Mailing address: Inner South Family and Friends (ISFAF)
C/- Alfred Mental and Addiction Health,
PO Box 315, Prahran 3181, Vic Aust

Office address: 4th Floor, Spotless Building,
549 St Kilda Road, Melbourne 3004

Telephone: (03) 9076 4784
Email: isfaf@alfred.org.au
Website: http://www.ispaf.org

Chair: Judi Burstyner, M: 0425 723 746
judi.burstyner@gmail.com

BOOKINGS FOR GEELONG ARE WELL UNDER WAY AND MUST BE FINALIZED BY NOON THIS TUESDAY (MAY 28).

SEVERAL PEOPLE HAVE PAID BUT NOT ADVISED THEIR MENU CHOICES. SEVERAL HAVE PAID BUT NOT SENT ADVICE AS TO WHO THEY ARE. AS VOLUNTEERS, WE DO OUR BEST TO MAKE THESE EVENTS HAPPEN, BUT WE ARE NOT IN A POSITION TO CHASE INDIVIDUALS WHO DON'T HELP US.

IF YOU HAVE PAID, PLEASE URGENTLY SEND AN EMAIL TO judi.burstyner@gmail ADVISING:

1. date of payment, and
2. who you have booked for, and
3. menu choice for each person in your booking, (Choices are listed below) and
4. any special dietary needs (which the restaurant will try to cater for.)

Note:

- **Even though you are taking care of your own travel costs, a donation towards the heavily subsidized tour and lunch is required.**
- **We are near capacity. If you have not booked and wish to join, please follow the instructions below urgently**.

SATURDAY 1 JUNE

ISFAF ART GALLERY TOUR AND LUNCH IN GEELONG

BOOKINGS CLOSE 1 PM TUESDAY 28 MAY 2024

1. **Please arrange own train ticket to Geelong. Many of us will be able to travel free using our Myki card**

   To learn about eligibility for free and reduced cost weekend travel have a look at: https://www.ptv.vic.gov.au/tickets/myki/concessions-and-free-travel/seniors/#:~:text=Your%20Seniors%20myki%20gives%20you,and%20on%20regional%20town%20buses.

2. **Meet at Southern Cross Station at 9.25 am …**exact spot will be advised to those who have booked. If you wish to make your own way to Geelong Gallery please advise at time of booking.

3. **We are booked for a private 11.30 am tour of the Gallery Special Exhibitions: Cutting Through Time—Cressida Campbell, Margaret Preston, and the Japanese Print**
   https://www.geelonggallery.org.au/

4. **Gourmet Lunch at Caruggi at around 1pm - Northern Italian Cuisine in the Heart of Geelong'**
   https://www.caruggi.com.au/
   Please choose one lunch dish from the following and advise your choice. If you have booked for more than one person, advise menu choice for each person in your booking:

   - **Focaccia col formaggio:** classico or pesto or rocket or San Danielle prosciutto
   - **Portarlington Mussels:** with fregola, fresh tomato, white wine and chilli
   - **Chicken alla Romana,**
   - **Goat Casserole,**
   - **Quail,**
   - **Focaccia col formaggio** –

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- Caruggi speciality which originates from the chef's hometown of Recco on the Ligurian Coast. This dish has two layers of wafer-thin dough filled with a creamy, tangy handmade cheese then baked in the pizza oven.
- The original - Classico
- Pizzata- the classic version sprinkled with capers, olives, anchovies and passata

- **Pasta** of your choice from among:
  - Pappardelle al ragu del giorno,
  - Pansotti con salsa di noci- handmade pasta filled with silverbeet, herbs and curd served in an Otway walnut pesto,
  - Pasta al Pesto Genovese - tossed with green beans and potatoes,
  - Spaghetti, Napoli or Bolognese
- **Pizza** of your choice from among:
  - Piemontese Tomato, mozzarella, ham, mushrooms, and taleggio cheese
  - Calabrese Tomato, mozzarella, salami soppressa, red pepper and olive
  - Valdostana Tomato, mozzarella, fontina cheese, speck, finished with marinated wild mushrooms
  - Lombarda Tomato, mozzarella, pumpkin, spinach, walnuts and gorgonzola
  - Campania Tomato, mozzarella, smoked bocconcini, cherry tomato and oregano

5. Before returning home at your leisure, possibly enjoy a ramble around Geelong or revisit the gallery to view their permanent collection, or other special exhibits including
   - the O'Donohue and Kiss Gift of paper works from a range of prominent artists,
   - Dianne Fogwell's multi-panelled installation, *Prescience,*
   - *Future Creatives* showcasing young peoples' creative talents in art and design
     - Entrance to the gallery's permanent collection is free. General tours may also be available.

