

Kinderplay -

SpringDale's "Three Year Old" Playgroup

'Kinderplay activities are really only limited by imagination.'

Writing a 'thank you' letter to SpringDale one Kinderplay mother adds:

"Every member is encouraged to have some input to the choice of activities, format, and labour involved; no two weeks are the same. This only adds to the children's anticipation and enthusiasm.

"I believe the most important benefit has been the foundation it provided as a Kindergarten introduction. When my eldest son started Kinder he already knew other children and felt very comfortable in the group, which made it easy for him and for me."

Kinderplay is a playgroup for pre-kinder aged children of the Clifton Springs



Ryan & friends at Kinderplay.

and Drysdale Community. It was started in 1990 by a group of parents who had deferred or older pre-kinder aged children. They were seeking a playgroup which offered age appropriate activities in a friendly environment, where numbers were not overwhelming, and where atten-

continued page 2



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Kinderplay - cont.

dance was consistent.

It was the birth of the concept of Kinderplay.

Since then Kinderplay has been taken up by Springdale Community Cottage. The present enrolment procedure is by invitation only; names are obtained from the Central Enrolment List for Kindergarten held by the B.R.C.C. (now G.C.C.). Families are grouped according to the Kinder they are enrolled to attend, nine families in each group.

This year four groups meet in two venues: The Maternal & Child Health Centre and the Pre-School, Central Rd, Clifton Springs.

Kinderplay has set objectives and guidelines. Liaison officers, both Early Childhood Educators, are

available for support and guidance. As well as age appropriate experiences, child centred activities are encouraged.

Parents are expected to participate and take responsibility for parts of the program.

Kinderplay has become a popular activity. Groups are presently at capacity; vacancies are immediately filled. Fees are kept to a minimum and cover V.P.A. membership, insurance, and participation in two music workshops.

In 1993 Kinderplay is meeting the playgroup needs of 35 families. It is hoped to extend the service. The present enrolment procedure is being assessed. Any changes will be advertised.

Volunteer Drivers

The Drysdale Community Health Centre has had a sudden demand for Volunteer Drivers.

Many elderly or incapacitated people within the Drysdale/Clifton Springs area have great difficulty in arranging transport to essential medical appointments within the Geelong area. It is often difficult and stressful for these people to coincide appointments with public transport.

Therefore, if you would like to help us with transportation, please contact the Centre on 51 2291 from 9 am to 5 pm Mon - Fri.

The place for a knocker is outside the door. - WGP

The average man is proof enough that women can take a joke. Anon.

Children are not happy with nothing to ignore, and that is what parents were created for. -Ogden Nash.



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Wendy Herzer

**Shop 2, Drysdale Village
16 Wyndham St., Drysdale
Phone 53 2503**



Dear Editor,

This letter is to inform the unemployed in this area that there is help for every one. I have just finished a Job Search Training course, run by the South Barwon Skillshare.

I personally learnt how to improve my resume and write a letter of application, as well as doing a course called Pathways to Excellence. I believe it is a must for everyone. It gives you the belief in yourself, and

you can find employment or do further education to improve your knowledge and change career direction if that is what you are looking for.

There are so many new opportunities out there for us unemployed, be it in Retail, Clerical, Hospitality, Security or Industrial Machining and the Staff at Skillshare will only be too happy to help you. I didn't know what was available until I went and did this course. The CES didn't tell me but Skillshare did, and the staff believes in you. So now I am looking forward in the near future to finding employ-

ment and not going to DSS every two weeks.

You can contact South Barwon Skillshare on 41 1417. I think everyone should do this course. You will improve on how you think of yourself. Your family and friends will notice the difference in you.

So call Skillshare. You will be glad you did. Find out when the next course will be held in this area.

Regards,

Colin Matheson

(This is our first real "Letter to the Editor", and we were delighted that it is one so full of hope and "Good News".)

North Bellarine Hostel for the Aged Inc.

This is your Invitation to attend the 2nd Annual Meeting of the North Bellarine Hostel for the Aged Inc. to be held in the Uniting Church Hall, Newcombe Street, Portarlington on Wed. 29 Sept at 2.00 pm.

Guest speaker will be Ms Ann Cotterell, and her topic will be "Focusing On Feelings

& Bringing out the Best in People suffering from Dementia".

Ms Cotterell is a registered nurse who has specialized for most of her career in various aspects of aged care, and her innovative methods have had some amazing outcomes.

