

THE SpringDale MESSENGER

CIRCULATION 3500



P. O. Box 80, Drysdale, 3222 Ph. 53 1960

A free newsletter compiled by SpringDale Community Cottage

Oct. 1993

Neighbourhood Watch

is for Everyone, and it is coming to Clifton Springs and Drysdale. That is - *if we want it.*

IF WE WANT IT !

Before Neighbourhood Watch comes into an area, the people living in that area have to show they really want it. They have to show they are prepared to help get it off the ground. To get it off the ground, every little bit will help. Whatever it is - signing the petition, coming to the Launch at the very, very important Public Meeting, or becoming an active volunteer - each person's effort is valuable in establishing the desire for our own Neighbourhood Watch. Already our Police and some diligent volunteers are working hard to make it happen.

What's more, it really is for everyone.

It is for the parents of young children, in these times justifiably worried about their



Neighbourhood watch ©



SECURING VICTORIA TOGETHER SEC

families. It is for women living alone, the elderly, the teenagers, the isolated.

It's not something we can afford to be half-hearted about. Sandy Atkinson, Assistant Police Co-ordinator of "K" District

continued page 2



**DRYSDALE VILLAGE
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Neighbourhood Watch - cont.

Neighbourhood Watch, is very enthusiastic about her job. She tells us there are so many additional benefits, so many ways you can be helped.

As one example, there is Operation Identification. This helps us with the marking of valuable household items. Sandy says: "Crooks will not pinch stuff that can be traced".

There is also a Do-It-Yourself Home Security Assess-

ment Kit. Most insurance companies are recognizing that Neighbourhood Watch is an Important Crime Prevention Measure, and will give a discount to people living in a N.W. area.

It also establishes a positive working relationship with our Police.

S.E.C. is the sponsor who supplies substantial assistance.

There is much more to Neighbourhood Watch than we realized.

The success of Neighbourhood Watch will depend on strong local interaction with the local Police.

The program cannot prosper without a strong commitment at the local level.

SpringDale is just one of the local groups who is 100% behind this initiative.



Mr John Simpson

Neighbourhood Watch State President John Simpson

John Simpson is definitely a Geelong boy, having not only been born here, but also having lived here for most of his fifty years.

He is married with two daughters, one dog, and twentychooks, and is recently retired from the S.E.C. in Geelong.

John began his relationship with Neighbourhood Watch in 1986, when his area K20 (Moolap) was launched. After two years as a Zone Representative, John became the Area Co-ordinator.

He then became the District Chairperson and the "K" District Delegate to the Neighbourhood Watch State Council about two and a half years ago.

His commitment and ability to further the ideals of

Neighbourhood Watch were recognised in February this year when he was elected to the position of President of the Neighbourhood Watch State Council. Previously he was Vice President of the State Council.

Although sometimes considered as a quiet achiever, John has a dedication to help his neighbour and work together to improve the quality of life.

John Simpson is just one of the many people who volunteer their time and effort to the Neighbourhood Watch Programme, and their support to the statewide growth of this successful community awareness and crime prevention campaign.



**BELLARINE
FOOT CLINIC**

**PAUL B. SHANNON
PODIATRIST**

**100 The Terrace
Ocean Grove, 3226
Ph: 56 2019**

**39 Fenwick St.
Portarlington, 3223
Ph: 59 2537**



*"K" District Neighbourhood Watch
Police Headquarters
Mercer St.
Geelong. 3220
Phone 25 3261*

8 September 1993

Dear Resident,

Many crimes have occurred in the area of Drysdale and Clifton Springs in recent years; in fact in Victoria a house burglary occurs every five minutes.

What can be done to reduce crime in your area?

If you, as a resident, are prepared to form and become part of a Neighbourhood Watch Group in Drysdale and Clifton Springs, you will succeed in reducing crime where you live.

Being an active group member may only entail attending a short meeting each month and spending a further small amount of time delivering the group's newsletters to a small number of houses in your locality. On average this would mean giving up two hours per month towards being an active member of your Neighbourhood Watch Group.

You are invited to fill in and return the form below as soon as possible, if you wish to support a proposed Neighbourhood Watch program in your neighbourhood.

