and Park Cres have been inspected with a view to determining appropriate works, primarily to ensure public safety, but also to maintain the trees in healthy condition and ensure a long life span.

There are approximately 230 trees in this area of Caulfield Park. Unfortunately, 29 trees must be removed and 40 trees require pruning and arboricultural work.

The trees proposed for removal are mainly Cypress, Mahogany Gums and Silky Oak trees. Unfortunately these 29 trees have deteriorated to a condition where removal is necessary as they may constitute a danger to park users. The arboricultural work proposed on 40 trees will extend the life of the trees in the park.

Caulfield Council is also conscious of the need to maintain nesting habitat for the possums in the Park. Two Mahogany Gums which would otherwise be removed, will be heavily lopped and maintained in safe condition to provide habitat for possums whilst new trees establish.

Council's urban designer, Ms Lyn Hannan will be coordinating the tree planting, removal and arboricultural work. You are welcome to talk to Ms Hannan about the tree works and arrange to view a plan at City Hall, which indicates the trees proposed for removal and work.

Engineering update

Easement drains

THERE are many kilometres of Council drains that run in easements through private property.

These drains are a vital part of the drainage system, providing for the collection of stormwater drainage from private properties and in the case of larger drains, connecting parts of the drainage system together.

Caulfield Council has a responsibility to keep these drains in good order and to repair them and where necessary, replace them with larger pipes. Council officers and maintenance personnel need to be able to gain access to these easements with the obvious result that if the drainage network is not properly maintained, flooding may occur.

By far the greatest source of interference to easement drains is by the roots from private trees which enter the drains causing damage to the pipes and blockages.

It is important that property owners do not plant trees over

the top of Council drains or obstruct the service pits which provide access to the drains.

Ash Gve modernisation
COUNCIL'S engineering department is currently carrying out the survey and design works for the reconstruction of Ash Gve, Caulfield. General deterioration of the existing concrete kerb and channel and lack of any significant underground stormwater drains necessitated this project.

The existing high road profile will also be improved with the new design of the kerb and channel, thereby eliminating any vehicle scraping problems currently experienced by residents whilst manoeuvring vehicles within the vehicle crossing.

The reconstruction of this residential street is part of Council's 1994/95 Road Reconstruction Program, which commenced on October 1.

On appointing a contractor for these roadworks, Ash Gve residents will be advised via a letter from the Council of the exact on-site starting date.

Need a venue for your cricket club?

Koornang/Lord Park has Sundays available during the summer season for interested cricket clubs.

- Koornang Oval (including turf wicket)
- Lords Oval number one and another ground

Any club interested in using these facilities should contact Bernie Slaghtman at the City of Caulfield on 524 3206.



CITY HALL PHONE NUMBERS

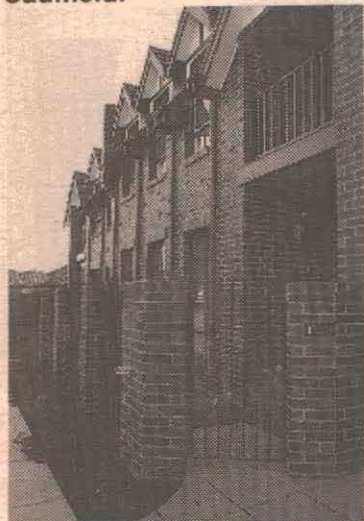
Arts Complex	524 3287
Caulfield Library	524 3346
Rates Office	524 3215
Human Services	524 3228
Traffic & Local Law	524 3216
Engineering	524 3240
Town Planning	524 3374
Traffic Engineering	524 3324
Building	524 3201
Community Relations	524 3259

Deadline for the November 14 issue is October 14

Residential development awards

THE City of Caulfield is sponsoring an Annual Award which recognises excellence in the field of design and construction of residential developments in Caulfield. In its fifth year, the Outstanding Residential Development will this year be

Below: 1993 joint winning property 11 Oak Cres, Caulfield.



Make sure you have a permit for your industrial waste container

AS it is Council's responsibility to ensure the safe movement of all traffic through its municipality, the City of Caulfield Local Law 1991, requires that any resident and/or tradesperson who wishes to place an industrial waste container on any road or Council land must first obtain a permit.

These permits can be obtained from the traffic and local law department, City Hall, for \$20.

Failure to acquire a permit prior to placing a container on any road or Council land, may result in fines of up to \$300.

Any person granted permission to place a container on any road or Council land, and/or any owner of the container, must ensure that flashing lights are attached to the container.

Failure to do so may incur a fine of up to \$1000.

For further information, contact Council's local law department on 524 3216.

awarded in three categories:

- New detached dwellings
- Multi-residential (medium density) developments
- Renovations or extensions to existing dwellings

To be eligible all entries must be within the City of Caulfield and completed and occupied, or ready to be occupied by

Below: 1993 joint winning property 3 Maroona Rd, Glen Huntly.



October 31, 1994.

Entries close on October 31, 1994.

For further details about the award and residential developments in Caulfield, contact The Planning Department, City of Caulfield, cnr Glen Eira & Hawthorn Rds, Caulfield. Phone 524 3259.

Infant sleep study

CAULFIELD Council's maternal and child health nurses are currently assisting Monash University in a two year study of infant sleep patterns.

Parents attending the Council's centres are able to obtain details of the study from their nurse and have the opportunity to participate in this important project.

Sleep problems with infants are common and have been recognised as a cause of disharmony in the family, marital breakdowns and child abuse. Very few studies have been

undertaken to document the factors which may influence the development of an infant's sleep pattern.

The study concentrates on gaining information about sleep patterns when the infant is two months old and again at eight months old.

Details are available from the maternal and child health nurses at each centre.

It is hoped that this study will bring future benefits to all families and Council is very pleased to be able to assist in this important work.

Cooking course for over 60s

CAULFIELD Council, in conjunction with the Caulfield Community Care Centre, will run a cooking course for over 60s, **Microwave and Easy Nutritious Meals for One or Two**. Tracey McRorie, dietitian with the Caulfield Community Care Centre will conduct the course beginning November 10, 10am-1pm. Cost \$5 per session, includes what is cooked. The aim of the course is to

teach people who may already have a microwave, how to get the most out of it and prepare quick and nutritious meals. The course will be held at the Gladys Machin Senior Citizens' Centre, Cedar St, Caulfield South.

For registration and further details, including transport enquiries, contact Katrina Fraser, on 524 3316.

Deadline for registrations is October 31, 1994.



Any big news, important events or sporting superstars?

If so, send information and photos to:
Contact Monthly
P O Box 42, Caulfield South, 3162.

Local Government Week Nov. 6-12, 1994

CAULFIELD Council has planned a number of exciting activities to celebrate Local Government Week 1994.

Activities for the whole family

● The Week kicks off on Sunday, November 6, 12noon-5pm with a mobile farm visit at the Caulfield Swimming Pool, Moira Ave, Carnegie. The mobile farm has many animals for children and adults to handle including piglets, baby chicks, ducks, calves, rabbits, guinea pigs, goats, lambs, a miniature pony and more. The pool season opens on November 1, so if the weather's fine, be sure to bring your bathers!

● On Sunday, November 12, 11.30am-5pm there will be a **Bouncing Boxing** activity also at the Caulfield Swimming Pool. Bouncing Boxing is the latest craze to sweep the UK and US, and now Victoria. It is a brightly coloured, 4m x 4m inflatable boxing ring, complete with inflatable ropes and corners, and two gigantic foam filled boxing gloves. Anyone

can participate in this activity. Councillors will be in attendance at these events.

Display

A photographic display will be set up in the main reception area, Caulfield City Hall. The display will include photos of Council's facilities and services.

For the schools

Primary Schools throughout the municipality have been invited to take part in a colouring competition. The schools that have given notice of their interest in taking part in the competition will be required to present the School's best coloured-in book (issued by the Council) to Council staff for judging. The winning School will be awarded a book voucher and certificate, and the winning student, a box of 72 Derwent Pencils and a certificate.

If you would like more information about Local Government Week, contact Council's communications officer, Jane Fletcher, on 524 3259.

Public access to Monash Library

Monash Caulfield Campus Library facilities are available to the public. In addition, the opportunity to borrow books or publications from any of the Monash libraries is available through **MONINFO**, the Monash Information Service. The current cost for an individual is \$120 per annum which entitles the borrower to four books at a time. For further details call 573 2222.

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Contact Monthly, October, 1994 - Page 3

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RESTORATIONS

It's time to enrol for 1995

THE City of Caulfield has now opened the 1995 waiting list for child care at its five children's centres and applications will be received until Monday, November 7, 1995.

Council's children's centres provide quality day care for children aged five years and under and are open 50 weeks a year, from 7.30am-6pm. Full time (five days per week) care is available.

Programs offered at the centres encourage children to extend their knowledge and skills through learning experiences that promote growth and development.

Staff with early childhood qualifications plan appropriate activities for both indoors and outdoors, while attending to the individual needs for each child. Staff are mindful of the cultural backgrounds of families and readily engage in discussion regarding such issues with the aim of understanding and supporting Caulfield's culturally diverse community.

Caulfield Council is committed to the inclusion of children with disabilities and has, as a children's service team member, a Developmental Child Care Officer. Her role is to support children, families and staff through resources, equipment, extra staffing, referral and training.

The five children's centres are located throughout the municipality at:

- **Caulfield** - City Hall Complex, cnr Glen Eira and Hawthorn Rds, Caulfield - 35 children, 2-5 years.
- **Ormond** - 2 Oakleigh Rd, 25 children, 9 months-5 years.
- **Carnegie** - 15-17 Truganini Rd, 35 children, 6 months-5 years.
- **Murrumbeena** - 23 Oakdene Cres, 26 children, 9 months-5 years.

● **Elsternwick** - 269 Kooyong Rd, 35 children, 6 months-5 years.

Child Care Assistance (fee relief) is available to families on moderate incomes. To qualify for this subsidy, the family income must be assessed by the Department of Social Security.

The Federal Government requires that priority be given to families meeting the criteria specified by the Department of Health, Housing, Local Government and Community Services, ie: parents working/studying, children or parents with a disability, children at risk, parents at home, in that order.

Parents who live, work or study in the Caulfield municipality will also be given priority and successful applicants will be notified in late November.

Child care waiting list forms can be obtained by contacting Cathy Harney, Caulfield City Hall, on 524 3228.

The City of Caulfield also sponsors a Family Day Care scheme which offers home-based, family orientated child care.

Pre-school aged children are cared for in groups of up to four in caregiver's homes, and learn through everyday experiences such as shopping, visiting and family routine.

Family day care staff visit caregivers and offer support and resources. Regular playgroups with planned programs are organised for caregivers with children.

Both full and part time care can be arranged and fees are set on an hourly basis.