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Trader of the Month

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Established as Garth & O'Toole until October 1992, Guyett Real Estate has been operating in High Street, Drysdale directly opposite the Drysdale Village Hardware.

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We are the only local real estate agency to offer the professional advice of two licensed estate agents, who have many

years' experience, both with the building trade and the local area. We can help with the sale of your property.

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Call in and ask our helpful team for any information you may require.

Rainbow Holiday Club (Sept 20 - 24)

During the first week of the school holidays, the Clifton Springs Baptist Church will be holding the 'Rainbow Holiday' program for primary aged children.

The program includes Bible stories, drama, puppetry, songs, games and crafts. It will be a lot of fun and we encourage school children to come along.

During the week there

will be a Basketball Clinic, led by a basketball celebrity. In the evenings there will be a Family Film night, and on the Friday evening a Family night where the children will share with their parents what they have learned.

The cost is kept low, and covers morning tea and craft costs. Come for free on the Monday, and the remainder of the week

is \$2 per child per day. It is a non-profit program sponsored by the Clifton Springs Baptist Church. Hope to see you there!

When : Sept 20 - 24

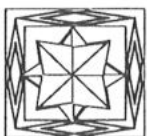
Where : Clifton Springs Baptist Church

Times : 9.30 - 11.45 am

Cost : \$2 per child/per day (Monday free)

Enquiries : 'Phone Church office 53 1833

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PEOPLE PLACE



Farewell & Thank You, Pam Powers

Many of you would have children who would have attended the Drysdale Pre-School, now incorporated with the Children's Services Centre in Eversley Street, Drysdale. Therefore many of your children would have been taught by Mrs Pam Powers. Pam has now decided, after many years serving the local community, to retire and leave the Kindergarten to move onto other things.

I am sure you will join with the current Committee, past parents, and committees, when we thank her very much for her wonderful caring and educating of the young people in our area, many of whom now are well and truly teenagers (make you feel old, Pam?).

Pam will be missed by the people who have had past children go through Drysdale Kinder, and still have more to come, but we acknowledge there is a time and place in our lives to move our focus.

We wish you all the best, Pam, with your future endeavours, whatever they may be, and thank you sincerely for your time, effort, and energy expended with that active set !!!



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***Enquiries & advertising: Ph (052) 53
1960***

Publication Dates :

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Dec 10 . Deadline for copy . . . Nov 26

**Views expressed in this Newsletter are
not necessarily the views of the
Publisher, the SpringDale Community
Cottage, or the
Editor Rex Ruwoldt.**



The days are finally starting to get longer, the sun is actually warm when it comes out, I think it might finally be SPRING. The winter hasn't really been all that bad, it is just nice to see the end of it. There has been lots of life in the garden, plenty of things starting to pop up and splash their brilliant colours for us to admire. The only problem is that the weeds are starting to grow as well. The next decent burst of sunshine should see us all race out and make a start on those unwanted invaders of the garden.

It's time to plant out our spring annuals to provide those lovely splashes of colour throughout the garden. Petunias provide an excellent show of flowers for quite a long time. They come in single or double

flowers, and mixed or single colours, they are very hardy, but the snails love to eat them, so put something down to protect them. Apart from the normal snail bait, you might like to try a circle of sawdust, or perhaps an ice cream container sunk into the ground, half filled with water and a covering of bran. Snails cannot swim !!!

There are lots of seeds that can be sown this time of year for some really spectacular results in a couple of months. This can be especially pleasing for the kids, they can see their own garden explode into life from tiny little seeds. You never know, you could start a love for the garden that lasts a lifetime.

No matter what your plans are for the garden this spring, get out and enjoy the

sweet fragrances and the kaleidoscope of colours after the drabness of winter.

Neil Muhlhan
Alinga Nursery

VALID Corner

VALID is now Victoria's peak advocacy agency, representing people with Intellectual Disability, their families, and carers. VALID has support networks around the State which meet to share information, discuss the issues, or to advise government of their views and needs.

The VALID Organiser in the Barwon area is Barbara Donovan, a parent from Ocean Grove.

Anyone interested in VALID's activities can contact her through Karingal, on 22 3488



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DRYSDALE LIBRARY NEWS

With Spring just around the corner, now is the time to be thinking of your garden. With books such as: 'Australian Garden Design', 'Fragrance', 'A Garden of Birds', 'Garden Furniture', through to 'Flower Arranging' and 'Everlasting Floral Gifts', the library has a large variety of titles that may be just what

you're looking for.

