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### CARDINIA CREEK PARKLANDS, UPDATE.

On Sunday 20th November the 'Final plan' document was published and released for public view of the proposed Linear Park adjoining Cardinia Creek.

The press release dated 20th November repeats information that has been published in the pre releases. However, it is important for residents of Beaconsfield to note the following changes made to the Discussion Paper Number Two.

1. Land to the East of Beaconsfield/Emerald Road has been removed from the proposal.

2. A narrow creek frontage has been included on the Haileybury College Land between Princes Hwy and the Pakenham Railway Line. There will also be a need in the future to accommodate a Linear trail on one side of the creek or the other.

3. The boundary has been redefined on the eastern side of the creek between Princes Highway and Leckey Road.

The next stage in the creation of the parkland will be the start of the formal statutory planning process which provides a further opportunity for community comment.

Further comments or queries should be directed to the Cardinia Project Manager, Mr. Will McCutcheon at Melbourne Parks and Waterways, Private Bag 8. Kew. Victoria. 3101

Telephone :- 03) 816 6835

# A BLAZING SUCCESS



As has been the tradition for the last few years, the Beaconsfield Progress Association organised a very successful Bonfire night on the 31st October (Cup Eve).

A crowd of about 400 people attended a night of free entertainment. Including Chorale singing, Gemco Players and Bushband. Wally Wombat and the Balloon man always delight the younger members of the crowd.

The Bonfire brings a smile to both young and old and the organisers wish to thank the community for their support and donations of bu able items.

The organisers wish to thank the following organisers and individuals for there support both before and on the night.

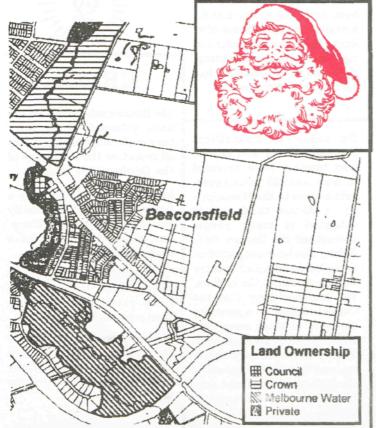
- Beaconsfield Fire Brigade
- Cumoot Rovers
- Beaconsfield Milk Bar
- Kathy's Market
- Pakenham Gazette (and Wally Wombat)
- John & Sheryl Campbell
- Cranbourne Chorale Society
  Gemco Theatre Co.

Cont. Page 20.

# CHRISTMAS CAROLS BY THE CREEK

TO BE HELD IN THE BOB BURGESS RESERVE.

SUNDAY EVENING DECEMBER 18TH 7.30 TO 8.30PM.







### COMMUNITY GRANTS 1994/95

Council has now determined the Community Grants 1994/95.

Within the Beacon Hills Riding, the amount sought was \$96,500, with the amount available totalling only \$49,560. As such, it was not possible to finance all of the projects but the following applications within Beaconsfield were successful. A total of \$11,450 was distributed between community groups in Beaconsfield and \$12,500 was given to groups in Officer.

Successful groups were : Beaconsfield Recreation Reserve - Maintenance grant

1st Beaconsfield Scouts

- Ramp and Handrail

Beaconsfield Community Centre - Paving

Beac Children Service Centre

- Sink & Cupboards

Beaconsfield Fire Brigade - Hose & Equipment

Beaconsfield Progress Assoc.

- Banner Newsletter

Officer Pony Club

- Development of Reserve Officer Rural Fire Brigade

- Maintenance

Officer Recreational Reserve - Improvements

The projects not funded will need to reapply at around the same time next year, subject to the appointed Commission-

### ers agreeing to maintain the Community Grants Scheme.

In the interim, Council at its last meeting to be held on Monday, 5 December, 1994 will give further consideration to these areas which have not been funded, and may provide some assistance from Riding Funds which are held for Sundry Works.

THE LAST HURRAH

Yes, the Shire of Pakenham will cease operations on the 16th December, 1994, and all Shire Councillors will be dismissed.

On that day, the Government will appoint Commissioners (in lieu of Councillors) to manage the affairs of the Community for the next 15 months (minimal). On that day the Government will also appoint an Acting Chief Executive Officer of its choosing, and on that day the Shire of Cardinia will come into existence ( in lieu of the Shire of Pakenham).

The Cardinia Shire will equate to the previously existing Shire of Pakenham, but will now also include all the township of Cockatoo, Emerald, Kooweerup and Lang Lang.

The outgoing Shire Councillors, as a group, have agreed to offer support and advice to the Commissioners should it be called for.

# Beaconsfield Banner

CAROLS BY THE CREEK

-a family community project.

This will be the fifth year we have held a community Carols service. As usual it will be held at the Bob Burgess Reserve

We plan to start with a Christmas Pageant for the children , followed by traditional and modern carols, concluding with a brief fireworks display. We aim to begin at 7.30 and finish at 8.30pm.

Local artistes will be featured, as well as items by children from Beaconsfield Primary School and the Officer School of Dance. Compere this year will be Sean McMahon with instrumental support from members of the Baptist Church.



Remember the date : Sunday evening December 18th. Everybody welcome.

Don't forget to bring blankets or chairs for seating. Candles provided by the Beaconsfield Progress Association will be available at minimal cost.

## COUNCIL SEEN THE LIGHT

The Beaconsfield Progress Association thanks the Shire of Pakenham for having street lights installed alongside Soldiers Road Beaconsfield.

For many years this stretch of road between the railway station and Adamson Road has been dark and dangerous for travellers walking home after dark. With new footpaths and now the overhead lighting, that area of Beaconsfield has been greatly improved.

On behalf of Councillors Ewenson, Owen and myself who together have provided in total some 59 years aggregate service to the Municipality, a sincere thank you is extended to many people throughout the Beacon Hills Riding who have supported us as we have attempted to carry out our duties as Councillors. We can only hope that the Commissioners do appreciate the work of those many citizens who work for their community in a voluntary capacity, and that the Commissioners continue to fund and support those vital community groups.

The Association would like to thank Councillors for approving such works after many previous requests to have these improvements made.



## ERROR

The Banner subcommittee has been informed of an error they made in typing the Council report on the front page of the October 1994 Banner.

