

Janette MacLachlan. 3/26.



# CREST

★ CAVENDISH ROAD STUDENTS' NEWSPAPER ★

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## THE LEAGUE TEAMS VISIT NAMBOUR

(By MACK RAWKINS)

Four Rugby League teams (A Grade, B Grade, C Grade and 9 stone) visited Nambour on Saturday, 20th May, and had a most successful day with three wins and a draw.

The A Grade had a narrow 14-13 win, the B Grade a 3-0 win, the C Grade a 10-8 win, while the 9-stone team drew 0-0.

Departure time from school was 7.15 a.m. and, wonderful to relate, "Stirling Moss" revved up dead on time, not driving a Cooper Climax or Ferrari, but a Black and White Sandgate bus.

After seeing the boys safely bestowed, Mr. Tickle gave the starting signal and we were off. Pick-ups were made at the Junction and Stone's Corner. Gary Claydon almost missed out, but he was too valuable to leave behind so we waited for him.

The trip to Nambour was made in good time after calling in at "Henry's" for refreshments. We were in good spirits and enjoyed the rural scenery. There were some mysterious goings-on in the back of the bus, but most of us were content to pass the time away by discussing the prospects for the day.

On arrival at Nambour High School just before 10 o'clock, we were relieved to see that Mr. and Mrs. Ungerer and Mr. Jones had made the trip safely and had somehow passed us on the way.

Two matches were played before lunch and whetted our appetites for the "piece de resistance"—the A Grade match.

### C GRADE MATCH (10.20)

The C Grade team started in spectacular fashion when in the first minute and a half "Speed" Jordan scored near the posts after a follow-through from a penalty. Bryant converted and we led 5-0.

The second try came in the eighteenth minute when Ross Winks from a scrum skirted the ruck, broke through and touched down.

Bryant converted and Cav. Road led 10-0. Nambour put everything into a final effort, but their rake stepped through a couple of weak tackles and touched down. The try was converted and Cav. Road led 10-5.

Fazldeen was the most prominent of the forwards in the first half, while Winks always looked dangerous.

We were delighted to welcome Mr. Willmott during the break.

Six minutes after the start of the second half Nambour scored between the posts, but failed to convert and Cav. Road held a slender 10-8 lead. Nambour put everything into a final effort but the defence held. Uhlmann, playing full-back, was the star tackler, but Bryant at half-back had many promising runs.

With both sides looking likely to score but failing to finish good movements, it was a relief to hear the full-time bell.

Congratulations to the C Grade and to their coach, Mr. Jones, on their good game.

### 9-STONE MATCH (11.10)

We looked forward to seeing a second victory for Cav. Road when Mr. Ungerer's 9-stoners took the field. From the kick-off Horsburgh broke through to the full-back in a good run, but was pulled down in a tackle.

The ball changed hands several times and scrums were divided before Cav. Road received a penalty which Burford failed to kick through the posts.

Godfrey and Dimmock were prominent in the first half, while Horsburgh had several nice runs. Several players received injuries and play was held up.

Nambour looked like scoring when their backs threw the ball about from one side of the field to the other. Soon after Jessop went off and was replaced by Hatlow. Nambour were over the line, but dropped the ball.

At half-time the score was 0-0. It had been a fairly even game with Nambour having slightly better territorial advantage.

Play in the second half followed the plan of the first half. Both sides dropped passes when they had a chance to score. Burford relieved the pressure with some good line kicks; but failed to kick a penalty just before the bell.

The draw was a fair indication of the relative strengths of both teams.

Football was forgotten for an hour while we enjoyed Nambour hospitality at a sit-down hot dinner in the Domestic Science Block.

Harry Watson was missed at lunch. He is a nervous player.

The afternoon matches began at a little after 1 p.m., with a patched up B Grade team of a couple of A Graders and C Graders helping out.

(Continued on Page 16).

## ORIGINAL CONTRIBUTIONS

### "TWO TREES THERE ARE"

Set in my garden there  
Two trees grow side by side,  
Through all the year doth wear  
The one its leaves with pride.  
How bare the other when  
Chill winter clothes the ground;  
But brownness changes then  
When Springtime comes around.  
The one is evergreen.  
Unchanging days all show  
Her beauty. Pretty scene  
That gives delight, we know.  
But in the other bush  
All life seems dead and sere.  
It waits the gentle hush  
To tell that Spring is near.  
Then blossom forth the hues,  
So fine, so rare. A birth  
That wakens as the pearly dews  
Each morn give place to mirth.  
—ALAN GRIDE, Form 3A.

### BEE-KEEPING

The prices are low, and the sales are slow,  
My extractor's worn out and my truck won't go;  
I'll sell the whole thing for what it will bring,  
I'm finished with bees. I'm through.  
I'm sick of the lifting, the extracting, the shifting,  
And the seasons just don't run to form;  
It's too hard to toss, it's just a dead loss;  
HEY QUICK, GET A BOX. THERE'S A SWARM.  
G. HADEN, 3A6.

### ODE TO CAVENDISH ROAD

Oh Cavendish Road we are so proud of you,  
And everything the pupils do,  
For the green and white we play the game,  
Greeted each day with lots of fame.  
Our numbers above seventy score,  
But everyone we each adore,  
No violence in our school is seen,  
For every student is proud and keen.  
Our knowledge we improve each day,  
In the new, modern and easy way,  
On sporting days it's lots of fun,  
Our best athletes have always won.  
Long after our school days are through,  
And the teachers have been placed anew,  
One school we'll praise above the rest,  
Cavendish Road will stand out the best.  
LAUREL LYNCH, 4C1.

### ODE TO THE WORKMEN

A truckload of workers, building a school with a vague intent;  
A truckload of toilers drifting along to retirement.  
And toiling, and swearing, and leaning on shovels well treated for strain,  
While picks are so drearily lifted and dropped with an air of disdain.  
And the "go-cart" is backing and filling to save all the effort of man,  
While fellows who look like they're working, are doing the least that they can.  
They'll work at this tempo precisely for ages and ages to come,  
Till the grandsons of present Cav. Road-ites will see finished  
What we saw begun.

F. THORNDIKE, 5A2.

### THE BRUMBIES

Here they come,  
The Brumbies all,  
They slip and slide,  
But never fall.

They grind down the slope  
At a deathly pace,  
Giving the stockmen  
A long hard chase.

And now,  
Their manes are flat,  
Their colour slate  
And with their breathing,  
Their nostrils dilate.

And so it goes on,  
Day after day,  
The stockmen pursue,  
As hard as they may.

They catch the brumbies,  
—One or two—  
To train for the chase.  
But they never do  
For the brumbies come

And the gate they undo.  
Then they're off again  
On this free for all,  
The stockmen, their horses,  
And the brumbies all.

IAN DOUGLAS, 4B3.

DON'T FORGET THE SCIENCE CONTEST (P3)  
THE "ROMA" DANCE, 30th JUNE

## SCIENCE NOTES

### ANY QUESTIONS ?

Q. What is an amoeba and where does it live?

A. The amoeba is the smallest living animal, consisting of a single gelatinous cell. It is found in fresh water ponds and streams. It is small enough to be just beyond the power of the naked eye to see, and has the appearance of a blob of colourless jelly, which is called protoplasm.

