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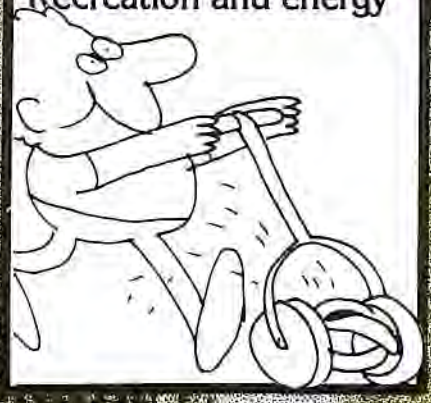
Life. Be in it / YSR News

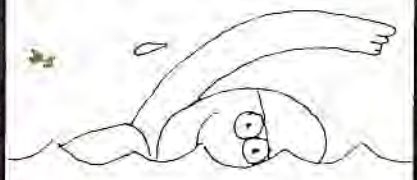
Newsletter of the Department of Youth, Sport and Recreation Volume 3, Number 2, September 1979.

Leisure Education

Recreation and energy



Solar heating of the State Swimming Centre



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Life around the state

Loddon/Campaspe, Mallee Regions

Rural employment relief funds have been allocated for work on:—

- Koondrook Recreation Reserve Pavilion (Kerang Shire)
- Newstead Recreation Reserve Pavilion (Newstead Shire)
- Epsom Recreation Reserve Athletic Track (Huntly Shire)
- Taradale Recreation Reserve (Metcalfe Shire) and
- Axedale Recreation Reserve Pavilion (Strathfieldsaye Shire)

These allocations have been of great benefit, especially to smaller municipalities.

Mr Ian Williamson has been appointed MRO at the Shire of Marong and an MRO subsidy awarded to the City of Echuca and Shire of Cohuna.

There has been a significant increase in the number of applications received for minor municipal projects. Many small, isolated schools are looking to update and develop 'community use' playgrounds. Two projects are a rebound wall at Metcalfe Primary School and a barbeque/seating/social area at Castlemaine North Primary School. Meanwhile Campbells Creek Primary School plans to convert an old cloak room into a community arts and crafts centre.

"Sharing", a meeting held in the Bendigo urban region, attracted seventy people. The central theme of the meeting was sharing and utilizing existing facilities.

Both the City of Mildura and Shire of Marong are planning to implement their community needs surveys.

Barwon, Glenelg Regions

The theme for staff activity during the last quarter has been recreation planning. The Geelong Regional Commission have accepted a final proposal for the Geelong Recreation Plan and has applied to the Department for a subsidy to proceed with the study. The intention of the plan is to develop a recreation strategy for the Geelong region.

In Camperdown, the Camperdown Recreation Study is now available in draft form. Also a survey of clubs and associations and the community's needs and recreation behaviour has been completed. A public meeting is to be held to present the recommendations and the report will then be presented to Council.

Discussions with both the Shire and Town of Portland, have commenced, regarding the development of recreation plans for these two local government areas.

At Mortlake, the recreation facility management workshop in April was successfully conducted. People came from all parts of the region, and from Ballarat.

A meeting has been held with representatives of youth and recreation worker agencies in Geelong, to co-ordinate holiday programmes. It is expected that further meetings will be held.

Plans are under way to conduct a Life. Be In It summer holiday programme at Lorne Higher Elementary School next January. Regional staff are working with Lorne HES, the Lorne Chamber of Commerce and Mr Warren Norton (1978-79 Programme Director) on the programme.

Central Highlands and Wimmera Regions

Staff in this region have been busy in the last three months investigating applications by municipalities for grants and loans for major municipal projects.

Recommendations for the Ballarat Recreation Study have been presented to the Ballarat Recreation Study Trust, which has since circulated copies to participating councils.

Stawell Town has appointed Mr Trevor Kerr to replace Ms Sue Wells, who resigned in February.

In the next quarter, regional staff aim to complete a regional plan or framework for the development of indoor facilities, outdoor facilities and swimming pools.

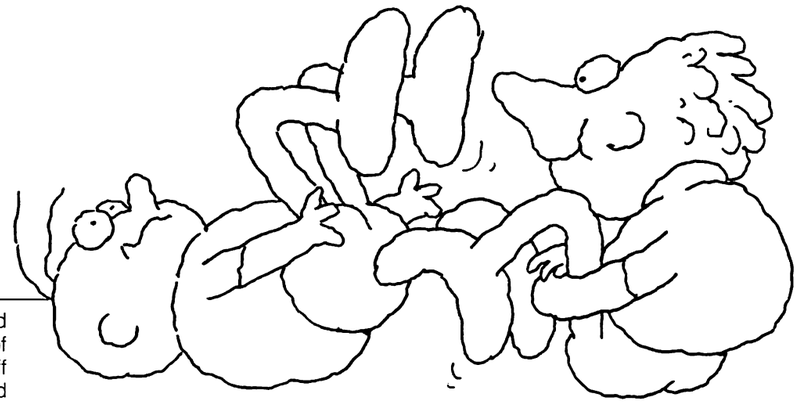
Westernport, Southern Suburbs, Gippsland Regions

Regional staff report that the Westernport Regional Planning Authority Recreation Plan is now under way. It is hoped to have the report completed and published by early 1980 and the plan implemented by 1982. The Shire of Mornington and City of Frankston are currently undertaking preliminary work towards development of recreation plans for each municipality.

Rob Ewart, formally Dandenong MRO, has been appointed to a newly created MRO position at the Shire of Cranbourne. Rob's position is partly funded by Jennings Industries. Hans Sholton has been recently appointed as Dandenong MRO. Bonita Best has left Moe and her position is still vacant.

The Minister for Youth, Sport and Recreation, Brian Dixon, officially opened the Cranbourne 25 metre indoor swimming pool on Sunday 10 June and swam an opening lap of honour before thousands of enthusiasts invaded the pool. The 25 metre pool at Wonthaggi and the indoor recreation centre at San Remo, both funded by the Department, are approaching completion and will soon open.

Regional staff report strengthening of ties between them and Education Department staff at both Frankston and Moe regional Education Department offices. This is greatly assisting in further understanding each Department's policies and responsibilities.



Moves are afoot to assist schools and local councils towards development of jointly funded projects. Regional staff are working towards simplifying and rationalising applications for Education Department "special grants" Community Education grants and Department of Youth, Sport and Recreation minor municipal grants.

North East Metropolitan Region

Several recreation planning projects have occupied staff during the last quarter. Staff continue to be involved in the preparation of the recreational component of the Upper Yarra Valley and Dandenong Ranges Authority Strategy Plan. This plan covers the Shires of Sherbrooke, Lilydale, Upper Yarra and Healesville. The City of Doncaster is proceeding with the development of a recreation plan for the municipality, with the aid of a $5000 subsidy from the Department. Preston Institute of Technology is consulting on the project. Departmental staff have also been involved in preliminary discussions to investigate the need for community recreation facilities in Healesville, and are assisting the Yarra Junction Recreation Reserve Committee of Mangaement in the Preliminary stages of a master plan for the Reserve.

Mrs Peta Whitford has been appointed as part time Recreation Officer, Shire of Upper Yarra. The Shire of Healesville will be appointing a Municipal Recreation Officer. Mr Paul Burke has resigned as Camberwell MRO.

On 11 April the Recreation Planning Seminar was conducted for the Eastern Suburbs District. The seminar involved officers from Councils, the Education Department and the Board of Works, and included papers from Mr Peter Evans, outlining the Knox recreation planning process, Mr Dennis Keating outlining features of the Camberwell recreation planning scheme, and Mr Ellery Hamilton Smith providing a reaction to both speakers.

Roger Trowbridge from the Department has been assisting the Multiple Schlerosis Society in drawing up a job description and discussing details of the operation of a full time recreation officer for the Society.

Western and North Western Regions

The Western Region School Holiday Programme Committee was formed in February as a result of an evaluation meeting which was held to discuss the results of the January School Holiday Care Programmes. At this meeting there was a great deal of concern shown for the 11-16 year age group, as little provision was made to cater for teenagers. The Committee has so far prepared a list of all programmes operating in the Western Region for teenagers showing why they are running, who they are running for and how they are funded; carefully examined the need for teenage holiday programmes and the alternatives offered; and prepared a rationale for the development of teenage programmes in the western region. There is agreement on the need for co-ordination, sharing of resources, continual evaluation and liaison between workers on programmes, through some network of funded programmes in the western suburbs.

A *Life. Be in it* Family Fun Day will be held at Coburn Primary School, Melton on 28 October. Proposed activities include a Fun Run, pony rides organised by the Melton Riding for Disabled Group, show jumping, exhibition tennis, skateboarding, a fireworks display and a range of other activities.

An enthusiastic response has been received for the 'Life Skills' programme, an eight week preventative programme for young people aged 14-17 who are having difficulty coping with the world around them. The programme is free and operates from the Western Youth Welfare Service in Ascot Vale two evenings per week. Full meals are served during the programme at no cost and girls are given transport home after evening sessions. Some of the topics covered include the constructive use of leisure time, human relations, public transport, telephone and street directory use; alcohol use and abuse, finance, sex education, literacy and numeracy.

A Community Education Seminar was held on 4 July 1979 at the Yarraville Community Centre and organised by the Western Region Community Education Officers. School and the Community was the major theme which covered—flexibility and co-planning of community groups, working with volunteers, school as a community resource, resourcing your programme and developing District Networks.

Detailed negotiations are proceeding between departmental regional staff, the Education Department and the Brunswick Council about developing the old Millers Rope Works into a major physical education and community recreation complex.

The development of community facilities in Melton is amongst the recommendations in an initial report recently adopted by the Housing Commission of Victoria. One of these facilities is a multi-purpose community hall, on which the Department is advising.

Two new Municipal Recreation Officers were appointed during the quarter: Sue Stanes at Sunshine and Phil Pritchard at Essendon.