Recently we have swapped many of our videos and have a bigger range for you to choose from. 'Lisa Curry's Pregnancy Workout', 'Secrets of Successful Fishing', 'War Chronicles', 'Understanding the Menopause', and 'Round the Twist' are just a few of the titles now found at Drysdale. The videos may be borrowed for a one week loan period, and only one per family at any given time. They are free of charge!

Some new titles to watch out for are 'I'll be Seeing You' by Mary Higgins Clark, 'Violent Ward' by Len Deighton, 'The Horizon' by Douglas Reeman, and 'Strange are the Ways' by Teresa Crane.

Drysdale Library's opening hours are:

Mon & Tues 2 - 5 pm;
Thurs 2 - 6 pm; Fri 10 am to 12 noon & 1 - 5 pm; Sat 9.30 am - 12 noon.

Please drop in or 'phone me on 51 3855 for any renewals or requests.

Barbara Riley

Adult Day Activities Awareness Week

Throughout the Bellarine Peninsula, services exist to provide activities, outings and respite for carers, for any person not able to go to mainstream services such as Bowls, Senior Citizens, etc.

On Monday 18 Oct the venues at Portarlington and Queenscliff will be open to the public to provide information and raise awareness of the services provided.

Tuesday, Thursday & Friday the venues will be open to the families, friends and

carers.

Also on Monday, there will be a bus trip around the venues in each area. The first 10 people to reply to each centre can avail themselves of this trip.

On Wednesday, 20 October the users of the centre will join together for a BBQ lunch, probably at Salmon's Trout Farm.

For more information please contact Gloria on 52 1944, or Monica on 59 2537.

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Space is available for advertising in future issues of "The SpringDale Messenger. You can't sell anything if no-one knows you sell it. To have your advertising message delivered to 3,000 homes in the Drysdale/Clifton Springs area, call SpringDale (53 1960), or the Editor Rex Ruwoldt on 53 1754.
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n - 5.30 pm
n - 12 noon
am - 9 pm.

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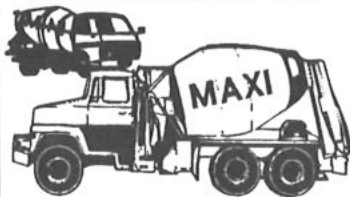
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Thursday 10 - 11.30 AM 5.30 - 6.30 PM

Friday 10 - 11.30 AM 2.00 - 3.00 PM

Phone 48 2009

Do Care Geelong Co-op. Ltd

Do Care Geelong is a visiting program which aims to increase the social networks of older people, primarily through the establishment of a one-to-one friendship with a volunteer.

It is based on the premise that older people are valued members of our community who should be supported in their desire to maintain their independence and continue to live at home.

Volunteers visit an older person to provide companionship and, where appropriate, link older people into community activities

of their choice. They may care to share a meal, or a walk in the park or along the beach. On average, the commitment provided by volunteers is 1-1/2 hours per week. This will vary depending on personal commitments and choices. Ongoing staff support is offered to both parties mentioned.

If you would like more information about Do Care, either to visit or to be visited, please contact the Do Care office on 43 0313.

Jan Treurniet

Manager,

Do Care Geelong

Drysdale Community Health Centre

Ladies' Auxiliary Notes

The Annual Meeting was held on Tuesday, 10 August. Chief Executive Officer Austin Paterson thanked members for all they done throughout the year.

Then he called for nominations of office bearers. Re-elected were : President Norma Davis; Secretary Lesley Taylor; Treasurer Susan Wetten; PR Officer Beverley Serle.

The members are looking forward to a big year now that our building is under way.

Coming event : Fashion Parade to be held in the Senior Citizens' Hall on Tues, Oct 12 at 12.30 pm. Please keep this date in mind and come along to help us make it a very successful day. Clothes are by Manner Fashions.

PR Officer

Beverley Serle

'Ph 052 51 2576



Drugs in Pregnancy & Breast Milk

Pregnant women and women who are breast feeding are always concerned about the effects that their medications have on their babies. Certainly while the woman is well and needs no medication there should be no problem. However, she should be aware that alcohol and nicotine (in cigarettes) are social drugs. Both can be harmful to the developing or young baby.

