

The SpringDale Messenger

Your Free
Community
Newspaper

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Drysdale Fire Brigade hard at it - full story pg 10



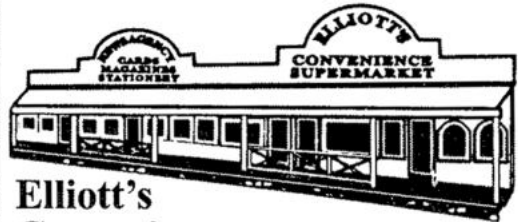
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The SpringDale Messenger

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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.

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DRYSDALE PHYSIOTHERAPY **ANDSPORTS INJURY CLINIC**

WARM-UP FOR YOUR SPORT. BY JENNY.TURNER. **B.APP.SC.(PHYSIO) HONS.MAPA.**

A good warm-up is vital to recreational and competitive athletes alike. The purpose of a warm-up is to prepare the body for exercise, thereby reducing the likelihood of injury and enabling a higher level of performance.

The type of exercise to be performed determines the specific components of a warm-up. The most effective warm-up consists of both general and specific exercises. The general exercises should include some form of aerobic exercise to increase the heart rate and blood flow, for example: jogging; calisthenics; brisk walking; light resistance exercises.

Specific exercises include stretches and movements appropriate for the particular activity about to be undertaken. For example:

- (1) Tennis concentrate on calf and thigh muscles as well as elbow/forearm and shoulder.
- (2) Golf back and neck flexibility exercises, as well as hip and elbow/forearm and shoulder exercises.
- (3) Bowls back and neck flexibility exercises, as well as hip and knee stretches.
- (4) Swimming shoulder, upper back and neck flexibility exercises.

The possible beneficial effects of warm-up prior to physical activity are:

- * increased bloodflow to muscles
- * increased release of oxygen into the bloodstream
- * reduced muscle stiffness
- * increased speed of nerve impulses resulting in faster reaction times
- * decreased number of injuries due to increased range of motion and decreased stiffness of muscles and connective tissues
- * increased cardiovascular response to sudden strenuous exercise
- * increased relaxation and concentration

The intensity and duration of a warm-up depends on the level of exercise to be performed, although 15 to 30 minutes is generally recommended. The best guideline for the intensity of the warm-up is to produce some mild sweating without fatigue. It is important to include some intervals in warm-up at the same intensity as you will play/compete. The effect of a warm-up lasts approximately 30 to 45 minutes, so it is important not to warm-up too early. Your Physiotherapist can tailor a warm-up to best suit your particular activity or sport.

Jenny Turner practises at the Drysdale Physiotherapy and Sports Injury Clinic, ph: 512958

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BASKETBALL

It's one of the world's most popular sports played by people of all ages from all walks of life. It does not matter if you are big, small, good or bad, it can be played at any level and age group.

Basketball is a great social outlet for the whole family. On the Bellarine Peninsula, Basketball is offered from under 9's competition, through to open men and women, and even mixed.

There are Social Competitions and some very competitive.

You can play at the seaside complex at Ocean Grove or at the Drysdale Community Hall at the Primary School, or represent a club and play in Geelong at the Geelong Amateur Basketball Association.

If you are interested in playing or for your children to learn to play, you need only ask your child as to whom to contact as children at both Primary and Secondary Schools play or know someone who plays, basketball.

You don't have to play basketball to become involved. Many children, now more than ever before, are taking up the challenge to become a referee. Once they play a few seasons, they pick up on all the rules and, with a bit of tuition from senior referees, become quite competent, not to mention earn themselves some pocket money as referees are paid.

Parents too can become very involved. Many try their hand at coaching, administration, playing or just watching their children play.

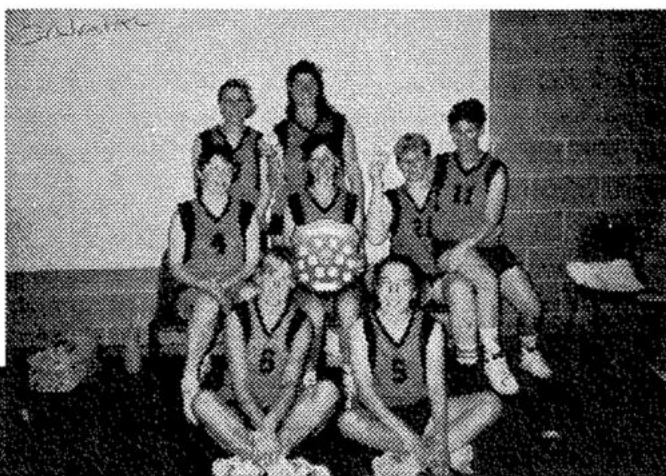
It's very hard not to notice how basketball has become so popular. Local school magazines advertise for clubs. All schools have multiple basketball courts which are always occupied by children trying to emulate their basketball heroes from the American and Australian Leagues.

Shack O'Niel, Michael Jordan, Andrew Gaze, Scott Fisher are all house hold names.

Going back 10 to 15 years it was a rarity to see backboards and rings at the end of the driveways. But now it is the norm.

It doesn't take a great deal of space or time to set up a ring in the average home. Where your child can play alone or with friends.

**KEEP THE BALL BOUNCING
REGARDS THE REF**



DRYSDALE BOWLING CLUB

**COLLINS STREET DRYSDALE PHONE
512335**

The Drysdale Bowling Club is a family orientated facility situated in the heart of town. We are a fully licensed club with all bar facilities and a well appointed kitchen for the provision of meals etc.

Both full and social memberships are available and we have a very active social committee that ensures we have many functions arranged for us over the year.

During winter recess we are still quite active with Indoor Bowls every Tuesday and Saturday afternoons 1.00p.m. Friday evenings 6.00p.m.

On Thursdays, cards in the afternoon 1.00p.m. and bingo in the evenings 7.30p.m.

Fancy a game of pool? We also play Summer and Winter Pool Competitions with trophies for club champion.

The summer season begins early in September with the official opening of our greens.

We enter teams in Ladies and Gents Pennant. We also have our own club events plus a wide and varied range of social bowls competitions up until the close of our greens, late April.

This year our greens have been set aside on the weekend of September 16 and 17, beginning at 1.00p.m., for the benefit of all who wish to try Lawn Bowls.

As we are a family club a creche will be provided for those with young families.

New members are made very welcome at Drysdale so please avail yourself of our open weekend. Your only requirement is a pair of flat soled shoes. For any further information please ring the Club on 512335.

FIRST DRYSDALE TRIATHLON

On Sunday June 11th the Drysdale Triathlon sponsored by the D.Y.B.M.A. was held.

The conditions were extreme to say the least, with driving rain and strong westerly winds prevailing throughout the event.

The programme consisted of a 500 metre swim, 17 km ride and 3 km run.

The overall winner was Paul Holwell in a time of 63.20 mins. Second was Wayne Cornes of Ocean Grove.

Winner of the D.Y.B.M.A. perpetual trophy was Eugene Grbac.

The winning team in the teams event was Basil Ristevski, Phil Cumming and Michael Pring who comprised the D.R.D. Team.

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CLIFTON SPRINGS BOWLING CLUB

Clifton Springs Bowling Club has been operating since 1979. The outlook from the Clubrooms is simply outstanding, across Corio Bay to the You Yangs. The Club has a Motto - "The Friendly Club", which is what we are, congenial people to make newcomers welcome.

Bowling Season - outdoor lawn bowls starts September through to April. April to September we play Indoor Carpet Bowls every Tuesday, Thursday and Saturday afternoons at 1 p.m.