In the lead up to printing a figure of .9% was inadvertently recorded as being 9%. Therefore, the article should have read as follows.

"It was pointed out that the rates could be lowered by 0.9% if no commissioner's allowance was made."

We apologise for printing the information incorrectly and hope that we didn't falsely raise the expectations of too many ratepayers.

ED.



29 Enterprise Ave. Berwick Ph: 707 3617



### FROM THE PRESIDENTS DESK

By Tony Rushton

mittee as our official photographers.

Since the last Banner we have held a very successful Cup Eve Bonfire Night with entertainment and a colouring competition.

Another successful night was our break-up where we invited a number of guests who have regularly helped collate the Banner or have helped us in other ways.

Next year we hope to look further into the area around the preschool where there is a problem with the traffic. We hope to hold another "History Night" which seems very popular.

There will be many changes within the Shire due to restructuring and we will not have any councillors for quite a time.

We wish everyone a very happy Christmas and a Safe and Prosperous New Year.

Tony Rushton.

### LOCALS MEET THE DUCHESS OF YORK.



Above: - Albie Jones with his wife Grace meet the Duchess of York.

Local identities Grace and Albie Jones had personal invitations to meet with the Duchess of York on Thursday 1st December at Caulfield Town Hall.

The Duchess of York is a Patron of the Motor Neurone Disease Association and Albie is a MND sufferer.

After her speech to almost 300 people the Duchess moved down from the stage to meet the people. She was in no way rushed to leave until she had met and had a photograph with the 90 MND sufferers and their carers.

As a Past President of the Progress Association, Albie would like to wish everyone a Merry Christmas and all the best for the coming season.



I would like to take this opportunity to thank our past president Ted Horton for the hard work he has done over the past number of years. Although he is not on the committee this year he is still the co-ordinator for the Banner. Other members who have stepped down this year are Jan Irvine, Don Tye and Dulcie Rushton. We thank them for the work that they have done in the past.

This year we have a small but enthusiastic committee which I feel will work well as a team.

We welcome Paul and Kaye Cohen on the Banner subcomPage 3

# **Beaconsfield Community Centre Inc.** PO. Box 2 Beaconsfield.

Ph. 707 3449

Peter Aurisch

As this is the last edition of

the Banner for this year and

the Community Centre will

be closed over the school holi-

days, I am able to report a

very successful year for the

centre, financially sound and

well managed by a group of

very dedicated people.

COMMUNITY CENTRE COMMITTEE OF MANAGEMENT (Written by Peter Aurisch - President)

BEACONSFIELD COMMUNITY CENTRE (Written by Sue Bailey)

It's that time of year again!

Amongst the hustle and bus-

tle before Xmas we try and

find time to reflect on the

events of the year, and also

look ahead to the coming year.

At the community centre we

have had a very busy year

offering many new and differ-

ent courses. In addition to our

regular groups that meet at

the centre (Gi Gong, Walking

Group, Model Railway, Mid-

way and the Art Group) we

now have a Weight loss group

that meets once a week and in

the new year we hope to add

a craft group, initially meet-

The Childrens Services have

had a particularly busy year.

The year started with one

Pre-Kinder session on a Tues-

day morning and due to in-

creased enrolments a second

session was established on a

Thursday afternoon. Enrol-

ment for 1995 3 year old Pre-

Kinder are being taken now.

The Thursday morning Occa-

sional Care proved particularly popular with a full enrolment for the whole of term 4. Two playgroups have also been running successfully throughout the term and Toy Library has increased it membership. The Midway Group (over 50's)

have enjoyed a great variety

of activities, including many

ing twice a term.

outside trips. This group is continually growing in numbers and this makes for great

We are looking for new ideas, tutors and volunteers at the centre. One way to share your ideas is to join the programming Committee which meet approximately once a week, to put together the pro-

Or maybe you have a craft or to try your hand at tutoring.

Temporarily unemployed? Then maybe your skills and knowledge that you have could be shared with others. We

Our term 1 programme for 1995 should appear in your letter boxes early in the New Year and our Enrolment week is from 13th Feb. - 17th Feb. Please call in and see us or ring Sue on 707 3449. And don't forget our centre is available for hire throughout the year at very reasonable rates.

Merry Christmas and Happy

day of fun.

gramme for each term.

hobby that you would like to share with others and would like

would love to hear from you.

On behalf of the Community Centre I would like to thank all of you who helped in any way at the centre throughout the year and wish you all a very Merry Christmas. I look forward to seeing you again in the New Year, together with many new faces.

New Year

The centre is proving to be a great asset to our town with an enormous amount of people using the centre every week. Our groups are growing in numbers and we are looking forward to better things next year.

We are hoping to see additional people to be involved in maintaining the centre and we particularly need extra people on the committee of management. Any amount of time given is most appreciated.

I would like to take this opportunity to wish everyone a Merry Xmas and a Happy New Year and hope to see you at the centre in the new year.



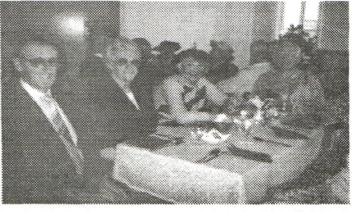
Beaconsfield Model Railway Club is really on the move.

A preview of their new portable layout under construction, shows that it virtually fills the large meeting room at the

Community Centre.

They hope to have it available for exhibition in a few months. Members are looking for a large vacant building for permanent storage and construction space.

## MIDWAY CUP DAY LUNCH



Above: Members of the Midway group enjoy the Midway Cup. The winner for 1994 was Eddy Millen. L - R Roy Simpson, Dorothy Simpson, Audrey Millen and Eddy Millen.

# A NEW FACE ON THE TEAM. PAUL COHEN; THE BANNER'S OFFICIAL PHOTOGRAPHER.



Paul Cohen

Paul has been a resident of Beaconsfield for the past 8 years. He began his career in Photography 25 years ago and has experience in Street Photography, Weddings, Portraits, and Commercial Photography.

Paul works at Tessar Photographics, East Malvern, as a Sales Consultant for Professional Photographers. He also operates his own business - part time - specialising in Weddings

Portraits, Commercial, Equine (Horse) photography, and Copy Photographs.

