Universities - timid, insecure and conformist

By Alison Graham

A leading expert on higher education believes that Australian universities are now overshadowed by the towering American system, are in a state of perpetual insecurity, and dominated by the theories of management and economic rationalism both of which have led to timidity and conformism.

Simone Margison, Senior Lecturer at the University of Melbourne’s Centre for the Study of Higher Education and author of Education and Public Policy in Australia, made his comments at the University Forum organised at the end of semester by the Centre for Advancement of Learning and Teaching.

The core of his argument was that while our universities had undergone enormous change, most universities it seems better to be a second rate Harvard or MIT or Edinburgh than to develop our own distinctive institutions - all of world class.

“While the particular fields of research and scholarship are becoming more diverse, our notion of what makes a good university seems to be narrower, monocultural. Despite all the talk in Australia about new national and regional identities, the republic and the Asia-Pacific century, for most universities it seems better to be a second rate Harvard or MIT than to develop our own distinctive institutions - all of world class.”

Parking gets big shake-up

In a major move designed to save the University both time and money, all parking infringement notices issued on campus will now be dealt with by the Commercial Services Unit of the NSW Police Service. Under the new arrangements, the ticket left under your windscreen will be the same as you would receive for illegally parking in a public street.

This doesn’t mean, however, that police will be issuing the tickets. University security staff will still monitor parking. The change will be in the method of payment and in the follow up should the fine be left unpaid.

“Last year the University had unpaid parking fines of just over $60,000,” Estates and Services Unit Director, Don Foster explained. “About half belonged to students and half to staff and at present the University has been paid a little over half of that amount. Under the new system, the parking fines will be payable to the NSW Police Service, not to the University, and hence they will not be debts owed to the University,” he said.

Mr Foster said that contrary to what some may think, monitoring parking and issuing tickets was not done simply as a way of raising revenue.

“Cars parked illegally or dangerously can create safety problems as well as impeding the smooth flow of traffic around the campus. We also have an obligation to issue notices to drivers who damage the native vegetation by parking where they shouldn’t. We don’t do it just for the money. Believe me, if everyone parked as they should, we didn’t have to issue any infringements, I’d be delighted.” The standard fine, determined by State legislation, will now be $55 - that’s an increase of $40 for a straight parking infringement and an increase of $10 for not having an appropriate University parking sticker. In a related move, changes have also begun to the way parking spaces are designated. Staff who use carparking

Road works, road works everywhere - when they're finished we'll have a new internal link road and bus interchange, and a greatly improved roundabout at the western entrance.
The DRUM

In the past twelve months we have made considerable efforts in promoting the University, and raising its profile throughout the State. Some of this involves schools liaison, which many academic staff have long seen as an ordinary part of their work, and some of it involves straight-out advertising and marketing. A number of administrative staff have made enormous contributions to this, and the University should be aware that the Equity Unit, as well as the External Relations Division have worked very hard in this area.

There has been expenditure, but it is probably true that the University has not been as active as many of our colleagues in this area. One may wonder why we are doing this: in the first place, we may not be very happy with the University of Sydney if we are under-enrolled. Thus, the marketing activities are about the prevention of income loss. Secondly, it is part of an attempt to ensure that we have high-quality students enrolled in the University, thus increasing its overall standing and ensuring that the staff teaching is a satisfying and fruitful task. We wish to ensure that we have high-quality students throughout the University, and not just in very high demand areas such as Medicine or Law. Thirdly, there are many activities now being undertaken in the University which raise revenue, and these are actually the key to the future wealth of the University, and the strength of the University Foundation. Revenue raising in all respects is enhanced if the University has a strong public profile. The obtaining of research grants is now a very competitive activity, and the stronger the profile of the University, the easier it is to raise government and industry grants, which now, under the Research Quantum system, themselves create more revenue for research.

Some say the University may regret this kind of development in the university culture, because it seems to contribute towards the commoditisation of education. This is indeed a concern but the fact is that we generally have no alternative for the kind of reasons outlined above. Many staff on the other hand welcome these opportunities, and enjoy the activism they provide.

Barry checks out the pipe's "burial" site on Kooringang Island.

Australia has over 200,000 kms of water mains and some of them were laid more than 100 years ago. They are still in use today and no-one knows the exact extent of their remaining lifespan. This is a major safety issue for a multi million dollar industry.

However, research being carried out at the University may be able to help water authorities predict which mains are going to fail and what factors influence a water main's lifespan.

Barry Watkins, a Masters student from the Department of Civil Engineering and Surveying, has devised a project to test out the endurance of a water pipe and determine what conditions influence the pipe's performance over time. He will also monitor the pressure fluctuations on a live main.

In cooperation with the Hunter Water Corporation, the Roads and Traffic Authority, Tube-makers and the Port Waratah Coal Services, Barry has laid a pipe beneath a road at the Coal Loader on Kooringang Island. As large numbers of heavy trucks will drive over the pipe every day, the stress it is subjected to will be measured by sensitive instruments which Barry has attached to it.

"My aim is to predict when a water main will be in need of repair or replacement, given certain conditions," he said. "The instruments will measure the strain on the pipe when the trucks go over and, by analysing this data using mathematical models, I hope to be able to predict the extent of metal fatigue over time."

Until now very simplistic tools have been used to predict the future performance of the system. When Barry completes his research, water authorities will have a more scientific tool for assessing the state of their water mains network.

Dr David Nicholas, Hunter Water's Corrosion Engineer, welcomed the research initiative. "There is currently very little quantitative information on the external loading on water mains and sewer mains," he said.

"Premature failure of mains is a complex interaction of corrosion damage and internal/external pipe loading. Barry's work will give us better information on material performance under load."

The project is being funded from an Australian Research Council grant research.

Welcome

Welcome to the first edition of The Earl. We hope you enjoy it. Our aim is to provide staff with a regular means of keeping in touch with what the University is doing and what everyone is up to. We'll bring you news, reviews and interviews and anything else we think you'd be interested in.

To do this successfully we'll need your help. We will, of course, be keeping our collective ear to the ground, but if you've got a story to tell or you know someone who has, let us know and we'll follow it up.

We welcome letters (but they must be signed) and any suggestions about subjects you think we should highlight. I can be reached on 71112 or email agrahame@seagoon.newcastle.edu.au.