The amoeba carries out, on a smaller scale the function of the more complex human body. When it has to move, it does so by thrusting forward a portion of the edge of its limiting membrane, gripping the ground with this and moving forward. When it feels the need to reproduce it simply divides into two.

Q. Why is Macquarie Island important to Australia?

A. Macquarie Island is the largest of a group of small islands in the Great Southern Ocean about 850 miles south-east of Tasmania. The home of seals, sea elephants and penguins, it was discovered in 1810. Australia has established there a weather and radio station to send meteorological reports which affect our lives in so many ways. The reports give Australian weathermen advanced information of the wind and rain which are coming our way. Currents and tides are watched and chartered for the shipping industry. Macquarie Island was the base of Mawson's 1911-1914 Polar expedition, and expeditions to the Antarctic always stop to refuel there.

Q. Why was the whale once a land animal?

A. Whales' bodies have changed in many ways since the prehistoric times to allow them to live their whole life in the water. In the intense competition to live in those times, the animals which have now become whales took to the sea so that they could live more easily. The whale is a mammal or not; properly called, a cetacea. In this class are the sperm whales, bottle-nosed whales, and dolphins. Whales are warm-blooded, breathing air as we do. They have no scales, and have a skeleton, brain, heart, and blood vessels.

The Nuclear Research Foundation's latest book,

"SPACE AND THE ATOM,"  
is now available in the School Library.

Are YOU entering  
the Science Contest?

2. The proportions by number in which the atoms and molecules react and are formed.

3. The proportions by weight in which atoms, molecules react and are formed. An equation assumes the truth of the law of conservation of matter.

It will be noted that symbol, formula, and equation involve three factors and an assumption in each case.

### MEASUREMENT OF TIME

"I'll meet you at 8 o'clock." Here we have the first principle in the measurement of time. We can speak of "position in time" defined by "coincidence of events." Two people meet at a point in time which coincides with the hands of a clock in a certain position.

"My homework took two hours to do." Here is the second principle. Duration of time or an interval time is the "distance" between two points in time. You commenced your homework when the hands of the clock were at 7 o'clock—one point in time. You finished your work when the hands were at the 9 o'clock position.

Time can only be measured in a forward direction. We cannot put the clock back.

How is a time interval measured? This involves a principle that "the same event occurring under the same conditions occupies equal time intervals." The sand running through a sand glass is used to measure three minute intervals; drops of water from a tap, provided the pressure head is constant, could be used to compare two time intervals. The time interval between the points when the sun is at its zenith until it is again at its zenith is constant and is called the solar day. The sidereal day applies to a star at its zenith instead of the sun. In practical devices, we have clocks regulated by a pendulum. Each complete oscillation of the pendulum occupies equal time intervals. The unit, the sidereal day, is subdivided into hours, minutes and seconds.

### MEANING OF A CHEMICAL EQUATION

A chemical equation is a concise statement of the course of a chemical change and it implies certain quantitative laws of chemistry. The equation corresponds to the mathematical formulae we use in Physics to express laws.

The basic unit in a chemical equation is the symbol. As an example the symbol S represents—  
1. The element sulphur.  
2. An atom of sulphur.  
3. An atomic weight of sulphur, namely, 32 parts by weight.

The symbol assumes that every atom of sulphur represented by S has the same weight and identical properties.

A collection of symbols e.g. NaOH is called a formula. A formula represents—

1. A compound.  
2. A molecule of a compound and the number of atoms of each element combined in the molecule.  
3. The weight of a molecule, the molecular weight in this case 40. The proportions by weight of the constituent elements e.g. Na:O:H—23:16:1. The formula assumes the truth of the law of constant composition.

The whole equation represents—

1. The elements and compounds taking part in the action and the products of the action. It shows how the elements were arranged before the change and how they are rearranged by the change.

## THE EYE CAMERA TO DARKROOM

The comparison between the camera and the eye is so often made that it is taken for granted. Everyone knows that both instruments have a lens which projects an inverted image on a light sensitive surface, the film in the camera and the retina in the eye. In both, the opening of the lens is regulated by an iris. In both, the inside of the chamber is coated with a black material that absorbs stray light. However it might be reasonable to assume that, beyond these similarities, the comparison halts.

Indeed, there is one major difference between the eye and the camera. While the camera is focussed by moving the lens towards or away from the film plane, the eye is focussed by changing the shape of the lens. The comparison between the eye and the camera has never proved fruitful as no significant advance in photography has been influenced by the workings of the eye. Despite all this, biological research keeps discovering deeper and deeper similarities between the processes of photography and vision. These similarities go beyond simple optics and have come to involve much of the essential physics and chemistry.

In both the eye and the camera, the lens iris is opened in dim light and closes in bright light. However, what happens when the light becomes too dim for the widest opening? (We assume that there are no other lights to be switched on.) The photographer, of course, will change to a more sensitive film. Amazing as it may sound, the eye does something similar.

The retina, like a film emulsion, has a grain. Instead of silver bromide crystal, this grain is made up of receptor cells. In the retinas of man and other vertebrate animals, there are two types of receptor cells, rods and cones, so named because of the shape of the light sensitive ends. The cones are receptive to bright light and also to colours; the rods are receptive to dim light, and yield only neutral-tone sensations. In very dim light, such as star or faint moonlight, only the rods are stimulated. This is why we only see things in tones of grey at night while during the day we see the objects in colour. The cones begin to function at moderately low intensities, about one thousand times brighter than the lowest intensity to which the rods respond. Over a medium range of light intensities, both rods and cones function together; then, at the strongest intensities the cones are dominant.

The fast, medium-speed and slow "emulsions" available to the eye are comparable to their photographic counterparts in the matter of grain. Each cone in the retina is usually connected to the brain by a single fibre of the optic nerve, while several rods share a fibre between them. Since the rods and cones are of about the same size, cone vision (the slow emulsion) produces a much finer grained image than the rod vision (the fast emulsion).

In some animals the light sensitive segments of the rods and cones are carried on the ends of fine stalks which can shorten or lengthen, much the same as the stalks that carry the entire eye of the snail. In dim light, the cone stalks retract while the rod stalks are extended, and vice versa in bright light. Here, the similarity to a photographers' change of film is closer still.

Even in the optical field, the relationship between the eye and the camera lens is far subtler than is generally imagined. In making the comparison, most people think only of the human eye's single-element lens, but there are many different types of lenses to be found throughout the animal kingdom (though no animal possesses an eye based on the use of a concave mirror). There is a squid-like mollusk called the Nantilus whose eye works on the principle of the pinhole camera. Then there are all the insects which have compound eyes (the household fly), each individual "eye" records a spot of light or shade, and the total of their responses forms an upright patchwork image, (as the lens described in the article "Techniques Tomorrow" in the last issue). Perhaps the most amazing eye of all is found in a tiny creature called copilia; it has a large and beautiful lens but only one light receptor which is attached to a muscle. It is believed that the muscle moves the receptor rapidly back and forth across the focal plane of the lens, scanning the image like a television camera!

Just as all camera lenses represent compromises, the various types being designed to perform well for a certain range of applications, so all these natural lenses are adapted to different conditions. The pinhole eye sacrifices image brightness to universal focus. The compound eye sacrifices fine detail to a very close working distance, down to a few millimetres. The vertebrate eye (or human eye) sacrifices close focussing to long range and a high degree of sharpness.