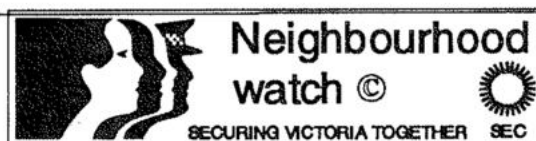
If sufficient people respond and show community support you will be contacted in due course.

Peter Malloch, Sergeant 18772.



Please send or deliver to:

*SpringDale Community Cottage,
P.O. Box 80, Drysdale, 3222, or
the SpringDale Office at 15 Princess St, or the Drysdale Police Station.*



We the undersigned petition for the implementation of the Neighbourhood Watch Programme in Drysdale / Clifton Springs.

Name & Address:

Signature:

.....
.....
.....
.....
.....



Apex Fundraiser for Toy Library

Apex is starting up a new club in the Drysdale/Clifton Springs area.

Apex was formed in Geelong in 1931 and now has many clubs established both in Australia and overseas. Apex is a service club for young men between the ages of 18 and 40. A parallel women's association has also recently been formed in Australia, with one club operating in Geelong. Apex provides young men and women with the opportunity to serve their community, promotes self development in areas such as public speaking, debating, and meeting procedure, and involves the whole family in social activities. Many Apexians have made lifelong

friends through Apex, both within Australia and overseas.

We would like to hear from anyone interested in helping with formation of our new club.

The Apex Club of Barwon (Geelong) will be holding a fundraising night in Drysdale on Wednesday, 10 November to help raise funds for the establishment of a toy library in the area.

The night will be held at the New Bo-King Chinese Restaurant and will be open to the public. Local businessman and Geelong football veteran Neville Bruns will be present to speak about his football career.

Cost for the night will be \$16 per head, which includes an eight-course banquet. Drinks are B.Y.O. Seating will be limited to 80 people.

Anyone wishing to make a booking for the fundraising night, or would like to find out more about Apex, should contact Cliff Stride, Ph.53 1829.

Toy Library Opening

Attention Residents of Drysdale/Clifton Springs:

The Bellarina Toy Library is opening at the SpringDale Community Cottage on 6 November at 2.30 p.m. for registration of members.

There is a one-off joining fee of \$20.00. Membership fees are \$10.00 p.a. for first child, and \$5.00 p.a. for each additional child.

So come along and register on the day.

Thanks to Nick Raicevic and Peter Morris.

The Committee of the SpringDale Community Cottage and the "Messenger" extend their thanks for past support and best wishes for the future to Nick Raicevic and Peter Morris who are both seeking new fields to conquer.

Nick is not leaving the area, and we thank him also for his offer of continued help in the future.

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SpringDale Writers

At the end of SpringDale's Creative Writing Course, the students decided to form a Writers' Group.

Jean Leed has written about it.

With trepidation we found our way to the Meeting Place. Introductions were made. No one remembered who was who. Nervously we settled around the table, each person wondering how their skills would match up or compare with the new companions.

The Tutor started with a gentle approach. In no time everyone was writing, searching out the mind, trying for inspiration and the best words.

As the weeks quickly passed tension relaxed, each felt free and friendly to the others. Wit came to the forefront, lifting vibrations to a higher level, laughter eased the problems.

As words of encouragement and correction were directed to each of the Group, so friendships and enlightenment increased.

At the conclusion of the second last class the group realised there was only one more class to go. Everyone agreed they had just opened a door to new prospects; a note of sadness was felt all around.

What was in store for each person? The classes had brought out deep seated aspirations that had come to the fore after many years.

Would the conclusion of this mutual learning sever the threads of friendship that had been forged so quickly?

At this moment nobody knows what the Hand of Fate has in store for the members of the Group.

Jean Leed

For the
SpringDale Writers Group

VALID Corner

We would like to share this moving excerpt from VALID's Newsletter with our readers. It is from the Mother of Greg, a person with Down's Syndrome. Greg, age 18, died last July.

"Greg had a great capacity to generate real love in people. Our relationships were extended and enriched through the many wonderful people we met. Greg no longer needs my support but it will be because of him and the effect he has had on my life that I will continue to promote the needs of people with disabilities and their families." And then Greg's Mother writes this: "We will miss him terribly. But there is some comfort in knowing that we no longer have to worry about what will happen to him when we can no longer care for him". Think about it.