The Inner Earl will contain much of the information that the old Collage used to contain but some of it will not be reproduced in full - we'll flag it but you'll find the details on the Campus Wide Information Service (CWIS). This will enable us to use the limited space we have more effectively.

If you want to place material in The Inner Earl just contact Rose Roohan on 6463 or drop her line. Email prm@cc.newcastle.edu.au.

Alison Graham
Editor
The Navy drops in

It was all part of practising their English when international students from the Language Centre gathered on H4 6 Oval recently to greet Sub-Lieutenant Matthew Shand, a pilot in the RAAF Arm of the Australian Navy. Lieutenant Shand was invited to the University to talk to the students about his career, the role of the Navy and to show them over the helicopter.

The students (1 to r) are Sylvia Lau, Allen Tam, Christine Yan and Tessa Hirooka.

The University of Newcastle the Ear

Unis timid, insecure and conformist
From Page 1

by Allison Graham

Don’t mediate - mediate

Dissuade litigation. Persuade your neighbour to compromise whenever they can. Point out to them how the nominal winner in litigation is often a real loser - in fees, expenses and wasted time.

This was the advice given to his fellow lawyers by US President Abraham Lincoln. It is advice which according to Professor Warren Pengilley from the Law Faculty is as sensible an age today as it was then, probably more so.

Speaking at the launch of the NSW Law Society’s new mediation kit, Professor Pengilley said that most disputes were only periodically legal disputes. "In most cases they are 'people disputes'. Seven eighths of the disputes, like the iceberg, is obscured from view. The court can deal only with the visible one eighth."

In his address entitled "Why Mediate?", Professor Pengilley said that the current battle between the Australian Rugby League and Rupert Murdoch’s Super League currently before the Federal Court, was a case tailor made for mediation but like as many others won’t get to that stage until the people involved realise that winning won’t necessarily give them the result they want.

"The most important and long lasting motivation to do anything, even if not the most frequently recognised, is reward," he said.

Professor Pengilley referred to the accusation often levelled at lawyers that they disliked mediation because it was cheaper and therefore cut into their ever diminishing profits.

"In some cases I believe that lawyers have a lot to answer for in relation to their dispute handling techniques but be that as it may in the past, lawyers are now certainly embracing mediation."

Professor Pengilley said that in the United States it is professional arrogance in many jurisdictions not to point out to a client the possibility of mediating a settlement. "Things have not gone this far in Australia yet - and I emphasise the word 'yet'. But I do suggest that a lawyer is in a much better position when his or her client is complaining about the high cost of their litigation if the lawyer can remind the client that..."

"If there is a mediation theme, it is that, even in dispute, we should continue to be happy citizens," Professor Pengilley said.

Mr Marginson was hard pressed to hide the contempt he felt for the theory of economic rationalism and what he believed it had done, and was continuing to do, to universities.

"The economic rationalist imagines that the university can become a competitive and profit making concern, based on measurable inputs and outputs, with bankruptcy sanctions for the company and market share sanctions for the manager, without violating its specific character as an university. Of course this does not work in practice - the university has more than economic objectives, and if it was completely 'rationalised' along these lines it would cease to be a university. This is obvious to most people who work in universities, yet it has not led to the withdrawal of economic modelling. Instead, every effort is made to press the university into the mould as far as it will go. The outcome is a hybrid, semi-corporatised university, in which academic tradition is one of the items displayed for sale, much of the learning is credential rather than content driven, and scholarship becomes seen as copyrights, as saleable intellectual property."

Management theory also came in for some sharp criticism. Management courses, both academic and vocational, had mushroomed, he said, with 21% of all students now enrolled in such courses. "In his address entitled "Why Mediate?", Professor Pengilley said that the current battle between the Australian Rugby League and Rupert Murdoch’s Super League currently before the Federal Court, was a case tailor made for mediation but like as many others won’t get to that stage until the people involved realise that winning won’t necessarily give them the result they want.

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"Given the powerful effects of this knowledge in the contemporary world, it is remarkable that it has experienced so little critical reaction. "But like economics, it guards its own assumptions that organisation is necessarily hierarchical; that collective commitment must be created from above; that human relations are necessarily competitive; that human beings are driven by fear and manipulated by tangible material rewards - we live with the effects of these assumptions which have been absorbed into the organisational design of companies."

Mr Marginson also warned of the dangers of managerial control both in Government-university relations and in universities themselves. Systems of direct accountability used by the Government, shaped the inner life of institutions, he said, and sophisticated systems

Two win inaugural award

Postgraduate students gathered last month at City Hall for a dinner at which the inaugural Supervisor of the Year Award, created by the Post Graduate Association, was presented.

President of the Association, May Nilsen, said that they had decided to create the special award as a way of rewarding excellence.

"A supervisor can be critical to the success or otherwise of a post graduate student's work and we wanted to set up an award which would recognise their contribution."

The judges faced a difficult task and in the event, two supervisors - Dr Elizabeth Baynham (Classics) and Professor Nik Bogduk (Anatomy) - shared the award.

But without

"D

Don’t litigate - mediate

by Allison Graham

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Continued - Page 5
Molecular architecture - the shape of things to come

Professor Graham Lawrance, who was appointed to a Chair in the Department of Chemistry, enthused, "Chemistry as the central science, is not static; growth in the discovery and synthesis of new chemicals is occurring faster than ever before and so it is logical for her to continue on with a combined honours program. Rachael Hutchinson, who has previously been translated, is being awarded a scholarship to study for a year at Kumamoto University. Her degree involved double majors in Japanese and history and so it was logical for her to continue on with a combined honours program. Associate Professor Peter Hempenstall from the History Department said that competition for the scholarship was intense and that Rachael had won against a field of 36 applicants from around the country. "It is also the first time someone is going to Oxford on the scholarship to study Japanese," he said. "Normally scholarship winners pursue studies in engineering or computer science." Rachael leaves for Oxford in September but won’t be taking it easy between now and then. She is continuing to translate more of Nagai Kafu’s stories so she won’t find herself snowed under with work when she gets there. "I’m also looking for a part-time job!"

A special farewell

International students were given a farewell in the Great Hall at the end of last year to celebrate the end of their studies at the University. The ceremony, hosted by the Pro-Vice-Chancellor (External Relations) Professor Jenny Graham and attended by the Lord Mayor of Newcastle, Mr Greg Heys, the Vice-Chancellor, Professor Raoul Mortley, and Secretary and Registrar, Mrs Gem Cheong, was a way of formally acknowledging the efforts of the students (most of whom will not be able to attend their graduation ceremonies) and to give them a special event to remember the University by. "International students make an enormous contribution to the cultural life of the University and so it’s only fitting that we give them a big send off when they return to their own countries," Professor Graham said.