Other activities at the Club rooms are:-

Line Dancing is being taught every Wednesday from 10.30 a.m. until 12.30 p.m. dancing through until 1st September. Friday evenings we have Happy Hour, nibbles, drinks and a lot of good company, must also mention the superb sunsets. A 50/50 Dance is run on every

2nd Saturday each month. Bingo, eyes down, 7.30 p.m. every Wednesday, 10 cents a game. This year new Gas heating and new-blinds have been installed to add to the comfort of the Club. Two districts of Neighbourhood Watch are meeting at our club rooms. Rotary are using our club rooms for special fund raising.

Open day for instance is a very good day to come along and inspect our Club. Visitors are welcome to try the greens and learn about bowls and meet members. We have a new team to run the Club this Season and feel the Club can only go forward. New members are most welcome and will feel at home immediately in our Friendly Club.

If any person is interested in any of these activities mentioned, feel free to phone me - Diane Clissold, Director, on Phone Number 512 293.

SARAH'S FITNESS CENTRE PHONE 531795

We hold over 20 classes per week. These include, Aerobic classes, Step Reebok, Low Impact and Gym Circuit classes. We have classes for Teenagers (Mondays 4.45pm) and Older Adults (Lite Pace- Fridays 10.30am).

We have recently commenced a Pre-School Gym Session (Wednesday 11.00am) Our Gym circuit classes cater for both men and women from ages 15 to 50!

These classes improve your fitness level at the same time as toning your muscles whilst using the weight equipment.

Gym programmes are available to suit individual needs, varying from general fitness programmes to strength programmes for particular sports.

Sarah's have 3 Squash Courts at the centre, for use for both Squash and Racquetball. We have Squash Pennant teams for both Men & Women which compete in the Geelong Area. We also run In House Competitions for both Squash (Mondays 7.30pm) and Racquetball (Fridays 7.30pm) New players are always welcome for these competitions.

All enquiries can be addressed to:

Drysdale Squash Club Secretary Reina Sarah
33 Murradoc Road Drysdale Phone: 531795

***Sarah's* Fitness Centre**
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SILVER ANNIVERSARY CELEBRATIONS **CURLEWIS GOLF CLUB**

In the 1940's a group of visionary golfers from the East Geelong Golf Club believed that the rolling sandy hills of Curlewis would be an ideal place to develop an 18 hole golf course to overcome the dual concerns, at that time, of uncertainty about East Geelong's long term tenure and the limitations of a nine hole course. After many years of debate and countless hours of voluntary labour Curlewis Golf Club was formed on October 29th 1970. Formal Club competitions commenced in March 1971.

During the past 25 years changes in the configuration of the course and beautification projects have led to the development of a true championship course.

Despite ongoing changes in the design of the course, Curlewis still maintains its links style character and is a natural habitat for native birdlife. The blue wren predominates on the course and is embodied in the official emblem of the club.

The scenic front nine holes, with its undulating rises, requires the golfer to be precise with the tee shot and accurate with the approach to the green.

The second nine commences with a teasing water carry for golfers, then soon lengthens out into a series of holes that favour the golfer

with the ability to produce lengthy accurate shots.

Golfers are presented with large sloping greens that cannot be mastered without deft use of the putter for both speed and angle.

Curlewis is renowned for its spacious sandy based fairways which are generously covered with couch grass. Even in the midst of Winter these fairways are a pleasure to play and an increasing number of golfers from within and beyond Victoria are experiencing the challenge of the grandeur and spaciousness of the Curlewis Course.

Visitors are most welcome but are advised to first ring the Club Manager on 51 25 34 to arrange a game or to seek information about the various membership categories that are available.

New members are always welcome.

Curlewis now embarks into its next 25 year period determined to become one of the top courses in Australia.

Thanks to the East Geelong Golf Club, the dedication of so many volunteers and the superb natural environment on which the course is being developed, Curlewis Golf Course will continue to be the course for local and visiting players to test their all round golfing abilities.

COMMUNITY NOTICE

The Annual Meeting of the Drysdale Health Centre Auxilliary will be held at the centre in Palmerston Street on Tuesday, August 8th at 10.00 a.m. All positions will be declared vacant and new members are always welcome.

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THE SPORT IS CROQUET

Croquet is an ancient game with its origins going back to the 16th century.

There has been a spectacular growth of croquet in the U.S.A. Croquet has over 6,000 registered players in Australia which positions it in the same group as Boxing, Rowing, Roller-Skating, Polo Cross, Parachuting, Orienteering, Karting, Cycling and Darts.

Croquet is played outdoors, on a grass court, with balls, mallets and hoops. Surprisingly croquet is 'UNDISCOVERED' as it is actually a game that incorporates a significantly higher level of sporting tactics and strategy than many other sports. The only sport where two balls are hit simultaneously.

While Association Croquet is the prime game other variations may be played on the same court. Croquet has the angles of Squash, accuracy of Snooker, strategy of Cricket, tactics of Basketball, a game of reward for the thinker.

Croquet is a sport of equal opportunity. Men and women compete equally, older people compete with middle aged and youth on equal basis. Croquet can also offer sporting oppor-

tunities and enjoyment to those with particular physical disabilities. Unlike most sports strategy is at least 50% of the game; this aspect is one of the main reasons for equal opportunity. The unrealised possible beneficiaries are the players who are 'middle age' (whatever that is) when Squash, Cricket, Football, etc, is beyond them but they do not feel ready for a sedentary life.

Croquet is a socially orientated sport, players of all ages, and those with low incomes can participate. Players are expected to wear "Predominate White", but smart white clothes with some added colour is acceptable.

Any flat soled shoes may be worn. Mallets may be borrowed through the club during the learning phase.

We are fortunate to have a club at Drysdale which is offering opportunity for beginners to learn the game of croquet. An initial course of six lessons at a cost of \$20.00 with on-going coaching is available.

Ring Clare on 531130 or Marj. on 572157 for details about one of the world's most unique outdoor sports.

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EXERCISE - DO WE NEED IT?

We all know that for improved health, we need only 20 minutes, 3-5 days per week of exercise (Recommended by ACSM - College of Sports Medicine). But did you know that 49% males and 67% females take no exercise at all? Is 20 minutes too long? Below are the numerous benefits that exercise can give. And "No", 20 minutes is not too long!

BODY WEIGHT Decreases due to better balance between food intake and energy expenditure.

DIABETES Exercise can help in keeping insulin levels in the body "normal" and reducing the need for medication, sometimes by as much as 50%

ASTHMA Exercise can reduce the need for medication by giving greater respiratory muscle tone.

HEART Decrease in resting heart rate, as exercise allows for a more effective blood flow into the heart's chambers. Decrease in working heart rate. Decrease in recovery time after exercise. Heart size increases slightly, therefore increasing its filling capacity.

BLOOD Can reduce the blood pressure towards "normal" range. Greater blood volume,

therefore oxygen transport to working muscles is enhanced, increases can be up to 40%. Increased levels of haemoglobin.

BACK PAIN Exercise improves posture, which helps spinal alignment. Flexibility is improved and this, along with strong abdominal (tummy) muscles can reduce back pain.

MUSCLES Increases in lean muscle tissue helps energy expenditure as muscle fibre uses more energy than fatty tissue. Exercise can increase muscular strength and endurance and develop tone and flexibility.

METABOLISM Regular exercise can increase your Basal Metabolic Rate (BMR) Your BMR is a measure of how much energy your body uses for basic functioning. Not only is extra energy used during exercise but your BMR is increased for 3-4 hours after exercising therefore still burning up stored "energy" in the body.