Among many other devices for colour correction in the eye is the device used in the fovea. The fovea is a small, shallow depression in the middle of the retina that contains only cones. The fovea is considerably smaller than a pinhead, and subtends an angle of only 1.7 degrees (the eye's total field of view is about 240 degrees), but it is this tiny patch that we use for all our detailed vision. When we look directly at an object (e.g., these letters in print), its image is centred on the fovea. (By the way, it's because there are no rods in the fovea that we can see objects in very dim light, a faint star, for example — only by looking slightly away from them, so that the image falls outside the fovea). In man, apes and monkeys (possibly our ancestors!), the fovea and the region of the retina just around it is coloured yellow, and this particular shade of yellow takes up the absorption of blue and violet light just where the absorption by the yellow of the lens trails off. Thus the human eye, unable to correct its colour error by niceties of design, simply throws away those portions of the spectrum that would make the most trouble.

When we come to the chemistry of vision, we find some really unexpected similarities to photography. The first step in their discovery goes back some fifty years, when a pigment that bleaches in the light and regenerates in the dark was isolated from the rods of a frog's retina. This pigment, called rhodopsin, is the first part of the rod to react to light; it initiates the train of reactions that ends in rod vision. W. Kuchne, a 19th century German physiologist, declared, "The retina behaves not merely like a photographic plate but like an entire photographic workshop, in which the workman continually renews the plate by laying on new light-sensitive material, while simultaneously erasing the old image."

## WHO WAS CONFUCIUS?

Confucius is the Latinised form given by Jesuit missionaries in China to the man known to his own people in the Chinese language as King Fu-tsu—the philosopher King.

Born of good family in 551 B.C.—about the same time as the Greek Socrates—Confucius was married when he was 19. He was known to have had one son and one daughter. He held a high position in the Government of the time, but on the death of his mother in 527 B.C. he retired, as part of a pious Chinese custom, from public life for the years of mourning.

This seclusion he spent in study and meditation. From 530-501 B.C. he began to teach, and around him a school of young philosophers grew up, so that the ancient cultural writings of China were preserved and published.

In 501 B.C. he was appointed Governor of his native State, Lu, but he was so disgusted at the corrupt Government that he resigned and spent more than a dozen years wandering the provinces.

The reigning Duke invited him home in 484 B.C., and Confucius spent the remainder of his life in study, especially of Chinese poetry. At the same time he wrote his original work, "Ch'un Ch'ui King," or Book of Spring and Autumn. He died in 478 B.C.

Confucius' life, as described in the Lun Yu Shu, shows him to have been a very moral man, but lacking in sympathy and love, which he did not regard as very important.

However, he taught the rule, also found in the Bible: "Do unto others as you would have them do unto you." Confucianism is one of the three great religions of China, the others being Taoism and Foism (Buddhism). The teachings and doctrines of Confucius are found in the nine Classics, which are the Five Kings and Four Books of Shuo.

The Five Kings are the chief standard writings of the Chinese and are the basis for their private and political conduct. In 64 essays they deal with political, social, and ethical problems. The Shu books are the Shu King, or book of History, The Shih King, or book of Odes; the Li King, or Book of Rites; and the Chun Ch'ui King or book of Spring and Autumn.

## QUOTABLE QUOTES

### UNIVERSITY LECTURER TO A GROUP OF STUDENTS

"I don't mind students glancing at their watches towards the end of the lecture, but please don't shake them unbelievably."

"Those students who are geared to wake up when I say, 'And in conclusion let me say . . . ' will soon discover that I drop this remark about half-way through the lecture."

"During discussion periods, please remember that 'It stinks' is not constructive criticism."

"Students seeking self-advancement by laughing at my jokes should listen more attentively. Last Thursday, just by glancing up from my notes and pausing expectantly, I got quite a laugh from the back of the room."

"Students who wish to take a short cut to a pass in the examination by referring in class to a book I have written, should not call it 'the blue one'. Learn the title at least!"

Kuchne realised that, since rhodopsin bleaches in light, it should be possible to take photographs with a living animal's eye. To make his first "optogram," as he called it, Kuchne fastened a rabbit with its head facing a barred window, covered its eyes for several minutes to let the rhodopsin accumulate, then exposed its eyes for three minutes and finally decapitated it (grusome isn't it?). On taking out the retina, which had been fixed in alum, he found a positive picture of the window with the pattern of its bars. Kuchne made many optograms, and without any doubt the most startling of them was the one made from the eye of a guillotined murderer. Though he thought he could see a definite image it was not identifiable with any object. (If any of your friends are being guillotined in the near future, have a go yourself and if you're lucky you might gain international fame).

In all these experiments with rhodopsin, the images obtained have been monochromatic (black and white). How, then, does the eye see colour? Since it's the cones that are responsible for colour vision, first chickens were taken. Their retinas, like those of a number of other birds, have great predominance of cones. It has been found that each cone contains a brilliantly coloured globule of oil, located where the light must pass through it before reaching the light sensitive element. Each cone then has its own colour filter. What's more, the globules are of three different colours: red, orange and greenish yellow.

There still remains much to be learned about human vision. Although we shall not find that the eye employs the equivalent of a colour film tri-pack, it is possible that, on further study, other remarkably similarities between human vision and photography will come to light.

W. Street.

## TEST YOURSELF ON THESE

Q. A man has two eggs for breakfast every morning. He doesn't buy them, beg them, steal them, or find them. He doesn't keep hens and nobody gives him the eggs as gifts. How does he get them?

A. He keeps ducks. \* \* \*

Q. The Akey Health Agency made a spot check of sickness at the end of the winter. Sampling 100 people, they found that 85 per cent. had bad colds, 79 per cent. had struggled with flu, and 63 per cent. had come down with virus X. Can you figure out the least number of unfortunate people who must have been stricken with all three ailments.

A. At least 27. \* \* \*

Q. It is said that the Egyptians used rollers to move the big blocks that went into the Pyramids. A tedious job, no doubt. Suppose a block is supported on two rollers, each seven inches in diameter. Taking (or pi) as 22 over 7, how far would a block advance in one complete revolution of the rollers.

A. 44 inches.

# CAVENDISH ROAD CAMERA CLUB

In late November of 1957 Mr. Bauer—then an intermediate teacher at this school—put forth the idea of establishing a Camera Club at Cavendish Road. However, it was not until March of the next year, that Mr. Rowe and Mr. Bauer capitalised on this idea. The 10th of March, 1958, is a day which will long be remembered for on that day was held the inaugural meeting of the Cavendish Road Camera Club. At the inaugural meeting which was attended by 73 students the office bearers were elected and it was decided to divide the club into two sections—a junior section consisting of members who were in the Intermediate section of the school and a senior section consisting of members from third to sixth form. The purpose behind the establishment of the club was—

(a) Furthering the photographic knowledge of members in all fields of the hobby.

(b) The bulk buying of chemicals by the club and the reselling of such chemicals to members thus enabling them to purchase a considerable part of their photographic needs at prices far below the retail prices.

(c) To establish from the funds of the club equipment which could be borrowed by members thus eliminating the need for members to buy costly processing equipment.

(d) The staging of competitions to increase members' enthusiasm for the hobby and to provide opportunities for members to put into practice ideas gained from lectures.