As part of the ceremony each student was presented with a Certificate of Appreciation.
Welcome to the first edition of The Inner Ear. As you can see we've tried to slim it down a bit and design it in such a way that it's easier on the read.

Some of the changes which used to be printed in full in the old College will no longer appear in The Inner Ear but we'll insert a flag to let you know they are available on the Campus Wide Information Service (CWIS). We've done this in the belief that the new technology is there to help save trees - so this is our small contribution.

If you are inserting a classified advertisement then all we need is hard copy (preferably typed as we sometimes get into trouble with tricky handwriting). If you are contributing something longer it would be ideal to insert it on disk (Word 6 or WordPerfect 5.1 only) but without any formatting: That means no continuous upper case, no tabs, no columns or fancy borders - in fact no design at all just plain text with a hard copy. We will be happy, of course, to accept contributions via email and the same guidelines apply.

If you have any queries about any of this don't hesitate to give me a call. My extension is 71/2 and my email is agraime@newcast. If all of the above is straight forward and you just want to put something in The Inner Ear, please phone Rose Roothan on 4463 or email her on prro@cc.

Alison Grahame
Editor

Community Programmes

LEISURE & RECREATIONAL PROGRAM

Depression - The Hidden Disease
One night lecture only (Code 209)
Wednesday 13 March
Fee: $12 Time: 6pm-8pm
Venue: The University

Inside the Chamberlain Case
One night lecture only (Code 210)
Wednesday 20 March
Fee: $12 Time: 6:30pm-8pm
Venue: The University

Broughton Island National Park
One day cruise Sunday 24 March
Fee: $40

PROFESSIONAL DEVELOPMENT SHORT COURSES

Essential Skills for Supervisors
Dates: 6mar sessions commencing 19 March
Fee: $395. Time: 4pm-7pm
Venue: University Union

For the full program see the CWIS

Music Appreciation Group

Meets the 1st Thursday of the month in room 416 in Newcastle Conservatorium at 10.30am.

Next Meeting - 28 March
Michael Davison "The Music and Culture of the Aboriginal People" - Michael excels on the didgeridoo!

For information please telephone John Allen on 49 7421.

Deadline and Publishing Dates

Issue 2 Copy deadline: 5 March 10am Distribution date: 19 March
Issue 3 Copy deadline: 19 April 10am Distribution date: 5 May
Issue 4 Copy deadline: 7 May 10am Distribution date: 21 May
Issue 5 Copy deadline: 18 June 10am Distribution date: 27 July
Issue 6 Copy deadline: 9 July 10am Distribution date: 23 July
Issue 7 Copy deadline: 10 July 10am Distribution date: 29 July
Issue 8 Copy deadline: 10 Aug 10am Distribution date: 4 Aug
Issue 9 Copy deadline: 10 Aug 10am Distribution date: 11 Aug
Issue 10 Copy deadline: 1 Oct 10am Distribution date: 17 Oct
Issue 11 Copy deadline: 20 Oct 10am Distribution date: 26 Oct
Issue 12 Copy deadline: 22 Oct 10am Distribution date: 3 Nov
Issue 13 Copy deadline: 22 Oct 10am Distribution date: 10 Dec

it MATTERS

UITG now ITD

The University Information Technology Group is now the Information Technology Division. What's in it for you? Let's look at what's new.

Well this marks the beginning of a new era for information technology services to the University. During 1996 a University Strategic Plan for Information Technology will be developed, new administrative information systems will begin to be implemented through the UniPower initiative and staff opportunities for training in information technology will be on the increase. Want to know more? Then watch this space!

PPP Access is now available for University Staff.

Staff can now be registered to connect their home computer via a modem to the campus network using PPP (point-to-point protocol) which allows you to use software such as World Wide Web browsers (Netcape Navigator) and electronic mail programs (Eudora). In fact, most things you can do on a campus-connected Mac or PC can be done over PPP except for access to Novell servers.

The minimum modem speed for Network Level Access is 400 bps. For those wanting to buy a new modem we recommend a 28800 bps (ITU/V34 standard modem).

To register please contact one of the Help Desks or complete a grey "Registration (Dial-in Network Level Access - Staff)" form requesting that PPP access be enabled for your existing modem username. Once registered you will receive information on how to obtain and install one of the software kits for Macintosh or PC compatible (Windows 3.1) or client configuration details (eg Windows-95).

It is anticipated that an announcement concerning Network Level Access for Undergraduate and Postgraduate students will be made soon.

UniPower

The University is part of a group of nineteen universities which are working together to develop a full suite of integrated administrative information systems. The major benefits of the initiative will be the development of an integrated suite of software which will make available greatly enhanced management information; opportunities for working collaboratively with a number of universities and an Australian product geared to the Australian education environment. The first of the modules, Research and Consultancy has been released to the lead site and Human Resources, Finance and Physical Resources modules will be released to their lead sites in the middle of this year. The University is establishing a Steering Committee to guide the implementation of the UniPower software at the University.

Linda O'Brien, Director of Information Technology

Convocation, the graduate body of the University, takes pleasure in inviting you to the

1995 CONVOCATION ANNUAL AWARDS DINNER

7.00pm for 7.30pm, Friday March 15, 1996
Southern Cross Lounge, Shortland Union Building

1995 Convocation Gold Medal for Professional Excellence will be presented to Professor Graeme Halford and Professor Katherine Heinrich and the 1995 Newton-John Award for outstanding community service and promotion of the arts in the Hunter will be presented to Pierson Longworth Undergraduate Student Awards, including the Newton-John Memorial German Prize and Newton-John Memorial Music Prize, will also be presented.

Cost: $40 per head

For tickets and further information, please contact the Convocation Officer, Alison Kinder, in the Chancellery, by telephoning 21 6459 or fax 21 6400.

Farewell

A luncheon farewell for Peter Myers will be held Friday, 1 March at 12.15pm in the Brennan Room at the Shortland Union.

Cost: $16

Join us to help make this a special occasion.