VALID : Victoria's peak advocacy agency for people with I.D. Local contact : Barbara Donovan, Ph. 22 3488


Drysdale Knit 'n' Sew



Shop 11,
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Wirruna Nursery

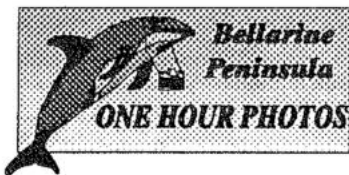
& DISPLAY GARDEN

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or

51 3477

Bellarine Peninsula Community Health Services Inc

A Family Counselling Service has been funded on the Bellarine Peninsula through the Family Support Program of the Department of Health & Community Services.

Social Worker, Biddy Naylor, will provide the service on Mondays & Tuesdays at West Bellarine Community Health Service ('phone 48 6080) and on Wednesdays & Thursdays

at Bellarine Peninsula Community Health Service ('phone 52 1944).

The Family Counselling Program provides an opportunity for families with dependent children or young people to talk through family problems, individually or as a group.

The service is free and confidential. Appointments are necessary.

Creative Music (& Movement) for Young Children

A new activity, organized by the SpringDale Community Cottage, has been running since the start of 3rd term.

Each Saturday between 9.45 and 10.35 am, a small enthusiastic group of 2-5 year olds participate in singing, dancing and listening enthralled to stories. The class is conducted by Marita Thurman who has a wide variety of musical accomplishments. Marita manages to keep the children's interest throughout the entire session.

Parent participation is necessary. With so many activities, like play groups, being held during the week whilst many fathers are working, this class gives fathers a wonderful opportunity to have a "spe-

cial" activity with their children. Currently fathers, mothers and grandparents participate.

Each week a special activity is held, like puppet day and teddy bear day. It is wonderful to see the excitement on your child's face, every Saturday, and to hear and watch him excitedly repeat songs, etc. for anyone who will listen.

We are not a group of "pushy" parents. We just want our children to enjoy music in a fun and exciting manner. I thoroughly recommend that you don't hesitate. Come along and enjoy a wonderful time that you and your child can experience together.

Ian (& son Jason)

Trader of the Month

Alinga Nursery Pty Ltd

Neil and Kerrie Muhlhan moved to Drysdale just over six years ago, armed with three children and a plan to establish a nursery (for plants of course) on their 1.3 acre block.

Originally not a single tree graced the landscape, now it is quite difficult to actually see through the trees. The Nursery covers about half an acre and includes car

parking for about 8 cars. It doesn't look very big from Jetty Road, but there are plenty of things to tempt even the fussiest gardener.

A large fernery nestles in behind the windbreak trees, brimming with a wide variety of ferns, azaleas, rhododendrons, camellias. The outdoor area plays host to all sorts of roses, fruit trees, natives, cottage plants, seed-

lings, climbers, ground covers, proteas, conifers, and more. The almost completed barn style shop is the latest development, and provides an excellent staging point before a foray into the rest of the nursery.

The Nursery is open 7 days a week, 360 days of the year. Come in and have a look around.

Drysdale Community Health Centre

"Buy a Brick" Appeal

The long awaited new Community Health Centre now being built in Palmerston Street, Drysdale is expected to cost \$500,000 including basic furnishing.

The State Government is unable to assist with a capital grant, so the total cost must be met locally.

Generous assistance and wise management over many years have enabled the Committee to have \$405,000 available for the project, and they now seek the support of the community to raise the balance required.

Your help is earnestly sought.

Our "Buy a Brick" appeal has been launched to enable members of the community to have a personal attach-

ment to a much needed Community Facility. A permanent record of donors will be kept at the new Centre, and we urge you to "buy as many bricks" as you feel would be appropriate to your circumstances, remembering your contribution is Tax Deductible.

Please send your donation to Drysdale & District Community Health Centre Building Appeal, Box 95, Drysdale, or deliver to the

Centre at 15 Princess Street, Drysdale.

Should you require any further information, please contact either of the undersigned, who respectfully commend this appeal to you.

Bernard Filbay, President, Local Advisory Committee, Drysdale & District Community Health Centre, Ph. 51 2495.

John Brumley, Chairman Building Committee, Ph. 51 3526.

Space is available for advertising in future issues of "The SpringDale Messenger". You can't sell anything if no-one knows you sell it.

Starting with this issue, the number of copies printed has been increased to 3500 and delivery has been increased to cover the entire 3222 postal area.