Staff in the region have also been busy assessing applications for major municipal capital projects.

Frank Beaurepaire Pool—Batman Avenue—Melbourne

Solar Heating of the State Swimming Centre

The Department of Youth, Sport and Recreation is currently developing a new indoor heated State Swimming Centre. The centre will comprise:

- 50m wet deck competition pool of constant depth with a dividing moveable bulkhead
- 18m x 22m diving pool with 10m, 7.5m, 5m, 3m and 1m diving boards
- seating for 1,500 people
- gymnasium
- office accommodation for the Victorian Amateur Swimming Association
- male and female changerooms each with a capacity of 150 persons
- saunas
- electronic training and display equipment
- solar heating of the pool water.

The Victorian Public Works Department is acting for Youth, Sport and Recreation as the project developer and has appointed the firm Gutteridge Haskins and Davey Pty Ltd as the principal consultants for the Centre.

In the design phase for the development of the pool Gutteridge, Haskins and Davey recommended that solar heating of the pool water be incorporated. Subsequently the Victorian Solar Energy Research Committee was approached and approved a grant of $145,000 for the installation of the solar heating system. The system described below has been developed by Gutteridge, Haskins and Davey in consultation with the CSIRO and the Victorian Solar Energy Research Committee. It is believed that this project offers an opportunity to demonstrate the application of solar energy on a large scale with substantial reduction in energy consumed by the complex. The system will be monitored over time by the Victorian Solar Energy Research Committee to determine its effectiveness. To facilitate this the necessary monitoring equipment has been incorporated into the system.

The technical detail of the system is as follows:

Roof construction: The swimming centre roof construction is to be a "Stramit" 1-beam section type construction with an asbestos cement sandwick board ceiling panel. The majority of the roof will have metal deck roofing. The north facing roof sections totalling approximately 1000m² in area will have an acrylic corrugated sheeting. The roof space will contain the solar absorbers which will be built to fit between the roof purlins. The maximum amount of roof space in these areas will be used to accommodate absorber panels.

The panels will be supported from the purlins such that they hang approximately 25 mm below the acrylic sheeting. A reverse/return piping system will rest on the ceiling panels beneath the solar absorbers.

Solar Panel Material: The solar heating system proposed for the centre is an integrated panel system fed directly with pool water. Recent concensus of opinion indicates that the life of copper panel systems is not reduced by direct contact with pool water providing temperatures do not exceed 55°C and chlorine concentrations and pH are kept within the normal bounds of public pools. The water condition of this complex will be maintained at the following levels by an automatic dosing system:

Total chlorine residual	2p.p.m
Free chlorine residual	0.2 to 0.5p.p.m
Pool pH	7.5 to 8.0
Pool temperature	26°C to 28°C

Interposing a heat exchanger between the solar system and pool will be considered in conjunction with mild steel panels.

The water way dimensions will be such that water velocity is below 1.5m/sec. This will be sufficient to prevent erosion of panels during the proposed life time of 20 years.

System Area: A total of 890m² of solar panel area will supply heating to both pools. Dividing this approximately on pool areas gives 230m² for the diving pool and 560m² for the main pool. This area is calculated to provide the total pool heating load under average January conditions: i.e. Average January insolation = 27.2 MJ/m²/day (CSIRO).

Therefore, assuming 80% solar efficiency over the day, the heat gain will be:

$27.2 \times 890 \times 0.85$

= 20,570 MJ/day

compared with 18.400 MJ/day average pool heat losses based on the following conditions:

Pool area	1426m² (competition and diving)
Enclosure	28°C for 16 hours per day 20°C for 8 hours per day
Pool water temp	26°C
Air movement across pool surfaces	0.5 m/s
Enclosure R.H	50% for 16 hours 80% for 8 hours

Two joggers drop in to look over the new Swimming Centre construction on the site of the old Frank Beaurepaire Pool

The 80% collection efficiency may be considered high, however, periods of maximum insolation are likely to coincide with relatively high ambient temperatures which could result in efficiencies being even higher.

The full area of panels can be integrated into the north facing 150° sloping sections of the pool roof. The pool temperature rise caused during the hours of insolation as computed above will approximate 1.5°C by evening.

If in the event of a succession of days of high solar insolation, the pool temperature rises above acceptable levels, provision will be made for manual switching to night time operation of the panels for release of pool heat by radiation to the night sky. This will occur only in abnormal conditions of high insolation with above normal overnight temperatures over a period of five days or more.

Flow rates: The design criteria used to determine flow rates through the panels was to obtain a 6°C temperature rise through the solar panels under average January conditions.

Taking the average daily insolation for January over a 10 hour period gives an average insolation figure of 750 watt/m². Therefore total flow rate to the panels serving each pool are:

Main pool	1.69 litre/sec
Diving pool	6.9 litre/sec

which is 107 litre/hour/m² (2.2 gal/hour/ft²) for the total roof area.

Under conditions of high solar gain (1200 watt/m²) temperature rise would be 10°C.

Pipework: The larger pipes will be uP.V.C. while the concealed piping in the roof will be "Pipex" cross linked polyethylene plastic piping, capable of withstanding temperatures up to 130°C.

The former has been used on numerous swimming pools around Melbourne for similar duties. The latter, a relatively new product to Australia, provides a degree of flexibility which will simplify the installation process. Runs of piping to be installed beneath panels will be prefabricated with tees in desired positions and installed before the panels. Loose ends will be manually connected to the panels as they are installed. All connections to the plastic piping will be brass flare or compression type mechanical connections which provide a minimum possibility of leaks.

Maximum velocities within pipework will be as follows:

uP.V.C.	2.0 m/s
Plastic	2.0 m/s
Copper (panel piping)	1.5 m/s

Construction Sequence: The solar panel installation will be co-ordinated with the building of the north facing roofs such that the mechanical sub-contractor will install the solar panels after the builder has installed the ceiling panels and before he installs the acrylic sheeting. Building will proceed from portal to portal frame and from bottom of roof to top. Each section of piping and panel will be pressure tested prior to the installation of roofing.

Maintenance: The roof sheeting design is such that sections of it may be unscrewed and lifted after installation to gain access to piping or panels for maintenance. Only those sections immediately over the solar panels in question need be lifted.

Any leak in roof panels or concealed piping would fall onto the ceiling panels which are totally water tight sections, and run with the slope of the roof to the north side of the building. Any lateral spread of water would be prevented by the protruding tee sections between ceiling panels. Special water ways at the north side of the roof would direct the leaking water through the ceiling panels and the water would fall to the concourse inside the building. The lateral position of the leak can be determined by the position of the dripping water. The exact panel could then be determined by isolating each row of panels until the dripping ceased or by visual inspection from above.

It should be noted that high grade jointing together with strict checking

Solar heating of the State Swimming Centre

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prior to fixing of roofing should minimize the opportunity for leaks. Very little maintenance need be carried out on the roof panels and concealed piping. An automatic air vent system will be installed to vent each panel section individually. Panel sections will be connected in groups into automatic air vents at the roof ridge. Checking of these should be carried out on a regular basis.

All other equipment requiring maintenance will be positioned below the concourse and will be fully accessible.

Instrumentation and Controls: Figure 1 shows a schematic layout of the solar heating system serving the main pool. The same type of system would serve the diving pool.

The pool temperature will be controlled between 26°C and 28°C though the upper limit may be exceeded during periods of high insolation.

Valve 1 (V1) will open initiating supplementary heating only when pool temperature falls below 26°C (T1) and will close again when T1 reaches 26.5°C. The availability of solar energy will be detected by T2. A positive signal from T2 will start the pool heating pump if not already running, open V2 to the solar panels to a minimum position and place V2 under the control of T3. V2 will modulate to maintain T3 (temperature differential across panels) between 1°C and 5°C. Over 5°C the full heating pump flow will be directed through the panels. As T3 decreases V2 will direct less water through the panels thus maintaining sufficiently high T's so that the effect of instrument inaccuracy is kept to a minimum.

Overheating of solar panels and piping caused by a pump failure will cause V3 to open when T2 reaches 45°C thus introducing mains water into the panels. The MMBW are at present reviewing designs of non-return fittings for such connections.

Monitoring Control: It is proposed that a continuous record be kept of the following system inputs

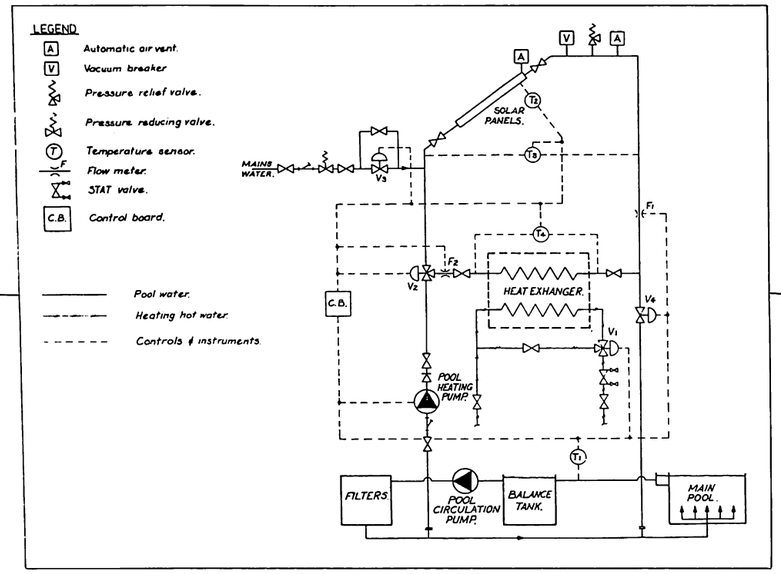


Figure 1: Schematic representation of the pool heating system for the Beaurepaire Pool.