Please contact Jan Taylor on 5110

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Chris Allen
Director of Information Technology

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the Inner Ear
This is the first of what is planned to be a regular library news column. It is intended to provide details of existing, new and improved services to the Library and will be a complement to the Library News Updates, a series of regular newssheets that are distributed widely in all of the libraries. We would welcome any advice on what should feature in future columns, and, of course, any comment or criticism that you may like to offer.

Music Lovers Club

Music Lovers Club meets at Newcastle Conservatorium each second Tuesday of the month at 6.30pm till 9pm in Room 416 (4th floor). Music and discussion.

12 MARCH

6.00pm: Annual General Meeting - reports, plans, etc.
6.30pm: Colle Spier: "Development of a Composition Style".
Excellence in his own compositions.
Costs: either an annual subscription of $15 for nine music evenings ($10 for students and the unemployed) or $3 ($2 concession) per evening.

Counselling Service

The following group programs will be conducted for students and staff by the University Counselling Service.

CAGLACHAN CAMPUS

Relaxation Practice Group (weekly) Commencing Tuesday, 5 March from 1.05pm to 1.55pm.
Meditation Practice Group (weekly) Commencing Thursday, 7 March from 12.05pm to 12.55pm.

CENTRAL COAST CAMPUS

Relaxation Practice Group (weekly) Commencing Tuesday, 19 March from 12.30pm to 12.55pm.
Meditation Support Group (weekly) Commencing Thursday, 7 March from 1pm to 2pm.

NOTICES

Academic Titles Committee

The Academic Titles Committee was established under a conciliation process of the Industrial Relations Commission (IRC). On amalgamation in 1989, there was a recognition of the need to address some problems of classification of academic titles from the former Hunter Institute of Higher Education as University titles.

The Committee met on a number of occasions over two and half years, to consult with members of the former Institute seeking a translation of title.

The Committee, chaired by Emeritus Professor Brian Cool, in each of its years of operation, made recommendations, to the University Council. 1995 was, by virtue of the AICR Conciliation Agreement, the last year of the Committee's work.

FOR SALE

Ladies navy slacks, size 12 (new, once-

Redesigned loan and enquiry service providing the introduction of "self checkout" facilities.
- a document copying and binding service.
- a computer teaching/training laboratory on Level 2.
- "standup express" NEWCAT terminals off the foyer.
- a combined, Rare Book, Archive service and area on Level 3.

For those applicants who were unsuccessful in having titles reclassified, the normal University promotions processes are still available.

There were two recommendations to the Council following the final meeting of the committee in November 1995.

1. Mr. Robert Asbolom, in the Faculty of Education, was reclassified as Associate Professor.

2. Professor Jenny Graham, Pro-Vice-Chancellor (External Relations) is now Professor of Community Health in the Faculty of Medicine and Health Sciences.

Sue Beach
Executive Officer

FOR RENT/HOUSEMENDING

Myall Lakes. House with library, studio, fast, pool, gardens, shools on 2 hectares. April 96 to July 96. Suits academic/ professional agenda.

$75 p/w. Please telephone Carol on 97 8189.

For further information in the hearts of the city (Church Street) overlooking Newcastle Harbour.

Weekend waling distance to Uhi transport, beaches and many other tourist sites and with city and theatre virtually at your doorstep.

Arenaps are ultra modern, fully furnished, and open onto a sun-drenched courtyard area, four bedrooms, four bathrooms (linen, kitchen equipment, etc) and are ideal for short or long term overseas visitors. No bond required. For further information, please telephone 6147.

HOUSE FOR SALE PRIVATE SALE

New Lambton Heights, brick and tile, 3 bedrooms plus study, sunroom, modern kitchen, 2 bathrooms, large garage plus carport, looking out with Hawkesbury to the north, well maintained. $215,000. Please telephone 57 5874.

Gosford, Nabund. Dramatically different: I-foyo architect (Smith) designed, passive solar, split-level b/v tile. Over 1bg, 3 br (all huge b/r's + ensuites to main), student children's loft, family room, Timber ceilings, exbs, beams, stairs, internal fest brickwork. Build to fences + dining area + entertainment units to lounge room. DM + bushland setting, abandoned garden with fruit trees. Large school b & u, 12 min to Uni. $202,000. Please telephone 43 9217 (al) to arrange inspection.

Cooks Hill. Fully renovated terrace in immaculate condition, 4th floor (no lift). In the Cooks Hill conservation area, 2/3brs, spacious kitchen, low maintenance garden. Enjoy inner city living with shops, restaurants, parks and Con all within walking distance. Priced at $179,950. Phone extension 5092 or at 26 4060.

New 3 b/r, 2 storey cellar house (Aust. const.), large rearland all round (22 squares) on 1.25 acres. Wb, ensuite, $202,000 to $300,000 to river. $13,000 or $42,000 extended. Please telephone (09) 78 1199 or 9 7284.

For Sale

Ladies navy slacks, size 12 (new, once-

Corporation wardrobe, short sleeve navy blouse size 14, $40; short navy straight skirt size 14, $40. Please telephone Robyn ext. 333.

Black dining suite, hexagonal table 4 chrome & leather chairs $160 200" girls bicycle $25. Please telephone Janice on 48 9879 or extension 6145.

Fibreglass kayak with paddle ($450) please telephone Anne Burtoft on extension 6495.

Corporate wardrobe, brick culottes size 14 (new, once-

Fibreglass kayak with paddle (fair condition). Please telephone Bruce or Andrea ext 9092 or ext. 5092.

Dolling Docking. Please phone 6086 or 57 6730.

Anita Works on paper: John - 10.

Docking. Please phone 6086 or 57 6730.

Australia: please telephone your local newsagent.

Dolling Cooking. Please phone 6086 or 57 6730.

Australia: please telephone your local newsagent.

Dolling Docking. Please phone 6086 or 57 6730.

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**Nobody panic!**

by Tim Isles

Our local shopping centres have provided the setting for an ongoing University research study about a largely hidden and often under-rated form of mental illness - panic disorder.

Initiated by clinical psychologist Dr Justin Kenardy, and funded by the Government Employers Medical Research Fund, the study has involved about 20 people who suffer from the disorder.

Dr Kenardy said the crowded hub-bub of today's large shopping centres could often trigger severe and crippling panic attacks in some people.

"An aspect of panic disorder is that many people develop agoraphobia, and while this is generally referred to as fear of open spaces, it is characterised by fear of situations from which a person cannot escape or readily access help," Dr Kenardy said.