Paul is a fully qualified Colour and Black and White printer. His prices are kept to a minimum, achieving an affordable price structure without forfeiting quality.

Paul can be booked for any Photographic requirements on 707-2480 A.H. or leave a Message on the Answering Service. Urgent Enquiries may call 015 527 584 mobile.

Photo Right :- 1994-1995 Committee Back row L-R Graham Baker, Secretary Keith Goodman, President Tony Rushton, Roy Simpson, Vice President / Treasurer Willem Boon. Front row L-R Assistant Secretary Anne Goodman, Peg Dundas, Kath Clarke and Dorothy Simpson.

Parties SP

COFFEE

&

CRAFT SHOPPE

### ANNUAL GENERAL MEETING OF BEACONSFIELD PROGRESS **ASSOCIATION - 25th October.**

The evening was quite well attended - a new committee was formed and Mr. John McCaffrey from the Shire of Pakenham gave an informative talk.

Past President Ted Horton stepped down from the committee and Tony Rushton has taken his place.

The "Team" of Keith and Anne Goodman are to handle Secretarial duties for 1994 - 1995 and Willem Boon agreed to stay on as our Treasurer. Paul

& Kaye Cohen of Beaconsfield were welcomed to the meeting and Paul took many photos of the evenings proceedings.

The new committee would like to thank Councillor Ted Owen for chairing the meeting while elections took place. Council Officer John McCaffrey spoke at length about Local Government restructuring for the Pakenham Shire and other issues currently effecting Beaconsfield township.



Wish all our Friends and Customers a Safe and Happy Christmas and a Prosperous

Gay & John Henderson

16 PRINCES HIGHWAY BEACONSFIELD. Ph. 796 1490

a the a the a the a the as the as the

New Year.

THE BEACONSFIELD NATURPATHIC CLINIC **R N HANSEN NATUROPATH** HAS MOVED PETER N. HANSEN HAS BEEN ESTABLISHED IN BEACONSFIELD FOR OVER 6 YEARS AND WISHES TO ADVISE THE LOCAL COMMUNITY OF HIS NEW LOCATION AT 46-50 PRINCES HIGHWAY BEACONSFIELD. (PART OF THE BEACONSFIELD SWIM SCHOOL COMPLEX) TRADITIONAL, NATURAL AND DRUGLESS MEDICINE, WITH SPECIAL INTERESTS IN: CHILD BEHAVIOURAL PROBLEMS EMOTIONAL PROBLEMS (ALL AGES) THE BEACONSFIELD NATUROPATHIC CLINIC AND THE BEACONSFIELD PHYSIOTHERAPY CLINIC HAVE JOINED TO PROVIDE TOTAL CARING SERVICE Ш PETER N HANSEN NATUROPATH 46-50 PRINCES HIGHWAY **BEACONSFIELD 3807 PHONE 707 3892 KEN BRYAN 707 3864** K.B. TRANSMISSIONS Automatic Transmission Specialists **31 ENTERPRISE AVENUE.** BERWICK, 3806 **K.B. TRANSMISSIONS** Automatic Transmission Specialists

> 31 ENTERPRISE AVE., BERWICK

PHONE 707 3864

### RAINFALL IN BEACONSFIELD Dr. R. C. Webb.

Dr. R. C. Webo



Dr. R. C. Webb.

In my last article for the October Banner (Vol.6 No. 5.) I referred to the lower than average rainfall for 1994 and that up to the end of September the total was the lowest for the last ten years. The Editor in a footnote written on 7th October reported that the rain "was coming down in buckets". The actual rainfall for the 7th. of October (recorded at 9am on 8th) was 8.6 mm. In the next two days there were a further 3.3 mm, followed by a record period of 15 days without rain! How careful one needs to be in predicting!

The total rainfall for October was only 51.7mm., with 11 days of rain. There have been high levels of rainfall in October such as 142mm. in 1989, 117mm in 1990, 112.5mm in 1992. Low levels for October were 37.8mm in 1984. 32.4mm in 1987 and 30.6mm in 1991.

The next lowest in recent years was 584.3mm in 1987. The highest ten month reading was 811mm in 1989.

The situation in November (up to 25th) has been 61.9mm, despite falls of 18.8mm on the second and 13.9mm on the 21st of November. Heavy falls of rain will be required in the next 5 weeks, to bring the 1994 rainfall up to average.

#### CLOUDS

I have been intending to write something on clouds for some time as clouds provide a useful indication of weather conditions. Clouds have their origins in the water that covers 70% of the earths surface. Water vapour is evaporated into the air daily from oceans. lakes, rivers and also by transpiration from plant life. The appearance of clouds provides evidence of the presence of water in the atmosphere. Clouds can be described as LOW (from the earth's surface to 2.5 kilometres); MID-DLE (2.5km to 6 km); HIGH (above 6 km).

Many of us will recall being taught the four types of clouds given Latin names which indicate their character. 1. CIRRUS ( a hair) 2. CUMULUS ( a heap) 3. STRATUS (a layer) 4. NIMBUS (rain-bearing)

Today we have ten main cloud types with further sub-types according to their height shape and colour.

### These ten are :-

1. CIRRUS - High level - white tufts or filaments

2. CIRROCUMULUS - high level- small rippled elements 3. CIRROSTRATUS - high level- transparent sheet or veil.

4. ALTOCUMULUS - middle level - rippled elements, white with some shading. 5. ALTOSTRATUS - middle

level - grey sheet. 6. NIMBOSTRATUS - lower

based sheet - thicker and darker.

7. STRATOCUMULUS - low level- layered with series of rounded rolls, generally white. 8. STRATUS - Low level layer or mass with grey uniform base.

9. CUMULUS - Low levelindividual, vertical rolls or towers, flat base.

10. CUMULONIMBUS - Low level - very large cauliflower shaped towers up to 16km high.





The following information has been supplied by the Police Dept.

Holm Park Rd.