To have your advertising message delivered to 3,500 homes in the Drysdale/ Clifton Springs area, call SpringDale (53 1960), or the Editor Rex Ruwoldt on 53 1754.

ADVERTISING PAYS !

SpringDale Community Cottage

Term 4 Spring Programme

Why not enrol in a class - make friends and learn new skills? Ring 53 1960 for details, or drop in to 16 Princess St, Drysdale.

Christmas Decorations & Gifts.

Baskets & Birds' Nests.

A basket small or large would make a charming gift. Choose your favourite colours from the large range of materials available. Each basket will reflect your own talent and taste! Thurs, 25 Nov, 10am - 12 noon x 1 session. Cost \$10.

Christmas Baubles & Bows.

Baroque-look baubles made from papier-mache balls, paints & ribbon. Great fun & different from what you've seen before. Thursday, 28 Oct, 1pm - 3pm x 1 session. Cost \$10.

Christmas Centrepiece.

Choose from several styles to create your own centrepiece with an assortment of materials, some of them edible! Tues,

16 Nov, 1pm - 3pm x 1 session. Cost \$10.

Christmas Wreaths.

Bring your own cones & gumnuts from the garden to this class, & add a beautiful assortment of ribbons & craft paints. Tues, 16 Nov, 10am - 12 noon x 1 session. Cost \$10.

Country Look Fence.

A fence made of twigs decorated with tiny terra cotta pots & flowers. This would be a charming gift. Tues, 2 Nov. 10am - 12 noon x 1 session. Cost \$10.

Decorative Boxes.

Papier-mache boxes, painted with craft paints and decorated with dried flowers, bows or cherubs to your taste and colour choice. Thurs, 28 Oct. 10am - 12 noon x 1 session. Cost \$10.

Gift Wrapping.

Prepare your own paper with an assortment of stamps, then learn how to add glamour

& a professional touch with ribbons & bows in different styles & colours. Tues, 2 Nov. 1pm - 3pm x 1 session. Cost \$10.

Exploring Dreams.

Dreams can tell us a great deal about the events in our lives and our responses to them. Learn some skills to explore & understand your dreams. Mon, 25 Oct, 7.30pm - 9.30pm x 4 weeks. Cost \$35.

Baby Massage.

Closer bonding between parent & child is one of the benefits of massage. Learn skills to further this bond & the many other benefits massage offers for infant well-being. Thurs, 4 Nov, 10am - 11.30am x 4 weeks. Cost \$27.

The Dolphin Experience.

An evening of visual information that examines the Dolphin from a variety of perspectives. Fri, 29 Oct, 7.30pm to 9.30pm x 1 week. Cost \$12.50.

Relaxation & Well-Being.

Learn to relax, cope better with stress, and to promote health through the gentle art of meditation & visualisation. Wed, 10 Nov, 9.30 am - 10.30am x 6 weeks. Cost \$33.

Lead Light.

An introduction to this creative & decorative craft, which covers design, glass cutting & construction of a small



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Spring Programme continued.

panel. Mon, 8 Nov, 12.30 pm - 3pm x 3 weeks. Cost \$28.

Curtain Making.

Take pride in making your own curtains to give your home a fresh & attractive look. The course is a blend of sample making & demonstration. Thurs, 28 Oct, 7pm - 9pm x 6 weeks. Cost \$45 + \$25 for materials.

Creative Movement & Music.

A series of workshops which aim to develop the enjoyment & understanding of music through song, movement & stories. Sat, 23 Oct, 9.45 am - 3-5 yrs (50 mins) & 10.45am - 2-3 yrs (40 mins) x 6 weeks. Cost \$25.

Grubb Roses.

Learn how to embroider delightful Grubb Roses, and decorate linen, baby wear, summer shirts, etc. Fri, 22 Oct, 10am - 12 noon x 1 week. Cost \$10.

Beaded Applique.

A delightful introduction to the art of decorating garments using beads, sequins & pearls. Wed, 24 Nov, 10am - 12 noon x 2 weeks. Cost \$16.

Chocolate Making.

Learn to mould, shape and decorate delicious hand-made chocolates. A great gift!. Fri, 10 Dec, 9.30am - 12.30pm x 1 week. Cost \$13.

Sew for Summer.

