

THE

# SpringDale

## MESSENGER

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

Compiled and published by SpringDale Community Cottage Inc

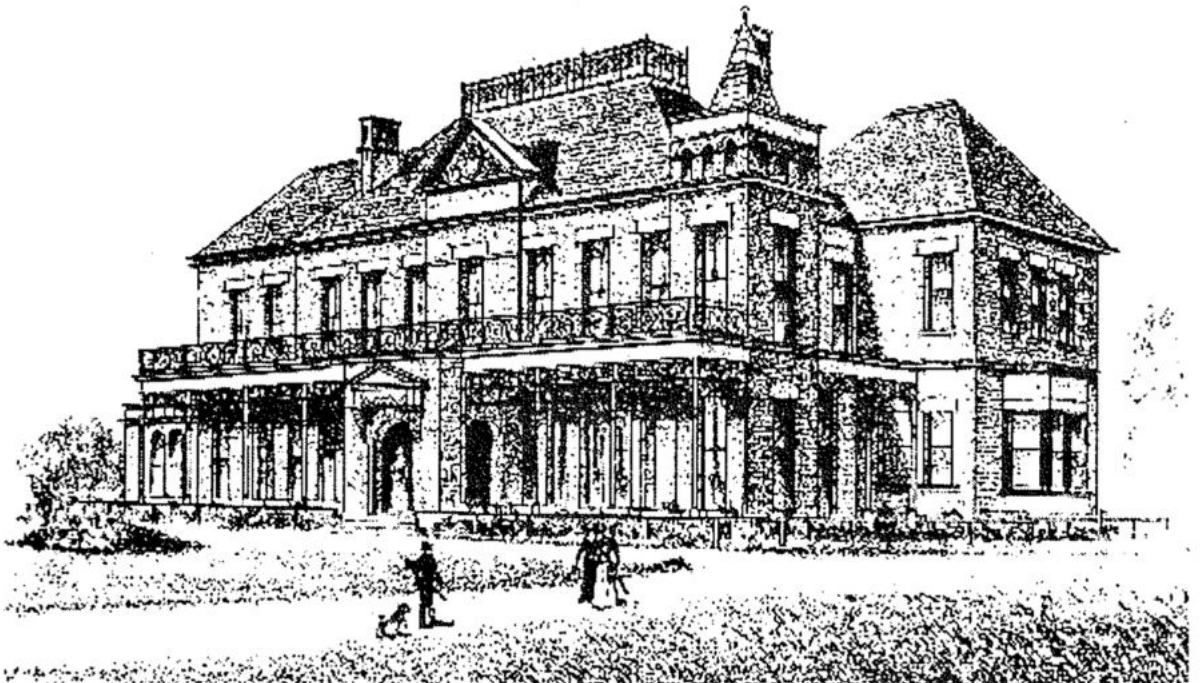
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VOL 4, NO. 7, September 1994

*The Clifton Springs Hotel, as it was 100 years ago - Story page 3*





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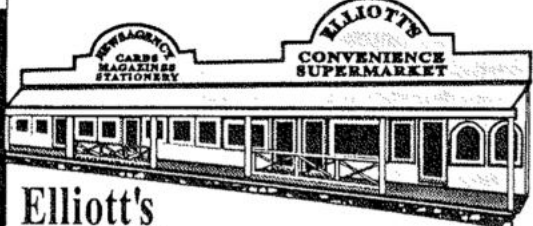
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## The SpringDale Messenger

The SpringDale Messenger is compiled by the SpringDale Community Cottage, 14 Princess St., Drysdale.

Postal: P.O. Box 80,

Drysdale, 3222.

Enquiries: 53 1960.

Advertising: 53 1960.

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, or as articles in the news section as appropriate.

Copy may be typed or printed NLQ with a good ribbon (preferred), or legibly handwritten, and left at the SpringDale office at 14 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, 3222, or FAX to (052) 531 754.

### Future Publications:

Date:	Copy
	D/line:
4 Nov.	21 Oct.
15 Dec.	2 Dec.

Views expressed in this newsletter are not necessarily the views of the Publisher, the SpringDale Community Cottage, or the Editor.

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### ADVERTISING:

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SpringDale Community

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or

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Phone (052) 53 1754

or copy can be faxed to

FAX: (052) 53 1754

(Note: Copy submitted before the deadline is a big help! Ed.)



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## A Bit of Australian History

### "Australia's Premier Spa & Seaside Resort, Clifton Springs - Bellarine Peninsula, Victoria" - 1929 Tourist Information Booklet, Geelong District

These words, written 65 years ago, seem to bear little resemblance to the growing Bayside suburb of over seven thousand people that is Clifton Springs to-day.

There are few reminders of the great days of the sparkling mineral springs, the sulphur & salt water baths, a "Splendid Hotel", & the long pier where the great bay steamers "Ozone" & "Hygeia" called.

For nearly fifty years from 1880 to 1930 the "Springs" was a flourishing popular tourist resort.

In 1870 the mineral water from the natural springs, first discovered in the mid 1860s, was tested & reported to be :

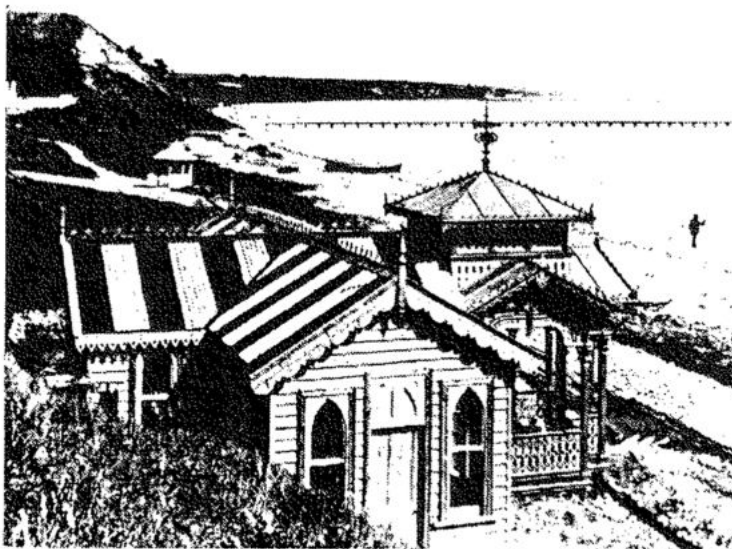
"Bright, sparkling & very brisk - indeed like Champagne ... no doubt when these really valuable waters become known they will completely replace the imported article." - extract from the report of the Government Analytical Chemist Mr Johnson.

The stories of cures of rheumatism, dyspepsia, gout & other ailments which followed the drinking of the Clifton Waters, spread

rapidly. Public interest was aroused & enterprising people showed a readiness to open up & develop the springs area.