Child Care Assistance is also available for Family Day Care users.

If you are interested in family day care, please call Pam Arnott or Bernadette Allan, on 524 3251 to make an appointment.

Caulfield hosts exchange students

TWO international exchange students are currently studying at Caulfield Secondary College.

Michael Lange from Illinois, USA is studying VCE and will be at the college for one year.

Caulfield Rotary Club has undertaken to host Michael and he will stay in the homes of several Rotarians while in Melbourne.

Michael is a well performed student. His interests include computers and music. His aim is to major in law or business.

Jaime Crespo from the Castellon Region near Valencia in Spain, is also studying VCE. Jaime's stay in Australia is only for three months.

Jaime hopes to improve his English during his stay.

Jed Atkins who has been studying at Caulfield Secondary College for five years has been selected for the Southern Cross Cultural Exchange Program and will depart for the USA in January 1995. While in the USA, Jed will attend school and live with a host family for one year.

Below: From (l-r) Jaime Crespo, Michael Lange and Jed Atkins.



CONTACT DIARY CONT'D

MEETINGS

Oaks Toastmasters meet on the first and third Wednesday evening of each month to develop their communication skills. Atmosphere is friendly. Interested men and women welcome. For further information, please phone 568 0973.

OPEN DAYS/ FAIRS

Duncan MacKinnon Park, cnr North and Murrumbeena Rds, Murrumbeena holds a car boot sale on the last Sunday of each month, 8am-1pm. \$10 per site. Next sale August 28. Phone 571 7083 for details.

St Catharine's Church Lower Hall, Kooyong Rd, Caulfield South will hold its annual fete on Saturday, October 22, 10am-2pm. Crafts, books, cakes, jams etc. All welcome.

Wesley College, Elsternwick Campus will hold an open day and fair on Friday, October 14, 2.45pm. There will be classes in action, campus tours, art displays and musical performances between 3.30-5.30pm and the fair will run from 3.30-6.30pm.

RECREATION

Over 40s Dance Club Inc hold a 60/40 dance every second and fourth Saturday of each month in the Uniting Church Hall, cnr North and Booran Rds,

Ormond. Live band, cost \$6. For details phone 570 4564.

Caulfield Over 50s Dance Group Inc. conducts weekly dances (mainly old time/new vogue) at the Caulfield Arts Complex auditorium on Mondays 1-4pm. Tapes and live music alternate from week to week. Afternoon tea included. Cost \$2. Enquiries 578 5143.

Early Planning for Retirement Group Caulfield Inc. will hold the following activities during October and November.

October 20 - AGM - will meet 7.30pm Gladys Machin Hall. Guest speaker, to be advised. Supper served. Enquiries 523 7051.

October 26 - Travel Group - will meet 7.45pm Gladys Machin Hall. Lorna Mole will show slides of Australia. Visitors welcome. Supper served. Enquiries 571 3687.

November 8 - Walking Group - will depart Caulfield City Hall 9.30am. Walk in Studley Park area. Visitors welcome. BYO food and drink. Enquiries 528 5376.

November 14 - Photography Group - will meet 8pm 1 St Georges Rd, Elsternwick. Subject *My favourite slides or prints*. Visitors welcome. Supper served. Enquiries 571 3687.

VOLUNTEERS

Do Care needs volunteers to offer company and friendship to older people living in your area. If you are interested and have a spare hour a week, we would be pleased to hear from you. Orientation sessions are held monthly. Phone 662 2044.

Southern Citizen Advocacy needs volunteers. Your ability to handle everyday matters would assist an adult with a disability to participate in community life. For further details, contact Southern Citizen Advocacy on 576 0155.

Friends for Older People needs volunteers. If you have empathy and an interest in older people, can you visit an older isolated person in your local nursing home once a fortnight? Share your interest and community news, enjoy a walk or outing when possible. Contact Judy on 824 1761. *Funded by the Commonwealth Department of Human Services and Health.*

Caulfield Adult Literacy Group needs more volunteer tutors. A six week training program is provided (no cost). Assistance to migrants and Australian born people living in and around Caulfield. Call Janece on 532 8319 for further details.

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3 Murphy St, Gardenvale**

Invitation to the dance



Above: Tony and Thelma Bell. Tony is president of the Caulfield Over 50s Dance Group Inc.

FOR nine years now, Monday afternoon dancing has become a ritual for members of the Caulfield Over 50s Dance Group Inc.

With the reputation of being one of Melbourne's biggest and best daytime dances, the Caulfield Over 50s Dance Group Inc. attracts up to 180 keen dancers every Monday afternoon.

The weekly program, held at the Caulfield Arts Complex Auditorium, consists essentially of Old Time/New Vogue dances, taped music and live bands alternate from week to week. Afternoon tea is provided free, and cool drinks are available during the dance. Music begins at midday, a practice session at 12.30pm to facilitate the

introduction of new dances, with the program proper running from 1-4pm.

As this is a non-profit dance group, which provides a service to the senior members of the community, admission charges are kept at a remarkable low \$2.

Residents from hostels in the Caulfield area are welcome to come along and watch the dancing and enjoy listening to the music.

Newcomers are welcome to join this happy and relaxed environment where they can establish new friendships and enjoy music from their younger days.

For further information, contact Tony Bell, president, on 578 5143.

How to get things done without paying for them...honestly

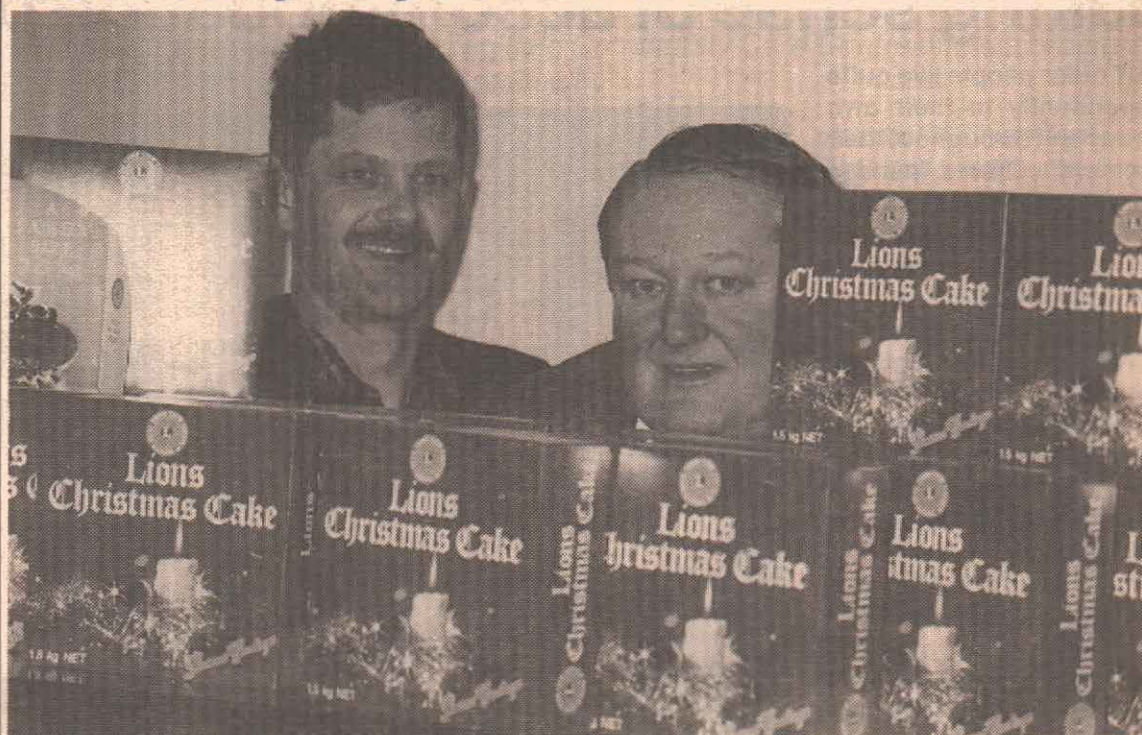
DO you want your hair cut, your gardening done, a thesis typed? Do you need a babysitter, a language teacher or someone who could bake you a cake or tidy up after a party? You do, but you may not have the money to pay for it.

St Kilda LETS (Local Employment Trading System) is a new program which runs on a swapping skills or goods system.

There's no catch. It's quite simple - you might not be able to bake a cake, but you might have a Kombi van and be able to help someone move flats. You simply swap your skills for another person's skills or goods.

To find out more, contact Chris or Damian at St Kilda LETS on 534 0450 b/h or Chris on 571 1285 a/h.

Get in early for your Lions Christmas cakes!



HUNDREDS of Lions Christmas Cakes have been delivered to the Carnegie Optical Shop, where proprietor and Carnegie Lion, Bob Sigmont is selling the cakes for \$8 each. Funds from the sale of the Christmas Cakes will go towards sending 12 local children away on a holiday this coming Christmas. Orders for cakes can be made by contacting Richard English on 557 4402 a/h, or pick one up from the Carnegie Optical Shop, 115 Koornang Rd, Carnegie during normal shopping hours. Pictured are Richard English (left) and Bob Sigmont (right) surrounded by Lions Christmas Cakes.

Community art classes

CAULFIELD Arts Complex is still accepting enrolments for its term 4 community arts program.

Courses include:

- Photography
- Introduction to Drawing
- Yoga/Relaxation/Meditation
- Book Binding
- Creativity and Spirituality
- Pottery/Ceramics
- Caulfield Children's Theatre inc. creative dance, jazz/funk technique, Festival props and carnival costumes
- Pre-School Art
- Pre-School Music
- Exhibition/Design/Installation
- Oil Painting
- Printing with Linocut
- Mash Trash
- Creative Life Skills
- Personal Style
- Floral Design, by *Flowers of Babylon*

For further information and bookings, contact the Caulfield Arts Complex on 524 3287, but hurry, places are filling fast!

Meals on wheels volunteers needed

Caulfield's Food Services delivers about 350 meals to recipients each day. Currently more volunteers are needed to help with delivering 'meals on wheels'. If you can help, contact Council's food services volunteer coordinator, Michael Hands on 524 3303.

Widow(er)s and separated partners of Veterans' Affairs service pensioners PLEASE NOTE

From March 20, 1995, the Department of Veterans' Affairs can pay the single rate of service pension to widow(er)s and separated partners of service pensioners, rather than the lower married rate.

Widow(er)s and separated partners who would like to transfer their pension payments back to Veterans' Affairs can contact the Department on 284 6213 regarding their eligibility. An application form will be forwarded on request. An application lodged before December 31, 1994 will mean a problem free transfer to Veterans' Affairs.

The change does not, however, entitle them to the Veteran's Affairs range of treatment benefits. This means they will not receive a lilac treatment card.