Learn the principles of

garment construction, while making a simple top & shorts outfit for summer wear. Mon, 8 Nov, 1pm - 3pm x 4 weeks. Cost \$30.

Raffia Hat Making.

Plait & shape a fabulous summer hat & decorate for an individual touch. Wed, 10 Nov, 7pm - 9.30pm x 2 weeks. Cost \$20.

Life Skills for 50's +.

An exciting course that aims to develop strategies for active & positive living for the 50's +, incl. goal setting, retirement & self-empowerment. ACFE funded course. Mon, 1 Nov, 10am - 12 noon x 5 weeks. Cost \$10.

Cardio Pulmonary Resuscitation.

Learn to resuscitate the non-breathing patient in many situations incl. choking, asthma, cardiac arrest, drowning, etc. Sat, 13 Nov, 10am - 1pm x 1 week. Cost \$25.

Bonsai.

Nature in Miniature. In this hands-on workshop, techniques in training, pruning, design, re-potting & care. Students will take their tree home. Sat, 30 Oct, 10am - 2pm x 2 weeks. Cost \$30 + \$18 for materials.

Kinderplay

Registration Day

**November 16th 1993 -
10.00am to 12.00 noon.**

Kinderplay is a playgroup for pre-kinder aged children of the Clifton Springs & Drysdale Community. It is an organised playgroup that is run by parents with guidelines set by SpringDale. In the past enrolment has been by invitation only, with names being taken from the B.R.C.C. Kindergarten Central enrolment system.

From 1994 this enrolment procedure will change. To enrol, a parent (or proxy) must attend the Registration Day to be held at SpringDale Community Cottage, 15 Princess St, Drysdale on Tuesday 16 November to complete an enrolment form and pay a fee of \$2, which will cover administration costs.

Evidence of date of child's birth is necessary. To be eligible the child must be in his/her pre-kinder year, i.e. will turn 3 years of age by April 30th 1994, and will attend Kinder in 1995.

For further enquiries, contact SpringDale on 53 1960. Please note there will be no 'phone enrolments for Kinderplay.

FOR SALE:

**Convair Evaporative Cooler \$50.00
Drysdale Pre-School Inc. Phone 51 3304**



Ahhh! Springtime, beautiful one day, pouring down rain the next.

The early mild weather has deserted us for the moment, but grit your teeth and you will no doubt make it through the rain to some sunshine again. Even though it has been quite moist, well, wet really, everything in the garden is starting to show good signs of spring growth. The grass is growing faster than the weather allows you to cut it, and the weeds are growing faster than you can pull them, but the latter is always true.

Don't forget the snail traps from the last issue, because you will need them. There will be lots of snails around while it's so moist. A bit of fun for the kids one night would be to don the warm coat, gumboots and torch, and go on a snail stomp. It is amazing how many of the brutes you will find.

The heavenly scent of boronias is starting to waft its way around many gardens at this time of the year. The brown boronia, the most highly scented, is just coming into a mass of dark brown flowers. Many people have difficulty in growing boronias, but I am assured by those who can grow them that the colour of your thumb is important. A moist, well drained spot, protected from the hot afternoon sun, with a soil rich in organic matter should do the trick, but check the colour of your thumbs to be certain of success.

Failing all of the above, if you buy a boronia in a pot, and get one flowering season out of it, then you have got better value than out of a bunch of flowers.

Neil Muhlhan

Alinga Nursery

The Creative Arts: John Commerford, Candle Maker Extraordinaire!

The Bellarine Peninsula is home to a wide range of artists and art forms, amongst them John Commerford, of 63 Kewarra Drive, Clifton Springs, who displays an enormous talent in producing exquisite sculpted candles in an endless array of colours and designs.

Each candle is individually hand carved from pure paraffin wax, and is tinted and finished in a natural gum based glaze which gives them a distinctive gloss ceramic finish.

Mildly scented and colourful, they burn with a subtle glow which shines through the translucent core.

Candles are available in an expanding range of designs, fragrances and colours, and they can be tailored to any individual taste or occasion.



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Drysdale

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Kerrie & Neil Muhlhan



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Phone (052) 53 1870**



As our pets grow older they need extra care, and we should be aware of their special needs. Some things we should consider include the following.

Older pets are most susceptible to the effects of extreme weather conditions. In the hotter months ensure they have shade and plenty of water; in the colder months ensure they have warm shelter out of the wind and rain.