Several small bay steamers were taking excursionists from Geelong to Clifton Springs, & rail & road traffic increased via Cobb & Co. Coach service.

"Clifton Springs boomed, & visitation to this delightful, glorious spa with its clean, glistening sand & the safest of beaches was encouraged." The natural charm of the Bay




*A photo of the Sulphur Baths,  
taken in the early 1880s*

frontage with the added attraction of the Springs did in fact bring Clifton Springs into fashion.

The Clifton Mineral Springs Company Drysdale was Incorporated in October 1880, & some 5125 dozen bottles of spring water sold during that year. "There were five springs all neatly covered & beautifully laid out, fenced & tiled."

Also during the early 1880s, "A first class hotel was built, involving the expenditure of

*continued next page -*



**TABARET**  
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more than £3,500. It contained 20 bedrooms, sitting, dining, drawing & billiard rooms, private & public bars, & extensive culinary & servants' quarters." (See photo on front page)

At the same time a kiosk was built on the beach front to serve as the central point for the distribution of mineral waters piped from the springs. The Dell is the area in which the original kiosk was established.

The gracious Clifton Springs Hotel was destroyed by fire in 1923. It was rebuilt about 1926 & was featured in a 1929 Geelong-Bellarine Peninsula tourist booklet as "Australia's Premier

Spa & Seaside Resort", listing many amenities including an aerial landing ground.

The building was remodelled about 1957 & became known as the Clifton Springs Country Club. Then when it was purchased by the Shire of Bellarine in 1977, it was renamed Clifton Springs Community Centre.

The years have brought many changes, but Clifton Springs is still a delightful locality as those who live here readily acknowledge. The Springs have not lived up to the high expectations of the latter decades of the 1800s, although they are still there, seeping away into the sand & seaweed. The piers are now just skeletons, as are the former delightful wide shell grit paths throughout the Dell & Esplanade.

Unfortunately huge quantities of shell grit were removed in the 1930s. The kiosk & sea baths have vanished, although parts of the Dell were restored in the early 1960s by the developers, Willmore & Randall, & maintained by the Shire of Bellarine.

The future may see the re-birth of all these historical attractions combined with the existing excellent amenities of the Springs, the Golf Club, & the Bowling Greens. Much, however, depends on the interests & energy of the now residents of Clifton Springs - but everyone must agree the natural setting is totally delightful!!

(Thanks to - Drysdale Historical Society & Mr John Richardson - many quotes have been taken from his book, "Clifton Springs Past & Present", available from the Drysdale Historical Society)

*Maureen Naughton.*



*Front entrance and facade of the Clifton Springs Hotel prior to 1923*

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Would you like:

- to understand your child
- to learn some helping skills
- to have more open communication
- to resolve conflicts more easily?

STEP is a parenting course being offered for 8 weeks beginning Tuesday 11/10/94, 7.30-9.30pm at the Drysdale Uniting Church Centre. The cost will be a \$25.50 for Parent's Handbook, and the course will be led by Judy Munster, assisted by Ann McCracken.

By committing yourself to this course, you will gain knowledge and skills that can make family life healthy and enjoyable.

For more information and registration phone Ann on 51-2450 by Wednesday 5/10/94.

If finance or child care are major problems, please discuss it with us - we may be able to help.

## NORTH BELLARINE HOSTEL FOR THE AGED

THE FRIENDS OF THE HOSTEL

invite you or a member of your Club or Organisation, to the launch by Rita Fredrico, dietician from the Bellarine Peninsula Community Health Service, of "NOT JUST ANOTHER RECIPE BOOK", on Wednesday 28th, Sept. 1994 at 12 noon Uniting Church Hall, Newcombe Street, Portarlington

We will be providing a free, light luncheon from 12 noon. To assist us with catering arrangements for this occasion would you please notify Val Driscoll (telephone 59 3066) by the 19th September if you decide to attend.

The "Not Just Another Recipe Book" is a major fund-raising effort of the Friends of the Hostel. This special recipe book, will sell at \$9.50 a copy.

Artist Ron Callahan will be present to autograph copies for those who may wish to keep the book as a collector's item.

Should you require further information please telephone Jean Cull or Ann Nichol.

*Ann Nichol, Secretary.*

## SpringDale Trimliners

Trimliners had their first monthly meeting on August 29. This was a great success with 35 members attending.

Prize for the monthly weight loss went to Beryl, & Achievement Award for full attendance to Ted & Peg. Congratulations!

Many thanks to SpringDale for their help & support in our first month.

New members welcome, 2-3pm Mondays at SpringDale Community Cottage.

*Trimliners Committee*

### DAVID C. PINNEY PHARMACY

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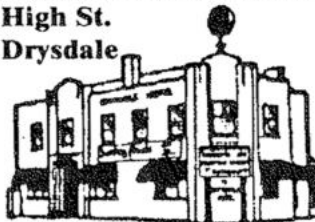
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#### **COURSE DETAILS**

9.30 am - 3.30 pm

September 27, 29, Oct 4, 6, 11, 13

Springdale Community Centre 14 Princess  
Street, Drysdale Cost to non-C.E.S. clients \$50  
all inclusive

#### **COURSE OBJECTIVE**

The program provides the tools and information to enable people to think effectively and thereby realise more of their potential, develop the ability to motivate themselves, raise their

self esteem and lift their performance and opportunities for work.

"Pathways" stresses:

- the importance of having a positive self-concept
- the power of choice
- the importance of setting
- and achieving balanced goals
- the pursuit of excellence

Phone Springdale Community Centre on 531960, or SkillShare on 23 1467, to put your name on a waiting list.

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## **RAIL TRAILS FOR BELLARINE PENINSULA**

The Minister for Conservation and Environment the Hon Mark Birrell attended a meeting on Sunday August 14, at the Drysdale Railway Station.

Approximately 250 people turned up, on a cold and windy day, to hear what the Minister had to say about the concept.

Not only did the Minister announce that the Geelong to Queenscliff line would be tar-

geted for development under an umbrella Organisation headed by the City of Greater Geelong and the Borough of Queenscliff, but he also announced a Statewide program of developing these disused rail corridors into a network of recreational linear parks.

This is an exciting concept which has already captured the imagination of and been driven by the people of Geelong and the Bellarine Peninsula.

Those interested can soon expect to see this project take shape and will certainly be called on to take part, on a community basis, in its development.

In the meantime, this section of crown land is in the process of being transferred from the Public Transport Corporation to the Department of Conservation and Natural Resources, to enable the project to proceed.

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## TAX CORNER

### Record Keeping for Taxpayers

The Income Tax Assessment Act requires every person carrying on a business to keep records that record and explain all transactions engaged in by the person, sufficient to enable the person's tax liability to be readily ascertained.