War widow(er)s who have a lilac treatment card, will receive information in the mail in November about new options open to them.

CAULFIELD GARDEN CLUB

will hold a

Golden Jubilee Flower Show

Sunday, October 23, 2-6pm

Uniting Church Hall, cnr Kooyong Rd & Jupiter St, Caulfield South.

Official opening at 2.30pm by Mr John Patrick.

Caulfield Community Day

SUNDAY DECEMBER 4, 1994

will be lots of fun for everyone. There will be stalls, performances, sports, food and exciting events. If you have any ideas to add to this exciting day, the Caulfield Festival

Committee wants to hear from you!

Contact Catherine Cooper on 524 3406.



Caulfield U3A

will run its next bus tour on Wednesday, November 2, 8.30am-5pm

Mt Macedon's Spring Gardens

Cost \$24, includes morning tea and lunch.

For bookings and further information, contact U3A, Mon-Thurs, 10am-3pm, on 532 8462. U3A, 258 Hawthorn Rd, Caulfield South.

Remember - you don't have to be a U3A member to join in!

Making sense of accommodation options for older people

MOST older people live quite independently in their own home or unit throughout their retirement. Others manage very well with the assistance from various in-home services such as home care, delivered meals and perhaps a visiting nurse.

However, a small proportion of older people find that even with assistance, coping at home is just too difficult and they, or their families, decide that it's time to consider supported accommodation.

For some people, this decision will have been made after much consideration of the pros and cons. For others, the decision will have been forced upon them by a sudden deterioration in health or perhaps the death of a spouse or carer.

Understandably, most people have little interest in or knowledge of accommodation options for older people until they, or a family member find themselves unable to manage at home any longer. The procedures and options can be daunting and it is common to feel overwhelmed by the decisions that have to be made.

The first thing to establish is whether hostel care or nursing home care is required and this is the role of the Regional Aged Care Assessment Team (ACAT), based at the Caulfield General Medical Centre. Prior to applying for a place at a hostel or nursing home, evidence of assessment by the ACAT is required. The phone number for Caulfield ACAT is 276 6314. Requests for assessment can be initiated by family members or the local doctor.

The three levels of accommodation for older people are as follows:

● Level 1 - self-care units

These are designed with the older and disabled person in mind. Whilst no regular care is provided, residents remain eligible for in-home services such as home care and delivered meals. However, for some older people, a move into a smaller more manageable unit with the company of older neighbours close by removes the worry of house and garden maintenance and gives a new lease of life.

Self-care units sometimes form part of an aged care complex which includes hostel and nursing home care if required later. These are like a retirement village and may be operated by a church, non-profit organisation or a private company.



Above: Camden Court Hostel resident Olive Anderson with the Hostel's pet, Missy.

● Level 1 - low rental flats

A small number of low rental flats for older people are available in Caulfield.

Caulfield Council manages two blocks of self-care bedsitter flats for older residents of Caulfield. There are 40 single flats and 8 which accommodate couples. These flats operate independently of the hostels and nursing home. Eligibility is restricted to people over 60 who do not own property and whose only income is the pension.

The State Government, through the Department of Planning and Development, provides some flats for older people as do some of the church organisations.

● Level 2 - hostels

Most people have heard of youth hostels and student hostels but are unaware of the hostel program for older people. Hostels for older people provide supported accommodation on a permanent or short-term basis for those unable to manage on their own.

Hostels generally comprise a number of bedsitter-type units with an ensuite bathroom. Each resident has their own unit and couples can be accommodated at most hostels. Meals are provided in a communal dining room and assistance with personal care, cleaning of rooms, medication and personal laundry is available if required. Personal care and domestic staff rather than nurses are employed, so actual nursing care is not available. At least one staff member is always on the premises.

Each room is fitted with a call bell to alert a staff member if emergency assistance is required. The person on duty

overnight usually "sleeps over" within the building but is not able to provide regular hands-on care during the night.

Residents are able to furnish their rooms as they wish and at some hostels a favourite pet can also be accommodated.

Disabilities such as incontinence and moderate dementia can usually be managed at a hostel however each prospective resident must be individually assessed.

The hostel program is subsidised by the Commonwealth Government and the quality of care is regulated by the Hostel Outcome Standards which apply to all hostels throughout Australia.

Caulfield Council owns and manages three hostels. In addition, Anglican Homes, the Uniting Church and Church of Christ Homes also operate hostels in Caulfield. The Emmy Monash Home caters for older Jewish residents.

Consultation with the Aged Care Assessment Team (phone 276 6314) is necessary before making an application for any hostel.

● Level 2 - special accommodation houses

These are now known as Supported Residential Services although they are still listed in the phone book under Special Accommodation. These homes provide a level of care similar to hostels, but they are run as a private business with no government subsidies. They are sometimes smaller and more home-like than hostels, however shared rooms are more common than single rooms.

A list of Special Accommodation Houses in

Caulfield is available from the Caulfield Community Care centre, phone 523 6666.

● Level 3 - nursing homes

Nursing homes provide around the clock nursing care and a registered nurse is on duty at all times.

Accommodation is usually in a shared room, however a number of nursing homes including Council's Spurway Nursing Home in Murrumbene, offer single rooms.

To be eligible for a place in a nursing home, a person must require regular nursing care beyond that which could be provided by a trained personal care assistant in a hostel.

Nursing homes are owned and operated by church and other non-profit organisations or as businesses by the private sector. A list of nursing homes in and around Caulfield is available from Caulfield Community Care Centre, phone 523 6666.

The waiting lists for nursing homes are usually lengthy, especially for Spurway. It is therefore advisable to make an application at a number of different homes if the need for a place is urgent.

Consultation with the Aged Care Assessment Team (phone 276 6314) is necessary prior to making an application for any nursing home.

● Caulfield Council's accommodation for older people

The Council owns and operates three hostels, a nursing home and two blocks of flats. The hostels accommodate a total of

150 people including two couples and the nursing home accommodates thirty residents. There are 48 flats - eight of which are reserved for couples.

A guest room at each hostel is available for short term care of up to nine weeks to allow a carer to take a holiday or to provide some extra assistance after a period in hospital. The fee for short-term or "respite care" is \$25 per day.

Eligibility priority for these services is given to current and recent residents of Caulfield although from time to time it may be possible to accommodate someone with close family connections in the municipality.

This residency requirement is to enable older people to move into supported accommodation within the municipality where they have chosen to live. Older Caulfield residents are then more likely to continue their involvement with church, bowls, local friends and other interests after they move into their new accommodation.

● Further information

Enquiries about any of Council's services for older residents should be directed to the Human Services department, Caulfield City Hall, phone 524 3228.

Further information about accommodation options for older people in Caulfield including contact telephone numbers is available on request.

As well as supported accommodation, the Council provides a range of in-home services including home care and delivered meals.

OPEN DAY
for Council's hostels and
nursing homes
Saturday, October 29
2-4pm

For further details call 524 3271

Inspections of Council's hostels and nursing home are usually arranged by appointment only. Visits to Spurway Nursing Home are limited to the first Wednesday of each month only. However, a special Open Day will be held on Saturday 29th October between 2.00 and 4.00pm. This will be an opportunity to see for yourself what a hostel and nursing home offer. Most hostel residents and their families are pleasantly surprised when they visit Council's hostels and find them very different from rather negative memories of nursing homes they may have visited long ago as a child.

Caulfield residents and their families interested in visiting one or more of Council's residential care facilities on open day are asked to contact Val Corby on 524 3271 to obtain a program and map. Bring it with you on Open Day and receive a free Devonshire tea at one of the hostels.

Food hygiene audit - first results



Above: White Village Tavern Greek Restaurant owner and operator, Alex Panagopoulos.

AS reported in the September issue of *Contact Monthly*, Caulfield Council's food hygiene audit is underway. During September 12 food outlets were audited and the inaugural **Shop of the Month** was awarded to the **White Village Tavern** Greek Restaurant, 572-574 Glen Huntly Rd, Elsternwick, owned and operated by Alex Panagopoulos.

The White Village Tavern achieved a very high standard of hygiene for their type of business. It is a popular local restaurant, specialising in fresh seafood and lamb, with provincial style cooking.

On receiving his award Mr Panagopoulos, said "I am very pleased to receive this recognition. I believe my restaurant is clean and well run, and it is

great to see the Council acknowledging that."

The food outlets that have achieved a four or three star result for hygiene and food handling practices are listed below.

★★★★

Restaurants

● White Village Tavern Greek Restaurant, 572-574 Glen Huntly Rd, Elsternwick

Fruit & veg shops

● Bob's Quality Fruit, 1176 Glen Huntly Rd, Glen Huntly

Supermarkets & convenience stores/liquor stores

● Valcluse Cellars, 185 Booran Rd, Glen Huntly

Specialty shops

● Lizzy's Chocolate Creations, 172 Koornang Rd, Carnegie

★★★

Bakery/cake shops

● Charlotte's Cakes, 1177 Glen Huntly Rd, Glen Huntly

Butchers

● Barry Gardiner Butcher, 121 Koornang Rd, Carnegie

Take-away/sandwich bars

● House of Thyme, 129 Gardenvale Rd, Caulfield

Caulfield Council congratulates these businesses on their achievements. Don't forget it will take 12 months for all retail food outlets to be audited. Ring Council's environmental health department on 524 3279 with any enquiries about the food hygiene audit.

POINTS TABLE

★★★★	90-100%
★★★	80-89%
★★	70-79%
★	60-69%

Facts about iron deficiencies

FEELING tired? Have you seen the advertisements on television about women complaining about tiredness? They conclude the tiredness may be due to insufficient iron intake.

Tiredness is a common problem, as is an inadequate iron intake; six out of 10 women do not have enough iron in their diets.

Iron and tiredness

Iron is used by the body to make up haemoglobin which carries oxygen in the blood. If there is too little haemoglobin in the blood this may mean iron deficiency anaemia. Symptoms of iron deficiency anaemia include constant tiredness and a poor resistance to infection. Iron deficiency can be confirmed by a blood test.

Who is at risk?

People who are at most risk of iron deficiency include: vegetarians, expectant and lactating mothers, athletes, young chil-

dren, also women and teenage girls.

How to prevent iron deficiency

A regular daily intake of iron can help prevent iron deficiency.

Animal sources of iron are well absorbed by the body. Non-animal sources of iron are not so well absorbed. To increase the absorption of iron from non-animal sources eat them with Vitamin C containing foods such as tomato, orange or fruit juices. Foods which interfere with absorption include cups of tea and coffee with the meal, or large quantities of antacids or aspirin taken over a long period of time.