Many old pets suffer from arthritis of the joints. They have trouble getting up, especially first thing in the morning, and are generally stiffer and slower when they move. Arthritis is often exacerbated by too much exercise.

Arthritis is a progressive condition and can't be cured. Its course can be slowed, however, by keeping your pet at a healthy weight and providing regular gentle exercise. Swimming is excellent exercise for dogs with arthritis. There are a number of medications available to relieve the pain associated with arthritis. Providing your pet with soft, dry bedding also minimises discomfort.

Old dogs often develop a doggy smell. It's a good idea to bath them every 2-4 weeks to help control this. Mouth and dental problems are

common in old pets and can be prevented by good dental care throughout your pet's life. Bad breath and reluctance to eat are common signs of dental problems. If this occurs veterinary attention should be sought.

Erratic behaviour in old pets, such as barking at the wind, is often due to senility. This is where patience and understanding are important in the care you provide your pet.

Old pets often become hard of hearing (not to be confused with selective deafness which is easily diagnosed by tapping the food bowl!), and may lose some vision. Many people notice their pet's eyes developing a bluish appearance. This is due to the lens of the eye losing its transparency as part of the normal aging process.

Urinary incontinence is common in old female dogs, and can be treated with drugs available from your vet. Sometimes old pets aren't able to hold on to their urine and faeces for as long as when they were younger, and need to go to the toilet more often.

As pets become older and weaker they are more prone to other diseases. This is why preventative health care, such as regular worming, annual vaccinations and good quality nutrition, is so important with the older pet.

Watch your pet for early signs of disease and consult your vet if you suspect an illness - the earlier diseases are diagnosed the better the chance of successful treatment.

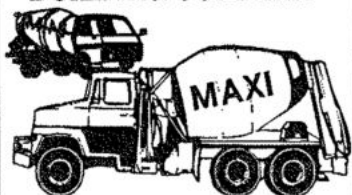
Quality of Life : Even though old pets are less active and can't manage very long walks, they still get bored. Be sure to spend lots of time with your old friend - gentle exercise, patting, talking, brushing, rides in the car, and family trips will all make his or her life more stimulating.

The question of euthanasia : When is the right time to put your pet to sleep? This might be one of the hardest decisions you'll have to face in your pet's life. In our next article we will talk about euthanasia and losing a pet.

With the huge advances in veterinary science over the past decade our pets are living longer. The average lifespan for cats and small dogs is 14-16 years, and for larger dogs 11-13 years. There is so much we can do as vets and owners to ensure our pets have long, happy and healthy lives; and it's the care you give in those final years that will make the relationship with your pet so special to remember.

Many of us at Bellarine Veterinary Practice have old pets of our own; if you'd like to know more about the care of old pets please call us on 48 2009.

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BELLARINE

VETERINARY PRACTICE

7 PALMERSTON ST., DRYSDALE

(New Drysdale Village Medical Centre)

No appointment required -

Monday 10 - 11.30 AM 2.00 - 3.00 PM
Tuesday 10 - 11.30 AM 5.30 - 6.30 PM
Wednesday 10 - 11.30 AM 2.00 - 3.00 PM
Thursday 10 - 11.30 AM 5.30 - 6.30 PM
Friday 10 - 11.30 AM 2.00 - 3.00 PM

Phone 48 2009



DRYSDALE LIBRARY NEWS

If you have ever walked into a library and felt completely bewildered by so many books and computer terminals, with no idea as to how to find exactly what you're looking for, then mark October 22nd on your calendar.

Come along to Drysdale Library between 10.00am and 12.00 noon to learn how to "Get Better Use from Your Library". Due to a lack of space, please 'phone me on 51 3855 to reserve a place.

For parents of toddlers (2-5 years), another date to take note of is October 29. From 10.00-10.45am Tammy will be conducting another 'Toddler Time'. Song, stories, rhymes and craft will have a 'Teddis' theme this time, so should be great fun.

Don't forget to collect a new brochure for Term 4

Courses & Workshops run by the Geelong Library Further Education Program. Courses being conducted this term include 'Revegetation for Landholders', 'Looking Through a Naturopath's Eyes', 'My Kid Can't Learn', 'Christmas without Stress', and 'How do I Get Published?' More information can be obtained by contacting Trish Edwards on 22 2936.