The types of records a small business owner must keep would include the following:

- Cheque Butts
- Bank Deposit Books
- Bank Statements
- Receipts for Cash Purchases
- Receipts for Cash Received
- Cash Register Tapes
- Cashbook
- Invoices
- Wages Book
- Stock Sheets

A business taxpayer must keep records for a period of 5 years from the date on which

the record was prepared or obtained or from the time the relevant transaction was completed.

If you are an individual taxpayer who does not carry on business, you are required to keep documentary evidence of employment related expenses for a period of 3.5 years and documentary evidence of motor vehicle expenses or travel expenses for a period of 7 years from the date of lodgement of the income tax return in which a claim is made.

If you are in the category of persons that do not maintain adequate records then beware.

By not having adequate records you are exposing yourself to penalties and even prosecution from the Australian Taxation Office in the event of a Tax Audit.

*Frank Tigani*

## Community Notice Board

### Have You Noticed !!

The re-instated community Notice Board is now to be found on the wall between Bob Schultz's Village Hardware & C.J. Keane Real Estate in High Street.

Community notices can be posted by contacting Springdale Community Cottage, 14 Princess St, ph. 53 1960.

Thanks go to Mr Bob Schultz, Dr Nordang, Mr Doug Shaw, Mr S Thompson, also City of Greater Geelong, especially Mr Steve Levakis & Mr Barry Ward.

### Trina's Hobby Ceramics



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24 1133

Frank Tigani  
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## BUSINESS PROFILES

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### Blackley's Cleaning Service

Blackley's Cleaning Service is a locally owned and operated business. Phillip and Kim Blackley have been trading in the Drysdale and Clifton Springs areas, servicing the Bellarine Peninsula for almost five years now.

They provide an extensive range of cleaning services using modern equipment, constantly striving to maintain a high standard of work to ensure customer satisfaction.

They are more than happy to respond quickly to emergency situations and carry a mobile phone at all times for this purpose.

They provide a wide range of both domestic and commercial cleaning services, from carpet and window cleaning to high pressure water cleaning of concrete.

Please do not hesitate to call us for a quote on any job, large or small, or even just for advice on how to deal with little accidents and spills at home.

We look forward to hearing from you.

### Basic Book-Keeping

Basic Book-Keeping is a Geelong based franchise which specialises in the provision of financial management to privately owned businesses.

One of its pioneer franchisees, Cliff Stride operates his business from his home in Clifton Springs. Having some 17 years experience in Banking, Cliff fully appreciates the need for the small business owner to maintain control over the financial affairs of their business.

Approximately 80% of small businesses fail in the first five years, which is mainly due to poor management. The business owner cannot be expected to be the entrepreneur, marketing wizard, sales guru, financial expert, operations boss and Public Relations specialist. The first of many steps in building a successful business is to utilise people with experience and expertise in specific areas of business.

Basic Book-Keeping can assist business owners with all of their book-keeping requirements, and can also assist you by collecting outstanding debts, paying your creditors, inventory management, paying your employees, and assisting with cash flow forecasts.

For a free no obligation quotation, contact Cliff Stride on Mobile 018 526187 or 53 1829 A.H.

"Business Profiles" are printed by the SpringDale Messenger as a free additional promotion for our advertisers. To have your business listed, call Cliff Stride, Maureen Naughton (53 1960), or Rex Ruwoldt (53 1754).

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Contact Cliff Stride

Mobile 018 526 187

After Hrs 53 1829



## VALID NEWS

VALID welcomes the State Government's \$7m funding initiative announced in the Budget for people with intellectual disability. The money is expected to provide accommodation for 100 adults with intellectual disability who are living with their families and are in ur-

gent need of support.

Many of the beneficiaries of the increased funding will be people living with ageing parents.

VALID Executive Officer, Kevin Stone, praised the initiative, saying:

"This money will provide a secure future for at least 100 adults with intellectual disability who until now have had no future.

"It will help at least 100 families who have been desperately trying to cope with the pressures of caring for people with high support needs.

"It will also relieve some of the intense pressure that has been placed on the respite system, with temporary beds being taken up by crisis clients.

"VALID deals on a daily basis with parents who are at the end of their tether, for whom the demands and rigors of caring for their son or daughter with intense needs has become too great for them

to bear.

Even if they do not immediately benefit from this initiative, many will take heart that the Kennett Government has responded to their plight with compassion, and it will give them some hope for the future."

"I must point out that while this is a welcome step in the right direction there is still a long way to go. There are over 1400 people with intellectual disability living with ageing parents who all need support plans and services. There are 300 people with intellectual disability who are on Health & Community Services "officially urgent" list. There are over 5,000 people with intellectual disability who need accommodation plans and options for the future, and there are very real problems in the current system of service management and delivery."



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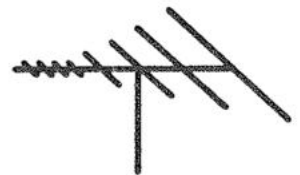
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*Phillip Wiggins*



## DRYSDALE POLICE NEWS

There will be a Neighbourhood Watch Display at the Drysdale Traders Festival being conducted on Saturday 29th October 1994.

Geelong 'Watch staff will be present conducting a display in conjunction with residents from Clifton Springs Neighbourhood Watch area, K63. The Ford donated 'Watch Station Wagon will be present with plenty of pamphlets on various subjects.

Bicycle marking will be conducted at the display. For those interested in this service, could you please have underneath the pedal sprocket clean, and some personal identification available to assist with the registration



form that is filed at the Geelong Office. You will receive a copy of this registration for your records.

Exciting news regarding the next stage of Clifton Springs Neighbourhood Watch. Preliminary work is being conducted now and the tentative area is bordered by Beacon

Point Road and Bay Shore Avenue, north to the Bay.

Volunteer Forms for persons interested in this proposed scheme can be obtained from Drysdale Police.

*Denis J Green,  
Station Commander*

**Grills,  
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SOLICITORS**  
"Gallop House"  
15 Hancock St.  
**Drysdale**  
Ph (052) 53 1966



The next meeting of Neighbourhood Watch K.63 will be held on Monday October 10, 7.30pm at The Springs.

Guest speaker will be Constable Danny Monahan of Geelong Traffic Branch. A light supper will be provided, so come along & have a cuppa. All Welcome.

Any enquiries 'phone Mandy on 53 2056.

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# "Can Do" Conference

## A CONFERENCE FOR UNSALARIED COMMITTEES OF MANAGEMENT

At: Drysdale Health Centre.

Palmerston St., Drysdale

Date: Saturday, November 12th 1994

### Timetable:

9.30a.m.- 10.00: Registration

10.00- 10.15: Opening Address

10.15 - 11. 00: "The Role of the Unsalariated C.O.M."