Alcohol taken throughout pregnancy has the potential to cause "Foetal Alcohol Syndrome". This syndrome results in mental retardation, facial abnormalities, limb and heart defects, along with other problems. If a pregnant woman drinks about the

PHARMACY NEWS

by Robyn E Humphrey, B.Ph.

equivalent of 30ml of pure alcohol per day, she risks having a stillbirth, or premature baby, or hyperactive child. Mothers who drink alcohol regularly while they are breast-feeding can cause illness in their babies. The occasional drinker can cause drowsiness, weakness and/or poor growth in her baby.

Women smoking cigarettes during pregnancy increase the risk of abortion, still birth, and illness in their babies. The babies of smoking women are generally smaller than normal. If the mother stops smoking at 4 months, these effects are usually overcome. Nicotine in cigarettes reduces milk production in people smoking more than 20 cigarettes per day. A mother using nicotine chewing gum or skin patches could make her baby very ill.

If a pregnant woman drinks more than ten cups of tea or coffee each day, she runs the risk of growth retardation in her child. Frequent cups of tea or coffee or chocolate in a lactating mother can result in wakefulness, hyperactivity, irritability and poor sleeping patterns in the baby.

Doctors have very good literature on the risks to babies of medications which their mother may require. The doctor will make an informed decision when he or she prescribes the necessary medication.

The following table may be used as a guide to women who wish to self-medicate while they are pregnant or breast feeding:

Medicines which can be used during breast feeding:

Cough & Cold Preparations: Ammonium Chloride; Bromhexine; Pholcodine; Pseudoephedrine. These can be used when the infant is over 3 months of age.

Folic Acid and Iron (oral): in normal doses.

Laxatives: in normal doses. Bisacodyl; Bran; Methylcellulose - in normal doses. Vitamin C: in low doses. Paracetamol: in normal doses.

Asthma Preparations:

Bricanyl; Ventolin; Atrovent; Intal; Corticosteroids e.g. Becotide - these are best used when inhaled.

Medicines which should **Not** be used when breast feeding: Laxatives containing Cascara or Danthron - risk of diarrhoea.

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Phenolphthalein - increase in gastric motility, diarrhoea and rashes. Aspirin, Vitamin A, Vitamin D: - avoid high doses. Vitamin B6 - large doses can suppress lactation

Effects of Over-the-Counter Medicines in Pregnancy: Aspirin must be avoided near the end of pregnancy. Normal doses should be used cautiously in early pregnancy. Paracetamol is preferable to aspirin - used in normal

doses it is OK for minor headaches. Vitamin A, Vitamin D in high doses can cause malformations. Multivitamins - it is best to obtain vitamins through healthy food consumption. Podophyllin Resin - used on a large area of skin can cause foetal death. Antihistamines - some can cause abnormalities. Laxatives - bulk laxatives are OK. Avoid liquid paraffin and stimulant laxatives. Povidone Iodine - Use cau-

tiously as the iodine if absorbed could affect the baby's thyroid

Asthma Preparations - management of pregnant asthmatics by inhalation therapy with well established drugs should pose no problems for the baby.

Please do not hesitate to ask your pharmacist for more information on taking drugs in pregnancy or while breast feeding.

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Overweight & Depressed?

As the 'general public', we are all aware of the implications of being overweight; increased risk of cardiovascular disease, susceptibility to joint problems, stress, increased risk of premature death, back pain . . . and depression, amongst others. But does this knowledge actually encourage you to lose weight? The sad truth is that for the majority, the answer is: No!

Excuses are abundant. Some say: 'I even starve myself and I can't lose weight'. Let's see why:

In 'dieting' terms, if we starve ourselves, the whole physiological needs of the body are lowered; we do not burn up excess kilojoules. On re-feeding (i.e. 'I'm not getting anywhere, I might as well eat anything'), our metabolism is

still lowered, and will stay so for a while. Our food intake is increased, to sometimes excessively high levels, so that although extra energy is supplied to the body, it is not needed. Again it is stored as fatty deposits. This type of 'dieting' is very dangerous to the health. It upsets the delicate balance of the digestive system and results in higher body fat % than before starvation was attempted.

There is no gimmick that will lose body fat permanently, but with true life-style changes, improved dietary intake, and a sensible exercise regime, your hopes of lower body fat will come true.