PSYCHOLOGICAL Increased relaxation, reduced stress and tension. Exercise improves self esteem and Enjoyment of life!

by - Reina Sarah

Sarah's Fitness

SpringDale Community Cottage Occasional Childcare

SpringDale would like to hear from any persons interested in being volunteer assistants with the above service. An affinity with young children is a must. You must also be prepared to undergo a police check. Phone 53-1960.

DRYSDALE R.S.L.

The Frank Charlton-Roy Hammersley Library, situated in RSL clubrooms, will be open to ex-service personnel, members of the sub-branch and members of Drysdale Women's Auxiliary every Thursday from June 29 from 1.30-4.30pm.

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DRYSDALE FIRE BRIGADE **COMPETITION RUNNING TEAM**

The Drysdale Fire Brigade competition team has been competing in demonstrations throughout Victoria for over fifty years and has been the major factor in recruiting new members for the brigade.

Competition primarily consists of wet and dry work, running, which demands a high level of physical fitness and skill. Complemented by the marching teams, precision and discipline. The Drysdale Fire Brigade is a totally Volunteer Organisation and all the competition equipment, used by the running team, has been purchased through fund raising efforts by members including the Ladies Auxillary and Social Club.

Wet work competition runs from October to March, with the team attending demonstrations throughout Victoria from Koo-wee-rup in the East, to Echuca in the North, Hamilton in the West and local events at Drysdale, up to 12 or more per season.

Competition culminates in March on the Labour Day Weekend with the State Championships, which are held at different locations each year within Victoria. The competition runs for three days and attracts over 120 Brigades from all over Australia and over 7000 people. To

compete well at this event you are held in very high regard within the C.F.A. which controls all Victoria's Volunteers.

Drysdale's efforts over recent years, have included winning the marching competition at Echuca in 1993. Breaking a 12 year old record at Mildura in 1994, in the eight man hose & reel event, with a time of 25.73 seconds, which has become the new "benchmark" for this type of competition.

The Brigade has also attended the Tasmanian State Championships, Devonport in 1983 & 1987, Burnie in 1988 and Hobart in 1993, where we won the wet work aggregate. The Brigade is planning to attend Tassie again at Ulverstone in February 1996.

Fire Brigade running can be a very demanding yet rewarding sport. It promotes discipline, physical fitness and above all, team work. Which are all attributes that go into being a competent Volunteer Fireman, when protecting our local community.

Anyone wishing to know more on this sport can contact Mark on 513712 or Jeff on 512680.

SpringDale Community Cottage **Occasional Child Care**

is opening 1st August 1995

Registration is a MUST NOW to be able to use this service either on a permanent or occasional basis.

Registration Day: Wed. 26th July

Time: 9.30am to 11.00am

Cost: \$5.00 per family

Place: SpringDale

14 Princes Street

Drysdale

ph: 53-1960



Session Times:

Tues.: 9.30am to 12.00pm

Thurs.: 12.30pm to 3.00pm

Fees:

\$7.50 per session per child

DRYSDALE SPORTFISHING CLUB

The Drysdale Sportfishing Club was formed in 1987 by a small group of people who were interested in fishing and wanted to be affiliated with a club so that they could share their experiences, address any concerns and make their fishing more enjoyable.

The club has grown over the years and has a current membership of 30 adults and 26 juniors. Drysdale Sportfishing Club prides itself on being a family club where both senior and junior development and participation is encouraged. New members are welcomed at anytime. The club holds monthly meetings to discuss all aspects of fishing and to enable all members to socialise in a relaxed atmosphere. A monthly fishing competition is organised at these meetings and caters for saltwater, freshwater and land based anglers.

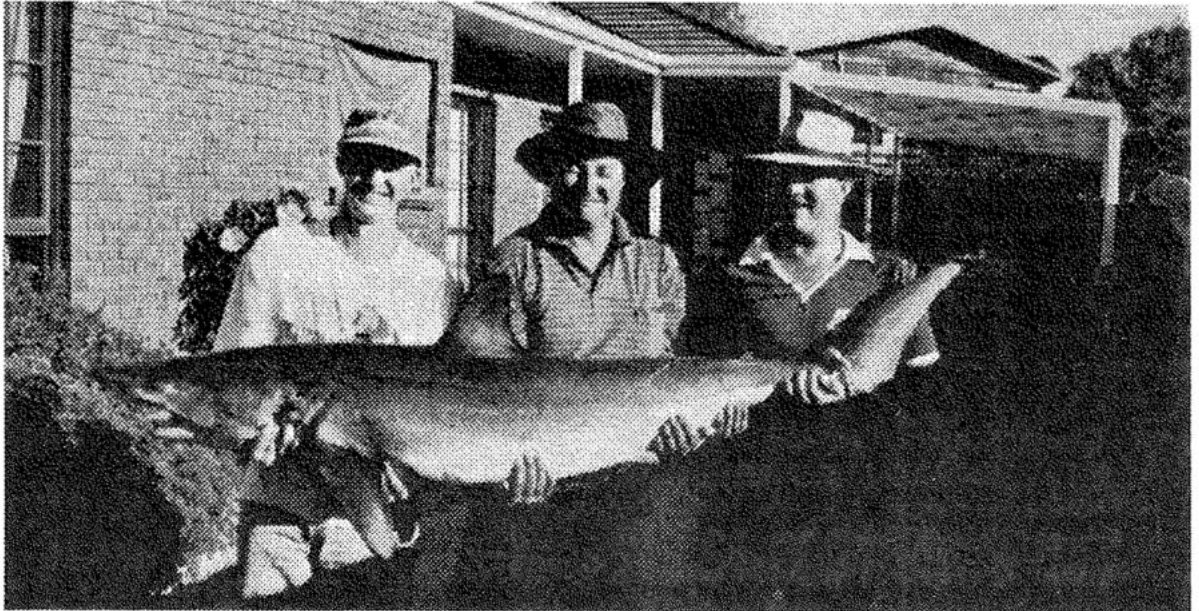
As we are affiliated with the Australian National Sportfishing Association (A.N.S.A.) all members are eligible to enter any fishing convention run by A.N.S.A. in Australia.

These conventions are held in various areas in the state and are fished by many members of the club. These give you an opportunity to meet new people, try new fishing spots and techniques and maybe even win a prize or trophy. Members of our club have had major successes at these conventions this year.

The Drysdale Sportfishing Club welcomes all new members to the club. Meetings are held in the diningroom of the Drysdale Hotel on the first Monday of each month starting at 7.30pm.

For further details please contact: Geoff McDonald.

Phone no. 513-416



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Page 11

JUNIOR FOOTBALL: VERY MUCH ALIVE AND KICKING!

Junior football is certainly kicking goals in our area. For over ten years kids up to the age of thirteen have been involved in well organised programs. The club's aim has always been to promote participation, develop skills and to provide an opportunity to enjoy the best game in the world!

At present we have approximately 110 kids involved in the Vickick program, operating from 10 - 12 on Sunday mornings at the Drysdale Primary School. Training sessions are followed by graded, non-contact games aimed at developing skills and making footy fun. Older players are involved in the Y.M.C.A. program on Saturday mornings in Breakwater playing against other Geelong teams.

Under 11 competition has modified rules (eg non-contact) to encourage participation and skill development. Approximately seventy players are involved in this program.

Over the years many junior players have gone on to play for the Drysdale Football Club and will remember beginning their football career as a young kid encouraged by dedicated people.

Playing junior football develops confidence, self-esteem and commitment to teamwork - skills needed in life as an adult. The Drysdale Hawks Juniors (Vickick/ u/11 u/13) offer this opportunity.