*Mr Frank Coster*

11.00- 11.15: Morning Tea

11.15- 12. 00: "Tying Up The Red Tape."

*Mr Keith Godfrey*

12.00 - 12.45: "Making It Work"- (To be confirmed)

12.45- 1.30: Light Lunch

1.30- 2.30: Key Note Address: "Service Without Charge"

*Dame Phyllis Frost, A.C., D.B.E., D.Soc Sc. (Hon)*

2.30- 3.30: "Finding The Answers": Panel/Discussion

3.30- 4.30: Cheese, Wine, and TALK.

Costs: Committees of Management: - \$10,  
Single - \$5

## SpringDale Community Cottage Committee of Management

is holding a Conference at the Drysdale Health Centre, Palmerston Street, Drysdale on Saturday, November 12th 1994. Time: 9.30 am - 4.30 pm.

This Conference will be open to ALL Committees of Management who wish to attend, and to interested members of the public.

The Conference is NOT an academic training programme. It is intended to be an EMPOWERING EXPERIENCE for Committee members run by Committee members.

The aim is to encourage people in Committee of Management positions to feel confident in their role, to be more fully aware of their responsibilities, and to foster contacts with other community Groups.

The theme of the day will be the positive contributions of people who make up Committees of Management in all areas of community work. By opening the day to Committees of Management from the wider community we are endeavouring to activate networks and linkages which tenuously exist, but which may be strongly reinforced by the common meeting ground we are aiming to provide.

As those involved are all unsalaried workers (volunteers), we wish to keep personal costs to a minimum.

Bookings: Dulcie Stone (home) 51 3259, or  
SpringDale Community Cottage 53 1960

**KARDINIA**  
VETERINARY  
CLINIC

 Ph.21 5122

36 HIGH ST. DRYSDALE

No Appointments needed

Mon	2.30pm -	4.00pm	
Tues	2.30pm -	4.00pm	
Wed	4.30pm -	6.00pm	
Thurs	2.30pm -	4.00pm	
Fri	4.30pm -	6.00pm	
Sat	11.30am -	12.30pm	

Dr Geoff Davies Dr Fiona Wall

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## SpringDale Classes - Term 4

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Sat. 26th Nov. 10.00-1.00pm  
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### CHRISTMAS CENTREPIECE

Choose one of several styles to create your own centrepiece with an assortment of stunning materials.

Thurs. 24th Nov. 12.30-2.30  
1 week \$10.00

### CONVERSATIONAL AND WRITTEN FRENCH

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Tues. 25th Oct. 7.00-9.00 6 weeks \$43.00

### CREATIVE MOVEMENT AND MUSIC

For 3-5 year old children. A series of workshops which aim to develop the enjoyment and understanding of music through song, movement, stories etc. An adult must attend with the child.

Sat. 22nd Oct. 9.45 am-10.30am 6 weeks \$30.00

### CREATIVE WRITING

Use your life experiences and family background to explore writing and poetry. Learn writing and publishing techniques.

Wed. 26th Oct. 1-00-3.00pm  
5 weeks \$40.00

### CROCHETING

Have you ever wanted to crochet beautiful doilies, tablecloths, bedspreads? Learn to master basic stitches and how to follow complicated patterns.

Mon. 24th Oct. 10-12 Noon  
4 weeks \$30.00

### DARK ROOM COURSE

Learn to process black and white film to negatives and then how to print them into lovely photos of various sizes.

Thurs. 3rd Nov. 7-9.00pm 1 week  
Thurs. 10th & 17th Nov. 7-10.00pm 2 weeks \$55.00

### DECOUPAGE

A special present for a special person - learn the ancient art of decoupage. Kit provided for \$18.00 and includes wooden trinket box, lacquers and papers.

Tues. 22nd Nov. 12.30 - 3.30  
1 week \$12.00

### EMBROIDERED BABY BLANKET

Design your own pattern and learn the stitches required to create your own beautiful baby blanket.

Mon. 31st Oct. 7.00-9.00 5 weeks \$38.00

### FABRIC PAINTED T-SHIRTS

A beautiful Christmas present - learn the skills to create

fabric painted windcheaters or T-shirts.

Thurs. 3rd Nov. 10-12 Noon  
2 weeks \$16.00

### GUITAR LESSONS

A practical course offering the fundamentals of song accompaniment including finger picks, right hand rhythms and basic chord formations.

Wed. 19th Oct. 4.30-5.00pm  
8 weeks \$32.00

### FESTIVE WREATH OR SWAG

Make a lasting and decorative wreath or swag using dried flowers and trimmed with ribbons, or cones and gumnuts from your garden.

Thurs. 17th Nov. 12.30-2.30  
1 week \$10.00

### GLASS PAINTING

Try your hand at making a lovely present with the glass object of your choice.

Wednesday 23rd Nov 7.00-9.30pm 1 week \$10 + \$5 for materials

### INDIVIDUAL CHRISTMAS CARDS

Hand made cards - includes embossing and stamping techniques to create personalised designs. Materials \$2.50.

Wed. 16th Nov. 7.00-9.00pm 1 week \$10.00

### INTRODUCTION TO COMPUTERS

Designed for all ages, this comprehensive course introduces the beginner to word perfect, spread sheet, data base and basic keyboard familiarity.

Held at the Queenscliff



## SpringDale Classes Term 4, cont.

Campus. Places limited.

Wed. 12th Oct. 7-9.00pm 8 weeks \$10.00

### KNOW YOUR VIDEO CAMERA

Bring your own camera and learn how to get better results, includes camera functions, care and basic hints.

Sunday 23rd Oct 2-4 pm  
2 weeks \$20.00

### PAPER MACHE/MARBELLING/PAPER

Be environmentally friendly by making your own paper at home. Handmade paper is ideal for gifts or personalised for your individual use.

Wed. 16th November 12.30-2.30 and Wed. 30th November 12.30-2.30 2 week course \$15.00.

An extra cost of \$10.00 for materials to tutor on the day.

### PERSONALISED EDUCATION PROGRAMME

Primary school aged children in creative art, craft and academic programme. Struc-

tured to needs of each child. Parent involvement essential.

Monday 10th Oct. 3.45-4.45 10 weeks \$5.00

### RAFFIA HAT MAKING

Plait and shape a raffia hat for summer. Decorate with ribbons, flowers to individual taste.

Mon. 5th Dec. 7.00-10.00 2 weeks \$25.00

### RELAXATION AND WELL BEING

Relieve your tension and stress levels through meditation and visualisation.

Wednesday, 19th October 10.45-11.30 6 weeks \$30.00

### RELAXATION MASSAGE

Learn skills with a special focus on "Relaxation Massage".