Sharyn Clutterbuck.
MACHPER

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**Creative Writers' Award
1993**

The 3rd Annual Creative Writers' Award is to be held from July to September 1993. On offer to be won in the three sections - open, primary and secondary schools, is over \$1500 in prizes and cash.

The success of the last two Creative Writers' Awards, both in the number of participants and the quality of work has encouraged the Council, in conjunction with the Creative Writers' Advisory Committee, to conduct the event again.

The unique quality of the Creative Writers' Award stems from the writ-

ing themes that have been developed to engender a sense of pride, identity and celebration in the Peninsula environment, people and history.

All residents and/or those attending school in the City of Greater Geelong - Bellarine District, Queenscliff and Barwon Heads are invited to enter. Further information, call Ms Jodie Henderson, Recreation Officer, on telephone (052) 53 0323.

**Central Road - Clifton
Springs**

One of the projects that the City of Greater Geelong - Bellarine District is currently working on is the sealing of 250 metres of Central Road, Clifton Springs between Hill and Ada Streets. Kerb, channelling and pavement have been constructed with the sealed surface to be applied in mid September.

The estimated cost of the work is \$50,000.

Friendship Visit Nov. 1993

In November of this year City of Greater Geelong - Bellarine District will be hosting a visit from our Friendship City, Izumiotsu in Japan. We are expecting approximately 14 male and female visitors of different ages and envisage that the visit will be for about one week from 11 November. (Dates are yet to be confirmed.)

Our visitors are looking to familiarise themselves with family life in the average Australian home and we would like to provide this opportunity by organizing home hosting. This is a wonderful chance for the Australian family to experience alternative cultures and meet with people of a different nationality.

If you are interested in home hosting or would like to find out more about our visitors, please contact Gaye Gibb at Bellarine District Office on 520-300.

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Community Radio 3YYR

Looking for a change from the hard-sell sound of commercial radio? Something with more Geelong-based content than the ABC? Then turn your radio dial to 100.3 FM. 3YYR, Geelong's Community Radio Station.

3YYR presents a variety of programs which no other Geelong radio station can match. In the music specialist field it offers jazz, classical, bush, country, folk, show business, heavy metal, world and brass band music.

Some shows are presented by one person whose particular interest lies in that field. Others, such as the folk music show, 'Folks Alive', are produced by interested people working on a roster system.

On the ethnic scene there are some twenty national groups; fourteen produce one or two hour programs in the 2-4 pm and

8-10 pm time slots. For 'International Magazine', Thursday evenings, twenty national groups work on a roster system. Programs cover news, information, sport and music.

In the sports arena, football fans are catered for, with the Geelong District Football League broadcast. Netball, baseball, cycling, and soon to come, fishing show provide news and views on other Regional sports.

For the general listener, the breakfast show, including news at 8 and 8.30 am, will get the day off to a good start. From 9 am to 10.30 am we take a nostalgic trip when the presenters of 'Sentimental Journey' share with you music from the 1920s.

Midday magazine mixes chat and music. Teen music, women's programs, current affairs, leisure programs, 'L Plates', and 'Sink

or Swim', where budding presenters get their chance to strut their stuff. So the list goes on!

3YYR employs two paid staff. All other work, from construction to cleaning, from programming to production, is the preserve of volunteers. Currently, there are approximately one hundred volunteers. All program presenters are trained volunteers.

3YYR is funded by membership subscriptions and sponsorship from Geelong businesses. Details of programs are in the 'Geelong Advertiser' Green Guide. If you are interested in becoming a subscriber to 3YYR, the cost is \$20.00 or \$15.00 concession. Simply phone the station on 21 7144 and ask for Nita.

So set your dial to 100.3 FM. We'd like the pleasure of your company.

Lyn Davis

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Enquiries phone 53 1960, or call at the Springdale Community Cottage office in Princess St.

The Bellarine Historical Society

are in the process of planning a new layout of displays, etc. for the coming summer, to make it interesting to people with a liking for local and family history.

We also thank everyone who made contributions to the Ambulance Appeal Tin at our last two venues. This amounted to over \$190. Meetings : 8pm 2nd Wed. at Court House Drysdale

Open : Christmas to Easter, or by appointment.

Bellarine Ambulance Fund

Has your Group or Club planned to hold a function to help the Bellarine Ambulance Fund, but can't think of an idea? It doesn't have to be large or involved; maybe a coffee morning, a luncheon, a musical evening, a theatre lunch party, or even an old fashioned backyard bazaar.