O'Neils Rd. Rail Station Rail Station Wood St. Princes H'way Princes H'unav Rail Station

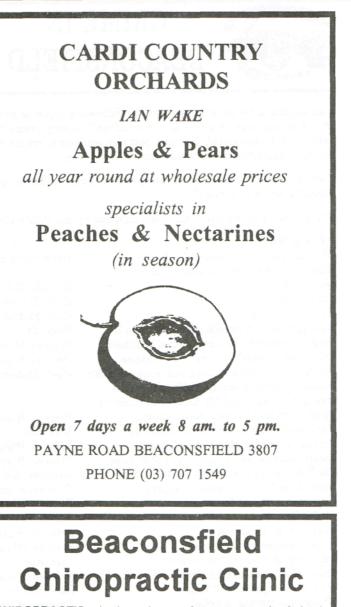
Princes H'way May Rd. Princes H'way Princes H'way Soldiers Rd. Princes H'way Princes H'way Kathleen Crt. Princes H'way Princes H'way Lyle Ave. Princes H'way Rail Station Princes H'way

Princes H'way Princes H'way Hudson St. Wallace St. Lyle Ave. Princes H'way Wood St. Glisman Rd. Sylvia Rd.

Princes H'way Princes H'way Princes H'way Princes H'way Wood St. Lyle Ave. Em/Beacfld Rd. Payne Rd. Rail Station Dryden Crt.

WINE

By Keith Goodman



**CHIROPRACTIC** is the science of neuro-musculo-skeletal medicine. It deals with the ills and injuries of the body by locating any point of interference or malfunction of the nerves, muscles or joints which may cause pain or symptoms.

CHIROPRACTORS are trained for a full six years at university. This enables the chiropractor as a primary contact practitioner, to appropriately assess a wide range of conditions in all age groups from infants to the elderly. All major health funds and Workcover and TAC cover chiropractic care without referral.

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#### DE BORTOLI WINES -Among Our Best

Now and again something happens which causes us to re-assess the standards we live by; our 'measuring sticks.' Along comes something new to cause us to pause and shake our head at the sheer quality of the thing, its ease of use or its beauty. Like what? you say. Examples for me have been Glenloth free range chicken; driving a quality Japanese car; the Southbank complex; the flavour of home grown heirloom vegetables or real bread; fishing with the latest carbon fibre rod and Shimano reel (yes I know I'm a male).

De Bortoli wines are the most recent . Recently for three days I assisted as a steward at the Lilydale Wine Show - the stand out exhibitor was De Bortoli. Two trophies, three gold, seven silver and three bronze, thirteen medals from sixteen entries.

Some outstanding wines were a 1994 Semillon, a 1993 Shiraz a Chardonnay from the other than current vintage class probably 1993 and a Cabshiraz which most likely sells as the Sacred Hill Shiraz Cab and a bargain easy drinking wine at around \$5.

No longer will I view De Bortoli as a maker of high volume wines off irrigation. Steve Weber and his winemaking team at Yarra Valley are producing wines among the best in this country.

#### CHRISTMAS

Now is the time to begin planning our Christmas meals. That special meal on Christmas Day the more relaxed meals and drinks with friends over the next week. A case of easy drinking bubbly is a good idea with one always in the fridge in case; Yalumba Angus Rose Brut at about \$57 a dozen is ideal.

If trying as a first course Melissa's Chicken liver pate match it with Seppelt Sparkling Burgundy ,\$10,an elegant and festive way to start.

A Rhine Riesling with fresh asparagus or a salad of smoked salmon, grapefruit segments and avocado; try Pewsey Vale R R 1994, \$7 or Wolf Blass R R 1994, \$8.50.

Main course is usually Turkey, Pork, try a Glenloth free range chicken but be warned it will spoil you for other chicken forever and a leg of ham makes for a pleasant and easy change. Try a Chardonnay: De Bortoli Windy Peak 93,\$7.50 or step up to Kings Creek or Yarra Ridge both 93 and \$15. For a rose try Schinus Victoria 93, \$10 and for a fuller flavoured red try De Bortoli Sacred Hill Shiraz Cab 93, \$5 or step up to Mildara Robertson's Well Coonawarra Cabernet 92, \$13.

With a soft cheese like Camembert or Brie try a quality Pinot Noir; Yeringberg 93, \$20 or Scotchman's Hill 93,\$17.

Christmas Pudding to finish with one of the glorious Tokays from Rutherglen try Morris Liqueur, \$12 or Morris Old Premium, \$27.

All wines are available at Dan Murphy's and are at discount prices.

Merry Christmas and please do not drink and drive.

Keith Goodman







& Kathleen Best 1 Souter St. Beaconsfield (03) 707 1454

# ELIMINATE CONFUSION

ritten by Kath Clarke)

In the near future there will be a name change for Adamson Street. This small but well used thoroughfare linking Wood Street and Railway Ave. was named after one of the well known families who settled in 1888.

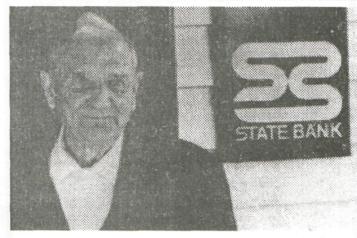
Mr. James Adamson started the hardware business in the shop next to the fire station which now sells antiques, and the street was named after him when Mr. J. J. Ahern was secretary of the Pakenham Shire.

Two names have been suggested to Council, James for the founder of the business, and Arthur his son, who inherited the shop and traded there till ill health forced its closure, thus keeping the family link recorded in that area.

It is felt this name change will eliminate confusion for visitors with Admason Rd. off Soldiers Rd., named for brother Jim, Jack and Bob Adamson of the same family, who built homes on their soldier settlement blocks after the First World War.

Ed. The Banner has surveyed longtime residents of the area and Bruce Adamson of Railway Ave.. The consensus of opinion is that "Arthur Street" be considered after Arthur Adamson that owned and operated the Wood Street hardware store. Bruce Adamson however did mention that he would like to see the family name "Habour" used in other namings in the future. John Habour and his family of thirteen children were also well known as early settlers and to date their name has not been remembered in any street names.

# This extract was taken from State Bank Staff Magazine, Dec. 1979-No. 96. OUR OLDEST AGENT IS A QUIET PHILANTHROPIST



Above Well known Beaconsfield resident Arthur Adamson Photo taken in 1979.

Arthur Adamson, 84, of Beaconsfield, is the Bank's oldest living agent, and has been successfully running our agency in his hardware store for 37 years, reports Agency Examiner Max Bleach.