New players are always welcome. President Greg Fox may be contacted on 531582 for any enquiries.

LOCAL YOUTHS' ENVIRONMENTAL INVOLVEMENT

Walkers, joggers, cyclists and horse-riders passing through Basin Reserve, in Drysdale, will have been wondering what the young people are doing toiling away in the bush. They are students taking part in a LEAP (Land and Environment Action Program). This Commonwealth initiated project is providing a group of young people, aged between 15 and 20, living on the Peninsula, 26 weeks of fulltime practical training and study. The emphasis is on gaining recognised work skills and personal skills while having an opportunity to contribute to the protection and enhancement of the environment.

Previously, volunteers had tried to control the noxious weeds and keep the tracks open around

the Reserve, a formidable task! The LEAP group has eradicated weeds and constructed walking tracks. At present the participants are practising the skills required to build a look-out platform and seating as well as planning to arrest erosion. They have already applied these skills on projects on Ocean Grove Fore-shore and on various undertakings with the Bellarine Landcare Group.

Obviously the local community will benefit from their hard work as this pocket of native vegetation will remain a valuable asset of environmental significance.

So if you are passing through the Basin, stop and have a word with these young people who are doing a truly good job!

Tallywood

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157 Beacon Pt. Rd.
Clifton Springs
Ph. 51 2086

BARWON B.U.G.

Bicycle User Group

Are you a bicycle user? Someone who is involved in cycling, whether recreational, competition, or commuting. You can contribute to, and benefit from the Barwon Bicycle User Group!

A Bicycle User Group is set up to provide a forum for members and cyclists to meet and discuss bicycle matters in a friendly and personal manner.

It works closely with Local Government to improve cycling conditions on a local level. It promotes cycling of all types in the local area.

You can be involved in the newly formed Barwon B.U.G..

Meetings are held on the second Wednesday of each month at The Carlton Hotel (upstairs), start time is 7.30PM. All enquiries, 29 9870 B.H.

BUSINESS PROFILE

CLASSY CHASSIS -

Lingerie and Underwear Shop

BUSINESS PROFILE

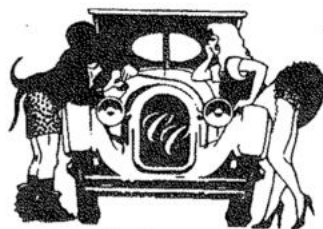
Margaret Kiernan, educated and married in Melbourne, a mother of four children. She has recently returned to take up residency in Australia from Norfolk Island. Why Drysdale? Returning to Mainland living after a number of years on an Island was a bit of a cultural shock. However the family saw the Bellarine Peninsula as offering the closest lifestyle to that of Norfolk's, except the winter weather. However the local, warm country friendship that has been shown to us has more than compensated for that.

In search for work Margaret saw that the Peninsula and particularly Drysdale was not well serviced with a specialist lingerie and underwear shop and with 15 years experience behind her why not do what she knew best.

Classy Chassis offers that Old Fashioned Service 'With A Smile'. Having worked on an Isolated Island Margaret realises the need to cater for the WHOLE Family, hence her stock ranges from the ever popular Cottontails - Mens P.T.U's, singlets childrens undies, sport sock, walk sock and night wear. Her bras commence with the first size to the larger sizes - from the practical to the exclusive.

Margaret's understanding of the problems facing the majority of ladies to find a comfortable bra is enhanced by her knowledge that no two ladies are the same. Classy Chassis is a Special shop for Special People.

FIRST CLASS ATTIRE AT ECONOMY PRICES!!!



**Classy
CHASSIS
LINGERIE**

Now at your Doorstep Your Total Specialist Underwear Shop

Better Priced than town with NO parking Hassles....

- ♥ For the Mature
- ♥ The Teenage
- ♥ Larger Sizes
- ♥ Mens Classic Briefs, Singlets, Satin Boxers and Robes
- ♥ The In-between
- ♥ Girls and Boys Briefs

**WARM Winter NATURAL WOOL, 100% COTTON, THERMAL Singlets - Spencers
- Long Johns - Banded Cotton Pants**

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\$\$\$40.00

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VOUCHER

Present this voucher and *RECEIVE \$40.00 OFF* the normal fee for preparing your income tax return

Please contact Frank Tigani on 532992 to arrange an appointment on Wednesday, Friday or Saturday morning. This offer expires on 31 August 1995.

FRANK TIGANI & ASSOCIATES PTY. LTD.

First Floor, Gallop House, 15 Hancock Street, Drysdale. Phone 53 2992.

** One voucher per person only.*

----- ✂ -----

The tax season is upon us once again, and unlike your ski holiday there are no free lift tickets offered by the tax office.

To ease the pain of preparing your tax return this year, Frank Tigani & Associates is offering you a discount off their normal fee for preparation of an income tax return.

Every person who takes up this offer will also receive a tax audit voucher to the value of \$200.00. If you are audited by the Australian Taxation Office you can present the tax audit voucher to Frank Tigani & Associates and \$200.00 will be deducted off their fee for attending to your tax audit. The voucher will be valid for a period of 12 months from the date you receive it.

SEIDO KARATE

The Seido Karate Organisation has been instructing self defence in the Clifton Springs area since 1983 (Clifton Springs Community Centre). At present we have a membership of approximately 70 students ranging in age from 8 years through to mid sixties.

Seido karate teaches not only self defence skills but also promotes fitness, flexibility, self confidence and enhances concentration. The overall goal of Seido karate is to develop strong bodies, which contributes to health and a general sense of self-confidence and well-being. In addition to developing students with the highest level of physical skills, Seido aims to develop individuals of the highest moral character, individuals who can then make signifi-

cant contributions to a better life in the family, the work place, and in society at large.

We also have many young children training (minimum age 8 years) who have made great advancement not only in self defence skills but also concentration and personal discipline. We have several junior Black Belts who have outstanding abilities. Unlike many martial art schools we have special beginner classes and the beginner student is able to train in all and not restricted to only once or twice a week. As a result advancement is faster and tuition is of the highest level experienced anywhere within Geelong.

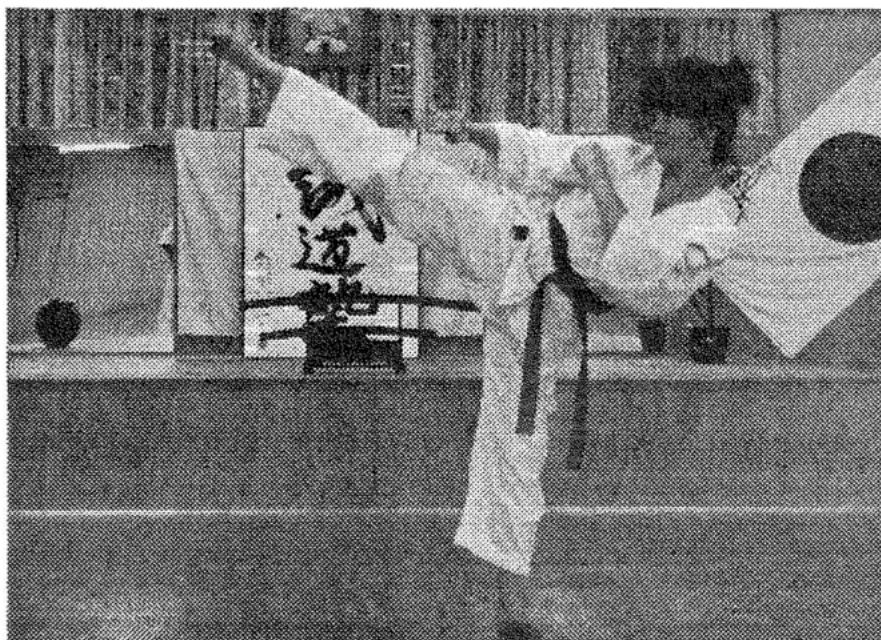
The head instructor is Sensei Mervyn Nelis, 5th Degree Black Belt, with over 28 years involvement in martial arts and one of only two

full time instructors in the Geelong area.