(*a*) solar insolation (watt/m²)
(*b*) ambient temperature indoor and outdoor (°C)
(*c*) wind velocity (k.p.h.)
(*d*) solar heat contribution (KW)
(*e*) supplementary heat input (KW)
(*f*) pool temperature (°C).

Inputs from flow meters F1 and F2 and temperature sensors T3 and T4 would be used to give (*d*) and (*e*). It is proposed that the above would be achieved by means of multi-point strip chart recorders (one for each pool condition, one for common inputs). Integrators would be provided for (*a*), (*d*) and (*e*).

Final selection of control and instrumentation devices will be carried out in conjunction with the Victorian Solar Energy Research Committee.

Usage of Excess Solar Energy: It would be possible to use excess solar energy for preheating the domestic hot water. A thermal storage tank would have to be added to the domestic system and a pumped system would be used instead of the mains pressure system at present proposed.

It is considered that opportunity to capitalize on such a system would occur for short periods only each year and therefore the expenditure would not be warranted. It would be possible to provide connections for future addition of such a system if sufficient excess solar energy is found to be available in practice. Such a decision should be left until after the first year of monitoring.

Cash Flow: The estimate for the basic solar heating system is $125,000. It is proposed that the selected monitoring equipment be provided as part of the permanent installation as previously described. The value of this equipment is estimated at $8000 thus the estimated value for inclusion in the project budget is $133,000.

Energy Costs: It is proposed to utilize natural gas as a primary energy source for space heating, pool water heating and domestic water heating. It is assumed that from current schedules of the Gas and Fuel Corporation a tariff of 0.15 cents per MJ would be applicable at this time. This is equivalent to 0.2 cents per MJ of energy output based upon 75% operating efficiency.

The Gas and Fuel Corporation advise that tariff increases will most likely follow C.P.I. indices or their equivalent over the next few years. This is considered to be a conservative assumption in view of current and forecast attitudes to the marketing of non renewable fuels. It is therefore not unreasonable to assume an increase of around 8% per annum over the next 7 to 10 years. This would lead to an average cost of heat energy produced over 10 years of the order of 0.29 cents per MJ. On this basis average annual energy costs for pool water heating only would amount to $19,500. It is calculated that the installation of the solar collectors will reduce energy costs for pool water heating by an estimated average of $11,700 per annum over the next 10 years.

NOTES

Solar systems in Caravan Parks?

The Karkarooc Shire Council has conducted a feasibility study into the installation of a solar hot water system in a caravan park.

Mr R A Boyd, Shire Engineer, outlined the results of the study in a paper presented to the recent Municipal Engineers' Conference which was sponsored by the CRB and the Local Government Engineers Association of Victoria.

The aim of the study was to determine whether the replacement of an existing conventional gas hot water system at the Hopetoun Caravan Park with a solar-heated system of similar capacity would be an economical proposition.

"The use of a solar-heated hot water service is attractive in that the amount of gas consumed by the present system may be reduced by as much as 80 per cent," Mr Boyd said.

From data collected covering the number of caravans occupying the park each day, daily hot water consumption, gas consumption, daily temperature ranges and hours of sunshine each day, it was determined that actual fuel cost saving was likely to be $616 per year.

A suitable type of solar installation for the Hopetoun Caravan Park would consist of the following:—

- vertical hot water storage cylinder of 3000 litres capacity, with electric boosters for heating in peak demand;
- 33 flat plate copper absorbers, 925mm x 1080mm x 65mm; and
- differential controller with anti-freeze circuit.

"The capital cost of this facility, not including installation and service charges would be $5252. In order to finance the project, it was decided to borrow $6000 over 6 years at 10.1%. The total repayment figure would then be $7941.

Based on an annual obtainable interest rate of 10%, the savings in gas charges would recoup the total outlay within nine years," Mr Boyd said.

However, the calculated savings in fuel costs had not taken into account certain rises in these costs in the future.

"This means the payback period of nine years could be lower, plus the municipality will be relieved of expensive fuel charges later on," Mr Boyd said.

The Karkarooc Shire Council has adopted in principle the installation of a solar heated system in the Hopetoun Caravan Park and has instructed that further investigations be conducted and final plans prepared.

Courtesy of CRB News

Caravan for the disabled

Going on a holiday these days is an expensive business. Many people are discovering that a holiday in a caravan park is enjoyable, and well within their financial means. In a modern caravan park you can cook your own meals, set your own time schedule, explore the surrounding area, and make a holiday adventurous, comfortable and inexpensive.

Unfortunately the physically disabled person has been unable to take advantage of this form of holiday. Not at least until the Yooralla Society of Victoria specifically designed and constructed a caravan for use by physically disabled persons. The interior of the van is designed so that it is totally accessible in every way and a ramp forms part of the van to enable easy access.

The caravan is now available for use by the physically disabled in our community. It is on site at the Bendigo Caravan Park which is situated in an attractive bushland setting on the Calder Highway 6.7 km south of Bendigo at Kangaroo Flat. The park has playgrounds, a swimming pool, mini-golf, a TV lounge, a games room with pool tables and adjacent bushland for scenic walks. There is also a bus service to and from Bendigo, a new large shopping centre nearby and the chance to visit well known tourist attractions.

The caravan will be at the Bendigo Park for approximately 4 months from July to December. The daily rate is $12.00 and the weekly rate is $80.00. This covers from 2 to 6 persons.

For further information contact the Recreation Department of Yooralla Society of Victoria, P.O. Box 88, South Melbourne 3205. Telephone 69 9888.

Brunswick Sport Committee

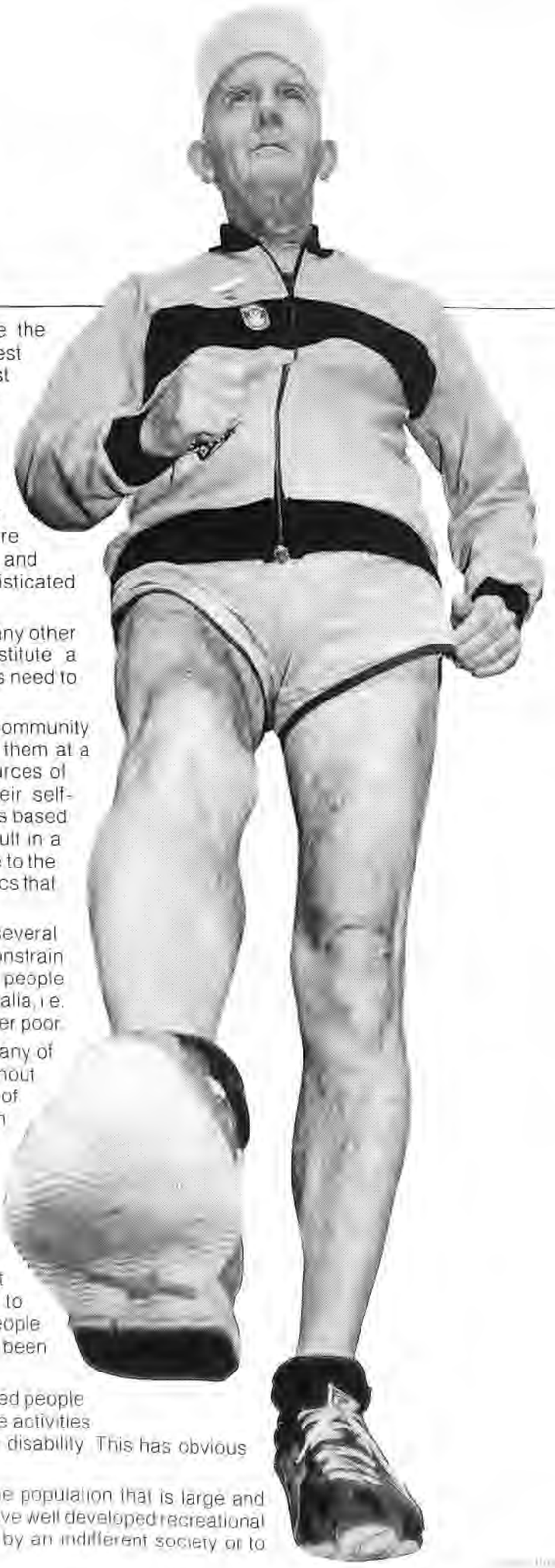
It is not often that a new committee is formed which will reduce the number of meetings a person has to attend and at the same time be effective. The Brunswick Sporting Bodies Co-ordinating Committee is such a committee.

The Committee was established by the Brunswick Council in June 1978 to promote interest in sporting and recreational activities in Brunswick and to assist Council in improving and maintaining sporting grounds and facilities in Brunswick. Council has provided funds for the committee to administer and clubs have been invited to submit proposals relating to improvements to sporting grounds and facilities.

One of the committee's recent initiatives was to conduct a successful seminar on sports administration, promotion and fund raising. A large number of ideas for improving the present fund raising, promotion and the administration of clubs was put forward and the seminar provided a forum for clubs of a very diverse nature to meet together on common grounds.

The seminar was officially opened by Mr Tom Roper, M.L.A. Speakers included Ms Carole Lieske, Municipal Recreation Officer, Brunswick; Mr Bill Hunter and Mr George Armstrong, both of Carlton Football Club; and Ms Catherine DeVrye-Park, formerly of the Department. The Chairperson was Mr Kevin Dwyer, President of the Sporting Bodies Co-ordinating Committee.

Recreation and ageing



Growing old in western advanced societies has become the subject of considerable community and professional interest in recent years. One of the more positive aspects of this interest is the growing number of workers helping to develop recreational opportunities amongst older people. In this work, every care must be taken to avoid contributing to further segregation and stigmatization of ageing people.

The population of Victoria is getting older. In 1978 about 9% of the population was over 65 years, that is 340,000 people. In 1986 it is expected to be 11.5% and in 1996, 11.7%. There are several reasons for this trend, including changing fertility and mortality rates and migrant intakes as well as more sophisticated medical care.