"A spiderweb of computerised systems can be terrifying for people because they have the check-out between them and the door, and a queue between them and the check-out, and then a crowded mall between them and their car." The study group used hand-held computers while they were shopping which monitored symptoms of a panic attack and helped provide them with relief.

"I felt observed the computer in use at Stanford University in California as a device to help people lose weight," he said. "For our purposes, anyone having an attack can push a button and the computer will tell them for example how to control their breathing and how to control the frightening thoughts that can be so overwhelming," he said.

Dr Kenardy said that while the computers had initially been intended as a research tool it was found they could play a valuable therapeutic role in their own right and perhaps lessen the need for formal, costly sessions with psychologists to treat the problem.

"So we have now done a follow-up study where we compared two groups - one using the standard treatment involving as many as 12 sessions with a clinical psychologist, the other using the computer and four sessions of therapy," he said.

"That study showed that there was no difference in terms of effective delivery of treatment between the two groups, even nine months after entering treatment so it would appear that the computers point the way to a shorter, less expensive form of treatment.

"But what we now have to do is figure out if the same result could have been achieved by a few sessions of one-to-one therapy without the computers, or whether the combination of the computers and the small number of therapy sessions is the best treatment. And that is what we're doing now and we expect to have some definitive answers on this, the last phase of the project, quite soon."

**Singing, dancing and statistics**

By Alison Grahame

Mitchum Bock, a graduate of the Department of Statistics, has been awarded a three-year scholarship for postgraduate study at Glasgow University.

The scholarship, valued at $100,000, is the first to be awarded by the Scots Australian Council and was established to support outstanding postgraduate students in Australia for universities in Scotland, and to strengthen cultural and social links between the two countries.

It is funded by the National Australia Bank, the Glasgow-based Clydesdale Bank and the Council.

Mitchum, 23, who graduated at the end of 1994 with a Bachelor of Mathematics (Honours) Class 1 and the University Medal, told the Ear that he thought it was not just his academic background that won him the scholarship but that his other interests also helped.

"I may have to make a few sacrifices from time to time - part of my role as the scholarship winner will be to promote the work of the Council - and the fact that I've performed with the Gilbert and Sullivan Players, Opera Hunter and Novocastrian Productions and sung in the University choir, went in my favour," he said.

He said he was gradually accumulating a collection of winter woollies to prepare him for his first Glaswegian winter and was not to be put off by talk of snow and ice.

"The way I look at it is I may have to face three winters but I also get three summers and if the worst comes to the worst although I'm not really a scotch drinker, I'm prepared to learn," he joked.

Mitchum is currently a senior research assistant at the Queensland University of Technology in Brisbane.
F or many years the internet was a well kept secret of academia and a collection of large commercial and government organisations. As even the most current affairs illiterates will realise, however, such is no longer the case and within the last eighteen months the latest rage for idle banter and conversation everywhere is the ubiquitous "information superhighway." The internet is now in the hands of the common man, and along with this a veritable plethora of books has arisen on the subject, mostly useless - despite being labelled "essential guides". Happily, this book is a different story. Intriguingly, it is part of a series of "rough guide" travel, phrasebook and music titles covering locations from Amsterdam to Zimbabwe, and languages from Czech to Thai. In a similar fashion, this book will be of use to the intrepid internet explorer.

One excellent feature of this book which is immediately noticeable is its lack of technical discussion. Rather than try to explain TCP/IP protocols or how to configure Eudora, this book describes merely what the internet is, how it works, and what you can do with it. It is unencumbered by extraneous material and its writing is clear and to the point. "Internet books generally fall into two categories: the type that tell you far more than you want to know in unimportant areas and not enough on shortcuts; and the patronising, simplistic ones that make it look easy in the bookstore, but aren't much use once you start having problems." This guide gives it to you straight. We think the Net is a pushover. If you can figure out how to use a word processor, you can master the Net. But we know your problems, so we show you how to solve them and where to go for help. Rather than compile everything there is to know about the Net, we give you the basics and tell you how to make use of the Net itself to find out more... This is precisely my philosophy too, and hopefully that of all experienced internet users.

The book begins by responding to frequently asked questions about the internet: "Who's in charge?", "What's it going to do for me?", "Will I need to learn any computer languages or Unix?" and so on, all answered in a friendly, informative manner. The book then proceeds to explain how one goes about gaining a connection to the internet, and the differences in the variety of online services available.

Chapters on electronic mail, mailing lists, file transfer, newsgroup, the World-Wide-Web and Internet relay chat all follow - again, describing precisely what to expect and how to use these internet tools, but without being burdened by a particular package. This first section then concludes with some brief discussion of other internet applications, all still in their infancy, such as Cuseme (see-you, see-me) which allows for video conferencing, provided one has suitable hardware.

The second section provides topically ordered lists of interesting newsgroups, World-Wide-Web pages, as well as a brief listing of sites where one may obtain particular internet applications, such as telnet, netscape and so forth. The newsgroup listings are not terribly exciting, providing nothing more than a mention of the newsgroup and a brief summary of its purpose, but at least such a list is sufficient to alert one to the existence of many of the less subtle groups. The World-Wide-Web list is almost obligatory in internet books these days, and is a section where one should proceed with caution. The internet may have been dubbed the "information superhighway," but, to stretch the metaphor, one should be ready for frequent stopping due to the potholes and dead-ends along the way. The World-Wide-Web has such a transitory and volatile nature that a list that expanded when the author visited it need not necessarily be around today. Nevertheless, many of the links should undoubtedly work and as long as this is kept in mind, little frustration should be encountered.

The third section contains an interesting history of the internet, a glossary of "Net terms" and a suggested bibliography for further reading. A list of common internet acronyms eg IMHO for "in my humble opinion" and symbols :-) for a smiling face, @—@— for a rose is given which makes a handy reference, but it is spoiled somewhat by the coarse language, which really was not necessary.

The final section gives a handy list of service providers around the world, including Australia, whom one can contact in order to purchase an internet-access account - so for those poor unfortunates with no current internet access, this will finally allow them to put their newly acquired knowledge to good use. I believe this book is well worth its price and would make an excellent reference for those who hold the internet in fear and trepidation, but realise its value and wish to learn more. It is free from technical jargon, but is simultaneously free from a demeaning title like, "Internet for Dummies" - a book which is surely an offence to any educated person.