Mr. Adamson lives a quiet, bachelor existence in a house behind the store, without such amenities as a refrigerator or a television set, but has been a lifelong benefactor of charities.

He is a Life Governor of five of Melbourne's leading public hospitals and more than 30 beds commemorates his name on plaques.

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# THE WILLOWS NURSERY

Fully qualified, ex-teacher of Horticulture John Baker gives you free advice on all Your gardening problems



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- Spotless amenities block.
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### (abou meat gives to set

**OUR NATURAL WORLD** 



### Peter Hansen

"To be a Vegetarian, or not to be a vegetarian, that is the question." (Apologies to Shakespeare)

The battle still rages between those who are flesh eaters and those who are not, but who is right and who is wrong? Perhaps that is being too simplistic though, so lets look at some facts and try to restrain our bias for a time.

The flesh eaters case is fairly simple. Meat is a source of much protein and iron, is quick and easy to prepare, and gives a feeling of "being full" after a meal. It is tasty, plentiful and enjoyable with vegetable or salad, and there is a good variety of types of meat.

Correct on all counts, and a very strong argument for lovers of animal flesh!

Meat will sustain life all right, but is it healthy and what are the long term ramifications?

The famous English Biologist, Thomas Huxley, in his book, "Mans Place in Nature", said Man is biologically a primate and a fruit eater." Consult any zoo-keeper or anthropologist and they will tell you that the human body (anatomy) is nearest to that of the vegetarian animal, not the carnivore.

The primates, gorillas, great apes, chimps etc. eat fruit, nuts and vegetables and will not eat the flesh of other animals. Would you catch a chicken, kill it with your bare hands and eat it raw? Neither will primates, our cousins in nutrition.

Another fact, carnivores have a very short intestinal tract, (about 10-12 feet in a lion) thus meat transit time is quick and gives no time for putrefaction to set in and cause colon cancer (carnivores don't get colon cancer, but man does).

Primates (including man) have a long intestinal tract (approx. 30 feet) which allows a slower transit time for non-flesh food, without the danger of colon cancer, which is not caused by fruits or vegetables. These are "live" foods travelling through a "live" body, and are proper for the anatomical structure of man.

Carnivores eat flesh raw, and this is non carcinogenic. It is only carcinogenic when cooked. Thus cooked flesh has a very real danger for man, by putting toxins in the blood, and brings putrefaction in the intestinal tract. This does not, nor cannot, with fruit and vegetables.

Cost is another factor too. For the money spent on some porterhouse steaks (gone in one meal) you'll fill half your refrigerator with fruit and vegetables, which will last a week. (Housewives take note)

Vegetarians are peaceful. They include horse, goats, cows, deer, elephants etc. These will starve to death rather than eat animals. It is well documented that meat eating societies breed aggression, harshness, selfishness, violence and intolerance.

Famous vegetarians include, Plato, Buddha, Pythagoras, Mahatma Ghandi, Tolstoy, Wagner, St. Francis, George Bernard Shaw, and many other too numerous to mention.

The spiritual, or aesthetics of vegetarians and carnivores could not be better highlighted by the simple example of deciding whether you would prefer to pat a lion or a deer.

Think about this, and also look up Deut 15:23 and genesis 1:29 in your bible for perhaps the final words on the matter. Sorry meat eater.

Yours in health. Peter Hansen.



# BEACONSFIELD TIMBER AND HARDWARE Pty Ltd

Gerald and his staff would like to take this opportunity to thank everyone for their support throughout 1994.





We hope everyone has a Merry Christmas and a Happy New Year.

Drive Safely and we hope to be able to help you with your timber and Hardware requirements in 1995.

BEACONSFIELD TIMBER AND HARDWARE Pty Ltd Lot 2 Beaconsfield Ave. Beaconsfield Tel. 707 5055

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The organisers of the 1994 Beaconsfield Bonfire Night would like to thank residents for their support in bringing down their combustible garden refuse to build up the fire. Those attending will agree that the burning of the bonfire was particularly spectacular on the night.

However it must be noted that some lazy, thoughtless persons abused the opportunity to drop off combustible waste by dumping spare wheels, plastic bags of grass cuttings, mattresses etc.. on the pile. In typical cowardly fashion, this was all deposited at the back of the fire out of sight. The Council grant the Progress Association special permission each year to hold this event. Dumping of this non combustible household rubbish not only puts the future of this event in jeopardy but the culprits themselves could be fined by the Bye-laws Officer for rubbishing the Council Reserve.

Footnote :- Members of the Progress Association extracted and disposed of most of the unburnable waste before the night.

# **BONFIRE COLOURING COMPETITION** A HUGE SUCCESS

beaming smiles and look of pride on the faces of the winners at the presentation. Well done everyone you all did a terrific job.

Winners were: Bryce Williams, Emily Jagiello, Kristen Van Vliet, Todd Cousins, Rebecca Weeks (overall winner), Leah Kapitany and Adam Lawrence.

Special thanks to those who donated the lovely prizes-Kath Clarke, Dorothy and Roy Simpson, Buttons and Bows Childcare Centre, Beaconsfield Progress Association, Kaye & Paul Cohen, and Dulcie & Tony Rushton.

Below Winners of Colouring Competition L-R. Kristin Van Vliet, Rebecca Weeks, Adam Lawrence, Bryce Williams and Emily Jagiello. Absent Todd Cousins & Leah Capatina.





122 Princes Hwy., Beaconsfield

# SWEET AND SOUR

BUTTON AND BOWS



How do you measure success, particularly of something like a colouring competition.

Could it be the number of entries, 65; the quality of the entries and difficulty of choosing the winners; the crowd around the display at the bonfire; the excitement at the other end of the phone when winners were rung (I think some mothers mistook me for the man from Tattslotto); but for me it was seeing the







# BEACONSFIELD SCOUTING NEWS

### DISTRICT SCOUTS ON COMPETITION CAMP

Beaconsfield's Devil Patrol represented by Tristan Kerr. Andrew Bartlett. Garth Keppel, Elijah Nguyen, Daniel Riley & Marcus Wilson, competed in the Toomuc District Annual Competition Camp over the last weekend in November. Patrols from ten other Troops in the District also competed.