Although the aged population is as varied in character as any other section of our population, the aged do not simply constitute a microcosm of the population as a whole. Two important points need to be made in this respect.

Firstly, aged people tend to experience low status in the community which, through complex processes of socialization, renders them at a disadvantage when it comes to gaining access to the resources of society, including recreational resources, by reducing their self-esteem and capacity for action. The low status of old people is based upon a number of widely held myths about ageing that result in a stereotype of an old person that bears very little resemblance to the considerable variety of individual capacities and characteristics that does actually exist among our old people.

Secondly, the aged are disproportionately affected by several forms of social deprivation and disability which severely constrain their potential for recreation activity. For example, old people constitute the largest group of people living in poverty in Australia, i.e. about 47% of all income units classified as being very or rather poor.

About a third of people over 65 years of age live alone; many of these people experience considerable loneliness at times without many social opportunities for recreation. Moreover, about 6% of people over 65 years live permanently in institutions which generally afford little or no recreational opportunity.

Older people tend to have retired from, or be working in, lower status occupations compared with younger people and have consequently had very limited opportunity or motivation to develop recreational interests for financial, cultural and psychological reasons. Related to this is the fact that old people generally have had comparatively short and authoritarian formal educations and are not as likely to expect as much from society and themselves as younger people whose educational experiences on the whole have been considerably more extensive.

Finally, it has been reliably estimated that about 15% of aged people living at home suffer significant physical incapacitation in the activities of daily living. Joint stiffness dominates all other causes of disability. This has obvious implications for recreational activities.

Although it is difficult to generalize about a section of the population that is large and diverse, it is likely that large numbers of old people will not have well developed recreational skills either as the result of psychological restrictions imposed by an indifferent society or to the more concrete restrictions imposed by material deprivation. That is to say, their ability to make meaningful choice of enjoyable and satisfying activities has been severely restricted.

When we actually take a look at the recreational services available to old people we do indeed find that few are really available to the aged as a group. For example, with the exception of hotels, commercial services would exclude many older adults on the grounds of cost, access and mobility. Many older adults would be excluded from our natural resource recreations for mobility, access and cultural reasons as well. The centrally administered recreation services tend to attract small numbers of older adults who are mainly of higher socio-economic status.

The local community based opportunities reach a greater cross section of ageing people but large numbers are still left out. Most of these opportunities are of the club type and suffer from certain limitations because of this: sporting clubs for older adults are few and far between and in a narrow range of activities; Elderly Citizens Clubs attract the "clubable" type of person and many are under-utilized (there seems to be an assumption that old people want to mix only with their own age group). Facilities (such as swimming pools) are generally quite unsuitable for older people in terms of design and management. Small scale community centres are growing in number and would seem to have more potential for many older people, especially as they take a more holistic approach to the servicing of human needs.

Home based recreations are probably the most important for older people (especially gardening) but are limited to the extent that they exclude those people in restrictive accommodation and provide little opportunity for social contact.

Work based recreations are few and much discussion of the issue ignores the fact that many workers want and need to divorce work from leisure. Preparation for retirement courses do not generally emphasize recreation and are sometimes short and perfunctory.

Institution based recreations are usually therapeutic in nature which is quite different from the recreation that most of us seek. In short, the opportunities that are available would seem to be mainly accessible to the affluent, mobile sociable, aware and healthy older person. Our current system of recreation opportunity does not appear to meet the needs of substantial sections of the ageing population particularly well.

Although old people are to be found participating in almost every recreational activity that we could think of, the few studies that have been done of the recreational behaviour of ageing people reveal that diversity and frequency of participation declines with age for most people, although it should be noted that there is considerable variability between ageing people according to such factors as socio-economic class, past relationships between work and leisure and patterns of club and social involvement. Higher socio-economic groups, with a history of harmonious and satisfying work and leisure, are likely to look forward to retirement and spend it quite happily and actively. Lower socio-economic groups, with a history of material struggle and restricted leisure experiences, are likely to find retirement a difficult and unrewarding experience.

Given that the essence of recreation is choice, the fundamental task of recreation workers should be to create the opportunities for old people to make real choices in their leisure (often the last frontier of autonomy) so that their self-esteem may be improved along with a greater measure of control over their lives.

Many old people (probably a majority) would have greater freedom of choice and opportunities for satisfaction if the community services and facilities available to younger people were also really available to them and if opportunities existed in our communities for older members to be involved with other groups and to develop a sense of being needed.

This would involve: encouragement and incentives for community groups to attract and retain ageing members; planning, design and management of community leisure centres to minimize barriers to older people; the development of neighbourhood houses and learning exchanges to offer people of all ages the opportunity to meet other people, share concerns and interests and learn new skills; courses in schools sensitively designed for older people but not restricted to them; useful information being provided to old people about opportunities that do exist and the mechanisms by which new opportunities may be created; development of ancilliary services such as transport so that optimal use may be made of existing facilities and services; and last (but by no means least) the provision of moral and material support to associations of old people to clarify their mutual interests, help themselves and influence decisions that are made concerning them.

There are several categories of old people for whom general community recreation services will not be directly relevant. These categories are often termed "at risk groups", included amongst which would be: the aged in restrictive accommodation like nursing homes, hostels, special accommodation houses; the aged in poverty; isolated aged people; homeless men; old people confined to home or bed; late middle aged / early aged women at critical life stages, and migrant aged.

These groups will require special, often labour intensive but not necessarily professional, attention, although it must be constantly remembered that the basic recreational need of these people is the same as for all of us, i.e. the need to be needed and to keep developing as human beings with dignity.

Geoff Freeman.

ACCESS TO CONVIVIAL COMMUNITY

The following article is an extract from the book *Seeds for change—creatively confronting the energy crisis* by the Conservation of Urban Energy Group. It examines the energy crisis and its implications for Victoria and Australia. But it is also about people and lifestyles, government and decision-making, and many other issues that are linked with energy. It is available from Patchwork Press.

Some sections have been edited and others summarized to enable it to be reproduced in a newsletter format. For a fuller reading see the Chapter "Access to Convivial Community". The views expressed herein should not be construed as an indication of the Department's policy or guidelines (e d.).

Melbourne is currently experiencing what has been termed a "Recreational explosion" caused by more leisure time, personal affluence, mobility and increased population numbers. Like most of our other activities, this is exerting pressure on various resources: the natural environment by way of physical over use and pollution, minerals used for manufacturing recreation equipment and energy used for transport and equipment. Many activities—and unfortunately those which are currently growing in popularity—involve equipment which is energy consuming in manufacture and use, or long car trips or sometimes both. Examples include power boating, long-distance tourism, skiing, hobby farming and the use of off-road recreational vehicles. Even bushwalking or canoeing have come to involve car trips to and from location.

Many modern leisure activities tend to be individualistic, using privately-owned land and consumer goods, rather than seeking more elemental satisfactions relying on local, personal and community resources. People are seeking fulfilment in objects rather than relationships. They are expecting to be amused by machines rather than developing their own intrinsic capabilities and skills for recreation. This is not to deny that modern technology and affluence have brought many advantages for recreation, notably a wider range of activities and scope for broadening knowledge and experience. The challenge now is to build up these advantages while minimising the evident disadvantages.

Unfortunately many non-home-based recreation activities now depend on the private car for access, or as part of the activity itself. Driving in the country is popular and so are suburban sporting events catering for a large catchment of venues not served adequately by public transport. This discriminates against the large proportion of people who cannot drive and especially the 22.5% of Melbourne households which do not have a vehicle. This figure, incidentally, is much higher in some suburbs. In Northcote, according to the 1971 census, 35.5% of households have no vehicle.

As the more affluent, mobile people make use of distant or sophisticated energy-intensive activities, the number of attractive local recreational opportunities seems to be declining. The age groups are segregated, there are fewer "home-made" amusements such as sing-songs, dances, local social events or church-based recreation activities. People are either forced to go elsewhere for their recreation or stay at home watching television or listening to records. Today's apparently self-contained nuclear families do not have any deep community commitments in their recreational or social life.

Yet our leisure time has the potential to provide some of the stimulation, relaxation, creative and educational opportunities and opportunities for personal and social development which are lacking in other day-to-day activities. Low-energy activities can provide many of these and they are likely to promote qualities of self-reliance, companionship, involvement and co-operation as well.

There are two main ways of reducing energy expenditure while maintaining or improving the quality of recreation. One is by engaging in activities which use little energy themselves, and another is reducing the transport energy expended. There are many obvious low-energy alternatives: sailing instead of power-boating, picnicking in local urban parks rather than distant scenic areas, kite-flying instead of using mechanical toys and gadgets, bicycle riding instead of motor bike riding or driving for pleasure. It is often possible to modify the means of transport to save energy: cars can be shared, groups can travel in mini-buses or vans, especially clubs going away for bushwalking or other sporting events, and, better still, people going on holidays can often travel by train. Travel can be drastically reduced and a higher quality of recreation experience achieved if local community activities are improved so that people do not need to go to distant, scattered recreation venues.

The urban substitute

Commercially run attractions, such as theatres, cinemas, hotels and restaurants, various sporting events and facilities and Luna Park are open at least some part of the weekend. So are the museum and art gallery, and numerous festivals and other vital local efforts to enliven our leisure time. But many non-commercial community-involving efforts are defeated partly by the weekend exodus of their week-time participants, partly by the cost of overtime rates for key staff, and partly by lack of premises in busy locations that can offer their participants different attractions to fill the day out. When such premises are most needed they are often closed.

Some brief notes are set down here relating not to the content of the happenings or activities but to the indoor-outdoor spaces they require and their relationship to other activities and the land-use design and transport services needed to sustain them.