The growth of the club during the following few months was much greater than even the visions of the most optimistic of the members of Cavendish Road's first club. Help came from all sides and though there is not sufficient room to mention all those who willingly gave their help, I must mention Mr. McInnes our patron, and the firm of H. Bleakley Photographics Pty. Ltd. Besides the many interesting talks given by Mr. Bauer, Mr. Woodworth, and Mr. Rowe, the club was fortunate enough to have as guest speaker Mr. D'arcy Phorr, Courier-Mail and Telegraph staff photographers, members of the Kodak Lecture Service, and Mr. McInnes who continually impressed upon us the fact that he had never seen a bodgie or for that matter a widge carrying a camera. Have you?

During this period of relative infancy, our patron arranged for us to visit Brisbane's first Photo Fair. While we gazed with envy at the equipment—much of which had never before been seen in Queensland—negotiations were under way for the donation by the Bleakley Company of equipment valued at nearly £100. And so it came to pass that the C.R.C.C. by the August vacation was the proud owner of over £100 worth of equipment and also a dark-room in what had been the store-room. However, enthusiasm was so great that within a short time the dark-room could not accommodate the needs of our 80 members and so before the end of our first year plans were drawn up for the establishment of two new dark-rooms under C9. During

1958, five competitions were held and prizes totalling over £25 were given away in the form of cash, open orders, films, and developing tanks.

The new year opened on a bright note when over 160 students indicated their desire to join the club. Other high schools, seeing the success of our camera club, decided to form their own but none found that they could better or even equal the successes of the C.R.C.C. During the 1959 school year we counted in the number of our guest speakers such authoritative people as Mr. Will Snead, Mr. D'arcy Phorr and the Agfa Co. colour consultant in Australia. A most enjoyable night was spent in early June of that year when members of the P.M.G. Department's camera club brought to the school their 1959 Photographic competition. The year literally flew by and soon the Passing Out Parade was upon us. It was on this occasion that the club held its first public display of members' work. The club's display consisted of a display of the enlargements in the black and white section, a screening of the entries in the colour slide section and a display of photographic equipment kindly lent to the play of photographic equipment kindly lent to the club for the day by Mr. McInnes. By that time the club's two new dark-rooms were nearing completion and shortly after the Public Works Department had driven the last nail in, they housed benches, enlargers, printing boxes, glazers, sinks and a host of other equipment so necessary to photographers.

1960 opened badly for the club with the departure of Mr. Bauer and Mr. Rowe. It looked as if the club would go into the doldrums. But not so. Mr. Cameron joined the ranks of the C.R.C.C. and so slowly but surely the club made progress. Last year, as in other years, the club had an impressive list of guest speakers on topics varying from colour processing to portraiture. Highlights included a most enjoyable trip and the annual competition. Prize money was once again exceptionally high as was the standard of the entries. The tape recorded opinion of the judge on each of the entries was relayed to the members enabling them to learn from their mistakes. The judge commented that the standard of the winning entries was as high as if not higher than that of adult clubs. However, too much of the prize money went into too few hands.

At the start of this year the Cavendish Road Camera Club once again opened its hands wide to accept new students. Despite the 5/- fee which is considered by some to be abnormally high, the club received once again more new members than any other club. At the year's first meeting the club's office bearers were elected. They are: President, Robert Enders; Vice-President, Bill Street; Secretary, Hugo Kunze; Treasurer, Frank Thorndike; Equipment officers, David Wilson and Paul O'Connor.

Activities to date include visits by D'arcy Phorr and by a Courier-Mail photographer and a trip before the May holidays to Dayboro.

R. Enders, 5A1.

## PARTY LINE

For the benefit of those who are not familiar with Cavendish Road Educated Social Talk, viz., our new students, we would like to open this year's first "Party Line" with a short explanation.

### FOR NEW STUDENTS ONLY

"PARTY LINE" is Crest's brightest column, and will be presented in each edition of Crest. Last year that delightful female Itsy was the writer but this year two dashing Fifth Form boys, Eddie and George, are soul writers.

Any problems you may have will be answered by the "Party Line" advisory panel if you so desire, and all correspondence including requests for autographs, may be addressed to:

EDDIE and GEORGE,  
C/- PARTY LINE, CREST.

Any queries? Then let's commence another "Party Line."

First a few definitions.

Def. 242: Feminine test—the ability of a woman to look up to a man shorter than she is.

Def. 36: Mischief—female leader of Indian tribe.

Def. 34: Horse sense—something that prevents horses betting on men.

Def. 202: Car sickness—the feeling you get every month when the payment falls due.

Def. 49: Conference—a gathering of people who singly can do nothing but together decide that nothing can be done.

Def. 0: Psychiatrist—someone who goes to the Folies Bergere in order to study audience reaction.

Def. ....: Physiotherapist—a man who works his fingers to your bone.

Def. 13-19: Teen-age—interval between pigtailed and cocktails.

Def. 282: Sunbathing—a fry in the ointment.

Def. 6-66: Marriage—an institution that gives single men a new lease of life at double the rent.

And for the English students—collective Noun—a dust-bin.

P.T. P.T. P.T. P.T. P.T.

This edition we have only one poem to present to the intellectuals

If I go on as I am,

I'll be a millionaire,

But who'll I leave the damn stuff to,

I've got no-one to care.

A free autographed photo of Eddie and George for the reader who gives it the best name.

T.V. T.V. T.V. T.V. T.V.

**Topical Interest:** Ted calls his car "Daisy"—some daisy goes; some daisy doesn't

Joe say that as far as he can see there are only two seasons in this modern age—Cricket and Football.

Some people are no good at counting calories and they have figures to prove it.

Sue has put on weight in the interim—and on the outer rim as well.

Many a girl shows courage in her eyes and pluck in her brows.

The nearest Ian ever gets to tidiness is having his liquor neat!

Lulu bought a second-hand car. Then she discovered just how hard it can be to drive a bargain.

To Rod the three R's mean recreation, rest and relaxation.

Is T.V. the only thing that can reduce a family circle to a semicircle?

A neurotic builds a castle in the air. The psychotic lives in it. The psychiatrist collects the rent.

### WISE WORDS:

A man who is too busy to enjoy life—is too busy!  
Most times a man gets to thinking he's a big shot, somebody fires him.

He who indulges, bulges.

In olden days young people always got up with the lark. Now they stop up for one!

Any car will last you a lifetime if you drive fast enough.

N.B. N.B. N.B. N.B. N.B.

One good turn gets the most blanket.

Life not only begins at 40—that's also when it begins to show.

Judging by modern bands the word "music" covers a multitude of dins.

The really good old days were when the Government lived within its income and without ours.

A fellow may not realise, until he carries his bride across the threshold, just what he has picked up.

Johnny is very small—he has always shrunk from hard work.

If you would like to know the value of money, try to borrow it.

Onward!! Onward!! Onward!!

Ffinella believes that men are like record players. They may play at different speeds but are nice to have around whether they are 33, 45 or 78.

When Pam says she won't be a minute, she's usually right.

It's quite all right to drink like a fish—if you like what a fish drinks.

They say a fool and his money are soon parted. Bob would like to know how they get together in the first place?

A golfer has an advantage over an angler. He doesn't have to show anything to prove it!

Horace doesn't play tennis much; he says he is singularly bad at doubles and doubly bad at singles.

Too many meetings are held each month for no better reason than it has been a month since the last one.

Rah!! Rah!! Rah!! Rah!!