Finally, a few new books to look out for in the travel area include : "My World of Islands" by Leslie Thomas; "See Ouarzazate & Die - Travels through Morocco" by Sylvia Kennedy; and "Wild Thyme & Saladelle - Journeys round Western Provence" by Alexander Maitland.

Barbara Riley

Ph. 51 3855

The SpringDale Messenger is compiled by the
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With the coming of Spring many people are suffering with hay fever and other allergic conditions. This article will try to explain how some anti-allergic substances which your pharmacist can offer you, can help.

Antigens (or allergens) are substances (e.g. pollens, dust mites) which stimulate the production of specific antibodies in a person, who may be sensitive to one antigen but more often to many.

These specific antibodies are fixed to mast cells in the body. After the person is re-exposed to the antigen, there is a reaction between the antibody and the antigen.

The result is the release of granules stored inside the mast cell into the surrounding tissues. These granules contain the substances which cause the symptoms of aller-

gies. One substance is histamine which acts on receptor sites on different parts of the body and causes certain actions.

These actions include constriction of the muscle in the bronchioles, dilation of blood vessels, and stimulation of certain glands. We may see a flushed face, throbbing headache, hives, itchy swollen skin, increased salivation, increased movement of the gut, or asthma symptoms, depending on which parts are affected.

Antihistamines compete with histamine for receptor sites. They will block further effects of the histamine but not undo the effects which have already occurred - these will remain in place until the histamine leaves the receptor.

The most usual side effects of antihistamines are depression and sleepiness in normal doses. In some people they cause restlessness and hyperactivity. On the skin, antihistamines act as local anaesthetics but taken orally they can help reduce the itchiness and swelling and pain of insect bites, hives or contact allergies.

Antihistamine creams require prescriptions from your doctor. Available from the pharmacy shelf are creams which contain local anaesthetic compounds which can numb itchy insect bites. These must not be used if they increase the irritation.

Oral antihistamines will help relieve the chronic nasal congestion of hay fever.

Some of the most recently produced antihistamines have no depressant effects and don't cause drowsiness. Antihistamine eye drops work well for hay fever eyes.

Spring is a most beautiful time of year, and we hope that with the help of the products mentioned, those who dread Spring may be able to really enjoy it.

Robyn Humphrey, B.Ph.

PHARMACY NEWS

by Robyn E. Humphrey, B.Ph.

HAYFEVER ?

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community communication

Friendship Visit November 1993

In November 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.

Our visitors are looking to familiarise themselves with family life in the average Australian home, and we would like to provide this opportunity by organising 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 53 0300.

Fire Hazard Removal

It's that time of year again, spring has sprung and it's time to start getting your house and property ready for summer.

Ensure that your house is a safe haven and not a fire hazard by carrying out clearing of your gutters, your overgrown weed patches, and any piles of rubbish which may become a fire hazard when the weather dries it out.

If the vacant property next door to you has long grass, the owner will be sent a 'direction notice' in November, requiring him to have it cleared by early December. After this time, if the work is not carried out as required, the Council will arrange for the property to be cleared.

By mid to late December all work should be completed. Keep in mind that the 'Fire Hazard' season is dependent purely on the weather conditions, and that the Fire Prevention Officer will continue to monitor all properties throughout the summer.

Any enquiries regarding fire prevention can be directed to the Fire Prevention Officer who is located at the Municipal Office, Drysdale.

Creative Writer's Award 1993, Presentation Night

An exciting evening is fast approaching in regard to the 3rd Annual Creative Writer's Award presentation night on Friday, 29 October 1993 at 7.30pm at the Surfside Primary School Hall.

This cultural event has been one of the most popular recreation activities ever undertaken by the Council, as proved by over 500 entries for last year's award.

One of the very special aspects of this award has been the talented contribution of the noted author Graeme Kinross-Smith, both in conducting workshops and the final adjudication of the award winners.

According to Graeme Kinross-Smith this literary event seems to have hit an inherent passion in the Bellarine Community's appreciation of Peninsula life, people and events.

Due to the popularity of the last presentation night, people are advised to arrive early to ensure seats in what should be a "packed house". Tickets will be on sale at the door at \$3.00 for adults and \$1.50 for children/concession. A limited edition publication of selected entries of this year's awards will be on sale for \$5.00.