Congratulations to Officer Troop for successfully winning the Shield. A well deserved reward for "food camping" in true Scout style.

Patrols were assessed on gadget making, camp layout, Health & Hygiene, Cooking Skills, menu Planning and Rostering duties and Entertainment.

The Patrol and their Guest Assessor dined on Roast Lamb, Roast Potatoes, Pumpkin, Carrots and boiled peas, Chocolate pudding and fresh fruit salad. The roast was cooked in a "Drum Oven" Well done Beaconsfield on being runners up.

Congratulations to Marcus who was awarded "Camp Champ" by Devil Patrol. Thankyou to our Scout Leader Darcy for being there with us.

### BEACONSFIELD SCOUTS OFF TO PERTH IN JANUARY

5 Boys and a Leader are joining approximately 3300 other



Above :- L-R Andrew Bartlett, Marty Veenstra, Joan Horton, Tristan Kerr and Malcom Horton.

Victorians in the Victorian contingent at the 17th Australia Jamboree in Perth, W.A.

The Scouts have been washing cars while their parents have been assisting at the Blue Light Disco to raise some off the money needed for such a far away holiday.

The six leave Dandenong by bus 5 am. on Thursday 29th December and arrive in Perth shortly after breakfast, W.A. time.

This is an adventure of a lifetime as a Scout usually only has one opportunity to attend such a large gathering of Scouts. It is expected there will be over 12,000 Scouts and Scouters including a small contingent from Nepal and a Troop from Singapore in Sub Camp 300 at Perry Lakes.

Tristan Kerr and Malcolm Horton have been chosen as Patrol Leaders within the Jamboree Troop, In all there will be five Patrols, each with 6 lads and a total of 30 boys in Troop 327.

Beaconsfield are joining with 14 boys from Ballam Park, 7 from Kerang and 2 from Beaumaris together with Leaders from each of these Troops.

Beaconsfield Scouts met the other members of their Troop at a Pre-Jamboree Camp at Beaumaris in early October. The 2 days were spent on "getting to know you" activities.

> Since then each Scout has been busy making a Name Board each and a patrol flag for the Troop Gateway at Perry Lakes.

Badge Swapping is a favoured activity at all Jamborees. This jamboree will be no exception as a Special Toomuc Badge has been made for the 17th Jamboree, 1995. The 18-20 Scouts and Leaders from Toomuc District will each receive a supply of these badges.

With the promise of Hot weather in Perth in January everybody is looking forward to plenty of water activities. A good time should be had by all.

"What lies behind us and what lies before us are tiny matters compared to what lies within us."

Ralph Waldo Emerson

# THANKYOU

We thank the community of Beaconsfield and surrounding municipalities for their support over the past 9½ years of being in business as Beaconsfield Automotive Services.

The decision to depart from our business was not a decision made in haste. Currently we are catching up on "Gunna" jobs around the house. This should keep us occupied until well into the New Year.

We wish Robert & Roslyn Robinson, the new owners of Beaconsfield Automotive Services, our best wishes for a successful transition.

Again, thankyou for your patronage and especially your friendships. We wish you all a very Merry Christmas and a safe and Happy New Year.

Michael and Mary Perk.

# **NEW OWNERS**



Above :- New owners Robert and Roslyn Robinson outside their new business.

Local residents of Beaconsfield, Robert and Roslyn Robinson are now the new owners of Beaconsfield Automotive Services, situated at Factory 1, 94 Prices Highway, Beaconsfield.

Robert who has had thirty three years experience in the Motor repair industry , is a qualified motor mechanic offering service and repairs to cars and light commercial vehicles, any make or model. Robert and Roslyn previously operated a Service Station and Mechanical Workshop for over twenty years.

Mary and Michael Perks who started Beaconsfield Automotive Services almost ten years ago, are now taking a well deserved break.



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# **Beaconsfield Sport**

BEACONSFIELD ( TENNIS CLUB NEWS

(Written by M. Chatfield)



Margaret Chatfield

Another busy year nearly over and Christmas not far off. End of season and Christmas Break-Up parties have been arranged for the club and individual competitions in the club.

I'd like to wish everyone on behalf of the Beaconsfield Tennis Club a Happy Christmas and Safe and Prosperous New Year.

#### MID WEEK LADIES COMPETITION

Tuesday Section 7 + 10 have made it to the Grand Final with each coming from 4th position. Great effort. Section 7 team members -Brenda Douma, Julie Atkins, Carol Ronalds, Lyn Thorpe and Margaret Appleyard. Section 10 team members -Chris Blunden, Robyn Baker, Bev Bristow, Margaret, Margaret Chatfield and Jenny Shepherd.

Congratulation to Tuesday sections 2 649, Wednesday Section 3 and Thursday Section 3 who had made it to the finals.

Midweek ladies Competition enquiries to Pat Schelling (03) 707 1839

### SATURDAY JUNIORS AND SENIORS

Saturday Juniors and Seniors cease play on the 17th December and recommence on the 4th February, 1995.

The Juniors Christmas Round Robin is being held on Friday 16th December at 4.30pm,.

Congratulation to Regan Morehu who played in the Berwick & District Team for boys 14 and under Shell Squad. The team won their grand final in a very close match on 20th November.

Saturday morning Juniors enquiries - Heather Sanders 707 2081

Saturday Afternoon Seniors enquiries - Dawn 704 6852 Coaching enquiries - Robert Kieghery's (059) 644 043

### THE BAG COMMITTEE

Our Annual Street Stall in October was once again a great success due to helpers on the day and donations of goods by club members raising \$320.00. A special mention, Lyn Thorpe's Berwick Wholesale Nurseries for donation of a large numbers of pots of yellow violas. They made a very bright display around the stall table.

The M & M Chocolate drive is still proving popular and looks as though we will have the same result as last year. Thank you to club members.

#### NIGHT TENNIS COMPETITIONS

Tuesday Night Beginners to B Grade "Unisex" any enquiries contact Margaret Chatfield - 707 2016

Thursday night A & B Grade mens enquiries - Brian Crockett.