The Australian Headquarters is based in Belmont and runs classes 7 days a week - day, evenings and weekends.

The beginner classes are conducted by several instructors and a free introductory lesson is offered to all interested persons. We have various rates for children, unemployed/pensioners, adults and special family rates.

For further information please phone 443722 anytime.



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DRYSDALE CRICKET CLUB

The Drysdale Cricket Club began in its own right in 1936 with R. Hall as its inaugural president although some records show it may have started earlier. The club went into remission in 1939 due to the start of the second world war, and was then re-established at the request of the then councillor F. W. Spry in 1956 with R. Fisher its then president.

The club reformed with just one team in an old tin shed as its clubrooms and has now progressed into a thriving club of 5 senior teams and 4 junior teams in its own clubrooms in the picturesque Drysdale Recreation Reserve.

The club has had a great deal of success over the years with the senior section winning some 25 premierships, its first in 1975. The junior section which commenced in 1967 has won 15 premierships in 3 sections including 3 championships. The under 16 team has a record which still stands today of 12 Grand Final appearances in a row, winning the last 5 in succession.

The only section of the club which has not tasted success is the A Grade but it has been runner up on 4 occasions.

The club has been a renowned breeding ground for clubs in higher levels of cricket as many players have gone on to bigger and better things. The increase of junior players in recent years augers well for the continued success of the club.

The club intends to hold a reunion of all past players and any persons involved in the club, in early 1996, to celebrate its 40th birthday since reforming after the war. More details about this as the coming season approaches.

Any details about this function or any other matter about cricket in Drysdale can be obtained by writing to P.O. Box 29 Drysdale or phoning 513738.

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with every Modem Purchased**

Drysdale Computer Centre

High St. Phone 531 360

THE CLIFTON SPRINGS GOLF CLUB

The history of the Clifton Springs Golf Club is a long and most interesting one. Its origins were in the old nine hole course associated with the old hotel and spa resort dating back to the early 1900's. History has it that golfers drove off from the top of the cliff to a sand green on the beach, then play was back up over the cliff. Land developers Messrs. Willmore and Randell purchased the hotel and golf course with considerable surrounding land, and about 1958 launched the concept of the Country Club. The original nine hole course was redesigned and a further nine holes added to create, what is today, a first rate eighteen hole course.

The area has been beautified by the planting of many thousands of trees and shrubs and which today, so well have they developed that this area is home to numerous native birds of many varieties.

In 1964 the Clifton Springs Country Club Social Club was formed, its membership drawn from the thirty odd homes on the estate then permanently occupied. Negotiations with the developers by the President, Secretary and Treasurer of the Social Club achieved playing rights for its members for the modest fee of 10 pounds per annum for men and 6 pounds for ladies. Although members played only social golf at that time, it did mark the beginning of the Club as we know it today.

In 1970 at a meeting chaired by a director of Willmore and Randell and attended by some twenty two residents and lot owners, the Clifton Springs Country Club was launched. The Golf Club was admitted to the Victorian Golf League and participated in Pennant Competitions.

Efforts by the Country Club to get further development of the sporting facilities were rewarded by the construction of tennis courts, car parking and Club facilities built into the main clubhouse.

Negotiations between the Country Club and the developers for the purchase of the entire facilities were not marked by success. However, in July 1977 the Shire of Bellarine became the new owners and in consequence this well developed area became known as the Clifton Springs Community Centre and Sporting Complex. Good relationships with the Shire by both the Bowling Club and the Golf Club were marked by the construction of separate Clubhouses and the golfing section renamed the Clifton Springs Golf Club. This Club, we are happy to say, was admitted to membership of the Victorian Golf Association in 1978. The clubhouse was officially opened on March 1 1980.

About three years ago, the Golf Club leased the course from the council and is now responsible for course maintenance. This has seen a marked improvement in the condition and presentation of the course.

Our Club has a wide range of membership classifications, advantage of which is being taken, as evidenced by the rapidly growing number of participants. Total membership now is almost 700, and new members are most welcome. Members and Associates are very proud of their Clubhouse, its excellent facilities, its view over the 9th and 18th greens to the Bay, and the distant You Yangs. The members look forward to the future with pleasure and with great confidence. For more information please call 513391.

Kings

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TRADING HOURS

Mon - Fri 7.30 am - 5.30 pm

Saturday 9.00 am - 12.00 noon

Phone 51 3990

AUSTRALIA REMEMBERS - **GEELONG REMEMBERS**

REPORT BY Cr. DENNIS BLAKE

It has been very pleasing to watch the interest in the Australia Remembers 1945 - 1995 gradually build as the year progresses.

While older people readily identify the sentiment behind the campaign, I believe Australia Remembers has been very successful in reaching out to young people, and in doing so has deepened their understanding of the War years and their impact on Australia and Australians. Dances, exhibitions, displays and other activities already have been held, thanks to the work of the region's two Australia Remembers committees - for Corio and Corangamite.

The next major event of the year will take place on Friday, August 11, when the Corangamite Australia Remembers committee will host a Victory Dance to celebrate the end of war in the Pacific.

The dance will run as a 1940s Australian Services Canteen. Services Canteens attracted American and English, as well as Australian Soldiers, and raised funds for the families of service people. Many a match was made dancing to the tunes of Glenn Miller and other big band stars. Glenn Miller may be gone, but you can still dance to his music played fifty years later by Max Taylor's Big Band and Radio Days. Dancers of all ages will be able to recapture the times and show their respect for the many who did not come home after VP Day.

The dance will take place at the South Barwon Civic Centre, Colac Road, Belmont commencing at 8.00pm. For enquiries telephone Sandra Camm on 437528.

Looking back to those times reminds us in Australia just how much we have to be thankful for. Let's hope that the next fifty years are as safe and as prosperous for Geelong and in our own district: - Portarlington and Drysdale.

- DRYSDALE R.S.L. -

V.P. Day celebrations will, as presently planned, consist of a wreath laying ceremony at the Cenotaph at 11.00am on Tuesday 15th August, followed by a luncheon in the R.S.L. Clubrooms

Your very own piece of local History!!

**Recycled Baltic Picture Frames
Beautifully Hand Crafted In Drysdale
From The Original Floorboards Of A
Local Church.**

Available Only At- **Bellarine Photographics**



Drysdale Village

ph 513300 (Opp.Tatts)

for all R.S.L. Members and all persons who served in the armed forces 1939-1945 from the Drysdale area.

At this stage final arrangements have not been completed, so there will be further information later.

"Australia Remembers"

Badges are obtainable from the sub-branch.

Contact: G. Wisbey 512740

G. Malcolm 512213

P. Naughton 512787

- SpringDale Messenger -

Australia Remembers.

Don't forget we will be publishing a very special souvenir edition for August 15th 1995.

If you have ANY contributions you wish to have included clear copy MUST be at SpringDale Community Cottage, 14 Princess Street, Drysdale. Or P.O.Box 80 Drysdale.

No later than 4p.m. Monday 24th July Phone Enquiries: 531960.



Australia Remembers

Portarlinton - St.Leonards R.S.L.