Now we will finish this Party Line with a word for the bursting young authors of this school: Think no evil, see no evil, hear no evil . . . and you will never write a best selling novel.

EDDIE and GEORGE.

At a reception I was talking to a friendly stranger who had arrived late. "I don't know what's the matter with that tall man over there," I said rather querulously. "He was so attentive a while ago, but he won't look at me now."

"Perhaps he saw me come in," she replied, "He's my husband."

The "Roma" Dance,

June 30th.

## A FEW FACTS ON HOME SCIENCE

I would like to enlighten the scholarly academics as to the advantage of a Home Science course. We take five Academic subjects, much to the amazement of many, and three Home Science subjects—Home Science A, and B, and Physiology. These three subjects provide a wide range of employment for later years. For the doctor, ample practice with the scalpel can be had when we dissect guinea pigs and kidneys. For the optometrist, the inner workings of the eye are revealed when a bullock's eye is cut open. For the intended pathologist, training in making microscope slides is also provided.

Our sewing ability ranges from baby's clothes to mannequin parade creations while our cooking covers everything from cakes to jams. Cooking is, perhaps, the most fun of all, and after much experience, we can almost outpace a mixmaster for speed, much to the interest of spectators in the lab.

Our class has only fourteen members, and our academic teachers say what a pleasure it is to teach us. (???) A great deal of fun can be had by taking a Home Science course and boys, just think what good wives we will make you later on.

If anyone has any questions about sewing, laundry, drafting, cooking, physiology or anything else, they could either write in to the Editor, or hand them to one of the Home Science girls, and we will do our best to answer them. "A 4 D-ite."

## THE HOME SCIENCE CORNER 4D

At the "Hunting Tower" Motel, Annerley, on Saturday night, 13th May, the "Miss Heart Beat" contest was judged.

Lady Tooth, Pam McKay, and Mr. Weedman, were the distinguished judges. Dr. Noble (Minister for Health and Home Affairs), and the organisers for the campaign were also there.

Altogether there were 23 contestants with Lynette Usher as one of them. Lynette looked very lovely, but unfortunately she did not come first. Miss Jill MacKenzie came first and Dr. Noble put the sash around her. The winner received nine prizes and one prize went to the contestant who raised the highest amount, which was £94. Altogether the girls raised £600 which went towards the money for Queensland's share for the "National Heart Campaign."

During the night there was a mannequin parade, and also some singing.

The contest was very successful, and the organisers were very pleased at the turnout.

JOSEPHINE SIMPSON, Form 4D.

In 205 B.C. the Romans passed a law preventing women from driving chariots, "The Cowards!"

I overheard this on the bus this morning. One lady to another: "You know of course dear that I wouldn't say anything about Babs unless I could say something good, and oh, brother, this is good."

For want of a nail, the shoe was lost.

For want of a shoe, the horse was lost.

For want of a horse, the rider was lost.

For want of a rider, the battle was lost.

For want of a battle, the kingdom was lost.

And all for the want of a horseshoe nail.

LAUREL LYNCH, 4C1

## RUGBY UNION CAVENDISH ROAD - EASTS J.R.U.F.C.

**Saturday, 29th May.**—Once more the "White and Greens" enhanced their own and their Old School's reputation. The addition of the new monogram on the jerseys plus the fact that they literally "kept their socks up" evidently improved both their appearance and standard of play following the previous Saturday's mediocre display when they lost to Wests 5-6.

At the Exhibition Oval before the early crowd for the Queensland v. N.S.W. match, they played fast, open attractive football. At half-time they led Norths 11-9, the result of two very good tries, one by Ron Conley after superb backing following a break through by Graham Madden, and the other initiated by Graham Uhlmann who broke from the blind side of the scrum, drew the defence and made an easy try for Don Mackay.

The second half was really non-stop football. Connie Syrmis and Ross Conwell made several fine bursts and one movement when every member of the team handled the ball at least once and play swept from one end of the field to the other brought roars of appreciation from the rapidly growing crowd. In the final minute Connie Syrmis, after a tricky, swerving run, scored a fine try and this was converted by George, whose consistent kicking and solid defence has brought him into consideration for the State U19 side.

Ron Conley, too, is worthy of State consideration, particularly the State Schoolboys' Rugby Union side, plans for which are approaching fruition.

A fine display was capped by the sporting manner in which members of the team lined on each side of the gate and applauded their opponents off the field. This sporting and manly spirit, it is hoped, will continue with future teams.

## CAVENDISH ROAD - EASTS JUNIOR RUGBY UNION FOOTBALL CLUB SATURDAY, 13th MAY

After a very disappointing loss to "Teachers" Club on Saturday 6th, the team managed to sluggishly defeat "Ipswich" 12-6. Unfortunately both these matches bore evidence of disinterest by some players and unquestionably a lack of "intestinal fortitude" by others.

This is not in the best interest of the players themselves nor the school they represent, and fortunately they seemed to "remember" this in the second half when a vastly improved forward pack busted the Ipswich team to enable the backs to score the two winning tries. Best efforts on the day came from: Frank Brown (4B1, 1960), Barry McCoombe (6A2, 1959), Garth Hartig (6A2, 1960), Brian O'Sullivan, and George Ostrouhoff.

## INTER-SCHOOL RUGBY UNION

Open (over 15) and Under 15 Inter-school Rugby Union teams are to be selected and coached this year.

Mr. Brennan is to coach the Open side and Mr. Lloyd the Under 15 side. These teams are designed to provide inter-school football and tours for inter-house footballers.

Boys playing in these teams will be eligible for the inter-state Schoolboys' tour to Sydney and Snowy Rivers later this year.

## FLYNN HOUSE NOTES

The most exciting game of the season in the contest for the Whatemore Shield was played at Thompson Estate between Flynn and Kingsford Smith.

Both sides showed good team work but Smith proved the superior by miraculously defeating Flynn 8 points to 6.

Due to the absence of our lock, Greg Eales, the scrums collapsed under the immense weight of Smith's front rowers, Organ and Wruck. Both teams scored twice but winning points came from conversions by Kingsford Smith's half back, Reg. Brandis.

Throughout the gruelling game there were several kicking duels between Flynn's full-back, Jorgensen and Moodie, of Kingsford Smith. Early in the game Smith's hooker, Harburg spotted an opening and made for the try-line dodging and side-stepping the "Head Hunting" Flynn tacklers and scored in the corner of the field. The score was then 5-0 after a conversion. The Flynn pack was now on the alert and before long the inside centre Graham Marks crossed the line to bring the score to 5-3. There was no conversion and the score remained at 5-3.

During the action-packed match Smith's coach, Mr. Butler, lost several pounds (weight) while running up and down the side line enjoying himself immensely and remarking on how well the teams were faring against each other.

Early in the second half Smith's five-eight, Alan Finegan scored a giveaway try which fortunately for Flynn was not converted. Soon after the kick off Flynn's outside centre Wayne Lieberman made a dash for the line and scored beneath the posts. The score was now 8-6. In seemingly no time at all the full time whistle blew with the score at 8-6.

In closing, members of the Flynn House would like to congratulate the Kingsford Smith players on their win and wish the other two Houses the best of luck in the competition. However, watch out Smith House, Flynn's on the attack.