To become a member please contact Jenny Shinners - 707 2575

Hire the courts please contact Margaret Chatfield - 707 2016



In a good start to the season, all grades have put in strong performances. This year we are coached by Derek Brown for the second consecutive season, and we welcome several new players from far and wide to the club. We have again entered five senior and three junior sides; the only club in the West Gippsland Cricket Association to do so.

Despite rain early in the season causing disruption to several games, most have been completed with Beaconsfield winning eight of the twelve games completed so far. In the juniors, there has been similar success. After struggling for numbers earlier, we are now almost to the point where we can field full sides every week. However, we are very keen to hear from anyone interested in a good game of cricket, with the biggest and strongest club in the W.G.C.A. We are especially keen to hear from any juniors in the area interested in learning and enjoying cricket. In Under 12, Under 14 and Under 16 grades.

President :-

Alan Tomamichel - 707 2380, Secretary

Alan Sauvarin - 704 8931, Junior Co-ordinator -

Don Kerslake (059) 413 736

# PAKENHAMLITTLE ATHLETICS

The Pakenham Little Athletic Centre, incorporating inter-athletics, caters for the 5 - 17 year age group providing a range of track and field events including sprints, hurdles, middle distance running, high jump, long jump, triple jump, shot put, discus and javelin. The season runs from September through to March and is conducted at the Pakenham Consolidated School Oval on Saturday mornings from 8.30 - 11.30am. and includes some twilight meetings starting at 5.30pm on Friday nights, fol-

Our motto is "Family, Fun and Fitness" with the emphasis on providing each individual child with the knowledge and confidence to compete at each event in a safe and caring environment. Children join Little Athletics for a variety of reasons and we endeavour to cater for their needs whether they be social, fun or serious competition.

lowed by a social sausage sizzle.

Region Relays were recently conducted at Springvale Centre where our teams did very well with the Under 14 boys composite team including Leigh Jones and Luke Kapitany qualifying for the State Relays in three separate events. Cross Country events are available for athletes wishing to compete over the winter months.

Any interested persons are welcome to come along to one of our meetings and have a try-out. Programs and information is available from Cheryn Jones, President on (03) 796 1225 or Diane Barley, Secretary on (059) 413802

## LOST

Tennis Racquet, Friday 4th November, in the Recreation Reserve. Wilson Staff Matrix Series 95. Phone 707 2016.

# SAFE OFF ROAD MOTORCYCLING SHOULD BE ENCOURAGED.

(Written by John Joyce)

In the last issue there were articles on trail bike riders. It is true that residents and land owners have clear rights. However where does this leave the recreational off road motorcyclists?

The unregistered rider has very little opportunity to ride and our area has a growing number of dirt bike riders particularly at school holiday time.

Trail bike riding is a legitimate recreational pastime, and the various authorities should recognise their needs. In the City of Berwick a track is located at Abbott Rd., Hallam. This track caters for all types of casual and social riders 3 weekends a month. On the fourth weekend Dandenong Junior Motor Cross Club conducts racing, for beginners to expert grades.

Enquiries for the Hallam track can be directed to Mr Barry Deal 795 3539.

The competition aspect of the sport is well controlled and safety is paramount. In fact, Motorcycling Victoria, the controlling body, conducts holiday programmes to introduce riders to all aspects of riding off road bikes. The instructors are all Victorian Institute of Sport Accredited, and they can relate to the needs of riders at all levels. The programs are run by Trevor Thomas. - Business 716 1182

There are many parents and riders who are continually vexed by the problem of where bikes can be ridden. In fact if you feel that your local council could do more for your chosen sport then ring your local council and tell them



Beaconsfield Swim School wish all their clients a Happy Christmas and prosperous New Year.

The swim school has been in operation for less than two years. It is very pleasing for owners Michael and Jennifer to see the steady improvement in their pupils.

In December this year a number of 7 and 8 year olds

about your needs. The Council recreation Officer is usually helpful.

Responsible and safe off-road motorcycling should be encouraged.

Ed. John Joyce is a local resident and is on the controlling body of Motorcross Sport and has 2 boys racing motorcross

who have graduated from lessons to the squad programme will be attempting their first non stop 1 km swim.