For those who have already done basic massage but beginners may also join. Tutor is masseur to "The Cats".

Thurs. 20th Oct. 7-8.30pm  
8 weeks \$50.00

### SILK RIBBON EMBROIDERY

Embroidered silk rosettes and designs give glamour to dresses and knitwear. Great for baby heirlooms too!

Wednesday 9th Nov 12:30-3pm

1 week \$12.00

### SKIRT PATTERNS

Learn to construct a basic skirt pattern to suit your measurements and develop designs.

Thurs. 3rd Nov. 9:30am - 11:30am

4 weeks \$30.00

### STAINED GLASS DECORATION

Using the Copper Foil Technique, make a small decoration or individual gift.

Saturday, 19th Nov. 10:00am-4:00pm

1 week \$23.00

### STUDY SKILLS FOR A NEW START

A must for those planning to begin study, this course aims to maximize your personal, organizational study and communication skills. Have fun too!

Tuesday 18th October 10-12 noon

8 weeks \$10.00

### TAI CHI

Suitable for all ages and levels of fitness, learn the gentle art of Tai Chi for increased health and well being.

Wednesday 19th Oct 9:30-10:30am

8 weeks \$46.00

*Why Not  
Try something NEW?*

Use your talents -  
- Learn new skills

Classes fill quickly, so reserve  
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&  
Beauty Salon

Call Carol on

**53 1744**

10% discount  
with this advt.

Shop 3, Village Walk

## WHAT'S ON AT YOUR COMMUNITY HEALTH CENTRE

### 1. Diet Blitz

This ten week program is NOT a diet. Rather it teaches why conventional dieting fails and therefore how not to diet.

If you want to get off the diet merry-go-round, you can enrol by attending the first session at the Drysdale Community Health Centre, 21 Palmerston Street.

Commencing Monday 10th October from 10.00am - 12.00noon. Cost \$30, or \$40 per couple.

Childcare will be offered, however bookings are essential for this service. Please phone Rita on 52 1944 for further details.

### 2. Well Women's Clinic

Confidential Health Clinics for WELL Women provided by registered nurses who have undergone specialized training are available.

You may like to visit us for a pap smear, breast examination, continence management or talk to us about menopause, pre-menstrual syndrome, managing stress, pregnancy/contraception, relationships or anything that concerns you.

Appointments are essential and can be arranged by phoning 52 1944.

### 3. Women's Health - Preventative Practices Workshop


A two hour workshop on methods of breast self examination and information on cervical screening is available on Monday October 24th from 1.00pm - 3.00pm at the Drysdale Community Health Centre.

Please phone 51 2291 to enrol.

### 4. Continence Nurse Advisor


If you have problems with bladder control contact your local Continence Nurse Advisor at the Drysdale Community Health Centre on 51 2291 for an appointment.

*Jennie Crombie, Drysdale  
CHC.*



**DRYSDALE PHYSIOTHERAPY  
AND  
SPORTS INJURY CLINIC**

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*A Geelong Hospital pathology collection  
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HEALTH CENTRE  
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*Pathology collections by experienced  
Geelong Hospital staff, between 9.00 am  
and 11.30 am weekdays.*

*Enquiries phone (052) 26 7540*

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**Now at Drysdale  
every Tuesday**

## KINDERPLAY

Registration Day for 1995, November 21st, 1994

Kinderplay is a playgroup for pre-Kindergarten aged children of the Clifton Springs and Drysdale community. It is an organised playgroup that is run by parents with guidelines set by SpringDale. This year there have been four groups with a total of 40 families involved. The groups are kept small and the activities appropriate to the children's age and stage of development. The children (and parents)

form friendships with children who will attend the same Kinder the following year.

If you have a child who will turn 3 years old before April 30 th 1995 and will attend Kinder. in 1996, then you are eligible to register your child in Kinderplay. Please note that this is a playgroup where you attend with your child. Parent participation is a Pre-requisite.

Registration Day for 1995 is Monday Nov. 21st, from

9.30-11.30 a.m. at SpringDale Community Cottage, 15 Princess St. Drysdale. Bring evidence of child's date of birth i.e. birth certificate or extract. An enrolment form will be completed on the day and a registration fee of \$5 will cover administration costs.

Any further enquiries can be directed to SpringDale Community Cottage on 531 960. All registrations to be done in person.

## BELLARINE COMMUNICATORS CLUB

### International Training In Communication

The Bellarine Communications Club actively supports the extension of the I.T.C. benefits and opportunities within the community.

It provides the members the advantage to share their expertise while enhancing communication and leadership skills.

To the members, ITC of-

fers the opportunity to

- develop leadership skills
- increase communication skills as listener and speaker
- to practice skills in a supportive atmosphere
- learn efficient organization techniques
- receive evaluation feedback to appraise group and individual performance - achieve personal growth through building self confidence
- gain greater career and community recognition
- participate in a continuing experience in learning

We could also design Public Speaking Workshops, highlighting confidence, communicating with ease, voice control and personal presentation.

Please contact Dorothy Baulch, telephone 61 3754.

Lynne Hynam, Bellarine Communicators ITC, telephone 434137.

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**AJ's**

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or Gift that's different??

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## Why play sport?

Although everyone is aware of the beneficial effects of regular exercise the most difficult part is doing it. Maintaining regular exercise throughout life means that you must find exercise enjoyable. If it is not enjoyable, no matter how much good you think it is doing you, you will not continue.

Each year increasing numbers of mature age Australians are re-discovering the JOYS of

exercise through mature-age sport (also known as Masters or Veterans sport). In most sports, once you are over 35 years of age, you are eligible to compete in mature-age sporting competitions and you can compete in five or ten year age groupings up to over 80 years.

Because sport is generally sociable and fun it can help in maintaining a regular exercise programme. Sport is usually

played in clubs providing an ideal opportunity to make friends who share a common interest. The club environment can also provide a level of competition suitable to your needs.

What can sport do for me?

### PHYSICAL BENEFITS -

How often do you hear "I'm getting too old for it"? Ageing has always been considered negatively and many people spend much of their older lives thinking back to the 'good old days'. While exercise alone can not turn back the chronological clock it can certainly do much to slow the biological degeneration usually associated with ageing. Research has shown the following important physical benefits to be linked to regular aerobic exercise:

The capacity of the heart declines more slowly in the physically active.

Coronary heart disease risk is reduced by lowering blood fats, blood pressure and body fat.

*Continued page 18*

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Shop 2,  
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Drysdale

#### TRADING HOURS

Mon - Fri. 7.30 am - 5.30 pm  
Saturday 9.00 am - 12.00 noon

Phone 51 3990



## BELTING UP OUR PETS

Restraining pets in vehicles is the latest issue confronting the RSPCA. A recent survey has shown that over 1600 dogs were treated in

1993 for serious injuries after falling from moving vehicles.