Iron deficiency in children

Young children are particularly at risk of iron deficiency due to the high demands of dietary iron for red cell production. Infants who are particularly at risk include those who:

- are eating low iron diets
- are born with low iron stores,

eg: premature babies

● are born to inadequately nourished mothers

● have increased iron loss

Iron deficiency in children may present as recurrent infections, tiredness and inattention. It has been known to contribute to learning difficulties that may not be totally reversible. The following guidelines are recommended to prevent iron deficiency:

● encourage breastfeeding as iron in breast milk is absorbed better than cows milk or formula

● delay the introduction of cows milk as a primary source of drink until after 12 months of age

● include iron rich foods in the diet, eg: iron fortified baby cereals by six months following by the introduction of pureed meat.

Should you have any enquiries regarding iron, contact the Dietitians at Caulfield Community Care Centre of 523 6666.

Dieting can be a health risk

Caulfield Community Care Centre offers a program to explain why

DIETING and weight loss is a modern day preoccupation. An Adelaide study has showed that over 40% of women aged between 18-86 years try to lose weight; one third of whom are not overweight.

Dieting is a popular method of weight loss. However, the long term success of this method is questionable with research indicating 90-95% of dieters will regain any weight lost within two years.

There are risks associated with dieting. These include: preoccupation with food, binge eating, depression, reduction in metabolism, inadequate nutrition, muscle and water loss, and weight cycling.

Weight cycling is a term used

to describe the cycle of weight loss and weight gain. Weight cycling has been associated with health risk such as heart disease.

The Caulfield Community Care Centre is offering a program, *Weight No More*, for women with a history of dieting and weight cycling. The course aims to free participants from the dieting and weight cycling and improve self image and self esteem. It will run for six weeks on Thursday evenings, commenced October 27.

For further information, please contact the dietitians at the Caulfield Community Care Centre on 523 6666.

Health briefs...

CAULFIELD Community Care Centre, 240 Kooyong Rd, Caulfield South, will run an Asthma seminar on Tuesday, October 11, 7-9.30pm.

The seminar will cover:

- triggers to asthma
- exercise induced asthma - guest speaker Jenny Donet (Olympic diver)
- medication
- medical delivery devices
- developing an action plan and crisis management
- peak flow monitoring

This seminar, to be run by the Asthma educators at the Caulfield Community Care Centre is open to people with asthma, their carers, their families, teachers, nurses and community health workers.

Contact Jennie O'Reilly on 523 6666 to register.

★★★

CHADSTONE Community Health Centre Inc., 568 Neerim Rd, Hughesdale will run the following seminars. Bookings should be made to the Duty Person, 568 2599 between 10am-12 noon and 2-4pm weekdays.

Preparation for child birth classes - October 18 to No-

vember 29, 7.9pm - a community based program conducted in a warm and friendly supportive environment.

This course, run by an experienced midwife and physiotherapist, focusses on the active birth principles in preparation for labour. Other issues of pregnancy and parenting are covered, including breast feeding, relaxation techniques and exercises.

Cost \$60 per couple, \$40 couple concession, \$30 single, \$2-single concession.

Diabetes and You is a six week diabetes education program run by a dietitian and community health nurse from October 26 to November 30, 1.30-3.30pm.

Topics include:

- what to eat
- foot care
- blood glucose monitoring
- medications

The course provides the opportunity for people who are either newly diagnosed or have had diabetes for some time, to become familiar with the latest information and management techniques of their diabetes.

Cost \$30.

Have you recently moved to Caulfield?

If so, contact the Council's Community Relations department on 524 3259

for a copy of our

New Resident Kit

which includes the 1994 Resource Guide.



caulfield swimming pool

1994/95 calendar of events

November

- 1 Cup Day activities - pony and camel rides
Masters Swim Squad starts
- 6-12 Local Government Week activities
(see page 3)
- 14 Learn to Swim program starts
- 29-30 Aqua Fun Days

December

- 1 Portsea to Caulfield Swim starts
- 4 Senior Sand Volleyball Competition
- 11 Junior Basketball Competition
- 17-18 Eight Legged Monster visit weekend
- 24 Santa's Christmas Party

January

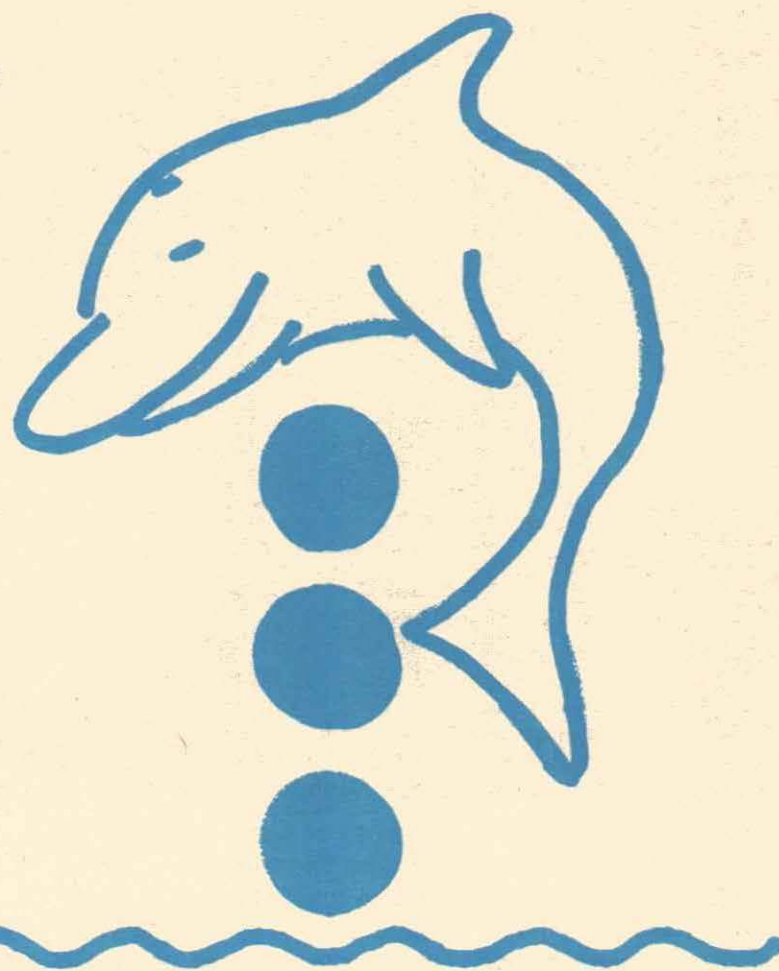
- 1 New Year's Sausage Sizzle
- 3 VicSwim Program starts
- 7 Bronze Medallion Course
- 8 Junior Sand Volleyball Competition
- 14 Junior Lifeguard Course
- 15 SunSmart Week starts
- 17 VicSwim Program 2 starts
- 18 Recreation Centre Holiday Program
pool party
- 21-22 Eight Legged Monster visit weekend
- 26 Australia Day celebrations (live band)
- 29 Senior Basketball Competition

February

- 4 Caulfield 1500 metre Pool Swim Challenge
- 11-12 Junior and Senior Bombing Competition
- 18-19 Eight Legged Monster visit weekend
- 25-26 Sand Sculpting Competition weekend

March

- 4 Hip Hop Party (under 18)
- 12 Football Club Aquathon
- 18-19 Canoe Polo Tournament
- 31 Lap Swimmers Early Morning Breakfast



Learn to swim

With the aim of providing quality aquatic education for all ages, the Caulfield Swimming Pool is embarking on an ambitious program of swimming lessons and squads, targeted at all levels of competency.

The program, considered by management to be one of the best around, will cater for:

- ★ toddlers
- ★ pre-school and school age children
- ★ adult - private and group lessons
- ★ older adults
- ★ squads - junior, secondary school, masters, triathletes
- ★ life saving - Bronze Medallion, Junior Lifeguard Award.

All lessons will be fully structured and conducted by experienced, fully qualified instructors. Groups lessons will begin with an intensive program, mid November, with lessons running throughout the season.

Cup Day Activities

To celebrate the opening of the 1994/95 season, the Caulfield Swimming Pool is holding Cup Day activities on November 1, to coincide with the Melbourne Cup. Activities include pony and camel rides, pool games and a cup sweep. The fun starts at 12 noon and the Melbourne Cup will be aired live. So why not bring the family and spend Cup Day at the Caulfield Swimming Pool.

McDonalds Portsea to Caulfield Pool Swim

Last season 75 competitors took part in the McDonalds

Portsea to Caulfield Pool Swim. The 90km swim encouraged lap swimmers to record their cumulative swims completed at the pool, with the aim of finishing the 90km before the end of the pool season. Incentives were presented along the way, supplied by McDonalds, and the sense of accomplishment made the swim very rewarding. The distances completed by all competitors was very encouraging with 17 swimmers finishing by the end of the pool season. The swim will commence again on December 1. Will anyone break Max Hampels record of just 22 days?

Volleyball Competition

The addition of a competition size beach volleyball court has drawn a great deal of interest for a local competition. Teams are being sought for a competition starting on December 4. In the meantime, why not drop down to the pool and practice your skills.

caulfield
SWIMMING POOL

Moir Ave, Carnegie. Tel: 571 8143.

caulfield recreation centre

open day, sun. oct. 23

feel exhilarated, the adrenalin rush and the sheer excitement of our

keep fit classes - *free*

8.30	aerobics
9.30	aerobics - with Leslie
9.30	walk - with Janine
10.30	aerobics (beach boys theme) - with Janine
10.30	over 40s fitness

don't let the kids miss out!

while you're doing aerobics, children can be trampolining, kite making, funny face painting, stage games -

activities all morning

11.30	over 50s fitness strut their stuff with Cheryl
11.30	over 50s walk
12.30	Tai Chi in the park
12.30-1.00	come and try Pryme Ball
	register in our family olympics
1.30-3.30	have a picnic in the park while the children explore the fun house we'll have gym games - treasure hunt - parachute games - a maze - trampolining - face painting
1.30-3.30	games in the park (come and try Judo -do - Choi Kwang Do)
3.30-5.00	Taekwon -do - Choi Kwang Do)
	Israeli dancing (who needs a partner)

10.30-4.30

- ★ Sit and chat upstairs, coffee and cake will be served
- ★ Find out what's happening at the Caulfield Pool 1994/95
- ★ Come and try painting, pottery, youth theatre and recycled art at the Maple St Art Studio (old library)
- ★ Tennis courts
 - free hire between 9am-12noon
 - free coaching between 1pm-3pm
 - ball machines and coaching staff in attendance
- ★ Kite making, clowns, giveaways - Art Centre
- ★ Sausages and drinks served on the verandah

R CAULFIELD
Recreation
CENTRE

6 Maple Street, Caulfield South, 3162.
Tel: 524 3288 524 3362

The Foster's Caulfield Cup



All eyes will turn to Caulfield this coming Saturday when a field of 18 of Australia's top horses compete in the prestigious \$1 million Foster's Caulfield Cup.