Had this book been available several years ago I am quite sure it would not have found a place on my bookshelf - it would instead been left on my desk, ready for constant access!

BOOK REVIEW

Title: Little Lies
Author: Hugh MacKay
Publisher: Picador 263pp
RRP: $14.95

by Dr Tim Dolin, Associate Lecturer, English Department

Hugh MacKay is a social researcher, commentator and journalist, and author of Reinventing Australia (1993) and Why Don't People Listen? (1994). Little Lies is a novel which draws on MacKay's experiences as a researcher of the Bruce, a notorious area in suburban Sydney. The book is divided into three stories, each narrated by a different character and exploring different aspects of life in the Bruce.

The first story, "The Beef," is told by a young man who has recently moved to the area and is initiated into the world of drug dealing and the dangers that come with it. The second story, "The Girl," is narrated by a young woman who is struggling to keep her family together after the death of her sister. The third story, "The Suits," is told by a middle-aged man who is trying to come to terms with his past and his own role in the events that led to the death of his wife.

MacKay's use of language is distinctively Sydney, with slang and colloquialisms used throughout the book. The characters are well-drawn, with complex motivations and personalities. The book is set in the late 1990s and early 2000s, and the author's knowledge of this time period is evident in the portrayal of the area and its people.

While the book is well-written and engaging, the author's use of language and the depiction of the area can be seen as a criticism of the way in which the Bruce is portrayed in the media. The book raises important questions about the role of the media in shaping public perception of areas like the Bruce, and the impact of this perception on the lives of those who live there.

Overall, Little Lies is a well-written and thought-provoking novel that offers insight into the lives of people living in the Bruce. It is a compelling read that will appeal to anyone interested in the Australian experience.

DEAR EDITOR

Dear Editor,

I was pleased to see the proposal for more frequent publication of The Ear. However, having read the statement that it was to be fortnightly and then having looked at the proposed 1996 publication dates, I was puzzled. Had the meaning of “fortnight" changed from 14 days to 21 days? Further thought (and the dredging up of memories of physics from years past) led me to recognise the Fitzgerald contraction.

Two bodies moving at different velocities measure time differently. An interval measured at three weeks in the future, say, will be measured as only two weeks inside the Chancellory. This indicates that the Chancellery is moving away from the rest of the campus at a velocity of almost 73% of the speed of light, about 223,600km/s.

John A Lambert
Centre for Literary and Linguistic Computing

Editor's note: Catch us if you can! John is quite right of course. The Ear will appear every three weeks but the time between distribution dates and the following deadline is only a fortnight and that was the message we were trying to get across.
Hated School, Loved Jazz

by Charles Grahame

PROFILE

For the love of music... "I found jazz as a teenager at school in England," he recalls, "but then only as a listener. I didn’t take up the trumpet until I was 18."

His catalytic introduction to jazz came as he was walking down the school corridor at Rochester.

"It was around 1961, in between the first rush of rock ‘n’ roll and the Beatles, and I bought that marvellous sound coming out of the music room. One of the kids who had brought in a World Record Club sampler and there was this beautiful instrument I’d never heard before. It was the soprano sax and the player was Sidney Bechet. Something moved in me and I began to haunt the library for books on jazz, and secondhand shops for records. Mostly they were the black jazzmen I read about and listened to, Dizzy Gillespie, Miles Davis, Louis Armstrong, Charlie Parker."

When he passed his O level, Michael won a book prize and was allowed to nominate what it would be. While other boys were getting boring books on mathematics and science he asked for Sidney Bechet’s autobiography ‘Treat It Gentle’.

He was 18 when his family moved to New Zealand.

"There was no academic tradition in my family, and I hated school. The truth is I spent the next dozen years as a hippie. They say if you can remember what you did in the 60s, you weren’t enjoying yourself. I did various odd jobs like labouring and gardening and somehow or other found myself in Port Moresby by the end of the decade, and straight away I loved it. In 1978 I was back in Auckland and running out of things to do when a friend suggested I try university study through New Zealand’s Provisional Admittance Scheme for people over 23. I was certainly that - about 10 years over. So I was a late starter at university."

I began on spec, as it were, doing shift work to support myself. Philosophy was my major but I took an introductory course in anthropology and had the good luck to encounter one of those charismatic lecturers who can change your life around.

At Auckland University Michael completed his BA, an MA in Anthropology and a PhD based on field work he carried out in the western highlands of Papua New Guinea in the 80s. His thesis was based on the contrast between psychiatric concepts of mental illness and indigenous ideas of madness.

Towards the end of his studies he’d bought a secondhand trumpet on a whim from a pawn shop with $120 intended for books. He was working part-time as a junior for a Salvation Army Alcoholics Treatment Re-habilitation Centre at the time and asked one of the erstwhile Salvo hardmen for a fingering chart for the instrument. With it he set about teaching himself to play. After becoming Dr Grahame, Michael taught at Auckland University for a couple of years until a chance came to return to his beloved Papua New Guinea to be a lectorship in Port Moresby. There, in 1990, a meeting took place between the self-taught trumpeter and a piano player short of a horn.

"We soon had a drummer and bassist as well and began to get jobs around town. We called our group 52nd Street and played bebop, and in another manifestation we were The Spinning Dogs Jazz Band, rather more mainstream." Michael left Moresby for the Central Coast around.”

Nothing to live for

by Charles Grahame

Elderly people who go into nursing homes because of illness should view the move purely as a temporary measure, according to Barb Fivesh, lecturer in Nursing at the Central Coast Campus of the University of Newcastle.

"Living in a nursing home is like living in hospital," she told The Ear, "it is satisfactory for a short term if you’re sick and need nursing care, but not desirable for long term residence."

Barb Fivesh has conducted an extensive investigation into conditions in privately run nursing homes as part of a thesis for her Master’s degree in Nursing. "Admission to a nursing home is often unexpected and follows hospitalisation," she points out. "Unfortunately residents usually find themselves in a dormitory rather than a single room, living with people they would not ordinarily choose to live with and who may be sick, disabled or dying. They are thrust into a foreign environment. The routine of a hospital is imposed on them and they’re treated like patients, told when to eat, when to turn out the light, when to watch TV and so on."