- Indoor-outdoor spaces of different sizes for community-involvement activities in local focus or district centre should not be pre-planned for particular uses but left undifferentiated. Groups can then adapt them according to need, adding benches for craft, a stage, equipment for a gymnasium, a billiard table, seating, facilities for catering or storage. There should be indoor-outdoor flexibility to suit the people's own particular requirements.
- These community-involvement spaces should not be sited in relatively out-of-the-way unobserved locations at the edge of the urban area or in upstairs rooms but at ground-floor arcade level so that they can advertise their existence and attractions to as many as possible in a natural way.
- Every encouragement should be given for such facilities to be used not only from Monday to Friday but at evenings, weekends and holidays. Provision should be made for the necessary staff, and special efforts should be made to arrange a programme of activities lasting through all Saturday and another for all Sunday, so that people are drawn to a series of enjoyments of different types and for different ages, so that one need never feel at a loose end.

- *Provision needs to be made for home-to-focus micro-transport services throughout the evenings, weekends and holidays at reasonably frequent intervals. Macro-transport electric trains and express buses should operate for the same duration and at reasonable intervals* to make generally available the wide range of leisure-time pursuits in the local foci or district centres throughout Melbourne.
- Outdoor excursions to urban bush parks should be made possible by regular or chartered public transport.

The italicised sections indicate the transport implications of a low-energy urban lifestyle in leisure-time as a proposed substitute for the weekend exodus. Although such a lifestyle would require operation of public transport throughout evenings, weekends and holidays, the total energy saving should be considerable. Much of this public transport runs now and is part of the poorly-patronised off-peak services that are uneconomic and more energy-intensive than need be.

Country Commuting

Some city people who are sufficiently affluent have been investing freely for a combination of reasons in hobby farms whilst others who are not so affluent are continuing the tradition of regular visits to holiday shacks or cottages in pleasant bush or seaside surroundings. Because of the demand for this rural land many weekend commuters are travelling between 100 or 200 km.

Furthermore the extensive suburbanization of many resort areas makes them little distinguishable from the suburban situation, from which the commuter set out to find relief in the first place.

Three corrective measures are suggested. Emphasis should be on the first two measures which offer constructive, positive alternatives to be explored to their fullest before implementing the third prohibiting measure. First, a variety of different holiday facilities for rental at reasonable rates are needed. They could provide farm holidays, beach holidays and more prolonged holidays for retired people. There should be enough of these places to rent so people don't have to own property to ensure the style of holiday they enjoy. Groups of cabins, family units, low-rise holiday flats and guesthouses could cater for varied needs. The siting and construction of the buildings should be carefully planned to avoid the excessive clearing typical of suburban-type estate developments. Facilities for community-involvement activities should not be overlooked, for it is precisely when they are on holiday that many people have time for games or socializing. A judicious blend of bush solitude and pleasant conviviality is often the recipe for really bracing recreation.

Secondly, booking in to the new-style holiday or farm sojourns would

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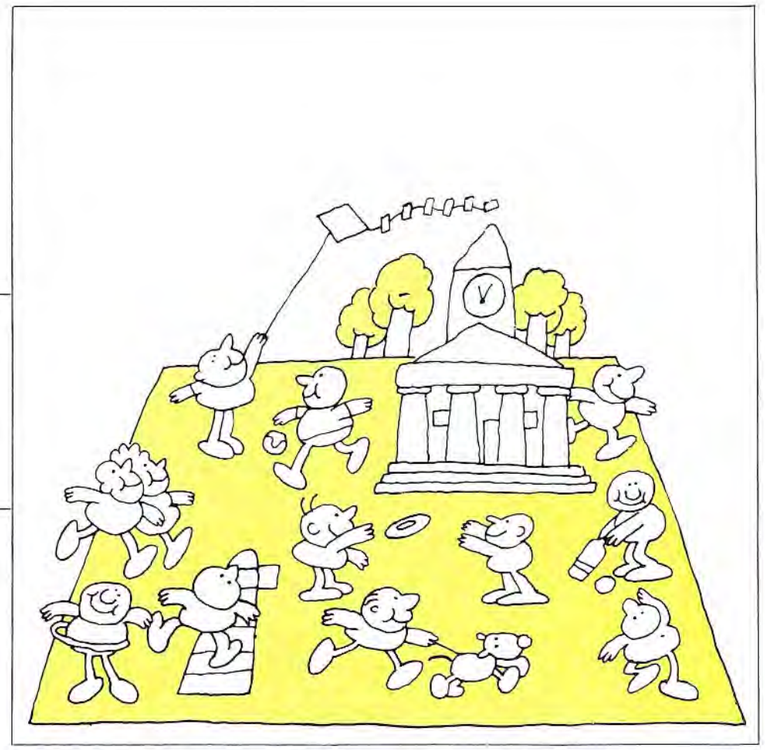

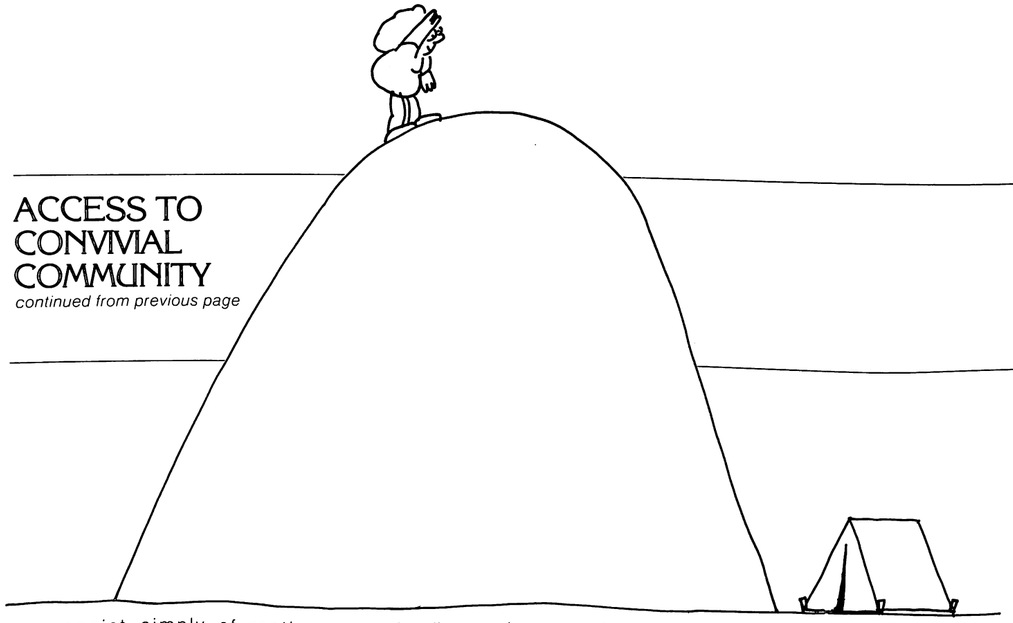

ACCESS TO CONVIVIAL COMMUNITY

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not consist simply of renting accommodation. They would be all-in package deals, including transport from Melbourne and home again, and excursion transport from the holiday resort to surrounding places. Bulky holiday equipment would not be needed. For river of seaside holidays, boats, surfboards, beachballs, beachchairs and towels would be available. For bush holidays there would be barbecues, picnic hampers and horses. Such a scheme would enable those without cars equal access to holiday resorts. Overseas holidays, although involving high per capita energy use, can teach us about organisation. Arrangements by airways show that such package deals can be workable and popular. Travel by aircraft to island holidays a thousand kilometres away precludes the carrying of bulky equipment or even food yet for a holiday a hundred kilometres away many families have to take with them tents or caravans, boats, refrigerators, stoves, beds and mattresses. A car is needed to bring food from Melbourne or from the local shops to their holiday site.

All new style holiday resorts could be serviced by public transport in the form of trains, coaches or trains-and-coaches. Wherever trains could be used for all or a major part of a holiday journey, it would be a big advantage if they were to be fitted out as holiday trains. Special carriages could provide adequate storage space for less bulky personal equipment such as surfboards, fishing gear and luggage. Canteens, refreshment bars with cabaret-type seating, space for adult entertainment and special children's playroom with playthings and cots for babies to sleep in could be incorporated. There could be special observation carriages. Such trains would have a marked advantage over aircraft, coaches or private cars where seating must be cramped and movement within the vehicle minimised.

This combination of new-style package deals for accommodation-and-journey together with measures to improve the quality of recreation, would reduce the fossil-fuel energy used both for recreation and recreation transport while providing opportunities for better holidays. The new-style holidays would have the double advantage of being centred around public transport and would not involve frequent long-distant transport of heavy gear.

Thirdly, as fast as such low-energy holiday alternatives were developed, there should be implemented a policy of progressive reduction in the rate of approval of permits for suburban-type holiday subdivision and pocket-farm subdivision until the point was reached that no further such permits would be issued at all. By developing the positive alternatives first, so that no-one who was expecting a holiday would be denied one, the eventual negative step of refusal to issue further permits, which would be public knowledge some years in advance, should accomplish the transition with a minimum of disruption.

The family picnic or weekend outing

The frequent outing in the family car for a day's picnic, or a weekend's touring by a couple or group using motel accommodation is a form of relaxation that uses much energy. A recent variation of increasing popularity is the use of four-wheel drive or big, powerful truck-cum-station wagon combinations that can negotiate back tracks or leave tracks altogether. This form of roughing it in comfort, when indulged in frequently and for very long distances, uses a lot of energy and like trail bikes, dune buggies and outboard motors, should be discouraged.

Hopefully, country outings would be less frequently yearned for with the development of a range of weekend urban excitements. The basic holiday train concept could provide a framework on which to increasingly hinge one-day or weekend outings. There should be ready access to holiday trains leaving from the central stations, since there would be good weekend services of metropolitan public transport to centres at different levels, including the central city areas.

The possibility for children to have some relief from the adults and vice versa both on the holiday train or by taking advantage of the holiday sites' special features and excursions, could make this more flexible form of travel and outing more enjoyable for all concerned.