Invites You to Join in the Celebrations

12 - 15 August

PROGRAMME

Saturday - 122pm - 5pm OLD MILL
Memorabilia Display

10am - 5pm. R.S.L. Clubrooms

Open House - Displays - Speakers -

Memorabilia - Free Tea & Coffee

7.15pm - Parks Hall

Wartime Concert - Singalong - Dance

\$1.00 Adults - Children Free

Light Supper Provided

Sunday - 132pm - 5pm OLD MILL
Memorabilia Display

1.00pm - 5.00pm Open House at R.S.L.
as above

Monday - 14

9am Presentation of Memorial Plaque

at Portarlinton & St. Leonards Schools

10am - 5pm Open House at R.S.L.

Visit by School Children

Tuesday - 15

V.P.Day - 11am Service at Cenotaph

R.S.L. Open House

6pm - 10.30pm B.B.Q. and Refreshments

ALL WELCOME

Tickets available from: -

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DRYSDALE

Ph. 53 2569

ADVICE FROM DRYSDALE POLICE

NEW EMERGENCY TELEPHONE

Drysdale Police have been advised they are one of ten Geelong District Police Stations soon to have installed a Public access telephone called an EMERGENCY AUTO DIALLER, specifically to cater for persons attending a Police Station temporarily un-manned. This is a 24 hr service.

This telephone is a panel similar to an intercom to be installed within the front wall of the Police Station. Persons at the Station need only press a button for the device to telephone Geelong Police Station enabling you to talk to a Police Person there. You will be able to conduct any normal business from reporting an emergency to discussing and solving a query immediately, however you may need patrolling local Police to return to see you.

The device is a further avenue of Police support to the Public. Other ways to contact Police are:-

- a. Call "000" from home or a public phone booth - 24 hours.
- b. Call Geelong Police direct on 25 3100 - 24 hours.
- c. Drysdale Police on 53 1763.

The last number may have a taped message asking you to call the other numbers or, if we anticipate being on extended patrol our number will be diverted to Geelong.

SYRINGES

All Police here have become alarmed at the recent increase of incidents where used syringes have been thoughtlessly discarded around the Drysdale Business District. All shudder at the thought of small children finding and playing with them. Recent statistics show that during 1994 approximately 61,000 syringes were distributed in the "K" Geelong Police District to some 500 confidential clients. If any person requires advice as to safe syringe disposal they may speak in confidence to any Medical or Public Health Practitioner.

ILLEGAL PARKING

Could all motorists please be aware it is illegal and very dangerous to park on the right, or "wrong" side of the road. A person doing so also commits an offence of driving on the wrong side of the road to park, and a second identical offence when driving away.

It is especially dangerous now!!! Try and picture this scene. Driving along a residential street on a very dark and rainy night you are confronted by the rear of a parked car. It will be readily visible and you will instinctively turn to avoid it because of the red rear reflectors. RED MEANS DANGER. There are no red reflectors on the front of a car to activate your instinct and the head on crash into a hard motor instead of a soft boot may badly hurt you, or worse.



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Selection of cards, gifts, crystal,
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Phone: 052-531856

Martin's Frames

Stephen Martin

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Ring for
appointment

DRYSDALE
(052) 53 1696

SAFE HANDLING OF NEEDLES AND SYRINGES

Sometimes needles and syringes are discarded in parks, car parks, on benches, in rubbish bins and other public places.

BE AWARE, TAKE NO CHANCES!

You are at risk of catching HIV/AIDS, Hepatitis B, Hepatitis C, if the needle pricks your skin.

- * Never touch the 'sharp end' of the needle. **PICK UP THE BARREL END.**
- * Do not try to replace the cap on the needle.
- * Put the needle and syringes in a screwtop, puncture-proof plastic container such as a fruit juice or detergent container and seal it.
- * Bring the container to the DRYSDALE COMMUNITY HEALTH CENTRE, 21 PALMERSTON STREET, DRYSDALE or phone the Health Centre on 51 2291 and someone will collect the container.

- * DO NOT put needles and syringes down the toilets or drains.
- * Tell children never to pick up needles and syringes but to call an adult.

IF YOU INJURE YOURSELF, FOLLOW THESE PROCEDURES:

- * Encourage the wound to bleed by gently squeezing it.
- * Rinse the affected area with cold water holding your hand down.
- * Rinse the affected area with an antiseptic.
- * See your doctor or the Drysdale Community Health Centre for confidential advice/counselling.

INJECTING DRUG USERS:

The Drysdale Community Health Centre offers:

- * Free needles and syringes.
- * Free kits.
- * Full confidentiality.
- * Free disposal containers.

"Free" sharps containers are available from all council customer service centres. (We also provide for disposal through these centres).

WE ARE OPEN FROM 8.30 A.M. - 5.00 P.M.

MONDAY TO FRIDAY

CONTACT MARION WESTRUP ON 51 2291.

ELECTRICAL CONTRACTOR

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*** Bait and Fishing Supplies**

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Wash \$3.00

Wash and Wax \$4.00 with petrol

OPEN 6.00 AM - 10.00 PM

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DRYSDALE HOTEL

- Friendly atmosphere
- Counter lunches and teas every day including Sunday
- Cosy log fires
- Geelong's first Pub-TAB facilities



LUNCH 12.00-2.00pm - TEA - 6.30-8.00pm
Your host David Leahy and family
High Street, Drysdale. Phone 512301
(On Geelong-Portarlington Main Road)

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AND

SPORTS INJURY CLINIC

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DRYSDALE. 3222.



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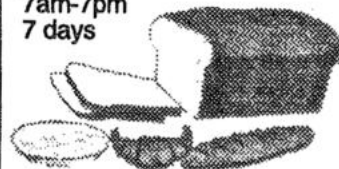
Dine In, Take Away
for Home Delivery



Ph: 51 3937

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7am-7pm
7 days



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Phone: 53 2490

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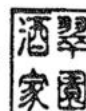
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Shop 2, 26-28 High St. Drysdale, 3222.

Classes

CARD MAKING:

Start now! Save money this Christmas by making your own cards - course covers embossing and tole making.

Tues. 22nd Aug. 7.00-9.00pm 1 week
\$10.00

CAREER DEVELOPMENT AND LIFE PLANNING:

Identify your life needs, set goals about future career planning and training. Develop guidelines to achieve these plans. CHILD CARE IS PROVIDED FREE OF CHARGE for participants enrolled in this course.

Tues. Aug. 15th 9.30am - 12.00 Noon
5 weeks \$10.00

This course is funded by Council of Adult, Community and Further Education.

CREATIVE MOVEMENT AND MUSIC:

For 3-5 year old children. A series of workshops which aim to develop the enjoyment and understanding of music.

Mon. 31st July 9.45am-10.30am
6 weeks \$25.00

CREATIVE WRITING:

Draw on your life experiences and background whilst exploring writing and poetry. Gain useful ideas on writing and publishing techniques.

Wed. 9th August 1.00pm-3.00pm
5 weeks \$40.00

CROCHETING IN SQUARES:

Start making that heirloom bedspread you have always dreamed about. Our experienced tutor will guide you on your way.

Mon. 4th Sept. 10.00am-12.00Noon
3 weeks \$25.00

CURTAIN MAKING:

Take pride in making curtains of varying kinds throughout your home. A sample and demonstration course. Extra charge for materials for sample making.

Thurs. 10th Aug. 7.00pm-9pm 6 weeks \$42.00

DRIED FLOWER ARRANGEMENT - TABLE CENTREPIECE

Enhance your decor by making a beautiful centrepiece for your table. Extra charge for materials extra.

Tues. 8th Aug. 7.00pm-9.00pm 1 week \$10.00

EASY DECOUPAGE:

Use an easy approach to decoupage - decorate a small bear or duck. Kit and materials supplied - \$12.00. CHILD CARE AVAILABLE.