TO BOOK: Booking will secure you a place in the tour of the special exhibition (tours are limited by number) and will provide you with the gourmet lunch at Caruggi as shown below - and which is also limited by number.

PLEASE REMEMBER - BOOKINGS CLOSE 1 PM TUESDAY 28 MAY

Donation: Pensioners $15 Non-pensioners $25

The donation includes the tour of the Special Exhibition and the gourmet lunch. **It does not include transport**. (Having a Myki is essential for the train trip. Most of us can arrange free or low cost train travel via our Myki.). https://www.ptv.vic.gov.au/tickets/myki/concessions-and-free-travel/seniors/#:~:text=Your%20Seniors%20myki%20gives%20you,and%20on%20regional%20town%20buses

To book:

2. deposit donation to Westpac ISFAF Community One Account: BSB 033-169 A/c No: 258307,
3. make sure your booking shows your name,
4. make sure your booking shows any allergies of booked individuals
5. all booked individuals need to choose one of the above dishes as their lunch dish:
6. email judi.burstyner@gmail.com with proof of booking
7. Please double check that your email shows:
   - number of individuals in your booking
   - the names of those in your booking
   - the choice of lunch dish for each of those in your booking and any allergies that they have.

Although we will advise the restaurant of any allergies and they will do their best to accommodate, neither the team at Caruggi nor ISFAF can be held responsible for reactions, which can occur even with minor inadvertent contamination, or contents of food which has been purchased by Caruggi.

Confirmatory email will be sent by lunchtime Thursday 30 May. If you do not receive confirmation but have paid, email judi.burstyner@gmail.com urgently on Thursday 30 May.

If you have questions regarding the bookings or the outing, please do not hesitate to contact Judi directly on mobile 0425 723 746 or judi.burstyner@gmail.com

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ISFAF MONTHLY MEETING 7 pm for 7.30 pm TUESDAY 11 JUNE 2024

GUEST SPEAKER: **EMMA WILCOX-DAVIES**
NW REGION MANAGER, INDEPENDENT MENTAL HEALTH ADVOCACY (IMHA)

TOPIC: **IMHA: DETAILS OF NON LEGAL OPT OUT ADVOCACY (AS REQUIRED BY THE MH&WB ACT)**
https://www.imha.vic.gov.au/

VENUE: 4TH Floor, Spotless Building, 549 St Kilda Road, Melbourne

- a little to the city side of Wesley College, 549 is easily recognizable by white umbrellas in the forecourt.
Lots of free parking in the centre lanes of St Kilda Road, with many trams stopping at the door.
If you are having trouble with transport, seek further information or just need a chat, about ISFAF and/or issues faced by carers please phone: Judi M: 0425 723 746 or Eleni M: 0412 018 722

Please come early to chat and to enjoy delicious snacks which will be available from 7.10 pm
For security, we are required to pay a concierge at the door of the building. Latecomers may not be able to enter

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SUNDAY 30 JUNE: ISFAF ANNUAL CHRISTMAS IN JUNE /WINTER SOLSTICE / END OF FINANCIAL YEAR!) LUNCH
12.30 pm - Brighton Beach Hotel
Diarize and 'Watch this Space' for further details

2ND TUESDAY OF THE MONTH – ISFAF MONTHLY MEETINGS – (7pm for 7.30pm) SPEAKERS AND VENUES TBA

Tuesday: **July 9 [AGM – and as always we have a very special speaker planned}**
August 13, September 10, October 8 and EOY Dinner on December 10.

ELWOOD BEACH WALK 'N CHAT ON THE 1ST, 3RD AND FIFTH (WHERE APPLICABLE) TUESDAY OF THE MONTH

PLEASE NOTE that by demand – it has been decided that Walk n Chats are so enjoyable that we will include the fifth Tuesday of the month (when there is one!) This means that we plan to walk this coming Tuesday.
Bookings by phone / text to the numbers shown are essential - times and starting points may vary,
Family members, including canines are very welcome.
Walkers generally meet at 1pm, with non-walkers joining us at 2.15pm for a drink provided by ISFAF.
Please book on the day prior to walk or by 10am on the day of the walk: Ph: Alexis 0423 939 949
Meeting place will be advised when you book.

Some 2024 Tuesday Walk 'n Chat dates to diarize: May 20, June 4 and 18, July 2 and 16.

Please review our website regularly for details and updates: https://ispaf.org/

If you need help with transport or have other questions, email judi.burstyner@gmail.com / Ph 0425 723 746.

We are grateful to Alfred Mental and Addiction Health for their continued generous support, including funding functions and providing us with a lovely office, office facilities and venue for our meetings.