From the moment of arriving at the 'holiday platforms' at Flinders Street or Spencer Street stations, the holiday atmosphere would be infectious. It may be feasible in some parts to construct railway spurs that could take the holiday trains away from the regular spoiled and suburban-type settlements directly into chosen bush or seaside locations. This could be used during the week by the more permanent holiday-makers. Excursions further into the bush or along the coastline could be made.

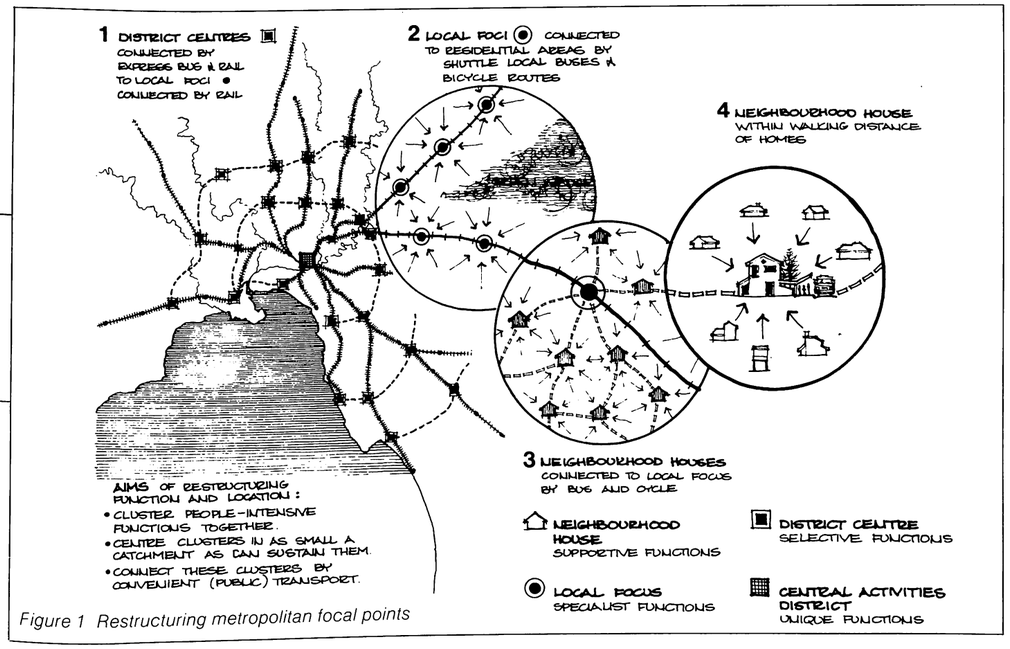


Figure 1 Restructuring metropolitan focal points

Outdoor sports

Bushwalking, bird observing, mountaineering, surfing, canoeing, fishing, skiing, orienteering and other wilderness pursuits are typically more irregular in character and not so easily served by public transport. It is reasonable that cars be used to get to otherwise inaccessible places far from the beaten track. However, where they are club activities transport all the way could be by motor coach or by train and coach. Such enthusiasts could be encouraged to make use of the expanded holiday trains and holiday accommodation networks to convey them to the general area. Shorter hire-car trips from the railhead to their chosen spots could then substitute for the long, dreary car trips that are now inevitable.

Tourism

The deliberate promotion of the type of holiday where people keep "on the move" touring by private car from country town to country town has been a feature of the post-war car boom. This has given rise to a chain of motels, and country towns compete with each other, providing history museums, replicas of early settlements, agricultural shows, race meetings and other sporting events in an effort to divert the tourist dollar to their town rather than another.

Country town efforts to mount festivals and to revive, package and present district history and sporting and cultural events should be encouraged to attract holiday-makers. Simultaneously, the holiday that consists of touring by private car for the whole of every day for several weeks needs to be discouraged. Such activities could be integrated into the holiday framework already outlined. The stay-in-one-spot holiday with short excursions for variety could become much more attractive than a daily three hundred kilometre tour, and people might begin to abandon strenuous sightseeing exertions in favour of more relaxed and in-depth sightseeing of one district per holiday.

All these proposed improvements would combine less expenditure of fossil fuel with the necessary mobility for holidaying, not by withdrawing or restricting recreational opportunities but, on the contrary, by enhancing their quality. Compared to the typical car-based holiday or outing, the new-style holiday could be more exciting or more relaxing, provide a choice of better solitude or more conviviality, or provide combination of both.

THE BIKE in transport planning

Bicycle planning has been a forgotten element in transport planning for almost 20 years. Just in the last 10 years bicycle sales have increased six-fold and now there are over half a million bikes in Melbourne, two thirds of which are ridden regularly. Whilst bicycle use has increased spectacularly the level of motor traffic volume and road congestion has also risen steadily.

It is not surprising then, to learn that there is an average of 800 reported bicycle casualties a year. Statistics reveal that unreported casualties would boost this figure 30 times.

In 1978 the Victorian government initiated the preparation of a bicycle strategy for Melbourne which outlined the provision of a series of programmes to achieve the goal of increasing bicycle safety and use in the metropolitan area.

The government has now funded the first stage of this strategy. It involves a plan for the bayside area from Port Melbourne to Sandringham, and is scheduled to be completed by the end of 1979. The strategy for the total urban area of Melbourne will then be finalized by the end of 1980 and submitted to the government for approval and funding. It will be implemented over a period of ten years.

The strategy will be modelled on the Geelong bike plan which provides for the increasing use of bicycles by making their use safer. The Geelong bike plan also integrates the bicycle into the existing road system while providing education and enforcement programmes for school age cyclists and users of the road system. It uses what is called the 4E approach (engineering, education, enforcement, and encouragement).

The strategy programme method is based on 12 key findings related to planning for bicycles

- a bicycle street is a cycle street
- many cyclists are school children
- most cyclists frequently use main roads
- cyclists frequently originate most of their journeys within residential areas
- most bicycle accidents involve children
- most bicycle accidents occur at intersections
- accident severity is greatest at night particularly when it is wet
- young cyclists want residential streets to be safer
- bikeways have only a limited role
- cyclists need a smooth and adequate kerbside lane
- improved cycle security and storage is a fundamental requirement of cyclists
- better drivers' behaviour is necessary.

The Bay area which has been selected as the first stage of the strategy, comprises the municipalities of South Melbourne, Prahran, St. Kilda, Caulfield, Brighton and Sandringham, all of Port Melbourne except the small area north of the Yarra River, that portion of Moorabbin west of Warrigal Road and that portion of Melbourne south of the Yarra River.

It was chosen because it includes the municipalities of Brighton, Sandringham and Moorabbin where bicycle usage is relatively high and because the Bay area's fairly regular road pattern provides opportunities to use streets parallel to main roads for main routes. Also some councils in the area are already compiling road classification studies and actively pursuing planning to increase bicycle safety and use.

The shoreline is the dominant feature of the area and provides an exceptional recreation resource over almost thirty kilometres. Also the area contains much of Melbourne's major parkland: Albert Park and the Domain are almost linked and the latter joins with the Yarra Valley parkland. This provides great potential for a major recreation route. Other positive features include the area's flatness, the fact that all of the population is within 5 kilometres and a large proportion within 3 kilometres of a railway station therefore allowing scope for the development of dual-mode travel and that the rate of bicycle usage for travel to work in Melbourne, according to the 1976 census, was generally highest in the Bayside area.

However, as development has occurred over the last 100 years, land use mix, development density and street characteristics vary greatly. As only very minor pockets of undeveloped land remain, opportunities for new provisions or restructuring of the development pattern for bicycle and pedestrian traffic are constrained.

Some of the recommended strategic engineering works will include:

- major commuter and recreational routes
- major school routes
- measures to improve cycling conditions along arterial roads
- locations where direct routes parallelling arterial roads can be provided
- linkages across barriers and arterial roads
- works to remove spot problems such as "squeeze points" along arterial roads
- new access points and approaches to major generators
- prime locations for secure storage provisions.

In preparing the Bay area engineering strategy plan, consultation with interested and affected bodies, surveys of conditions and needs and investigation and evaluation of current data will take place. The future is looking better all the time for the cyclist.

The bicycle has considerable potential for energy conservation. Apart from the obvious spinoff of reduced petrol consumption and reduced air pollution from significant bicycle use, there are many other advantages such as:

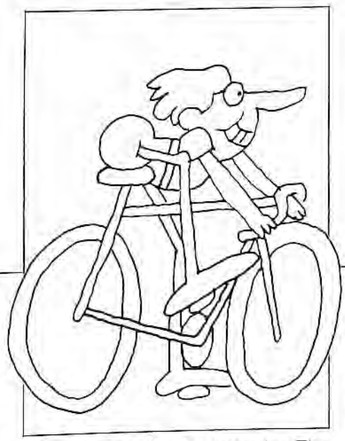
- reduced traffic conjestion due to the bicycle's space saving potential
- space saving created by bicycle storage; 16 to 20 bicycles can be packed in an average car space
- significant reduction in noise pollution
- relatively low cost of accommodating the bicycle in the urban transport network
- significant reduction in cardio-vascular diseases due to greater exercise
- recreational opportunities available for the individual and family
- low-cost travel
- ability to use dual-mode travel (i.e. bike-rail)

Inter-modal transport

Inter-modal transport (particularly bike-train) has considerable potential for energy conservation and should be considered as a component of any energy policy.

Over the years people have needed to live further and further away from their work place. While suburban growth until the 1940s remained close to the railway arteries, ever more people now live far beyond walking distance of a local station, and in areas developed at densities that do not permit viable let alone convenient bus services to operate. Car use is now perceived as obligatory by many suburban dwellers for commuting, shopping, taking the children to school and so on. A second family car is increasingly seen as essential to allow housewives to shop and transport children, whilst the first car is used by the working man.

Bus services cannot be economically run at a convenient level in many of these outer suburbs. Walking is out of the question for most trips because distances are too great. The only realistic substitutes for car use are



bicycles, mopeds or motorcycles. The most popular use of bicycles is for trips of up to six kilometres in length. That is far enough to serve many local trip purposes in the outer suburbs, such as local shopping and getting to school. It is also far enough to draw about 85% of Melbourne's population to a suburban railway station.