Tues. 8th Aug. 9.30-12.00 1 week \$12.00

EMBROIDERED BABY BLANKET:

Design and embroider a special keepsake or gift of a baby blanket - tutor will help you master new stitches and assist you with design ideas.

Thurs. 10th Aug. 7.00pm-9.00pm
5 weeks \$44.00

INDIVIDUAL TROUSER DESIGN AND PATTERN MAKING:

Trouser design to suit individual figure needs. Learn to make your own patterns to suit varying styles.

Wed. 2nd Aug. 12.30pm - 3.30pm 3 weeks \$42.00

INTRODUCTION TO COMPUTERS:

Familiarise and develop basic computer skills. This is a "hands on" course for the beginner.

Mon. 7th Aug. 7.00-10.00pm 7 weeks \$10.00

This course is funded by Council of Adult, Community and Further Education.

INTRODUCTION TO MASSAGE:

Come along and learn basic massage skills to help relieve tension - especially helpful for those with sporting lifestyle. Tutor is masseur with the famous G.F.C.

Wed. 2nd Aug. 7.00-8.30pm 5 weeks \$38.00

LEADLIGHTING -

An introductory course or perhaps you would like some extra tuition - this course will cover design, cutting and construction. CHILD CARE AVAILABLE.

Thurs. 31st Aug. 12.30pm-3.00pm 3 weeks \$30.00

OVERLOCKING DEMONSTRATION:

Thinking of purchasing an overlocker - An informative morning demonstrating various ways of using your overlocker. Numbers strictly limited - so book early.

Tues. 25th July 10.00-12.00 1 week \$5.00

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Shop 6,
3 Wyndham St.
DRYSDALE.

Patchwork & Quilting
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Swimming lessons
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Michael and Sue Boylen
Proprietors
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PAPER TOLE:

Make a pretty Paper Tole card - learn the basics for paper tole making. Materials and use of equipment \$10.00.

Tues. 8th Aug. 12.30 - 3.00pm 1 week
\$12.00

QUILLING:

This pretty art of paper filigree can be used to create distinctive art work or to decorate your gift cards etc.

Small cost for materials.

Tues. 5th Sept. 7.00pm-9.00pm
1 week \$10.00

RELAXATION AND WELL BEING:

Relieve your tension and stress levels through meditation and visualisation.

Wed. 16th Aug. 10.45am-11.30am
6 weeks \$27.00

SILK RIBBON EMBROIDERY:

Learn the method of enhancing your knitwear, blankets and clothing with silk ribbon embroidery. Materials list on enrolment.

Mon. 14th Aug. 7.00pm-9.00pm
2 weeks \$19.00

TODDLERS TRACKSUIT AND PAJAMAS:

Save money make your own tracksuits and pajamas for toddlers. Machine necessary - Materials list on enrolment. CHILD CARE AVAILABLE.

Thurs. 17th Aug. 1.00 - 2.30pm 2 weeks
\$10.00

WATER COLOUR PAINTING -

Beginners welcome

Join in this course concentrating on the art of water colour painting. Focus on colour and basic techniques.

Tues. 15th Aug. 1.00pm-3.00pm
5 weeks \$45.00

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DRYSDALE COMMUNITY HEALTH CENTRE

SPRINGDALE MESSENGER ARTICLE

HEPATITIS "C"

Hepatitis "C" is a blood born disease like HIV/AIDS and Hepatitis "B".

The virus can be transmitted by blood to blood contact or by the use of unscreened blood to blood products.

THERE IS NO VACCINE AVAILABLE FOR HEPATITIS "C". THEREFORE IT IS NECESSARY TO BE EXTRA CAREFUL WHEN ATTENDING TO INJURIES ON THE SPORTING FIELD OR AT AN ACCIDENT SITE.

We have no way of knowing by looking at a person whether they are a carrier of Hepatitis C, B or HIV/AIDS. The person themselves may not know either.

TO PROTECT YOURSELF, YOU NEED TO "AVOID" BLOOD CONTACT BY:

- (1) Asking the injured person to attend to their own injury if possible;
- (2) If this is not possible then attend to the blood flow by applying pressure to the wound with an impervious material such as plastic or rubber. Use a plastic bag, plastic gloves or

rubber gloves. **DO NOT** use absorbent materials such as paper towels or handkerchiefs.

(3) If you accidentally contact a drop or more of someone else's blood **IMMEDIATELY** rinse your hand under **COLD** water and then rinse with a bleach such as White King. Hold your arm and hand down to assist this cleansing process.

(4) Change any blood stained clothes **IMMEDIATELY**, using plastic or rubber gloves and place them in a plastic bag. Clean later with bleach and once again do not handle the clothes without using gloves.

(5) Arrange with your Doctor to have a blood test if you are worried that you may have contacted Hepatitis C, B or HIV/AIDS.

The Hepatitis "C" Virus has been around for 10,000 years, although it is only recently that science has been able to detect it.

BODY PIERCING ALSO PLACES YOU AT RISK:

- (i) Sharing of injecting equipment;
- (ii) Tattooing;
- (iii) Sharing ear rings;
- (iv) Sharing razor;
- (v) Sharing tooth brushes;
- (vi) Sharing dental equipment;
- (vii) Sharing manicuring equipment;
- (viii) Body piercing for extra rings etc.


Hepatitis "C" usually shows no signs or symptoms but if these do occur they are similar as for all other Hepatitis Virus's. Once infected, the person usually becomes a chronic carrier and may develop liver damage 20 years later.

For further information about Hepatitis "C" please contact Marion Westrup at the Drysdale Community Health Centre on 51 2291.

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IN YOUR GARDEN

Well here we are in the depth of Winter and it hasn't been really all that bad, cold, wet, but that is what this time of the year is all about. From here on it is supposed to improve, with the promise of Spring and maybe some sunshine and warmth. The garden is probably looking pretty close to the worst that it is going to look at the moment, drab, dull and fairly lifeless. Time to get into it and do the pruning that you have been putting off. Fruit trees can be pruned now, along with the roses, lavender should be dead headed to clear the way for new growth and flowers. French lavender will still be flowering so wait until it is finished before you have a go at that, probably more into Spring. If you have had trouble with Curly Leaf on your Nectarines or Peaches then it is time to do the first spray to prevent it this year. To get a bit of color into the garden you might like to try some Polyanthus. They are available in lots of colors, pinks, whites, creams, reds, mauves, oranges, blues, enough of a variety to make the choice fairly difficult. These

hardy little plants will flower for quite a long time yet, with new flower spikes shooting from the base of the plant. Lots of manure and food in the ground will keep them looking good, well into the warmer weather. Primulas are another plant for color in the garden at the moment. Clusters of white, pink, mauve or red flowers waving in the breeze, will give a lift to any garden. They will live quite happily in a shaded but not dark spot, or will be equally happy in the Winter sun.

Camellias and Rhododendrons are about to start doing their flowering thing shortly. So if you have a spot that doesn't get the hot afternoon sun and is not too wet then maybe one of these is the answer. Camellias will flower for quite a long time and even when not in flower are a lovely looking bush. Rhododendrons don't flower for as long but the spectacular trusses of flowers are worth the wait.

Neil Muhlhan
Alinga Nursery

BETTER HEARING AUSTRALIA

GEELONG BRANCH

265 PAKINGTON STREET, NEWTOWN

Drysdale group meets every Wednesday at Community Health Centre, Palmerston Street, Drysdale 10am.