At Bellarine Veterinary Practice we all too often see dogs injured after they've fallen off the back of a moving ute or van. These injuries vary from minor grazes and bruises, to broken limbs and serious skin wounds, to terminal internal injuries. The frustrating thing for us is that these injuries can so easily be prevented by having dogs tethered while travelling in an open vehicle.

It's important too that the length of rope is short so the dog can't fall overboard and then be dragged along beside, behind or beneath the vehicle. Some of the most horrendous injuries we've seen occur when a dog is dragged along the road, the driver unaware of its plight.

The RSPCA is pressing the Victorian Government to make it an offence for drivers to travel on public roads with unrestrained dogs on the back of moving vehicles.

Within vehicles it's also

advisable to have dogs restrained and before too long it may be a legal requirement. Dogs who travel with their heads hanging outside the window



can incur eye and facial injuries, plus they can restrict visibility for the driver. Smaller dogs who leap around the cabin are also a hazard to themselves, the driver and passengers.

Dog Car Harnesses are now available in a range of sizes to restrain dogs within vehicles.

They are easy to fit and most dogs seem to find them comfortable. In the event of an accident a harness prevents the dog from being thrown around the cabin, injuring itself and passengers.

Bellarine Veterinary Practice stocks harnesses at all its clinics, although we might need to order one in for a particular size.

### CATS AND CAR TRAVEL

All cats should be restrained when travelling in vehicles. If let loose in the cabin they can get under seats or under the driver's feet.

Only the very quietest of cats should be nursed in a car. Ideally, transport your cat in a cat cage or cat box.

Suitable alternatives include sports bags, sturdy boxes, clothes baskets or a pillow case.

Having your cat restrained will also prevent it scooting off when you open the car door or try to carry it from the car to your destination.

### BELLARINE STATIONERS

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### BELLARINE

VETERINARY PRACTICE

7 PALMERSTON ST., DRYSDALE

Mon & Wed & Fri 10.00 am - 11.30 am  
2.00 pm - 3.00 pm

Tues & Thurs 10.00 am - 11.30 pm  
5.30 pm - 8.30 pm

Saturday 8.30 am - 10.00 am

Office only (No Vet)

Mon & Wed & Fri 11.30 am - 12.30 pm

For your convenience appointments are now necessary

Please Phone: 53 1393

Calls outside these hours will be  
diverted to our Newcomb Hospital

## Why play sport? continued from page 16

### OTHER PHYSICAL BENEFITS:

If aerobic exercise is performed with flexibility and strength training in a well rounded exercise programme the following further benefits are possible:

Respiratory function can be improved through the strength improvements made by the chest muscles. Muscle mass and hence strength can be maintained or even increased. Loss of bone mineral content (osteoporosis) can be slowed due to stimulation of bone cells. Joint mobility can be maintained.

### PSYCHOLOGICAL BENEFITS -

The physical benefits of sport are closely linked to quality of life in the older population. The unfit are often frail and may be less able to live independently. Feelings of being 'old' are closely associated with being under full time care. As we age the physical advantages that fitness can provide are fundamental to maintaining independence.

Exercise has also been shown to increase self-confidence and mental functioning and alertness. These psychological benefits together with being fit, playing sport and enjoying the team environment all combine to greatly improve your general sense of wellbeing.

Are there alternatives to exercise? Regular exercise throughout life is essential to good physical and psychological health. There is no supplement or drug that you can buy that can provide a similar range of beneficial effects.

What about death during sport? Many older people and their families are concerned that exercise may cause a fatal heart attack. Some of this fear is due to the publicity created when someone dies playing sport. It is certainly important that you consult a doctor before starting to participate in sport. Often it is those who have not been involved in regular exercise and do not have a medical check-up prior to participation who suffer serious heart attacks during sport.

During exercise there is a slight increase in the risk of suffering a heart attack. However, being fit greatly reduces the risks of suffering a heart attack at all other times during the day and if you have a heart attack then the outcome is much better.

(Re-printed from "Mature Aged Sport", published by the Australian Sports Commission, PO Box 176, Belconnen, ACT, 2616. Ph. (06) 252 1660)



## Apex Club of Drysdale/Clifton Springs

During the past month the Club visited the Grovedale Apex Club which was also attended by members of the Colac Apex Club. Apex members were privileged to be addressed by Ewan Laird one of the surviving Apex Founders. The Club also enjoyed a games night at the Clifton Springs Tennis Club.

Upcoming programs include a Family Swimming Night at Splashdown and a Sportsman's night.

Upcoming service projects include assisting with the Geelong Speed Trials, distributing house number awareness pamphlets as well as continuing with the installation of smoke detectors for pensioners.

For more information on APEX please contact Gerry on 511206.



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# In Your Garden

Its finally here, we've been waiting all winter for this to happen and now it has, SPRING.

The new growth has and still is appearing on all the deciduous trees, those magnificent flowering trees have well and truly started their springtime razzle dazzle.

Its lovely to see the change in the garden from the drab of winter into the freshness of the spring. Bulbs planted in winter, like daffodils, jonquils, tulips, dutch iris, anemone are all enjoying the in-

crease in the sunshine and displaying their bright cheery colors. Enjoy their beauty but as they start to die down give them a good feed so that the bulbs are nice and fat for next years flowers.

This time of year brings many perfumes to the garden, the heady scent of boronia is one of the sweetest. Brown boronias are notorious for dropping dead, but when they are in flower it's all worth the risk. The dainty brown and yellow blooms carry a sweet perfume that lingers for ages. There are quite a few varieties of boronia, not all with that magnificent perfume. There are yellows, reds, many pinks and a large number of forms of the brown boronia. Boronias generally prefer a

cooler position in the garden, where they can be kept moist but not wet. There are however a few varieties that will happily live in full sun and provide masses of mostly pink flowers over quite long periods. Its a good idea to give them a prune after flowering to promote a bushy habit otherwise they do tend to go a little long and lanky.

Probably the single most important thing to do in the garden at this time of the year is to enjoy it. There are lots of things that can be done, weeding, vegie gardens, looking, sitting, drinking cups of tea, watching someone else work, all in all just being there is the best part.

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## See How They Run!

About two o'clock one Friday afternoon in September the fire siren at Drysdale Village fire station sounded. From our vantage point at Springdale Cottage opposite the fire station in Princess Street we watched, at first with interest and then the utmost admiration, as the men came running. Some young, some not quite as young as they used to be, they appeared as if by magic, on foot, in cars and working utes, to answer the siren's call for help.