There are many suburbs of Melbourne where the only feasible alternative to car commuting is bike-train commuting. Rising costs of running and owning a car and unreliable petrol supplies may ultimately severely disadvantage those families who rely on using two cars.

This combined use of bicycle and train for metropolitan journeys is an important issue in bicycle planning. In most large cities, combined use of bicycle and public transport can potentially yield a level of accessibility similar to that of the private car. Dual-mode bicycle travel is therefore an important concept for energy conservation planning.

The dual-mode concept can be applied to bicycle-train, bicycle-bus and bicycle-car journeys. In Melbourne the greatest immediate potential lies with dual-mode bicycle-train travel. There are two main reasons for this. Firstly, bike-train travel already occurs in Melbourne, so it is easy to facilitate an increase in an existing activity rather than to introduce a completely new concept. Secondly, Melbourne's suburban rail network provides a comprehensive coverage of the metropolis with frequent, regular-interval services. Although only radial movement is catered for, the rail system constitutes the obvious basis for a first investigation of the potential of dual-mode bicycle travel.

The idea of initially developing the metropolitan rail system to encourage dual-mode trips by cyclists has existed for some years now. Ultimately it may be possible to plan and provide for bike-bus dual-mode facilities in Melbourne to provide for cross-radial movement, thus achieving maximum use of dual-mode systems.

Generally, bicycles are restricted from using passenger cars on trains and mass transit vehicles, with the possible exception of the folding bike. However, trains with baggage cars accept bicycles in their baggage service. Thus, train commuters requiring bicycles at both ends of their trip may be accommodated by trains with baggage cars or by having two bikes—one for the down-town station and one for the home station. If down-town commuter stations rented bikes, some bus trips, taxi trips or auto trips could be eliminated. In conjunction with this safe and secure parking are also necessary requirements to the cyclist.

In the U.S.A., Japan and Europe it has been long realised that dual-mode bicycle transportation has the potential to greatly increase the catchment area of public transport corridors and to alter the modal split. A trial dual-mode programme has already commenced in Melbourne as part of the Melbourne Bicycle Strategy.

The Box Hill/Ringwood line has been chosen for the trial because it is one of the lines being given priority for improvement and because it has been experiencing increasing patronage and has a number of stations with relatively high bike-rail usage.

The study will evaluate the range of storage facilities available and select the types to be installed, co-ordinate the production and installation of the selected facilities and the implementation of the promotion activities by VicRail, monitor usage of the new and existing facilities and user satisfaction and evaluate the data from the trial. This data will be used in the development of the engineering strategy plan for the Bayside area.

Towards Leisure Education

The 4th Annual Municipal Recreation Officers' In-service Education Conference was recently held at Lorne. The aim of the conference was to broaden the participants' understanding of the Municipal Recreation Service in order to assist them in aiding its development.

The thought-provoking opening session entitled "The Future—Backward or Forward" presented by Bob Robertson from the Canberra College of Advanced Education and Phillip Ruthven of IBIS Research Services, considered a number of scenarios about the future and their implications for municipal recreation services.

Methods or approaches to the delivery of services were also discussed in detail. Three approaches were identified as "service delivery", "community development" and "leisure education".

Perhaps the approach which appeared to be the most elusive to the participants was leisure education. Many saw leisure education as a natural adjunct to recreation planning and service delivery. However, others considered its ramifications to be more far-reaching saying that; instead of being an adjunct it had the capability of determining recreation planning and service delivery. In effect they considered that leisure education could demand attitude changes on the part of both individuals and society as a whole.

For a fuller understanding of leisure education a paper entitled "Towards Leisure Education" by Roslyn Walton and Elery Hamilton-Smith from the Department of Leisure Studies, Preston Institute of Technology is reproduced below. This paper was presented at the Conference.

If we ask ourselves the ultimate goal of a municipal recreation service, surely it is to maximise the extent to which people enjoy and are satisfied by their leisure.

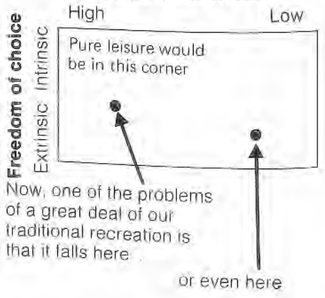
Many of the statements which one sees about objectives are merely intermediate steps towards this goal, or even means of achieving it. Admittedly, some may disagree with this goal—some people might say that the ultimate goal is to help people live longer or behave better—but we believe that to even discuss the approaches which might be taken by a recreation service, it is essential to define one's goal and the above is our assumption about the true goal.

We also need to define what we mean by leisure. Our own approach is that it is not merely free time, but rather a state of mind. This leads us to two more basic assumptions:

- Not all leisure occurs in "free" time and not all "free" time is leisure.
- Leisure is a state of mind, distinguished by freedom of choice (and hence by the personal autonomy necessary for free choice) and by a sense of intrinsic satisfaction—that what one does is satisfying in itself and is its own reward.

Of course, this is a somewhat idealised statement, and in reality we would have varying degrees of success in attaining "real" leisure.

John Neulinger suggests that we can look at our total use of time in terms of these two criteria of freedom and satisfaction (or motivation). Let's express it graphically:



In other words, too much of our recreation is bound up with extrinsic rewards like status, winning and the like, and too much of it is subject to pressures from friends, parents, children, the media, and even recreation officers, all of which serves to limit our freedom of choice.

Another way of expressing the problem is to say that recreation becomes too much like work, rather than like play.

"Man does not cease to play because he grows old; man grows old because he ceases to play"—G. B. Shaw.

Geoff Godbey takes this problem a little further in arguing that our society is facing not an increase in leisure, but rather an increase in anti-leisure. He says:

"By anti-leisure, I refer to activity which is undertaken compulsively, as a means to an end, from a perception of necessity, with a high degree of externally imposed restraints, with considerable anxiety, with a high degree of time consciousness, with a minimum of personal autonomy, and which avoids self-actualization, authentication or finitude . . . increasingly, the goals, methods and styles of our work are spilling over to our leisure. In much of our "leisure" activity, no less than in our work activity, we place a high value on advance planning and goal setting, competition, incremental improvement through the mastery of special knowledge and technique, the efficient utilization of time, and, of course, winning."

So far, we have defined some terms, and then argued that the present pattern of recreation provision is in fact deficient. We would now turn to the argument that we should move increasingly towards a leisure education approach, and we believe that unless recreation does move in the direction, it is bound into a self-defeating spiral of anti-leisure and consumerism.

Before tackling the further question of what we mean by leisure education, it is instructive to comment on the current crisis in respect to unemployment. One common approach to the needs of the unemployed focuses upon the provision of recreation, but this seems to us to be incredibly insensitive and misguided. The problem of umemployment is not merely, or even to any significant degree, one of how to fill in "free" time. Dunstant & Garlan argue that in fact the unemployed face four separate, although related crises:

"The first is an economic crisis—if a human being has no role as productive worker, how does he feed his family, clothe his children, and provide for the other necessities and the luxuries of a full life?

The second is a crises of identity—if a human being in our society can no longer identify himself by his job ('I am a teacher', 'I am a printer' etc.) who is he? How does he define himself?

The third is a moral crisis. Of what worth is a man, if he cannot earn his place in society by working?

The fourth is a crisis of meaning. If a man can no longer work, what can he strive for? What makes his life worthwhile? What can he do instead of working?"

We would suggest to you that these are questions which cannot be answered merely by the provision of recreational services. Finding a solution to these questions, either for the unemployed or the employed, demands attitude changes on the part of both individuals and society as a whole. This is one issue to which effective leisure education will address itself.

"Education today faces many challenges. One of them is leisure. If all that was required was increased emphasis on hobbies or activities, the problem would be non-existent. What is actually required is the making of a creative life-seeking individual—someone who has confidence in the limitless possibilities of his/her own development . . ." Norman Cousins

To define what we mean by leisure education, let's start by saying what it is not, so as to make our viewpoint as clear as possible:

- Leisure education is not recreation education—it is not about what activities one might choose to fill one's free time or about how to acquire skills in those activities.
- Leisure education is not schooling—it is not about removing people from the real world into a situation where they are taught about the real world, or even worse, taught something of no relevance to the real world.
- Leisure education is not merely concerned with the individual "consumer"—there would be little value in changing the attitudes of individuals and leaving the social environment in which they live unchanged.

Leisure education must be:

- about helping individual people to achieve the personal autonomy to exercise greater freedom of choice and the self-knowledge to recognize and choose between the potential satisfactions available to them. It therefore shares the general purposes and characteristics of all humanistic education, ably described by Hellison as being:

"The first goal—self-esteem—refers to those feelings of competence or incompetence which derive from a person's subjective perceptions of his own experiences. An individual's self-esteem is an important beginning, because it forms the base of support for further behavioural development.

. . . the second goal (is) self-actualization—that is, growth toward fulfillment of his special potentialities and talents. Any individual's potentialities span a wide range of abilities . . . Growth toward self-actualization may take place relatively early in life and become part of the individual's special memories and feelings, or it may be an ongoing process which the individual experiences throughout life.

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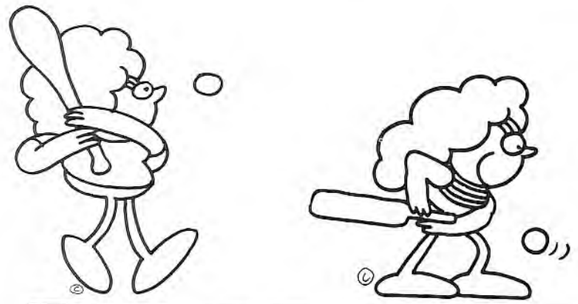

(The) third humanistic goal (is) self—understanding. If an individual's feelings and abilities are unique to him, he is in a better position, at least hypothetically, to determine what and how to learn. To profitably engage in this kind of introspection, however, requires considerable attention to the question 'Who am I?' beyond those early efforts to establish a base of self-esteem (Am I competent?)".