## KINGSFORD SMITH UNION NOTES

Over the past two weeks Kingsford Smith 1st team has gained two victories. The first was against the strong Flynn team but by winning this match 8-6, we went to the lead in the Shield Competition. With the defeat of Churchill 12-6 the following week this position remained unchanged.

The Under 16 team and the Under 15 team were both successful the first week, but the talons were turned with the next match which was with Churchill, when the Under 16 lost 3 nil and the Under 15 8 nil.

## AUSTRALIAN RULES

This year it is proposed to have two Australian Rules teams from Cavendish Road entered in the inter-school competition.

That matches will be played with fourteen instead of the usual 18-a-side teams.

Several intending players went to Hawthorne Park on Wednesday, May 10, where a short practice match against a team from Balmoral was played. Well-known Coorparoo player Daryl Sanders coached the players in some aspects of the game.

A number of boys also plays for the Coorparoo club so that there will be no lack of experience in the teams, which will, as usual, uphold Cavendish Road's high sporting reputation.

## GOLF NOTES

The future of Cav-Road golfers appears to be promising at this stage. Carol Winning excelled herself, when she won the Schoolgirls' Competition. She entered without a handicap and won with a 57 for 9 holes.

Our boys' team was beaten at Oxley but defeated Salisbury. Golf balls donated by Ken Jones were won by Cheryl Woolgar and Diane Hordern in Wednesday afternoon competitions.

The Cavendish Road Golf team, whose members have only been playing for, at the most, six months and some as little as three has had mixed success in the first two rounds of the fixtures.

The first against Corinda at their home course, Oxley, resulted in our defeat, a close 3-4. Corinda's No. 1 player turned in a perfect nine hole round with one under par for those holes.

Against Salisbury at Pacific Golf Course, we won our match, 6-1. Our No. 7 player, Steele, turned in the lowest card for that match. With Robert Dakers as Captain, the rest of the team is, R. Monteith, R. Gilbert, D. Garton, C. Black, G. Holmes and D. Steele.

Next week, we meet Wynnum and expect a hard match.

## MY EXPERIENCE OF JUDO

What fun we thought it would be to learn this interesting sport, and to be able to throw a big man over our shoulders, and walk away dusting our hands.

After careful instruction I came face to face with my first opponent, only a small girl, and not a big man. Ha! I thought, this will be a push-over. Unfortunately this girl had also been listening to the instructor, and so her ideas were very much the same as mine, and our first attempt at judo, ended in our both falling in a heap on the ground.

Wendy Moore, 4D.

## RUGBY LEAGUE

With two matches played, the teams representing this school in the inter-school competition are doing very well and we are well on the way to making this the Premier Rugby League School for 1961. The only obstacle to this is a crop of injuries. Most coaches have squads of only 14 players so that more boys will be available for the inter-house Union games.

### "A" GRADE

The first match against Wynnum resulted in the highest scoring "A" grade game that I know of. To describe the moves resulting in tries would be just monotonous repetition. Enough to say that we scored 13 tries:—Rod Growder (3), Adrian Baggio (2), and Peter Farmer, Gary Claydon, Terry Simpson, Bill Gordon, Ken Curtis, Graham Macfie, Doug Raper, Ron Conley (1). Goals were kicked by: George Ostrouhoff (2) and Raper, Claydon, Farmer, Conley and Growder (1). During this annihilation Wynnum slipped through for two converted tries. Final result 53-10.

Injuries to Graham Kenny and Ken Curtis caused a reorganisation of the team for the match against Balmoral. As a spectator said, "From the kick off a perfectly functioning machine went into action and the final result was never in doubt." Using moves they had been taught and introducing others on the spot, our players showed a brand of football rarely seen in schoolboy football.

Tries were scored by Rod Growder, Richard Godfrey, Gary Claydon and Ron Conley, and 3 goals were kicked by George Ostrouhoff. Near full time Balmoral kicked a goal to make the final score 18-2.

### "B" GRADE

10th May, 1961.

The "B" Grade had a tough game against Industrial at Ballymore and were defeated 10 points to 5. The lone try came right on the bell when Noel Sprenger touched down in the corner. Graham Uhlmann kicked a penalty right in front.

The team were unlucky not to score on a number of occasions and once, in particular, had possession and looked like scoring when they were awarded a penalty right in front. The attempt at goal failed.

Rod Gardner, Gary Sharpe and Graham Uhlmann were the best players on the day but all the forwards tackled hard, though there were a few too many head-high tackles.

The B.R.L. referee, Mr. Maher, was very severe on all breaches and both teams appreciated his handling of the game.

"Bing" Martin left the day before the match and this meant a little reorganisation. Still, the team will improve with training.

### "B" GRADE

17th May, 1961.

Despite the use of two diabolical new movements meant to terrify the opposition, the "B" team lost to Mitchelton to the tune of 21-3 at Ballymore.

Mitchelton were allowed to run too far before the backs tried to stop them. Promising moves broke down through dropped passes, but Noel Sprenger maintained his average by scoring the lone try in the corner.

Gary Sharpe skipped to the centre and seemed to enjoy the change. With the team down to twelve players through defections, recruits are needed. Already two have offered their services, so if others wish to be in a team which offers no trophies, no pennants, no hope of free publicity in the local rag; but plays for the sheer delight of trying to overcome overwhelming odds for the honour of the school, then see the coach.

### "C" GRADE RUGBY LEAGUE

The "C" Grade started the season brilliantly with a runaway 25-0 win over Wynnum at Langlands Park on Wednesday, May 10th. Many people gave us little chance of victory against last year's premiers. However, excellent combination in the backs and fine bustling work in the forwards made the Wynnum side look like 9-stoners. (Only joking, Mr. Ungerer).

All tries were scored by backs, three by snappy half Peter Bryant and one each by centres Terry Jordan and Louie Jacquot, and wingers, John Milner and John Deshon. Len Stead drop-kicked a brilliant 45 yard penalty goal. The forwards, led by Allan Fazeldeem, did a wonderful job in defence, with Ray Ramsay very prominent, and they positioned themselves well in the attack to give our halves room to move.

Our second match against Redcliffe saw the score tied at nil-all. But, if any team looked like winning it was Cavendish Road, with John Milner and Terry Jordan making several fine breaks while the tough Redcliffe side never looked like piercing our solid defence, where once more Ray Ramsay was outstanding.

Wayne Murphy played a great game with his strong running and fine positional play, and his combination with "Faz" was a feature of the forward play. Eric Rose, Johnny Burnett and Ken Lonergan are developing into fine forwards and "Dagwood" Girdwood is becoming a solid tackler.

We have shown a lot of promise in our early games and it is our job now to turn up at training on Mondays and Fridays to improve our play and make a strong bid for premiership honours.

### JUNIOR "C"

So far this season our team has shown sound enthusiasm, but the results of matches played so far do not indicate this. We lost our first match to Yeronga 15-3 and won on a forfeit from Corinda in the second.

Injuries have dogged our team (ssh about the coach), and further replacements are required from Junior lads—Practices held on Monday and Friday mornings.

Players showing promise are Tuck, Fraser, Phillips and Ryan, and with a backline that won't run sideways we could give a lot of cheek in the weeks to come.

### 9 STONE NOTES

Two matches have been played to date for a win and a draw.