Within eight minutes of the first wail of the siren, the doors were open, the engine

was driven out and the fire fighters, pulling on their safety gear, were off down High Street. Their job: to assist the people who needed their specialised help, at possible risk to their own lives.

This is what the men and women of the Drysdale Volunteer Fire Brigade have been doing for the last fifty years. Day or night, seven days a week makes no difference.

We, the community of Drysdale/Clifton Springs, would like to say thank you and congratulations on this, your fiftieth birthday.

## Reader's Contributions -

## Tips and Hints

*If what you are doing doesn't work, you might like to try one of the following:*

### Fred's tips:

Always keep a few Granny Smith apples with full stems on, in the bottom of the 'fridge at night or weekends. A family member could suffer a gastric problem & you have nothing medical in the house to curb toilet trots. Just peel, grate & place apple gratings on a plate; leave in the air to go brown & then make a slice of light brown toast, spread brown apple on, which by now has become Pectin, & if trots aren't stopped in half an hour, repeat the process & they will.

To remove a hard-to-get-at splinter or rose thorn when working in the garden, dampen some soap, mix with sugar to a paste, place on the wound & cover with a couple of band-aids. The splinter or thorn should come out overnight.

Equal parts of Epsom Salts & Glycerine, applied in the same manner, works equally as well.

To keep your kitchen sink gleaming like new, try giving it this beauty treatment twice a week - sprinkle 1/3rd teaspoon of plain flour on each draining area, and in the sink, then polish with a dry soft cloth.

The sink must be perfectly dry before polishing, especially around the plug holes. This treatment is also effective for polishing chrome, but remember the surface must be perfectly dry.

Plain flour can be used to polish glass, car windows, house windows, mirrors but it is a good idea to vacuum the surfaces before humidity can affect the flour.

Worcestershire sauce will remove stains from brass & copper ware and give the surface a good polish.

To remove chewing gum from clothing or furnishings, rub an ice cube over the gum

for a few minutes and it will peel away quite easily.

Always use cold water to wash egg yolk from plates & utensils - hot water cooks the egg onto the surfaces.

Before taking a dry motor vehicle out in the rain, take a slice of raw apple or potato and clean off the outside windows, mirrors & windscreen where the wipers don't reach. The juice waterproofs the surface & the rain will just run straight off.

Always carry a small bottle of Coke under the front seat of your car - the Coke is great for removing dead insects from the windscreen or radiator grille, and also for cleaning off any tar spots. Just splash on the Coke & polish off with a paper towel or soft cloth.

*Fred Grimble, Belmont*

**HENDRY**  
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## Drysdale Library News

Thanks to the City of Greater Geelong, Bellarine Division, the Drysdale Library now has a new picture book stand with a notice board attached to it. Any clubs or organisations who would like to use the notice board for publicity purposes



should contact me on 51 3855 to make arrangements.

This month I thought I'd let you know of some new non-fiction titles, to enable you to see what a varied collection is available :

Step-by-Step Tai Chi - by Master Lam Kam Chuen;

Conquer Fear of Flying - by Captain R.V. Miles;

How to Retire & Live Well - by Daryl Dixon & George Flack;

Bullying: A Practical

Guide to Coping - edited by Michele Elliott;

Gallipoli to the Somme : The Story of C.E.W. Bean - by Dudley McCarthy;

Inca-Kola a Traveller's Tale of Peru - by Matthew Parris;

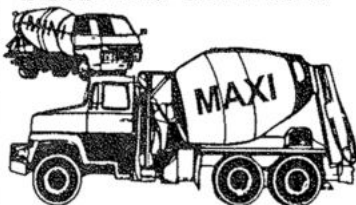
The Complete Wedding Handbook.

It only costs \$1 to place a hold on any title, if it is not on the shelves at Drysdale at the time the request is made.

A reminder that the next Toddler Time will be held on Friday, 28 October from 10 - 10.45am. Tammy & I would love to see you & your pre-school children for stories, songs, rhymes & craft.

*Barbara Riley  
Drysdale Librarian*

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## CITY of GREATER GEELONG

Bellarine District

Supports the Springdale Messenger in the interests of better community communications

## Clifton Springs Garden Club

The Club's Eleventh Annual Spring Show will be held on 5 November at the Uniting Church hall, Drysdale, 11:00 am to 4:30 pm. Schedules will be available from local businesses during October. Entries are invited from anyone. You don't have to be a member of the club. A donation will be made from club funds for equipping the Bellarine Peninsula Ambulance.

Club meetings are held on the third Monday of the month at the Drysdale Uniting Church hall, 7:30 pm. New members welcome. For enquiries ring 53 1781.

*Jim Shearsmith, President.*



*Craig Ash* **HOME & GARDEN MAINTENANCE**

**Gardening Carpentry Joinery Painting**

**Ph. 53 1010 Mobile 015 342 719**

## Coming Events

**N**orth Bellarine Combined Churches Food Care Group Annual General Meeting is to be held on 13 October next at St James Church Hall at 7.00pm. Everyone is welcome to attend and, if possible, join the Group. Volunteers are needed.

E. Leone Davis, Hon. Sec.

**A**nother call for those interested in forming chess, bridge, or Mah Jong clubs. We have had a good response so far, but need new players (absolute beginners or

otherwise) to really get things going. So ring on 53 1960 if you are interested.

**D**rysdale Uniting Church Safeway demonstration plus food sampling at the Drysdale Uniting Church Hall on Wednesday, October 19 at 12 noon. Proceeds in aid of the Drysdale Community Centre.

**D**rysdale Uniting Church "People of Faith & Places of Interest at Drysdale". Family Service 6pm, Sunday, 2 October. In this "Year of the Family", the Family Service will study the family tree of our local Church family.

Rev. Trelawney & Mrs Merilyn Ugalde, relatives of the pioneer, Rev. Francis Tuckfield, will lead us in the search for our spiritual roots.

Activities include making a brick, like they did at Coriyule, re-enacting an early service, & sketching the Tuckfield Chapel. All are welcome to join in on 2 October at 6pm, with a shared meal to follow.

Drysdale Uniting Church Annual Flower Service will be held Sunday, 9 October at 10.15am. A "Pleasant Sunday Afternoon" consisting of well known artists, will be held in the Church Hall at 2.30 pm till 4.00 pm. Donations \$5.

The Church will remain open until 5.00pm for people wishing to view the flowers.

**B**ellarine Peninsula Christian Outreach, "Church by the Bay", cnr Pigdon St & Geelong Rd, Portarlington.

Pastor Noel Williams, 'ph. 51 2218; Church Centre, 'ph. 59 3378.

Sunday Worship - 10.30am every week. "Little Legs" - fun, music, dance & exercise for little ones up to 8 years of age. Leader, Mrs Dianne Williams; 4-5pm every Thursday. Enquiries ph. 51 2218.