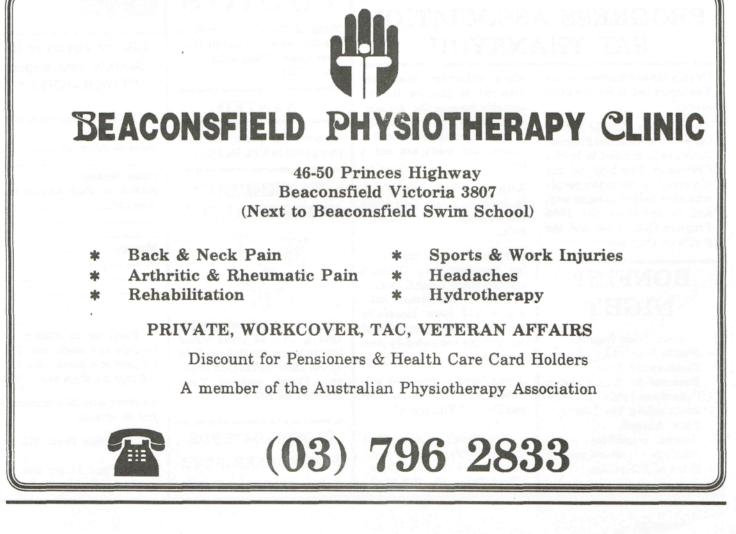
BEACONSFIELD

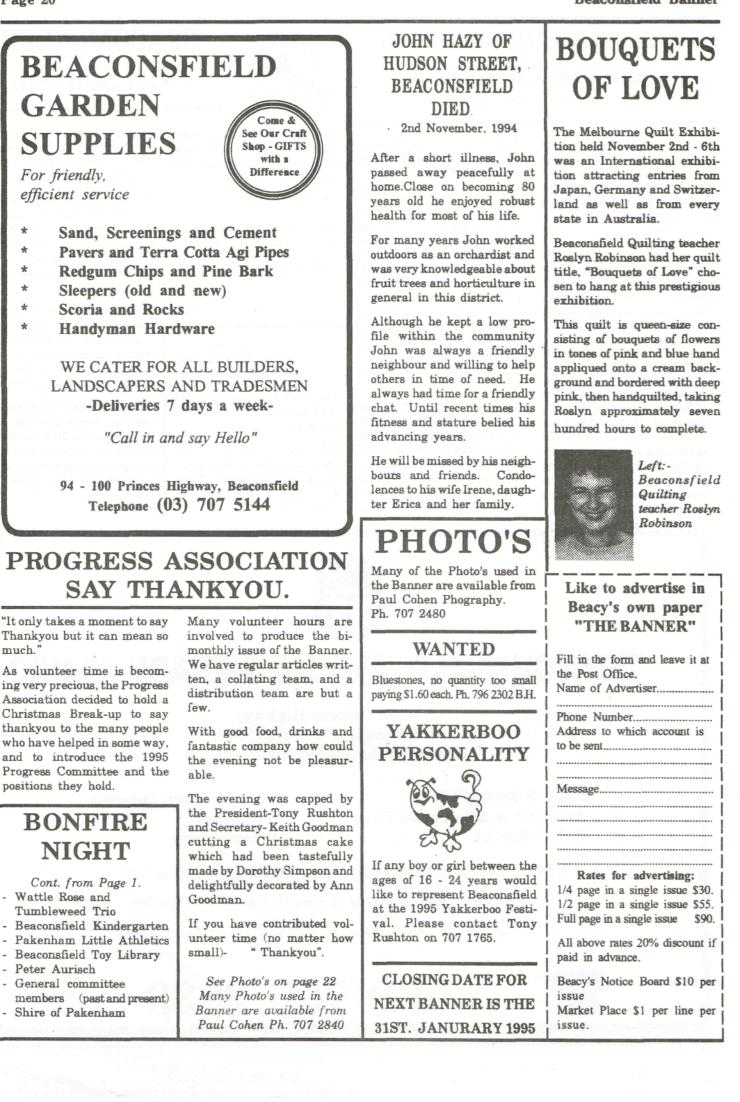
SWIM SCHOOL.

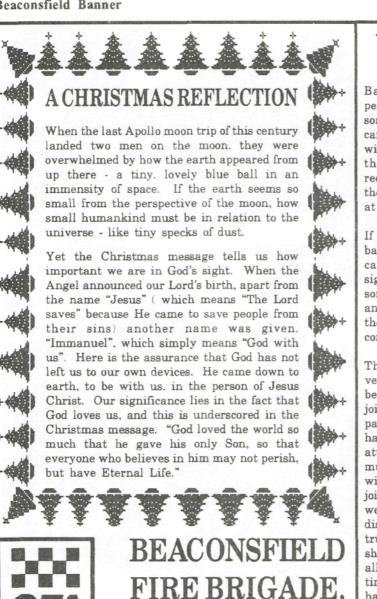
Michael and his teachers are confident that their swimmers will achieve their goal. Most swimmers in the squad programme are swimming 1 km plus per night in preparation for their event.

Many parents have remarked how their childrens health and fitness has benefited from the regular exercise and while not keen to admit it the children can now out swim their parents.

The Swim School will be closed over the School holidays and will resume on 30th January. During this time the pool will be repainted and maintenance work will be done ready for the New Year.







Beaconsfield Fire Brigade are looking for enthusiastic, committed people, who wish to provide the local community with a service they need and deserve. Fire Brigade are called to a variety of incidents - not only fires. Availability of personnel, due to work commitments, busy family lives. are sapping the Brigade's strength.

Although a voluntary organisation, more and more work is being loaded onto a few shoulders.

Involvement in Fire Brigade activities gives you skills which assist in protection of yourself and your family.

We take recruits from 16 yrs of age and any women looking for something different, this could change your life.

If lack of time is a problem, please speak to someone on how little time can be spent and achieve great satisfaction to yourself in the knowledge you are doing something for your community. We need to be ready for that summer that wants to catch us unawares and it will !!!

The Fire Brigade meets Sundays between 9.30 - 12.00 noon.

Enquiries: 707 1389 707 1572 A H 707 5636



# Watch Your Back !!!

Back pain affects eighty percent of the population at some stage of their lives. It can range from minor aches with a feeling of weakness in the back to more severe reoccuring pain that disables the person for days to weeks at a time.

If people understood the way back problems progress and can recognise the warning signals then they are having some control over their pain and can minimise stresses on the spine with proper and consistent backcare.

The spine consists of 24 vertebrae that have a disc in between each one and a small joint on either side at the back part of the spine. The vertebrae have various processes for the attachment of ligaments and muscles to give it stability with motion. The role of the joints is to guide movement as well as act as a restraint. The disc bears the weight of the trunk, head and arms like a shock absorber but it has to allow full motion at the same time. To achieve this the disc has a jelly like centre which is held in place by many concentric rings of strong fibrous material like rings of an onion.

As body weight is loaded onto the spine the jelly nucleus is compressed and puts stress on the layers of the disc wall. As you move in one direction, eg. bend forwards, the nucleus is pushed backwards putting more stress on the back wall of the disc and behind this are the spinal nerves as well as many other structures.

The problem with our lifestyles is that people spend most of their time in flexion, ie. with their spine curved forwards such as sitting, housework, gardening, driving and many more activities. The bad postures adopted are also in flexion and all of this strains and weakens the back wall of the disc. What is needed is to maintain a mid positon of our

spine so the stress is minimised and to ensure that full motion is available in all directions. The most frequent loss of range in the lower back is extension or arching backwards and this needs to be stretched to counterbalance the effects of the flexion in our lives.

Mild pain is often due to strong or prolonged stretching of the disc wall and can be related to poor posture or flexion activities. Sudden onset of pain indicates some tissue has sustained too much stress and has been damaged. This could be minor and resolved in a matter of days or be more serious where the disc wall has been torn and some people require surgery to help relieve the pain. Back pain typically increases in frequency, strength and takes longer to heal as years go by and if this pattern is emerging it is definitely time to pay attention now before it is too late.

Backcare rules to live by include:

> sitting tall with a lumbar roll or towel rolled up and placed behind at waist level when sitting regularly arch the

lower back with prolonged sitting use the knees to lift

and keep the back straight regularly reverse the forward flexion posture by arching back with your hands in the small of the back

think what effect an activity will have on your back before you start