He must be able to identify his needs and their sources (such as cultural values), his abilities, his interests, and the inter-relationships among these variables. By understanding these components on the self, he can more readily integrate them into a meaningful life-style which will bring him closer to social and emotional well-being.

The fourth and final humanistic goal moves beyond the self to social consideration . . . the adoption of such values as sensitivity toward others and co-operation should further upgrade the quality of interpersonal relations, especially if the first three goals have already been met."

• Carried out through and related to real experience. It can and should occur in parks, neighbourhood centres, art galleries, sports centres, playing fields, restaurants, factories, shops and a multitude of other places. It can and should involve all people, not just "teachers" or "experts" BUT the recreation professional has a special opportunity and responsibility.

The recreation professional can foster and stimulate leisure education throughout the community (or alternatively, can be a major obstacle to it). Perhaps even more importantly, the recreation professional is ideally located to educate the decision-makers for whom he/she works.

" . . . leisure awareness is already within us waiting to be discovered and the role of the teacher is to give nudging encouragement. Leisure is discovered rather than manufactured."—James Murphy

• It is central to ensure that decision-makers understand the nature of leisure, its importance, and the implications of their decisions for leisure opportunity.

"People must be given the opportunity to find meaning where meaning exists for them."—Steven Levy

In summary, our argument is that leisure is a state of mind which is essentially dependent upon personal freedom and autonomy; that most traditional recreational provision is in fact anti-leisure; and that leisure education is the one approach that will humanise our recreation services and make them truly relevant to the realisation of human happiness and human potential. Finally, that leisure education has a primary target in the decision-makers who determine the social environment within which we all live.

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Other authors to whose ideas we owe some of the development of our own thinking, and whose works may be useful to others include Blanka Filipcova, Thomas Kando, Staffan Linder, Alexander Matejko, James Murphy, Anna Olszewska, Josef Pieper and Jiri Zumaneck.

NOTES

An Advanced City

The city of Davis in California is possibly the most energy-conscious city in the United States. It has achieved a substantial reduction in energy usage and a better environment for its inhabitants, largely through promoting the bicycle.

Since 1968, when it first began promoting the use of bicycles, Davis has passed a series of energy-saving laws. The results are apparent. There are 25,000 bikes in a city of fewer than 33,000 people. Bicycle paths are required in all new subdivisions, and a city study has found that bicycles are used for 25% of all travel in Davis.

The building code requires that all new houses face south to take advantage of the cool summer breezes from the Pacific, that there is extensive use of insulation, that housing developments have narrow streets with shade trees, and that apartment houses must provide clothes lines for tenants. Also all stores have bicycle racks outside, small businesses are encouraged to operate out of private homes, the new swimming pool is solar heated and there is a $10,000 a year energy saving education programme.

Summary of an article in Horizons USA 33.

Orienteering—The Thought Sport

On Sunday 21 October 1979 the Victorian Orienteering School championships will be held in Melbourne at Plenty.

Students will be able to compete if they have had prior experience at school or attended some of the "come and try it" events to be held over the next three months.

Further information and entry forms for the championship are available by ringing either: Orienteering Service of Australia, 489 9766 or Mr Ilija; 288 1077 (BH) or 288 3625 (AH).

Anybody wishing to help promote orienteering in their area is asked to contact the above numbers for further details.

Leisure life and the unemployed

The Footscray Institute of Technology has embarked on a study that should provide the Government with important information on the leisure patterns of the unemployed.

The project will describe the leisure patterns of all people not in the workforce rather than only those classified as unemployed. These are defined to include unemployed, pensioners, others on benefits but excluding housewives. An interesting aspect of the study is that it will compare the leisure patterns of unemployed youth with a controlled group of employed youth to ascertain what differences, if any, exist in their use of leisure time.

When complete the study findings will be of great interest to the Victorian Employment Committee headed by our Minister, Brian Dixon.

New Recreation Camp

The Department is to convert the Lady Northcote Home into a recreation camp. Over the years the staff of the Lady Northcote Home have shown great commitment to meeting the needs of children in state care. In 1974 the Home cared for 83 children but now only cares for 26. The Home is expected to close before the end of this year and should be available as a recreation camp in 1980.

The Home will be converted to provide accommodation, catering, sporting and recreation facilities that will enable community groups to enjoy a holiday camp in the Bacchus Marsh area. It is anticipated that school groups, clubs, associations, ethnic groups and any other community groups will be able to make use of the camp for a wide range of activities.

Special adaptations will be made to enable access to camp facilities by the handicapped and the Department itself intends to conduct a range of programmes. It already conducts family camps, ski schools, horse riding activities and other such programmes at a low cost throughout the State of Victoria.

Special Youth Projects Fund

Private enterprise and the Victorian government have joined together to provide funds for youth projects which help to solve the large number of problems facing kids today such as drug abuse and unemployment.

Caltex Oil (Australia) Pty Ltd has agreed to provide a contribution of $10,000 in 1979, and this amount will be matched by a contribution by this Department.

Application forms will soon be available from the Department.

Learn to sail course

This course which is conducted by the Herons Association involves three evening theory sessions and two morning practical sailing sessions. The theory sessions will take place at the Royal Melbourne Yacht Squadron, The Esplanade, St. Kilda on Friday, September 7th, 14th and 21st between 8.00 and 10.30 p.m. whilst the practical sessions are on Sunday, September 9th and 16th between 10.00 a.m. and 1.00 p.m. For further information contact Mr John Erlandsen on 359 4711.

Himalayan Film Festival

Michael Dillon Film Enterprises is presenting a Himalayan Film Festival at the Alexander Theatre, Monash University on Monday 17 and Tuesday 18 September at 8.00 p.m.

Three films will be shown, *From the Ocean to the Sky*, *People of Everest* and *A Himalayan Journey*. These films have already proved very popular with many youth groups.

The cost for adults is $3 and for students, children and pensioners $2. Tickets are available at the door.

Sports Administration Course

The Department has set aside $20,000 this year to enable sports administration education courses to be developed in conjunction with education institutions throughout Victoria. This will be an ongoing programme and at the moment its emphasis is on volunteer administration. Extending this scheme to be part of a national one will have advantages similar to those of the National Coaching Accreditation Scheme which is now operating.

The role of the sports administrator is a vital one. He or she influences the destiny of sports clubs and associations and, consequently, influences the development of sport in Australia. The opportunity for sports administrators to learn formally and by experience will assist in upgrading the development of sport in Australia.

The Department through its Recreation Development Division has recently conducted a club administrators course as a pilot programme. The course was in basic administration and aimed at assisting voluntary office bearers (Chairperson/President, Secretary, Treasurer and Committee members) to identify and develop skills necessary to perform their role efficiently and effectively in their sporting or recreational clubs.

Results of the evaluation of this pilot programme will serve as a guide to the development of a continuing programme in the education of sports administrators.

Life. Be in it / YSR News

Editor—Kevin Wilson
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IN PRINT

RUS LITTLESON

Urban Landscape Guidelines

—A handbook prepared for the Garden State Committee by Jeremy Pike, Centre for Environmental Studies, University of Melbourne

This is a handbook prepared for the Garden State Committee encouraging local council and community to take an active role in the planning of the urban environment.

The handbook contains guidelines of aspects of urban landscape design which include site analysis; practical assessment of needs; advice on planting to produce suitable environments and the creation of safer areas for pedestrians, cyclists and automobile drivers. The emphasis is on human scale and human need and the psychology of form for appropriate use of space.

The chapter on advice for assistance and finance lists government and non-government organizations contact addresses and the way in which they can help.

Copies are available from the Government Bookstore at Community Services Centre, 356 Collins St., Melbourne and will cost $2.00.

Di Bell.

50 Day Walks near Melbourne

by Sandra Bardwell

Sandra Bardwell's book *50 Day Walks Near Melbourne* is an encouraging boost to those of us who have often thought about going hiking as a weekend hobby but have not quite got around to it. Now there isn't any excuse.

Ms Bardwell opens up for us much of Victoria's beautiful countryside that is within an easy drive from Melbourne. She treats each walk individually and the reader is offered many interesting and important snippets of information

to encourage them to get outdoors and 'Be in it'.

One of the advantages of the book, apart from the fact that it is not too cumbersome or heavy, is that an introduction to bushwalking is presented. It provides a lot of necessary information and I strongly suggest that this section is read thoroughly. It is so important to be well prepared for such an activity, whether it be strolling along the beachfront at Cape Schank or climbing up Mt Donna Buang. If you learn some good habits, bad accidents may be avoided.

In presenting each walk, Ms Bardwell provides her reader with some vital statistics. For example, distance from Melbourne, how to get there, amenities—if there are any, what to put in the rucksack, which map to take and, of course, a detailed description of the walk.

I strongly recommend this delightful accompaniment to a family day outing. The information it contains is not only valuable but interesting and we can only hope that it will truly open up our Garden State to appreciative participants.

New publishing venture

Five publishers, Anne O'Donovan, Sally Milner, Joyce Nicholson, Hilary McPhee and Diana Gribble have banded together to form *Sisters Ltd.*

They plan to establish a very extensive mailing list of women throughout Australia who, for a small subscription fee, will be regularly informed about new publications and invited to order. This year they will start to publish new Australian titles and make available a selection of local and overseas feminist material already in print. These books will be available at a considerably reduced price to subscribers, and at normal retail prices through a limited number of bookshops.

For those women involved in the youth, sport and recreation professions, *Sisters Ltd* may be of some assistance.

Enquiries and requests for book lists can be directed to P.O. Box 125, Carlton South 3053.

F. D. Atkinson, Government Printer, Melbourne