"Although many elderly people are articulate, admission arrangements are usually made for them by members of their family who are either unable or unwilling to look after them. Sometimes their family home is sold off, severely restricting their options since they can’t discharge themselves from a nursing home to go to. Yet in a few months they may be well enough to return home and get back on their feet. Frequently elderly residents are ill-informed about their options and caught out by why their families are not caring for them. Just being a resident of a nursing home is a constant reminder of their decline, with nothing to look forward to but life in an institution."

Many of the people she spoke to had a sense of hopelessness, with few kindred spirits to talk to, the boredom of one day seeming like another, and a feeling of having no one to look after them."

Barb Fivesh believes the community should be better educated about the possibilities of home care and government subsidies that will help pay for it, and look closely at the range of alternatives that will allow the elderly to keep their dignity and feel a part of mainstream life. I believe nursing homes should be offered to both residential and non-residential short term rehabilitation or respite services, and not just nursing care alone."

Antigone in Sarajevo

The upcoming University production of Sophokles’ Antigone, will be a modern interpretation of the tragic story set in one of the most tragic of modern times: Sarajevo.

Directed by Professor Michael Evans and using his new translation of the text (soon to be published for the Everyperson Classics series) the classic story of a family and a community in wartime will be set against the 1994 siege of Sarajevo.

"The production aims to present a powerful experience which would open up a new image of drama to those who have not previously seen an ancient Greek play," Professor Evans said.

The role of Antigone will be played by Helen Atkinson, with Lauren Ender and her sister Imene, Tom Bonjekovic as Kreon, and Ben Kirkwood as his son Haemon.

Dates: Wed - Sat 6-9, 13-16 and 20-23 March at 8pm in the Drama Room. There will also be a matinee on Tuesday, March 20. Tickets will cost $12 full price, $8 concession. For further details or to book, phone Joanne Taylor on 5001.
For many years the internet was a well kept secret of academia and a collection of large commercial and government organisations. As even the current affairs commentators will realise, however, such is no longer the case and within the last eighteen months the latest rage for idle banter and conversation everywhere is the ubiquitous “information superhighway.” The internet is now in the hands of the common man, and along with this a veritable plethora of books has arisen on the subject, mostly useless — “The Rough Guide” titles covering locations from Amsterdam to Zimbabwe, and languages from Czech to Thai. In a similar fashion, this book will be of use to the intrepid internet explorer.

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Title: The Internet and World Wide Web - The Rough Guide
Author: Angus J Kennedy
Publisher: Penguin 316pp
RRP: $9.95

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WHO can you trust?

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The University of Newcastle

PAGE 7

Hated School, Loved Jazz

by Charles Grahame

S

ATCHMO-Billie-Dizzy-Miles-Charlie-Wild-Bill-Sidney-Ornette-Bix-Thomass Red... "so runs part of the screensaver message across anthropologist Michael Goddard's computer in The Lodge on the Central Coast Campus. Not just a string of nonsense words, they serve as a happy reminder to him of some of his favourite people in jazz.

Michael teaches in the University's Department of Sociology and Anthropology, occasionally at Callaghan campus but mostly on the Central Coast at Outinbah.

"I found jazz as a teenager at school in England," he recalls, "but then only as a listener. I didn't take up the trumpet until I was 19."

His catalytic introduction to jazz came as he was walking down the school corridor at Rochester.

"It was around 1961, in between the first rush of rock 'n' roll and the Beatles, and I caught this marvellous sound coming out of the music room. One of the lads had brought in a World Record Club sampler and there was this beautiful instrument I'd never heard before. It was the soprano sax and the player was Sidney Bechet. Something moved in me and I began to haunt the library for books on jazz, and second-hand shops for records. Mostly they were the black jazzmen I read about and listened to, Dizzy Gillespie, Miles Davis, Louis Armstrong, Charlie Parker."

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Barb Fiveash has conducted an extensive investigation into conditions in privately run nursing homes as part of a thesis for her Master's degree in Nursing.

"Admission to a nursing home is often unexpected and follows hospitalisation," she points out. "Unfortunately residents usually find themselves in a dormitory rather than a single room, living with people they would not ordinarily choose to live with and who may be sick, disabled or dying. They are thrust into a foreign environment. The routine of a hospital is imposed on them and they're treated like patients, told when to eat, when to turn out the light, when to watch TV and so on."

"Although many elderly people are articulate, admission arrangements are made for them by members of their family who are either unable or unwilling to look after them."

Sometimes their family home is sold off, severely restricting their options since they can't discharge themselves from a nursing home with nowhere to go. Yet in a few months they may be very much back on the streets, and get back into society. Frequently elderly residents are ill-informed about their rights and, and are puzzled as to why their families are not caring for them at home.

"A resident of a nursing home is a constant reminder of their decline, with nothing to look forward to but life in an institution. Many of the people I spoke to had a sense of helplessness, with few kindly spirits to talk to, the boredom of one day seeming another, and a feeling of having nothing to live for."

Barb Fiveash believes the community should be better educated about choices for the elderly and the implications of placing them in nursing homes indefinitely.

"My advice is not to sell the family home, investigate the possibilities of home care and government subsidies that will help pay for it, and look closely at the range of alternatives that will allow the elderly to keep their dignity and feel a part of mainstream life. I believe nursing homes should be funded to offer both residential and non-residential short term rehabilitation plus long term services, and not just nursing care alone."

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"The production aims to present a powerful experience which would open up a new image of drama to those who have never previously seen an ancient Greek play," Professor Ewans said.

The lead role of Antigone will be played by Helen Atkinson, with Lauren Eade as her sister Ismene, Tom Bonjekovic as Kreon, and Ben Kirkwood as Haimon.

ANTIGONE

Scores

Directed by Michael Ewans

Dates:

Wed - Sat 6-8 March 13-16 and 20-23 March

8 pm in the Theatre Studio. There
will also be a matinee Monday 13
March at 11am. Tickets will cost $12 full price, $10
concession. For advance booking phone Joanne Taylor on 5001.
a NATURAL foot forward

By Lindy Burns

I f your Dad is the President of the Catherine Hill Bay Boardriders Club and sticks you on a board when you are three, chances are that you’ll end up cutting back and radically re-entering your way through life. Christian McCall did manage until he was eight, however, to resist his father’s pleas to devote himself to surfing but eventually the call was too strong!

A natural footer (left foot forward), Christian, at 18, is one of the region’s rising surfing stars and recently finished an excellent third at the Australian Universities Surfing Championships. Competing in the premier event, the short board contest, he revelled in the three to four foot, glassy conditions at one of the meccas of Australian surfing, Bells Beach in Victoria.