THE Caulfield Cup has come a long way since its inaugural running in April 1879. Back then, 15 horses competed for the considerable sum of two hundred and forty pounds in prize money in front of a crowd of 4000 spectators. This Saturday over 30,000 people will watch one horse make history when it proves itself to be the country's best fast stayer.

★ The New Caulfield

Facilities at Caulfield have substantially changed since 1879 when the grandstand consisted of a flimsy structure of wood and nails. This October marks the beginning of the third year of operation of Caulfield's magnificent \$50 million Rupert Clarke Grandstand, which has placed Caulfield at the forefront of racecourses in the southern hemisphere.

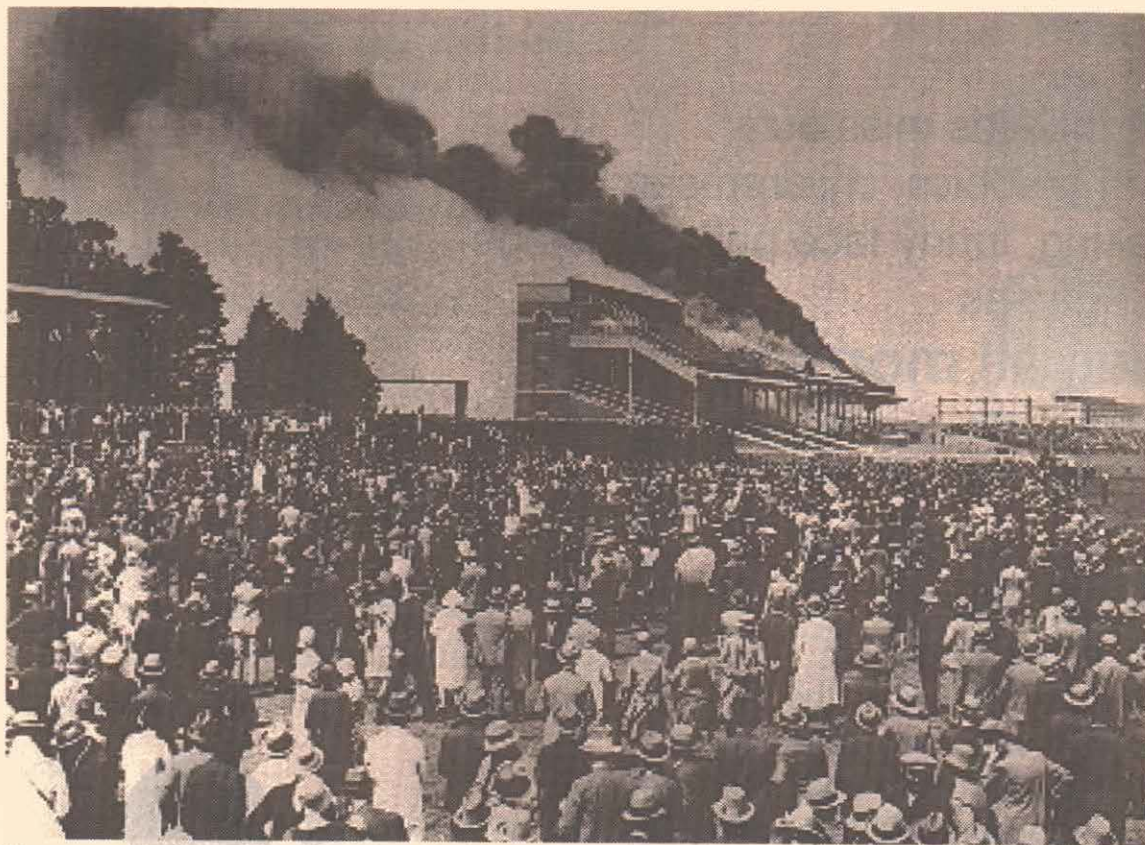
Inside the grandstand, patrons can enjoy the races in fully air conditioned comfort. The impressive 12 metre high glass wall protects those inside from Melbourne's ever changing weather and the temperature is kept at a constant 21 degrees.

The interior design of the stand was inspired by the Palio, a colourful pageant involving horses held in Siena each year, and the racetrack itself. The noises, movement and excitement of the races are reflected in the colors and furnishings of the new stand. The warm colors on the walls and the terracotta tiles depict the earth of the track and the colors of the jockey's silks are incorporated in the carpet on the Concourse and Promenade levels.

The Rupert Clarke Grandstand caters for all tastes and thirsts with 15 bars and 10 restaurants available. Boasting such magnificent facilities, it is no wonder that Caulfield Racecourse has earned such an impressive reputation.

★ Going back in time

In 1881, *The Australian* described the track at Caulfield as "one of the best racecourses



Above and Below: The 1922 Caulfield Cup. Fire ruined most facilities, but nevertheless the Cup, attended by 50,000 was run and won by "Whittier" from a field of 23.

in the world." In 1994, this reputation is still prevalent.

Also in 1881, the Caulfield Cup was moved from its Autumn fixture to Spring to coincide with the running of the Melbourne Cup. The first Toorak Handicap and Caulfield Guineas were also run. Today, these great races are part of a world famous event, the **Melbourne Spring Racing Carnival**.

In 1882 bookmaker, Joe Thompson was approached by a clairvoyant who professed to have dreamt the winner of the Caulfield Cup. For ten pounds he disclosed the horse "Little Jack" to the bookmaker, who thereafter, refused to take any bets on the horse, but surprisingly did not back the horse himself. At 20/1, out of a field of 32, "Little Jack" stormed home to the amazement of not only Joe Thompson, but to its owners who had little faith in the horse's abilities and had not backed it.

In the early days, fields in the major races were largely due to the attraction of the considerable prize money. The 1885 Caulfield Cup comprised a field of 41 horses. Typically, these



large fields were prone to terrible falls and the 1885 Cup was no exception when tragically 16 horses fell and one jockey was killed.

The following year, the Caulfield Cup began for the first time from the new Australian invention of starting barriers. Although they made the starts much fairer, the barriers couldn't prevent falls. In 1889, there were 33 runners out of which seven fell and one jockey was killed.

In 1911, a new grandstand was built to cater to the ever growing popularity of racing. The cost of the stand was nearly three thousand five hundred pounds - a considerable amount at the time.

The outbreak of World War 1 in 1914 saw the invasion of English horses as racing in England ceased for the duration of the War. In 1917 there was a record of 50 English bred horses nominated for the Caulfield Cup. The winner that year was "Uncle Sam", who stormed home at 9/2 to win its second Caulfield Cup in three years.

The 1922 Caulfield Cup was one certain to go down in history. Early on the morning of the race, a passing train driver noticed the members' stand on fire. He alerted the fire brigade who could do little to save the stand, judge's box, weighing room, committee rooms, steward's room, secretary's office, press reserve and the telegraph and telephone rooms. The heat generated from the fire scorched the turf on the course proper and also the running rail. It was never discovered who was to blame for the outbreak, however, infamous gangster, Squizzy Taylor, was accused but his guilt was never proven. Nevertheless, the Cup was run with makeshift facilities erected and a crowd of 50,000 attended to see "Whittier" at 16/1 finish first out of a field of 23.

The depression years were a difficult time for all. In an effort to limit racing, the government closed down racecourses at Fitzroy, Richmond, Ascot and Sandown in 1931. Race-

Specialfeature

- a colourful history....



course attendances Australia-wide fell from 4.1 million in 1929/30 to just under 2.5 million in 1932/33.

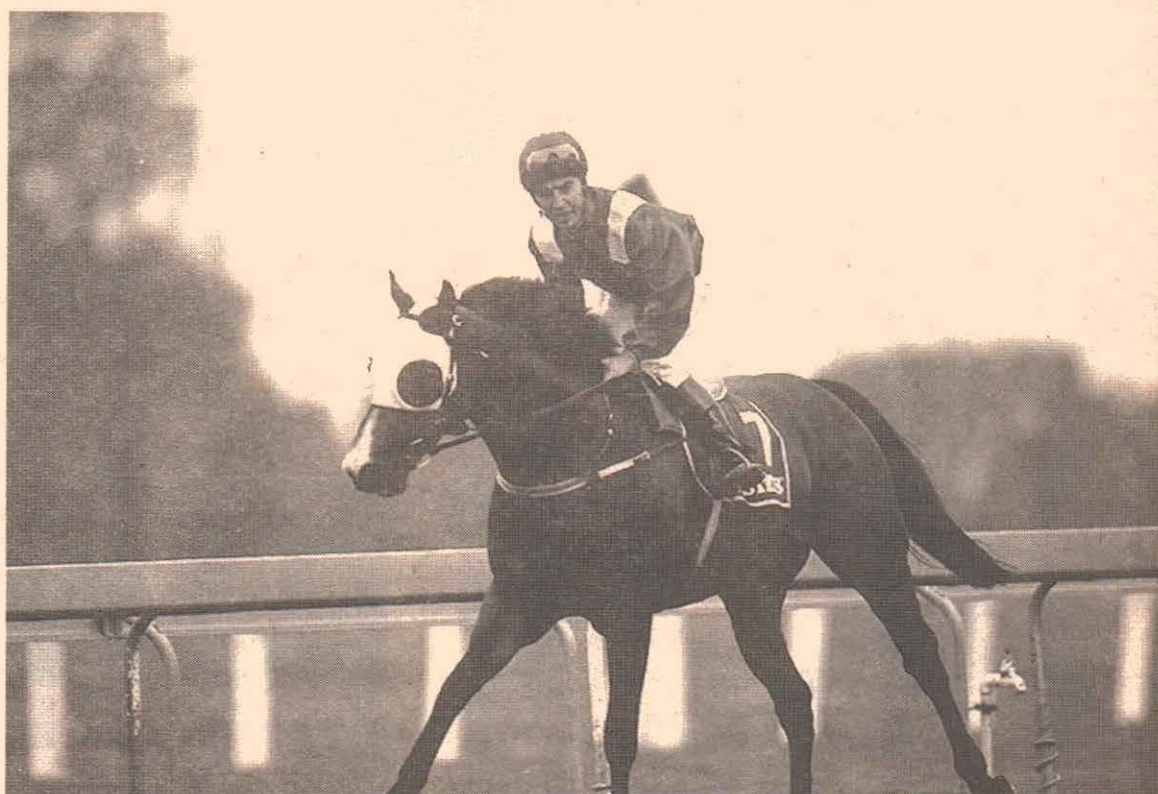
"Northwind", winner of the 1936 Caulfield Cup surprised his owner Colonel Harold Cohen, who, after gaining an interest in racing via his ownership of the moderately successful "Great Legend", decided to purchase the horse only three weeks before running the Caulfield Cup. It was certainly a worthwhile purchase with "Northwind" coming home at odds ranging from 200/1 to 33/1.