For further information contact Martina Nohejl at the City of Greater Geelong, Drysdale office on 53 0300.

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St Leonards Market

Sunday 24th Oct. at the Footy Ground (Cole St). Indoor/Outdoor 9.30am - 1pm. Art, Craft, Plants, Produce, Air Castle, Rides, Pre-loved goods. BBQ, Refreshments. Phone Beryl 57 3155 or Anne 57 1474 for more information. Proceeds to Football Club & Bellarine Hostel for Aged.

Portarlington Gymnastic Club Inc

will hold its Annual General Meeting on Tues 16 November at the Sportsman's Club Rooms, Football Room, Sproat St, Portarlington at 7.30pm. Senior memberships are now due for the next financial year.

Bellarine Nursing Mother's Group

Our next meeting will be held on Oct 13. The topic is "Breastfeeding & the Fussy

Baby" to start at 7.45pm at the home of Caroline Rickard, 67 High St, Drysdale.

We are having a Fundraiser in the form of a Car Rally on Oct 23. Starting at 4pm with a BBQ tea to follow. Start location is the Car Park in Palmerston St, Drysdale (Drysdale Medical Centre). Cost is \$10 per car and BYO food & Drink. BBQ facility available.

The next Coffee Morning is Oct 27 from 10am at Jenni Trudgeon's, 40 Scotchmans Rd, Bellarine.

Contact Jenni on 51 2497 for advice or queries.

Drysdale Kindergarten

The Drysdale Kindergarten (Children's Services Centre) in Eversley St, Drysdale will be holding an Information Night for the incoming parents of 1994 on Oct 18 at 7.30pm to assist with transition from the current structure to the new one due to the funding cuts imposed by the current government. At

this meeting we will try to inform all the parents what has been going on and what the fees per term will be. If you have children with places at Drysdale, please come along and feel free to ask questions.

Contact Caroline on 51 3171 for further information.

Clifton Springs Garden Club

Our 10th Annual Spring Show will be held on Nov.6th at the Uniting Church Hall, Drysdale, 11am to 4.30pm.

Exhibits may be entered by anyone. Entry forms are available at most local shops and businesses, or telephone 50 1624, 53 1781, or 51 3613.

Entries close at 7.30pm Thursday, Nov.4th. A donation from the proceeds of the Show will be made to the Peninsula Ambulance Fund.

Apex Club of Barwon

invites you to Drysdale Toy Library Fundraising Night on Wed. 10 November at the New Bo-King Restaurant. Guest Speaker Neville


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Bruns. Cost \$16 per head includes 8 course banquet - BYO drinks. Bookings: Cliff Stride, Ph. 53 1829

Church Fete, Uniting Church, Drysdale.

Friday Nov. 19th from 5.30pm. Meals & refreshments - teas, sweets, sausage sizzle, sandwiches, etc. Stalls - cakes, plants, craft, trash & treasure.

Children's Entertainment & Colouring Competition - all entries displayed & winners announced at 6.30pm.

Colouring competition entry sheets will be available at local primary schools & some shops from early November.

Clifton Springs Bowling Club

Bingo every Wednesday 7.30 pm. Phone 51 3605.

"K" District Police & Neighbourhood Watch Family Day

Beckley Park Trotting Complex, Corio (Melway Ref. G-3 Page 224), Sunday 31 October, 11am to 4pm Featuring Police Rock Band - Code 1.

Admission is Free !!!

Community Dancing Groups, Extensive Police Display, Free Entertainment & Sausage Sizzle, Community Interest Displays, N.H.W. Raffle to be drawn 3.00pm, Emergency Services Displays.

Free Fun for the Whole Family.

Uniting Church, Bellarine Parish

Special Services, October.

Thursday 21 October, 8pm at Drysdale. Induction of the Rev. Dr Rob Gallacher to the ministry of the Parish of Bellarine. Supper follows.

Sunday 24 October, 10.30am at Drysdale. Parish service lead by the Rev. Dr Rob Gallacher, followed by a parish lunch.

Note : there will be no morning service at Portarlington or Bellarine on that day.

Portarlington Development Committee

Donations of goods are invited for an auction to be held on Sunday 31st Oct., proceeds to be divided between the North Bellarine Hostel for the Aged and the Bellarine Ambulance Fund. (Garry Spry-Auctioneer).

For further information, phone Gordon Harding on 51 2474.

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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