“I’d been to Bells twice before for pro-junior competitions,” Christian said. “But the conditions during intervaristy were pretty reasonable and I’m probably at my best in medium-sized waves.”

“That might be so but his form going into the contest was also good, having just won the Newcastle Hot Buttered Grand Prix competition and the Catherine Hill Bay Boardriders Club Open Division Board title, a couple of weeks earlier.

As might be expected, role models for Christian begin and end with world surfing champion and Baywatch star Kelly Slater. “He’s just so good in all sorts of conditions,” he explained, “and some of his moves are almost impossible for anyone else to do.”

After enrolling in a Bachelor of Commerce last year, Christian later transferred to a Social Science degree. However, the ocean’s call has become louder in 96 and he is looking at deferring his studies this year in order to compete on the Australian Championship Circuit. The first five contests in the eight division of the ACC are scheduled for New Zealand in May and raising enough money to get there is the primary focus for him at present.

In many ways, 1996 will be a watershed year for Christian McCall - if the results come on the ACC tour, the possibility of joining the pro circuit is very real.

“I’d like to be able to make a living out of surfing. I guess this year will show whether I’m good enough to be able to do that.”

Meet the Staff

HELENE O’NEILL

Recreation Officer - joined the Sport and Recreation team some eight months ago and has adapted a ‘hands-on’ approach to physical activities within the University. Helene is involved in many facets of sport in the Hunter, including team conditioning, columnist with Newcastle Herald, best of ZNUR sporting program (Len Friday 103.7) and part time TAFE teacher in Health, Fitness and Sport. She would welcome ideas from staff members on any fitness or health programs they would like implemented.

TRACY RHODES

The first encounter you will have with the Sports Union is the friendly voice or face of receptionist Tracy Rhodes. Tracy has been a staff member for five years and has accumulated a wealth of knowledge about the sport and fitness requirements of staff members. She is also a competent squash, tennis and hockey exponent as well as a regular participant in on-campus aerobics and circuit classes.

Go NUDEs

If you are looking for organised sport on the weekend or wanting to play in a competition, why not join one of our 23 registered clubs?

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<td>Boat (Rowing)</td>
<td>30</td>
<td>Ben Redman</td>
</tr>
<tr>
<td>Cricket</td>
<td>51</td>
<td>Peter Tate</td>
</tr>
<tr>
<td>Fencing</td>
<td>21</td>
<td>Angela McEvil</td>
</tr>
<tr>
<td>Hockey Men’s</td>
<td>29</td>
<td>Scott O’Brien</td>
</tr>
<tr>
<td>Hockey Women’s</td>
<td>68</td>
<td>Nichola Swayne</td>
</tr>
<tr>
<td>Judo</td>
<td>33</td>
<td>Kelly Smith</td>
</tr>
<tr>
<td>Kendo</td>
<td>21</td>
<td>Sport &amp; Rec.</td>
</tr>
<tr>
<td>Mountaineering</td>
<td>63</td>
<td>Tiffany Mitchell</td>
</tr>
<tr>
<td>N.U.D.E.S.</td>
<td>84</td>
<td>Paul O’Brien</td>
</tr>
<tr>
<td>Rugby League</td>
<td>52</td>
<td>Lucky Carathanais</td>
</tr>
<tr>
<td>Rugby Union</td>
<td>40</td>
<td>Adam Carpenter</td>
</tr>
<tr>
<td>Snow Ski</td>
<td>51</td>
<td>Paul Haras</td>
</tr>
<tr>
<td>Soccermen’s</td>
<td>21</td>
<td>Ian Webster</td>
</tr>
<tr>
<td>Soccwmn’s</td>
<td>67</td>
<td>Amy Shields</td>
</tr>
<tr>
<td>Squash</td>
<td>62</td>
<td>Robert Glazzbrook</td>
</tr>
<tr>
<td>Surfpiders</td>
<td>21</td>
<td>Sport &amp; Rec.</td>
</tr>
<tr>
<td>Taekwondo</td>
<td>21</td>
<td>Karen McLean</td>
</tr>
<tr>
<td>Tennis</td>
<td>29</td>
<td>Leander Heining</td>
</tr>
<tr>
<td>Waterski</td>
<td>67</td>
<td>Marcus Laws</td>
</tr>
</tbody>
</table>

Or contact the Sport & Recreation Office on 5584.

$5 fitness program

Many staff members may be unaware of the resources and benefits available through the Sport and Recreation Department.

Facilities include 8 tennis courts (4 hard, 4 synthetic courts), 7 squash courts, 2 basketball courts, 4 netball courts and a host of running tracks. Bookings can be secured in advance by phoning 68 1199. Hire rates are reasonable. The Auchmuty Sports Centre houses a fully equipped gym and a $20.00 a year fee allows unlimited use of the facility. Personal programs can be designed for a low $5.00. The gym is open between 6am - 10pm Monday to Friday and 10am - 5pm weekends. Further details available on 67 5325.

Aerobics and circuit classes recommence on Monday 13 March, 1996 with 7.30am classes for early birds or evening classes to de-stress after a hard day’s work.

Call into the office (brown portable located at the rear of the Richardson Wing), fill out a staff form, we’ll issue you with a grey card and you’re on your way to being a member of the University sporting community.

Social Sport Lunchtime Activity

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Mixed Netball/ 3-on-3 Basketball</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Frisbee (Flying Disc)</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Mixed Touch</td>
</tr>
</tbody>
</table>

Inter-department Challenge

Students v Staff

<table>
<thead>
<tr>
<th>Activity</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Touch</td>
<td>Soccer, Frisbee, Cricket &amp; Golf</td>
</tr>
</tbody>
</table>

COMMENCES THURSDAY 21 MARCH

Entries from Sport & Rec Office

 rehabilitation 52 0350 (w)  

2 MEAL DEAL

Join Lisa and Helene for 45 minutes of lunchtime activity on Tuesdays and Thursdays. Meet on No. 4 Oval (behind Commonwealth Bank).

All fitness levels catered for. Wear comfortable shoes and clothing.

Social Golf Day

MONDAY 25 MARCH, 1996

Contact the Sport & Recreation Office on 5584.

Get Involved

All information can be found in the 1996 Recreation Handbook or contact the Sport & Recreation Office on 5578 or drop in!