With the outbreak of World War 2, the public opinion was that all resources should be channelled towards the war effort. As a consequence, the government limited racing with mid-week meetings and those conducted on the first Saturday



Above: The Caulfield Cup. crowd of 108,123 who cheered home "St Fairy" ahead of "Rainbird".

The 50s and 60s saw an abundance of great jockeys competing in the Caulfield Cup such as Bill Williamson, Jack Purtell, Pat Hyland and the beginning of



Above: "Fraar", winner of the 1993 Caulfield Cup.

one of the biggest and most exciting Caulfield Cups to date. There is a definite atmosphere of anticipation in the air as final preparations to the course and facilities are put in place. The

racing fraternity eagerly awaits for the barriers to crash open this Saturday and speculation abounds as to just who will win the 117th Foster's Caulfield Cup.



Above: The 1988 Caulfield Cup winner "Imposera".

of every month banned.

Between the years 1940-43, the army occupied Caulfield Racecourse and all VATC meetings were held at Flemington. Due to the limited amount of racing there was an abundance of horses seeking runs. The 1943 Caulfield Cup saw 47 final acceptances resulting in the Cup being run in two decisions. The winners that year being "Skipton" and "Saint Warden".

In August 1944, the VATC returned home to Caulfield and the following year drew a record

Roy Higgins' outstanding career. Champion horses to make their mark included "Rising Fast", "Tulloch", "Even Stevens" and "Big Philou".

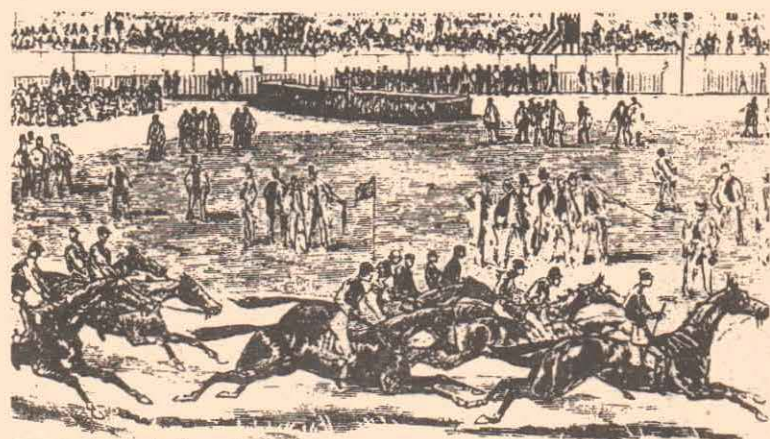
Throughout the next two decades prizemoney for the Caulfield Cup increased phenomenally from \$55,150 in 1970 to the \$1 million mark in 1990. Great horses of this period to triumph in the Cup included "Leilani", "Ming Dynasty", "Gurner's Lane", "Hayai", "Tristarc" and "Sydeston".

In 1991, the champion mare

"Let's Elope" won the Caulfield Cup before going onto victory in the Melbourne Cup. The following year, the VATC proudly unveiled its magnificent \$50 million Rupert Clarke Grandstand and "Mannerism" stormed home to win the Cup.

The American stallion "Fraar" was the upset winner in last year's Caulfield Cup. The impressive looking thoroughbred surprised most who were at the track with his courageous run to the post.

This year, the stage is set for



Gallop along to the

VICTORIAN RACING MUSEUM

At the Caulfield Racecourse
Gate 22 opposite Caulfield Station.

SUPPORTED BY
THE RACING CLUBS OF VICTORIA

Coloringcompetition

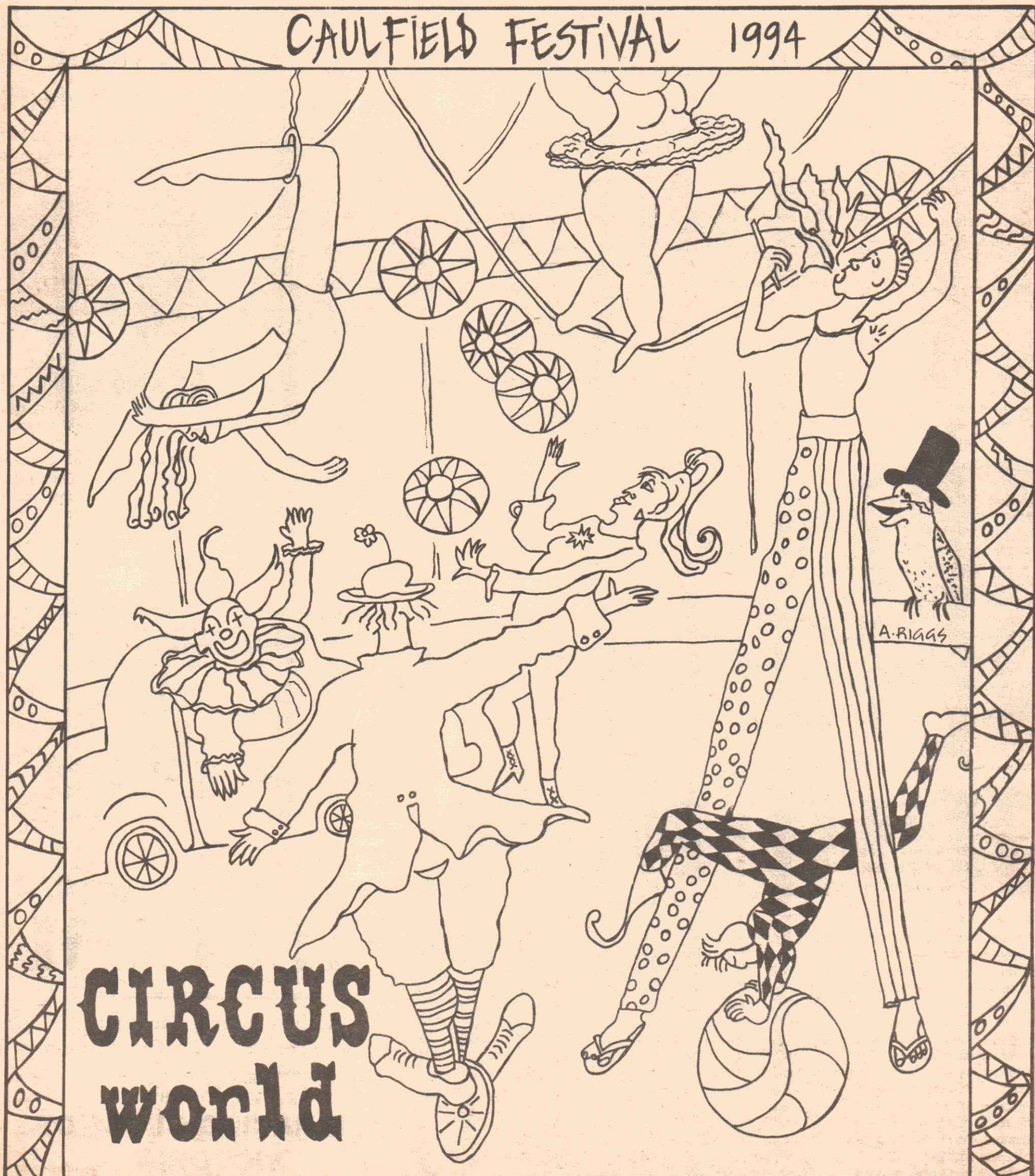
Name: _____

Address: _____

Telephone Number: _____

Age: _____

★ Send entries to: Catherine Cooper, Caulfield Festival, P O Box 42, Caulfield South, 3162 by Friday, November 11, 1994.



Artsfocus

Craig Forster's 12th annual charity exhibition

CRAIG Forster will hold his 12th annual charity exhibition at the Caulfield Arts Complex from October 11-23, 1994. This exhibition will be opened on Saturday, October 15, 8pm by Mr Robert Relich Q.C.

Craig Forster was forced to retire from his teaching career following a series of car acci-

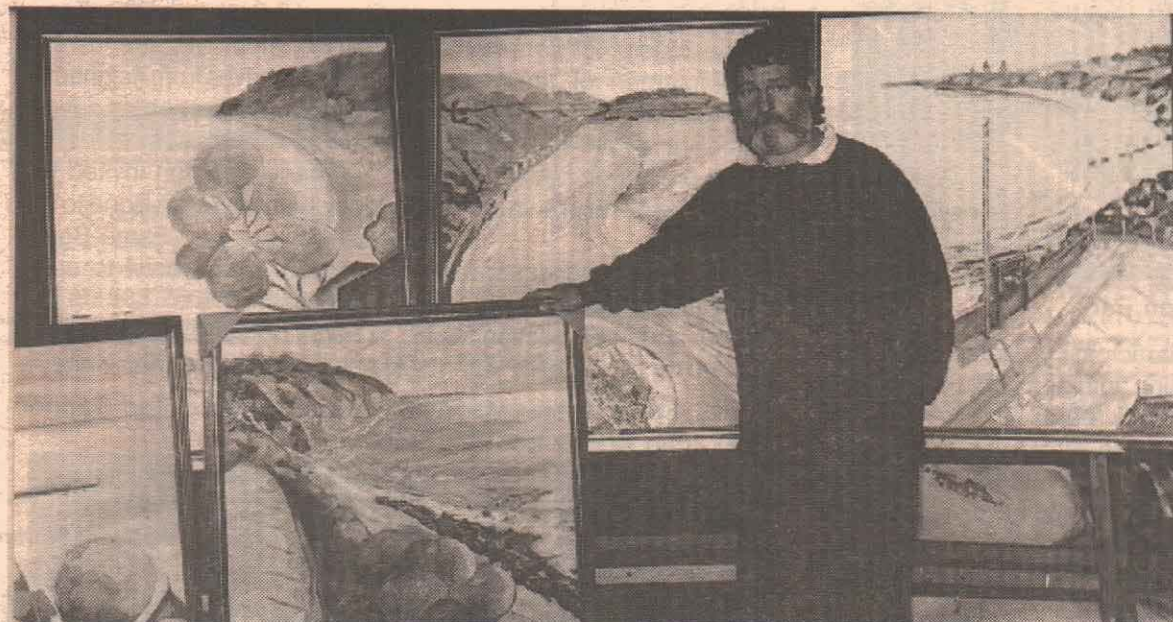
dents which left him with chronic back pain. Originally a sculptor, Craig now paints with vigour, emphasising the forms and masses underlying landscapes. His paintings understandably have a sculptural feel.

Craig has also been running weekly art classes and art therapy, as well as exhibiting in

his own gallery and at other venues.