Whatever it is, it all helps to buy the needed Ambulance.

Drysdale Country Women's Association

are holding a Fashion Parade, Wednesday, 1st Sept. in Drysdale Uniting Church Hall at 7.30 pm.

Clothes by Sussan and Roger David; Compere - June Thomas.

Cake Stall. \$5.00 includes supper. Proceeds to Bellarine Ambulance Fund.

Bellarina Toy Library

Get in early for Christmas and save money at the same time, with a Westcoast Shopping Tour.

Saturday, 2 Oct, with pick ups in Drysdale, Geelong & Melbourne.

Two-course lunch with tea or coffee is included, along with the following warehouses - Rathdowne Fabrics, Holeproof, Nif Naf, Conci, Trendsetters; then a break for lunch at the Spaghetti Tree before going on to Le Specs, Santa's Showcase, Faulty Towels, Newmans' Chocolates & Oz Knits.

Avoid the rush & book early at Springdale Community Cottage, 15 Princess St, Drysdale, Ph. 53 1960. There will be a booking fee of \$10.

Portarlington Red Cross Unit

The Portarlington Red Cross Unit invites you to a Fashion Parade by "Incentive Plus" on Wednesday, 6 October at 2 pm, at St Andrew's Uniting Church Hall, Newcombe St, Portarlington. Admission \$2 with afternoon tea.

Our Unit meets on First Wed. of each month at 1.30 pm at the above address. Membership fee \$1 per year. There is no meeting in January.

For further information ph. 57 1364 (Val Prosser).

Bellarine Group Nursing Mothers

Next get together will be a night meeting to be held on Wed. Sept 8 at 7.45 pm. Topic "Celebration of Fatherhood". Dads invited too! This night to be hosted by Heather Maloy, 105 Country Club Drive, Clifton Springs.

Following this, on Wed. Sept 22 from 1 pm a coffee afternoon is happening at Angela Murphy's home, 36 Clearwater Dve, Clifton Springs.

Please feel free to contact Jenny on 51 2497 if you have any queries or need advice. They are trained for you.

Clifton Springs Garden Club

meets 2nd Monday every month at the Drysdale Uniting Church Hall 7.30 pm.

The October meeting will be on Monday, Oct 18. The Spring Garden Show will be held on Saturday, Nov 6. Details of entries will be announced soon.

Clifton Springs Bowling Club

Bingo every Wednesday 7.30 pm.
Phone 51 3605.

Drysdale Cricket Club

is currently training indoors on the following dates :

Sunday 5th & Sunday 12 Sept, 9 - 11 am

Venue : ICA Indoor Cricket Centre, Barwon Terrace, South Geelong.

New Players welcome. Enquiries on 51 2147.

Bellarine Uniting Church Parish

The Parents & Kids group (P.A.K.) is an informal get-together for parents and littlies.

The P.A.K. will re-commence in our parish on Thursday, 7 October, meeting in the Bellarine Uniting Church Hall, Church Road, Bellarine from 10 am.

It is open to all, and we would love you to join us for a cuppa and chat. For further information, or assistance with transport if needed, call Helen on 51 3951.

Sunday services : Drysdale 10 am; Bellarine 11 am Clifton Springs Baptist Church at 45 - 51 Central Rd, Ph. 53 1833.

Regular groups & meeting times (held at the church):

Praise & Worship : 10 am & 7 pm every Sunday. Sunday School (children 3 - 14 yrs) every Sunday.

Youth Group (secondary aged youth) : Thursdays 7.30 pm & Saturdays each fortnight (for Youth Group program details 'phone Steve or Jenny Hill on 53 1938).

Church office 53 1833. Rev. S Rae.

St James Anglican Church, Drysdale

Services 2nd & 4th Sunday of the month at 8.00am; Every Sunday 10.30 am. Portarlington 9.00 am.

St Thomas Catholic Church, Drysdale

Services every Sunday 7.45am and 11.00am.

Community Groups, Churches, Sporting Clubs, Service Clubs, etc., are invited to submit details of their future activities for regular inclusion in the Community Diary section.

Copy may be typed, printed or legibly handwritten, and left at the Springdale office in Princess St., in the box at Elliott's Newsagency, in the letterbox at 73 Bay Shore Avenue, Clifton Springs, or posted to P.O. Box 80, Drysdale.

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