We defeated Wynnum convincingly by 20 points to nil, and drew five-all with Balmoral. The latter game was played on the dust-bowl at Hawthorne Park. As the scores indicate, there is little differ-

## ROMA TRIP PLANNED

In the space of a short few years, Cavendish Road High School in Queensland and as usual an ambitious programme of trips has been arranged for this year. As part of this programme, it is planned to send three Rugby League teams and two girls' basketball teams to the Roma High School. Mr. Jones, our old deputy-head, is Principal there and he suggested this trip last year as an alternative to the annual Bundaberg trip. The journey is to be made on the week-end before the August vacation and the tourists will be billeted by members of the Roma High School. It is hoped to form a tennis team from the students who will tour to provide a more varied sporting programme for the week-end. Doubtless the camera-club enthusiasts in the teams will have many interesting incidents and scenes to capture on film.

Understandably the cost of the trip will be considerable, and a number of functions are planned to raise the finance necessary for such a venture. The first of these will be a dance which will be held in the Camp Hill School of Arts on the night of Friday the 30th June. An able band will provide the musical entertainment and an extremely enjoyable night of non-stop dancing will be available throughout the night. All members of the school are urged to attend, and thus help to make this function an outstanding financial success.

## QUEENSLAND BOOK DEPOT

- BOOKS
- STATIONERY
- FOUNTAIN PENS

61-63 ADELAIDE STREET,  
BRISBANE

ence between these teams, yet we were penalised severely by the referee, and seldom won a scrum. Great cover defence by backs and forwards more than made up for such a shortage of possession. Scores for this game were: Ron Rogers (try), Bill Burford (conversion goal). In the Wynnum game, tries were scored by Brian Jessop (3), Darryl Dymock (2), Peter Oakes (1) with a goal by Brian Jessop. Thanks are extended to Peter Oakes, who is now leaving us to play Australian Rules.

### 8 STONE NOTES

Well it's on at last, the long awaited Inter-School competition is under way, much to everyone's delight and both the "A" and "B" teams are really throwing themselves into it with great vigor.

The "Eight B's," as we must expect, are finding the going a bit harder, but what they lack in ability, they make up in enthusiasm. Some players are already standing out in this grade, but it is too early to mention names. However, by the end of the season we should see quite a good combination shaping up.

The "Eight A's," looked so ferocious on the 10th May that Wynnum backed out and we are still trying to coax them back to play that particular game. On the 17th Balmoral felt the force of the Cav-Road football impact when a smooth working backline and hard working forwards combined to compile 30 points to Balmoral's nil.

Remember chaps these combinations are only achieved by hard work so keep your reflexes sharp and alert and make sure you are prepared for training each Monday morning and Friday afternoon.

### 7 STONE "A"

10th May—Defeated Wynnum 16-0.

17th May—Defeated Balmoral "A" 46-2. This team has had a very successful beginning and at this stage look set for premiership honours. Success to date can be attributed to consistent training which brings about an understanding between members of the team.

### 7 STONE "B"

v. Balmoral "A"—lost 38-0.

v. Wynnum "A"—lost 36-5.

As this team is composed to a large extent, of inexperienced players, who have played their first two matches against relatively strong "A" teams, the results were not unexpected.

However, a high degree of keenness and sportsmanship is prevalent in the team and better results are forecast for the future.



Everybody everywhere likes

*Cottee's*

SPARKLING DRINKS

with the pure fruit base!

## THE RUNNING BROAD JUMP

Transferring your forward momentum to UPWARD and forward resistance and the greatest amount of efficiency off the board. You do this by getting off the board, correctly, which is, of course, with the weight pretty well forward on the ball of the foot and with the EYES, CHIN and most important, the CHEST up. These are the biggest faults in all broad jumpers. However, if jumping correctly, the jumper goes up 3 or 4 feet, head and shoulders up, and lands with the feet as far extended as possible. Theoretically, for every inch that the heels are kept up a gain of 1½ inches results in the jump, a very important point to remember after hitting the board and getting high into the air.

Basically, performance in this event is dependant upon only three factors:

- (1) Speed secured from a run of at least 100 feet.
- (2) Height in the air after take-off.
- (3) Efficient placement of the feet in the landing.

Factors 2 and 3 have been discussed above so now for the main points of No. 1, the run-up. A consistent run is most important and in fact should be measured accurately with a tape. Much run-up practice should be done in order to ensure the hitting of the board with the take-off foot without any concern as to whether the board will be missed. There should be no need to watch the board after half the run has been completed. The eyes should shift to the end of the pit. This precision of hitting the board is most important so it then allows the jumper to concentrate on factors 2 and 3. A jumper must have absolute confidence of his hitting the board. A fast, relaxed run-up is essential.



Leonie Pettigrew and Kay Beauchamp practising baton change.

## "CREST" FEATURE ATHLETICS TRAINING (By MR. A. B. BARNES)

It seems a long way to September and the Athletic Carnival, but experience, basked by scientific research, has clearly shown that five to six months' preparation is necessary to condition your body and mind to the maximum effort required in the event which, at the moment, seems very far away.

We don't want a "one" man or a "man" team. Combined effort is what wins a collective Carnival. You may have some unexpected talent, so pick your event and study the following schedule:

Some people have begun training and if you are contemplating anything from the 440 to the mile you must start your training NOW.

The events not included in the following plan are Hurdles, Broad and High Jump and Shot Putt. There are many setting-up exercises which will help you in preparation for these events, and if you require advice or help have a talk with me soon, so we may iron out any doubts or difficulties. (880 yards of jogging to precede all programmes and to finish them). All programmes to be preceded by warming-up exercises.

### SCHEDULE.

100 yards Sprint:

Monday—

- (a) Starts (about 30 yds.)
- (b) Fast 75 yards.
- (c) Jog 880 yards to a mile.

Wednesday—

- (a) Many starts.
- (b) Two fast 75 yards.
- (c) Stride 440 yards, fast finish.

Wednesday—

- (a) 4 to 6 starts.
- (b) 150 yards at 7-8th speed.
- (c) Jog 880 to a mile.

Thursday—

Fast 50 yards, tapering down to 120 yards, fast finish.

(Heaviest day).

- (b) Two fast 75's tapering to 7-8th speed at 11 yards.
- (c) 125 yards at ¾ speed, fast finish.

Friday: REST.

Saturday—

- (a) If not competing in club events do lots of cross-country jogging with measured breathing.
- 220 yards Sprint—same as for 100 yards, except all distances are doubled.

440 yards Sprint:

- (a) 6-8 starts and sprints at 80 to 150 yards.
- (b) Wind sprints 50 yds. over three to four laps. Wind sprints consist of alternate fast and slow but continuous running.

Tuesday—

- (a) 6 to 8 starts and sprints up to 80 to 150 yds.
- (b) Two 350's to 440's at racing speed with 20 minutes rest between them. (If possible get times at 110, 220, and 330 yards. This is primarily for pace judgment).
- (c) Try for a quarter mile in 60 secs.

Wednesday—

- (a) 4 to 6 sprints of 60 to 80 yards.
- (b) 3 to 5 220 yards with rests between. (If trying for endurance shorten the rest period. If trying for speed, lengthen it).

Thursday—

- (a) 440 yards at ¾ pace. (Rest here).
- (b) 880 at half pace.

- (c) 440, 1st 50 at top pace. 2nd 100 at ¾ pace. 3rd 100 at ¾ pace. 4th 100 at 7-8th pace. 5th 90 gradually increasing to top finish.