A percentage of funds raised from this exhibition will be contributed to the following organisations: B'Nai B'Rith, the Anti Defamation Commission, Try Youth Community Services, Save the Albert Park Committee and the Melbourne Mission.

Below: Craig Forster.



R.A.T.S. celebrates 10 years with a dinner party!

THE Rosstown Amateur Theatrical Society (RATS) turns 10 this year and to celebrate they will stage the all time American classic comedy *The Man Who Came to Dinner*, written by Moss Hart and George S Kaufman.

RATS have enlisted the services of local playwright Tony McGrath to direct the show fresh from his successful season of *The South of Suva* at the Carlton Courthouse earlier this year.

Featuring one of the largest casts ever to have graced the RATS stage, *The Man Who Came to Dinner* has an amazing variety of characters. The eccentric, tyrannical and apparently self-centred Sheridan Whiteside is on his way to a dinner party at the Stanley household when he slips on their doorstep and injures his hip. The Stanley's then put him up for Christmas - a decision they soon regret.

Whiteside soon takes over the entire household and its occupants. He encourages the Stanley children to defy their parents, turns a quiet, gentle nurse into a raging bull, and becomes cupid in order to keep

his secretary by his side.

This wonderful play has been ably cast with some very accomplished actors. Graeme Moore, who plays Whiteside, has done numerous shows over 20 years with the Malvern Theatre Company, Hartwell Players and Track, where he played Whiteside two years ago. Lois Innes has studied for five years at the National Theatre and is so experienced she cannot recall how many shows she has done! Bill Connolly has been involved with the last five shows RATS has staged. A past NIDA graduate, Bill has extensive television experience spanning 20 years. Past model Karen Archibald has studied and performed overseas including Universal Studios in Hollywood before returning to Australia to work on *Quigley Down Under* and model for *Dolly* magazine. She was a Miss Australia finalist in 1989. Katrina Oxley has also been involved in the last five RATS shows and has gone on to work on *Neighbours* and *Blue Heelers*. Dianne Byers and Rohan Way have performed for Waverley and Pickle Theatre

Companies after extensive backstage work for numerous professional shows. Rohan has also been employed by Channel Nine in the lighting department. John Wittle joins in after performing at *The South of Suva* this year - he has also performed for Ravens Players and Pickle Theatre Company. John Krutli comes to the team after many years experience in shows and revues, hailing from Elwood Theatre Company where he is currently working on *Arsenic and Old Lace*.

Formed in 1984 under the original name of the 'Glen Huntly Players', RATS has staged a succession of plays from *Arsenic and Old Lace*, *But Why Bump Off Barnaby?*, *Wild Goose Chase* and more recently *Nightmare* and *The Importance of Being Earnest*.

The Man Who Came to Dinner will run from October 20-29, November 3-5, 8pm and Sunday, October 30, 2pm. Tickets \$10, concession \$7, family \$20, groups of 10 or more \$8 per head. For bookings, call Mary Kappner on 570 4984.

For a full program of coming exhibitions at the Caulfield Arts Complex, pick up a copy of the latest **Gallery Program** from the Complex, cnr Glen Eira and Hawthorn Rds, Caulfield

Community arts exhibition

STUDENTS from current and past Caulfield Arts Complex classes will participate in the Community Art Programs Exhibition incorporating Workspan from October 11-23 at the Caulfield Arts Complex.

This exhibition will feature a variety of media, mash trash, life drawing, pottery and pre-school art.

Workspan will once again exhibit a range of ceramics, paintings and photography.

Aileen Brown...linocuts



Above: *The Umbrella*, linocut, color, 1994.

CAULFIELD Arts Complex will hold an exhibition of works by Aileen Brown from October 11-23, 1994.

This exhibition is Aileen's most varied to date. Apart from her signature works of highly decorative flower compositions, there is now an added new repertoire including figurative pieces, landscapes and local fauna.

The Umbrella (pictured) reflects simple effective design with wonderful colors. *Silence at Dusk*, an atmospheric work depicting a lone grass tree standing sentinel against the sky, and *Penguin Parade*, a witty panorama of these engaging characters are amongst the most eye catching of

Brown's new works in this exhibition.

This is Aileen's eighth solo exhibition, consolidating a decade of linocut printmaking and book illustrating. In that decade, the artist has advanced from largely self-taught beginnings to a recognised position as one of Australia's leading printmakers and, most recently, as a respected and sought after teacher and lecturer in her chosen branch of art.

Aileen Brown produces about 15 print editions a year as well as occasional limited edition children's books, painstakingly handcrafted and eagerly acquired by collectors and libraries.

Caulfield Festival Junior Writing Competition

Sponsored by B H Walshe & Son Library Suppliers

The Circus is Coming...
The Greatest Fun on Earth



Kooka is off to the circus at this year's Caulfield Festival in December. Caulfield Park will be alive with circus activities everywhere! What will Kooka see, do and hear at the circus Festival? Write a short story or poem or both, and enter the Caulfield Festival Junior Writing Competition to join in all the fun of the Festival. Don't forget to put your name, address, age and telephone number on your entry and send your story to:

Catherine Cooper, Caulfield Festival, P O Box 42, Caulfield South, 3162. For further details, please call 524 3406 or call in at the arts office.

Recreation & leisure

Caulfield little aths celebrate 25 years



Above: Caulfield's 'little' athletes have fun at Duncan MacKinnon Park.

CAULFIELD Little Athletics Centre is celebrating 25 years this year.

The Centre first commenced competition in 1969 at the Glen Huntly football ground, Caulfield Racecourse with approximately 500 children and a few hurdles donated by the Caulfield Racing Club.

Because of the large numbers, the Club was forced to move to its present site, then known as the local football ground and local tip on the hill at the corner of North and Murrumbene Rds.

With the support of Caulfield Council, plans for a new athletic track were established. While work was underway, the Club competed opposite at the rear of Murrumbene Secondary College.

In 1976, the Club moved to Duncan MacKinnon Park.

Nqel and Lexie Seward were part of the formation of the Caulfield Little Athletics Centre 25 years ago when their three daughters competed.

"We are still involved and now have four grandchildren who may one day also compete," said Lexie.

"We are very proud of our

Caulfield children. We encourage them at all times to just do their best," said Lexie.

Athletics provides the opportunity for all children to become fit and progress to many other sports. Some of Caulfield's previous athletes who have gone on to greater things include Sean Charles, now a member of the Melbourne Football Club; Kylie Dennis, under 21 Australian Netball team; Denise Passmore, record holder in hammer, discus and shot put; Stevie Partsanis who recently broke the Victorian discus and shot put records; Charles Weisz, pole vaulter, and many more who have gone on to enjoy many other sports.

"At Caulfield we feel we have a lot to offer our children as long as we can give them a good grounding and provide the incentive for the future to go on to any sport they may enjoy," said Lexie.

Last season Caulfield had an increase in registration of 36% which was one of the biggest registration increases in the State.

Little athletics gives children from 6-15 years the opportunity to enjoy being outdoors and

participating, not only in running, jumping and throwing, but also a team.

Little athletics events range from 70 metres, through to 1500 metres for older children, hurdles, long jump, triple jump, high jump, discus, shot put and walks.

It caters for all children and classifies them in heats according to their strengths and weaknesses.

The role of Little athletics is not to create champions, but to encourage children to keep fit, learn to love their sport, become healthy adults, and continue on to any other sports they so desire.

Caulfield centre would love any ex-members to visit for the 25th anniversary celebrations.

For further information about the Caulfield Little Athletics Centre, contact Noel Seward, president or Lexie Seward, championship manager and coach on 568 1730, or Aafko Schanssema, secretary on 571 4127.

Caulfield Council has also allocated \$156,000 from its 1994/95 budget towards construction of a new athletics track at Duncan MacKinnon Park.

BOWLED OVER

CAULFIELD Park Bowling Club celebrated the opening of the Club for the 1994/95 bowling season with a magnificent dinner superbly catered by Ursula Steinhardt and her capable committee.

Approximately 200 people were in attendance, including distinguished guests, Ted Tanner MLA and the former vice president of the VRBA, Max Wright.

The master of ceremonies was chairman of the Board, Albert Krantz and both ladies' president Joan Krantz and men's president Lewis Woolf announced future bowling events.

The decor and general atmosphere of the evening was superb and the function was enjoyed by all.

Below: From (l-r) Lewis Woolf, Albert Krantz, Ted Tanner MLA, Joan Krantz and Sol Spitalnic.



CAULFIELD South Bowls Club Inc. also officially opened its greens recently with Caulfield Mayor, Cr James Barrett representing the City. Ladies president Mary Schwarzman and men's president Geoff Morris delivered the first bowls to summation in the new season.

The ladies section held its inaugural opening for Group 19 recently. This day was made special by the attendance of state president of the VLBA, Fay Dunn, Group 19 VLBA councillor, Thelma Marcakis (Elsternwick District), VLBA life member, Elva Bloomfield, OAM, Group 19 president, Cath Budgen of Caulfield South and members of the executive invited a team from each club in the group to attend the official opening which was followed by a game of bowls and afternoon tea. The greens were in perfect condition and Cr Thelma Marcakis rolled the jack. Fay Dunn delivered the first bowl. It was a warm sunny day and the club rooms were beautifully presented with spring flowers. Past president, Elizabeth Camp, although confined to a wheelchair due to a tragic accident, used

her artistic talents to present a decorative table setting for the official party.

Should anyone be interested in joining the Club, come along to Princes Park or phone 528 4620. New members are very welcome and coaching is available.

MURRUMBEENA Bowls Club president Yvonne Redston was very happy to welcome Group 18 state councillor Esma Bouyer, members, friends and representatives from neighbouring clubs to the opening day for the 1994/95 season.

Yvonne Redston invited the club champion Marj Bond to roll the first jack and Esma Boyer bowled the first bowl to open the season.

Esma presented super veteran's badges to Agnes Kane, a

member of 25 years and Pat Nicholas who has held the treasurer's position for the past nine years.

MURRUMBEENA Park Bowls Club Inc. is delighted to host the Caulfield Festival 1994 Bowls Tournament on Sunday, November 27. A new bowlers clinic will run from 10am-noon, after which refreshments will be served. All interested parties are welcome. Some 14 district mixed teams will be invited to compete in the afternoon tournament.

Spit roasts and pasta nights are to be held on the fourth Saturday of each month after pennant to encourage greater use of the excellent club facilities. Five teams will be entered in the 1994 pennant season, but the club needs additional players to meet this commitment. Please give Kevin Jacka or Jack Gilbert a call on 569 6718 if you are interested.

The 1994 ladies season was opened by president Joan Gant.

During the winter months, the club was saddened by the loss of three active members in Lil Keeling, Phil Mann and Joyce Lee.