Seniors' Luncheons - an opportunity for the older members of our community to enjoy a delicious meal, pleasant company, favourite

*Continued bottom of next page-*

### Wirruna Nursery

#### & Display Garden

Open 8.30 - 5.30 Every day

Rare plants, perennials & roses

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Wallington Vic. 3221

Ph. 50 1971

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CLEANING

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## SERVICE DIRECTORY

*Our own local advertisers can supply all your needs*

For .....	see advert. for .....	On Pge	For .....	see advert. for .....	On Pge
1 Hour Photos .....	Bellarine Photographics .....	5	Knitting, Sewing Supplies .....	Drysdale Knit n Sew .....	10
Accountants .....	Frank Tigani & Assoc. P/L .....	7	Mechanical Repairs .....	Bellarine Auto Services .....	7
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Barristers & Solicitors .....	Ritevski Horan .....	7	Nurseries .....	Alinga Nursery .....	19
Barristers & Solicitors .....	Grills, Double & Co .....	10	Nurseries .....	Wirruna Nursery .....	22
Boarding Cattery .....	Tallywood Boarding Cattery .....	17	Painters & Decorators .....	Greater City Painting Svcs .....	6
Body Toning Salon .....	Elegant Profile .....	13	Pathology Services .....	Geelong Hospital .....	14
Builder & Carpenter .....	Michael Kragh .....	6	Pharmacists .....	David C. Pinney .....	5
Campervans & Repairs .....	Avan Pty Ltd .....	22	Physiotherapists .....	Drysdale Physio. Clinic .....	14
Car Wash & Conv. Store .....	Mortimer's Petrol Station .....	19	Podiatrists .....	Bellarine Foot Clinic .....	2
Carpet Cleaning .....	Blackley's Cleaning Service .....	8	Podiatrists .....	Geelong Podiatry Centre .....	4
Carpet Steam Cleaning .....	Marick Carpet Cleaning .....	22	Real Estate Agents .....	Guyett Real Estate .....	24
Catering Services .....	Bellarine Peninsula Catering .....	11	Removalists .....	Drysdale Removals & Strge .....	9
Ceramics, Classes .....	Trina's Hobby Ceramics .....	7	Restaurants & Tea Rms .....	Fawltly Towers .....	4
Clothing bargains .....	The Life Line Shop .....	10	Restaurants & Tea Rms .....	Chui Yuan Chinese Rest .....	10
Concrete Supplies .....	Bellarine Premix .....	21	Rotary Hoeing .....	Frank & Tegwan Vella .....	20
Concretors .....	Quality Concreting .....	16	Rubbish Removal .....	Bale Out Rubbish Removal .....	18
Convenience Stores .....	Elliott's Conv. Supermarket .....	1	Sporting Clubs .....	Clifton Springs Golf Club .....	3
Craft Supplies .....	The Possums Nest .....	18	SpringDale Classes .....	SpringDale Com. Cottage .....	12
Cycle Specialists .....	Hendry Cycles .....	20	Stationery Supplies .....	Bellarine Stationers .....	17
Drycleaners .....	Drysdale Village Dryclnrs .....	16	T.V. Antennas .....	Able Antenna Service .....	9
Electrical Contractors .....	Terence Brit .....	22	Timber Toys .....	Donlen's Timber Toys .....	15
Family Stores .....	Salvation Army .....	20	Timber, Hardware .....	Drysdale Timber & Hardware .....	9
Hairdressers .....	A.J.'s Cutting Corner .....	15	Upholsterers .....	Barley Upholstery .....	6
Hardware .....	Drysdale Village Hardware .....	1	Veterinarians .....	Kardinia Veterinary Clinic .....	11
Home & Garden Maintce .....	Craig Ash .....	21	Veterinarians .....	Bellarine Veterinary Practice .....	17
Hotels .....	Drysdale Hotel .....	5			

Typing of Letters, Newsletters, Resumés, etc., Veronica Schwarz, "The Write Way", 425 Hood Rd, Ind Hd, Ph 59 3849

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Phone & Fax: (052) 53 1754.*

hymns, & panoramic views!  
Held at 11am on the 4th  
Thursday of every month. All  
welcome.

**C**lifton Springs Baptist  
Youth Group, Central  
Road, invite youth in

years 7 - 12 on a bike ride to  
Adventure Golf on Saturday,  
October 15, leaving 11am from  
church, returning 4pm.

Enquiries Steve 53 1938,  
or Rowan 53 1141.

Youth Group meets every

Thursday 7-9pm school  
terms.

Sunday Services 10am &  
7pm. All welcome. 'Phone 53  
1833 (most mornings) or 53  
1725 (A.H.) - Ian Gibb



**The Professionals**

## THE SMOOTH MOVE - REFERRALS

Many who move house suffer avoidable stress and strain which can be caused by relocating to a new town or interstate.

Hunting for a place to live can be quite daunting, and adds to all the other matters of inconvenience that goes with moving.

To make such a move as smooth as possible The Professionals Real Estate Group provides a free referral service.

A number of leading independent agents formed the group more than a decade ago with one of its primary aims to provide a better customer service to those moving home.

The referral service is backed by the immense network of more than 500 real estate offices in Australia, New Zealand and Papua New Guinea.

Their expertise and local knowledge can save a lot of leg work in the search for a suitable place to re-establish a household. Member agents work as a united team to look after the needs of relocating clients, and give them a priority service.

How does it work? Basically anyone intending to move should visit their local agent in The Professionals Group and ask about the free referral service.

The agent will take basic details, including the needs in terms of location, type of accommodation, and other requirements such as schools.

This information is sent to The Professionals agent in the area where it is intended to move.



*Phil  
Hodgkinson  
AH 55 1043*



*Brett  
Thompson  
AH 53 2364  
018 520 352*



*Phil  
Cumming  
AH 51 3047*

The local agent often 'introduces' the client on the telephone to the distant agent. Referred clients are given priority treatment and have immediate access to full details of available suitable accommodation.

Regular positive feedback from clients proves the service is really appreciated. Families have used it to move interstate, and for their return to Victoria some years later.

Some large corporations and agencies use the referral service and highly recommend it to their relocating employees.

Those selling a home through The Professionals Group also benefit, because it exposes their property to potential buyers throughout Australasia.

### Sales Report

JUNE - JULY 1994

Item	Number Sold	Average Price
Land	12	\$24,800
Houses	33	\$96,500
Units	4	\$72,800
Shops	2	\$88,000
	51	

Source: BRCC Sales Register

# Guyett

**REAL  
ESTATE  
PTY LTD**

11 Clifton Springs Road  
Drysdale

**Phone: 51 2847**