Friday—REST

Saturday—Cross-country if not competing.

880 yards—

Section 1: For first three weeks each day except Saturday.

- (a) Easy jogging 5 minutes.
- (b) Upper body exercises (10 minutes), arms, shoulders, back and abdominal. Lower body: Squats, kicks, jumps, vertical, together astride.
- (c) Speed work 10 minutes (gradually increasing to top, diminishing to jog for recovery, then repeat).
- (d) Walking and jogging for 5 minutes.
- (e) Speed work repeated for 5 minutes.
- (f) Restful walking for 5 minutes.

Section 2—

Monday 2 880's, 2 440's, 3 320's at slow pace, little rest between for endurance.

Tuesday 1 880, 1 440, 2 220's, fast pace, long rest between for speed.

Wednesday at ¾ pace—2 100's, 2 4's, 1 880, plus rest period.

Thursday (a) ¾-mile at best possible striding pace, with fast burst over last 100.

(b) 880 as follows:

1. 20 yds. at top.
2. 220 yds. at top.
3. 220 increasing gradually.
4. 100 at ¾ pace.
5. 100 at ¾ pace.
6. 110 at 7-8th pace.
7. 110 at best possible.
8. Taper to jog over 440.

Friday—

- (a) Jog 440.
- (b) 880 against clock—1st 50 at top, last 50 at top.

Saturday and Sunday cross-country walking and jogging.

### MILE.

No potential miler can contemplate any training to a strict schedule unless he is fully conditioned by much cross-country work to build up wind and endurance.

The following will therefore require lots of determination.

Final preparation (last 6 weeks).

Monday—Relaxed repeated 440's and 880's alternately striding and speeding.

Tuesday—Relaxed striding over 2 separate 1½ miles, making sure of recovery between attempts.

Wednesday—Repeated 220's and 440's until really tired.

Thursday—1 mile against clock, striving for best effort, making sure of first and last 100 at top speed.

Friday—REST.

Saturday—Cross-country running, especially in hilly country away from traffic, fumes and dust.

The miler does not attempt to run on his toes, but lands on the ball of the foot and sinks to the heel at each stride. This also applies to the 880.

Keep this schedule for future reference and do your best to stick to it.

(Continued from Page 1).

### B GRADE MATCH (1.8 p.m.)

Raper, playing for the B Grade in the first half, was the star player, but all the forwards, Hewitt, Cran, Watson, Uhlmann (playing his second game for the day), and Tuck (a Junior C player) pulled their weight and rucked well.

Uhlmann gained forty yards from a long penalty kick, but Sharpe at five-eighth time and time again started promising movements and was the best player for the regular B Graders.

Cav. Road with extra weight in the scrums had a major share of the ball but lost possession in tackles.

Uhlmann had a kick at goal but failed. Macdonald, playing centre, combined well with Uhlmann to gain ground.

Near half-time, Cran broke through from a scrum and passed to Tuck who fell. From the play the ball, Raper raced through on the blind side and scored in the corner. The kick failed and the B Graders came off at half-time amazed to find themselves leading Nambour 3-0.

Raper came off at half-time to save himself for the A Grade game Bryant replaced him and moved to second row.

Cavendish Road began well in the second half with fast football, gaining ground from runs by Macdonald and Sharpe. Nambour nearly scored after breaking through, but Sharpe was there to stop the run.

The forwards continued to ruck well and cover defence was sound.

Petersen at full-back and Read at centre, had chances to score but failed to finish off.

Well done, B Grade, and thanks to Macdonald, Raper and Bryant for helping out.

### A GRADE MATCH (2.20 p.m.)

The A Grade game was possibly the hardest game the team has played this season. Banyo had beaten Nambour three weeks before but Nambour were out to avenge this defeat. Those who saw the great game by the A Grade against Nambour on the school oval last May would have been surprised by the great improvement shown by Nambour this year.

Cav. Road in the first half had it all their own way and led 9-0; but Nambour came back with a vengeance and gained 13 points to our 5 in the second half.

Nambour kicked off and Cav. Road retained possession in their territory among the forwards until George Ostrouhoff relieved by a long kick which gained sixty yards. From a play-the-ball Cav. Road received a penalty which Ostrouhoff converted to give us a 2-0 lead in the fourth minute.

Farmer passed to Gardner, who had a beautiful run down the sideline and looked like scoring until he was pulled down by the Nambour full-back.

George attempted a penalty from five yards inside Cav. Road territory, but just failed to put it through; however, in the seventeenth minute he did kick his second penalty and Cav. Road led 4-0.

Two minutes later Farmer kicked over the heads of Nambour players and Adrian Baggio touched down between the posts. Ostrouhoff converted and Cav. Road led 9-0.

Just before half-time Claydon who had moved to full-back, sidestepped two backs and did a beautiful

solo run before being tackled. Gordon was heading for the line as the bell rang, but was pulled down.

With their 9-0 lead Cav. Road had looked the better team. Their backs had thrown the ball about and looked capable of winning easily.

Farmer had looked the best of the backs, though Ostrouhoff had the support of the crowd. Conley, Macdonald, Growder, Raper and Baggio all had their moments.

Raper came off at half-time and was replaced by Watson.

The forwards had won a major share of the ball from set scrums (11 to 7) while penalties were 4 all.

Within one minute of the start of the second half Kenny scored near the posts and Ostrouhoff converted to give Cav. Road a 14-0 lead. Cav. Road kicked off deep into Nambour territory. Nambour returned the kick, Farmer fielded the ball and gained forty yards from a beautiful kick. From the scrum, Kenny received the ball, fended off two weak tackles and was in.

From this point, however, it was mostly Nambour. Whether the shock try woke them up or not we don't know, but they seemed a revitalised team. In defence of Cav. Road it must be stated that Captain Rod Growder was knocked out in the first two minutes of this half and played the rest of the time in a blackout.

In the sixth minute of play Nambour kicked through and the bounce beat Claydon. The winger scooped up the ball and Nambour were in for their first try, which was converted. Cav. Road 14; Nambour 5.

In the thirtieth minute, Nambour were in again for a converted try. Cav. Road 14; Nambour 10.

Nambour were now right in the picture and with vocal support from the sidelines were playing the game of their lives.

There were no beg pardons until the end of the match and several players were hurt.

George Ostrouhoff and Adrian Baggio came in for some heavy tackling and Graham Macfie was tossed over the line.

There was no further score until the thirty-first minute when Nambour gained possession and went over in the corner. Cav. Road 14, Nambour 13.

The difficult kick was attempted as the bell rang. Had it been converted victory would have gone to Nambour, but luck was with us and Cav. Road left the field winners 14-13.

Scrum favoured Nambour 12-11, while penalties were shared 2-2.

Our congratulations to both teams for a stirring match which would have done justice as a curtain-raiser to a Test match.

There were several tired and sore players after the game, but all returned safely by bus.

We were entertained at afternoon tea by the Nambour students and we hope that our Cav. Road girls will reciprocate next week when the basketballers visit us.

Graham Kenny thanked Nambour for their hospitality in a few well-chosen words (nice going, Graham!) and all that was left for us was to pack ourselves on board the bus and hope that "Stirling" would get us back home to the luxury of a hot bath.

Quite an enjoyable and successful outing from our point of view and our thanks to Nambour High and to the teachers who arranged the matches.