Caulfield & District Netball Association ladders

SATURDAY MORNING COMP. LADDER AS AT 10.9.94

TEAM	POINTS	TEAM	POINTS
SENIOR 1		McKinnon Cats	
Rovers	PREM	Hotshots	
F.J.'S	R/U	Bombers	
Lasers		JUNIOR 1	
Old Michaelians		Dodges	PREM
Diamonds		Gold all Rounders	R/U
Renegades		Meteors	
SENIOR 2		Colts	
Minis	PREM	Cannons	
Jaguars	R/U	Stars	
Legends		McKinnon Cubs	
Murrumb. Magic		JUNIOR 2	
Manc Magic		Alphas	PREM
Seekers		Dare Devils	R/U
SENIOR 3		Falcons	
Rangers	PREM	Purple Pumas	
Angels	R/U	Murr. Wild Ones	
M.G.'S		Vipers	

WEDS NIGHT COMP. LADDER AS AT 28.8.94.

TEAM	POINTS	TEAM	POINTS
OPEN A		Ajax Supremes	
Collegians	30	JUNIOR 3	
Seagulls	28	Glen Huntly Goannas	PREM
Zebbras	16	Murrumb. Champs	R/U
Sainters 1	14	Raiders	
Bullwinkles 2	12	Shooters	
Jigsaws	12	Carnegie 3	
Old Michaelians	10	Glen Huntly Geckos	
Gems	8	Mecedes	
OPEN B		Manc Aces	
Powerhouse	28	JUNIOR 4	
Renegades	12	Carnegie 4	PREM
The Navies	12	Bullets	R/U
All sorts	12	Living Legends	
Trihards	8	Comets	
China Plates	6	Ripponlea	
Jewels	6	Chevys	
Sainters 2	2	Glen Huntly Goblins	

TYPING SERVICES

Contact Monthly, October, 1994 - Page 13

Contactdiary

Contactdiary...

Do you have an event coming up that you would like to publicise? **Contactdiary** is the place to put it. So if you want to let the community know about your activity/event, we'll be happy to include it on this page. Let us know about your activities.

Contactdiary, P O Box 42, Caulfield South 3162

ART

Hughesdale Art Group will hold its annual exhibition and sale of paintings at the Hughesdale Community Centre, cnr Poath and Kangaroo Rds, from November 1, 8pm (cup night) to November 5. The show will be open each day from 10am-9.30pm except last day where closing will be 4pm. Enquiries Elaine Taylor 568 7123.

Murrumbeena Spinners wish to invite ladies interested in knitting or wanting to learn to spin to join the group on Wednesdays 1-4pm. No fees. For more details call 569 5261.

CLASSES

Caulfield Adult Literacy Group caters for adults of all ages and backgrounds who wish to improve their written and/or spoken English. Classes and one-to-one tuition available for migrants and Australian born people. Cost \$10 per 10 weeks. For further information, call Janeece on 532 8319. *Funded by ACFE.*

ENTERTAINMENT

Jewish Cultural Centre and National Library 'Kadimah' presents the Borouch Kaluszyner Jewish Children's Music Festival for children 6-16

years on Sunday, October 23, 2pm at 7 Selwyn St, Elsternwick. Enquiries to Fay 523 9817.

FOR SALE

Helmsmen Kiosk, Caulfield General Medical Centre has Christmas cards for 45 cents each. Kiosk hours 10am-7.30pm. Enquiries 571 5293.

HEALTH

Caulfield Group of the Nursing Mothers' Association of Australia will hold a free information evening on Wednesday, October 12, 7.30pm at the Glen Huntly Maternal and Child Health Centre, cnr Royal and Rosedale Aves. Learn why breastfeeding is best etc. Partners welcome, supper provided. The group also holds regular coffee mornings and discussion evenings. The next discussion evening will be held on Tuesday, October 25, 8pm at 3 Leura St, Murrumbeena. Topic - *A time I was glad I was breastfeeding - positive experiences.* For further details phone Rebecca on 571 4921 or Tracey on 568 1058.

MEETINGS

Caulfield Bicycle Users Group meets 8pm on the fourth Tuesday of every month at the Glen Huntly Neighbourhood House, 1213 Glen Huntly Rd,

Glen Huntly. Also a family fun ride on the fourth Sunday of every month meets 9am at Caulfield Station (Railway Ave exit), for easy *Mystery Ride*. For further details, contact Ursula Fiek on 578 9805.

Caulfield Environment Group meets on the first Wednesday of each month at Glen Huntly Neighbourhood House, 1213 Glen Huntly Rd, Glen Huntly. Interests related to local, national and international issues. This group offers involvement in indigenous plant propagation and planting activities, letter and submission writing and more, in an informal and friendly environment. Enquiries to Paul Caine 571 2976 or Colin Smith 569 0554.

Caulfield Self Help Group of the Arthritis Foundation of Victoria will meet on Monday, October 24, 10.15am at 263-265 Kooyong Rd, Elsternwick. Visitors welcome. Enquiries 570 4971.

Caulfield Branch of the Victorian Gas Association will meet on Tuesday, October 25, 1.30pm in the committee room, Caulfield City Hall. Guest speaker Mr Hedley Davis from the Gas and Fuel Corporation. New members welcome. Annual subscription \$3.

Neighbourhood Watch Area C4, (bounded by Alma Rd, Inkerman Rd, Kooyong Rd and Orrong Rd) hold bi-monthly meetings at 259 Alma Rd, North Caulfield. For enquiries, contact Merv Maple, on 527 7496.

Neighbourhood Watch Area C7, bounded by Inkerman St, Orrong Rd, Glen Eira Rd and Kooyong Rd, meet on the first Monday of alternate months at Sheldford Girls' School, R26 Cowling Wing, Hood Cres, Caulfield. For further information, phone 527 6406.

Neighbourhood Watch Area C9 will next meet on Wednesday, October 12 and November 9, 7.30pm in the committee room, Caulfield City Hall, cnr Glen Eira and Hawthorn Rds, Caulfield. All members welcome.

Neighbourhood Watch Area C46 meet on the first Monday of

each month, 7.30pm at St Catharine's Church Hall, 404 Kooyong Rd, Caulfield. Next meeting will be held on November 7. Everyone is welcome.

Neighbourhood Watch Area C49 (bounded by Clarence St, College St, Begonia Rd, North Rd and Kooyong Rd) meet on the last Tuesday every second month. The next meeting will be held on November 29 in the Uniting Church Hall, cnr Kooyong Rd and Jupiter St, Caulfield South. All welcome.

Neighbourhood Watch Area C50 meets on the third Tuesday of the month, 7.30pm at St Joseph's Hall, Sandham St, Elsternwick. Next meeting will be held on October 18.

Neighbourhood Watch Area C61 has organised a bike marking effort on Saturday, October 15, 9am-12noon outside the Stockdale and Leggo office, cnr Glen Huntly Rd and Royal Ave, Glen Huntly. Tea, coffee and soft drink available for thirsty riders.

Neighbourhood Watch Area C64 will hold its next day meeting on Monday, November 7, 2pm and its next night meeting (AGM) on Monday, October 17, 7.30pm. Both meetings will be held at 40 MacGowan Ave, Glen Huntly. All residents welcome. Smoke free environment.

Neighbourhood Watch Area C68 (bounded by Balaclava Rd, Hawthorn Rd, Dandenong Rd and Normanby Ave) meets on the third Tuesday of each month, 7.30pm at the Community Welfare Centre, 721 Inkerman Rd, Caulfield (in the park).

Neighbourhood Watch Area C69 meet on the second Monday of each month, 7.30pm at the Murrumbeena Park Bowling Club. For further information, contact area coordinator Nicole Larsen on 569 6155.

Neighbourhood Watch Area C70, (bounded by Alma Rd, Balaclava Rd, Kooyong Rd and Hawthorn Rd) meets on the second Monday of each month, 7.30pm at St Stephen's Church Hall, Balaclava Rd, Caulfield. Next meeting will be on November 14.

Neighbourhood Watch Area C71 will hold its next meeting on Monday, November 14, 8pm at 31 Prahran Gve, Elsternwick. For enquiries, contact Nola Baker on 523 9861.

Neighbourhood Watch Area C80 (bounded by Bamba Rd, Balaclava Rd, Dandenong Rd, Queens Rd and Glen Huntly Rd) will hold its next meeting on Tuesday, October 11 and November 8, 7.30pm in the committee room, City Hall. All welcome. Enquiries 563 5511.

Neighbourhood Watch Area C82 will hold its next meeting on Monday, October 24, 7.30pm at the Church of Christ Hall, Bamba Rd, Caulfield South.

Neighbourhood Watch Area C113/114 (bounded by Hotham St, Glen Huntly Rd, Orrong Rd and Inkerman Rd) will next meet on Tuesday, October 25, 7.30pm in the *big room*, first floor, Caulfield Grammar School. Everyone is welcome.

Neighbourhood Watch Area C120 will hold its next meeting on Monday, November 14, 7.30pm, in the committee room, Caulfield City Hall. Everyone welcome.

Murrumbeena Branch of the Country Women's Association of Victoria Inc. meet every Tuesday, 10am-2pm at the Hughesdale Community Hall, cnr Poath and Kangaroo Rds, Hughesdale. Meeting day is the second Tuesday of each month, other Tuesdays are craft and social days. Visitors welcome. Enquiries 544 4480.

View Club - Caulfield Day Group is a small friendly group needing members to enjoy lunch and a speaker. Get togethers are held on the first Tuesday of each month. The group also helps the Smith Family. Venue handy for ladies in the Caulfield, Malvern, Armadale and East St Kilda areas. Phone Maggie for further details on 824 7831.

Probus clubs assist members of the retired and semi-retired community of business and professional men and women to manage the transition from working to a life of retirement. A new Probus Club with a combined membership of men and women is being considered in the Caulfield/St Kilda area. If you would like more information, phone 528 1210 (b/h).

MORE ENTRIES P.4.

THE COAT MAN

528 3395 904 GLENHUNTLY RD SOUTH CAULFIELD

WAREHOUSE DIRECT SALES

Thurs. 12 noon - 8pm Fridays 10am - 2 pm



Wash & Wear
SUMMER JACKETS

Retail \$65
Sizzling Special \$39.95

Fully Lined Spring
Jackets - Plains &
Checks
Retail \$95
Hot Price \$65.00

Wool Blend
Blazers - Retail \$125
Wholesale - \$67.50

Pure Wool Overcoats
Retail \$255
From \$125.00

SUMMER COLLECTION

Contactmonthly

This publication is compiled for the residents of the City of Caulfield. We encourage the community to submit articles, but their inclusion depends on the space available in each issue. Please send articles and photos to:

The Editor
Contactmonthly
P O Box 42
Caulfield South, 3162