GROUP LEADER Myrtle Bufton 0 5 2 512329

ANNUAL MEETING October 27th 1995, Illawarra Community Centre, 265 Pakington Street, Newtown.

BETTER HEARING AUSTRALIA

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OCEAN GROVE**

StJames' Anglican Church, Drysdale.

The church, together with St. Johns, Portarlington and St. Pauls', St. Leonards, comprises the Parish of Bellarine. At present, there is no incumbent minister but it is hoped that there will be an appointee before the end of this year. The Parish Vicarage, which is adjacent to St. James' Church, is currently under-going renovations and extensions. These should be completed by mid-year.

Holy Communion services are held at 11.00am on Sundays and at 7.00pm on Wednesday evenings. The latter, which are in shortened form lasting 15-20 minutes, are followed by teaching sessions.

The choir was recently re-formed (much to the parishioners' delight) and sing at the Sunday services.

Sunday School is held currently with 11.00am services except during the School Holidays.

St. James' (The Apostle) Day is 25th July. It is intended to hold a Patronal Festival this year on Sunday, 23rd July.

The Ladies Guild meets on the second Wednesday in each month except January. The Guild occupies itself in a number of ways one of which is the organising of, and the catering for, a Parish Dinner (with Entertainment) in May and November of each year. A good time is always had by all who attend.

In 1996, the church will celebrate its 125th anniversary. A history of the church was written for the centenary in 1971 and an update of the ensuing 25 years is now being undertaken. The anniversary church service has been provisionally arranged for Sunday, 20th October. An invitation to attend has been extended to the Archbishop of Melbourne. His reply is awaited.

New members would be most welcome. Enquiries may be directed at first instance to the Church Publicity Officer, Robin Chase, on 51-3702.

GILBERT & SULLIVAN

Following the sell-out success of the concert last year the Gilbert and Sullivan Society of Victoria is presenting, under the sponsorship of the Uniting Church, both a matinee and an evening performance of the short operetta "Trial by Jury" and a selection of favourite works from the operas.

Both performances will be on Saturday 5th August in Drysdale, in the Uniting Church Centre, and admission will be by ticket.

The Society is probably the oldest established musical theatre body in Victoria, presenting three opera seasons each year in Melbourne, as well as performances in major country centres, and many concerts. We are very fortunate that it is willing to put on a full performance of one of the shorter works, with the rest of the program being well loved songs and choruses.... probably with some opportunity for audience participation.

Tickets- adult \$9.00 child \$5.00, students & pensioners \$7.00 and family tickets \$23.00
Bookings telephone 532347 or 532689

The Drysdale / Clifton Springs Branch Liberal Party of Victoria

welcomes you to a

'CRAZY WHIST' EVENING

on Friday, 28 July 1995
7.30 pm

at

'Fawlty Towers'
Food & Coffee House
8 High Street, Drysdale
Cost: \$10.00 per head

BYO Drinks

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Trudi McPherson, Ph: 51 3312 B/H

DRYSDALE COMMUNITY HEALTH CENTRE

SPRINGDALE MESSENGER ARTICLES

1. YOUTH MEET

Are you a young person aged between 13 - 18 and living in the Drysdale/Clifton Springs area.

THEN THIS IS FOR YOU.....

Every Wednesday from 4.00pm - 5.30pm (except school holidays) a group of young people meet at the Drysdale Community Health Centre, 21 Palmerston Street, Drysdale for a chance to relax, watch TV, listen to music, read or participate in casual activities. Drinks and biscuits are provided. ALL WELCOME!!! Enquiries please contact Marion Westrup or Jenny Crombie on 512291.

2. CARER'S SUPPORT GROUP

Are you a carer of a:

- | | | |
|---------------|---|----------------|
| * Child | } | |
| * Parent | } | |
| * Relativeive | } | With a chronic |
| * Partner | } | disease or |
| | | disability? |

The Drysdale Community Health Centre is about to start a Carer's Support Group. The aim of the group will be to give support to carers by encouraging regular activities with a strong relaxing and social emphasis. Please contact Marion Westrup or Jenny Crombie on 512291 if you are interested.

3. IMPAIRED VISION COURSE

The Bellarine Peninsula Community Health Service and Illawarra are offering a 6 week vision course in Term 3 to be held at the Drysdale Community Health Centre, 21 Palmerston Street, Drysdale. If you have failing eyesight or live with someone who has vision loss and are interested in such a course please contact Marion Westrup or Jenny Crombie on 512291.

IMMUNISATION TIMETABLE - TO COMMENCE JULY 1995

Clifton Spring Sessions Cancelled -
See Drysdale Times.
1st Thursday each month:

PORTARLINGTON

Portarlinton Community Centre.
39 Fenwick Street.
9.00am - 9.30am Melways 239-F3

Drysdale

Drysdale Community Hall.
High Street Drysdale.
10.15am - 11.15am Melways 238-F9

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GOOD NEWS!

**from Clifton Springs Baptist...
a friendly Church where you can
meet new friends and become friends
with God.**

What do most people think is most important in life?

For some, it's excitement or achievement or wealth. But, according to a recent survey, most Aussies want a secure life. They don't want to be flashy - just secure. And that security comes from a house, a job, good health and, especially, from family. However, there's no guarantee that a sense of security and a feeling of well-being can be gained permanently or totally from things or people. Life is so often unpredictable and scary. Sometimes hopes, plans and dreams can fall apart. Some families are torn apart by conflict and misunderstanding. Friends can disappoint and wound. Jobs are insecure and few people ever have enough money to pay their bills.

Jesus Christ, God in human form, died on a cross so that we might have a close friendship with God. One of the benefits of having a personal relationship with Jesus Christ is that we have a lasting sense of security and a deep feeling of well-beingno matter what might be happening in our lives. Life somehow seems really secure even though sometimes things seem to go all wrong.

We enjoy our time together each Sunday at 10.00am. at 45 Central Road - and you are always most welcome! Any queries, please phone me at any time on 512-973.

Warmly,

David Sharrock.
Pastor.



SPRINGDALE TRIMLINERS

We are a group of people eager to loose those extra kilo's which we all seem to unfortunately gain at some stage in our lives. Through meeting every Monday at 1.30 to 3.00, being weighed and with the support of other people with the same goals, some excellent results are being achieved.

Our 1st birthday is fast approaching and as it has been a successful year with lots of friendships formed and weight lost, we feel that's reason enough to celebrate. On Monday the 31st of July at 1 p.m. in the Drysdale Commu-

nity Hall (in front of SpringDale) we will be having our party. A light lunch will be provided followed by Line Dancing with a lot of help from Kerry. We would love to see ALL of our members and their friends for a fun filled afternoon.

Prospective members are more than welcome to attend our party and see how they can have fun, loose weight, and make a lot of new friends at the same time.

See you all there.

Trimliners
Committee.

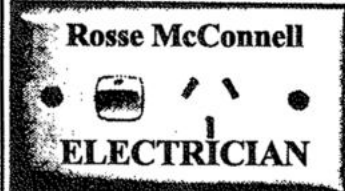
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COVER TO COVER

DRYSDALE

LIBRARY NEWS

Brrr!!! Winter is upon us and there is no better time to snuggle up by the fire, than right now, and with a good book! Make yourself really warm by reading about Antarctica there's a small band of us who enjoy this topic and marvel at the fortitude of Antarctic Adventurers. Try "This Accursed Land" and "Shackleton's Forgotten Argonauts"/ Leonard Bickell, "Endurance"/ Alfred Lansing; "Icebird"/ David Lewis; "Sitting on Penguins"/ Stephen Murray-Smith then re-read the classic, epic tale of Captain Scott's Journey to the South Pole - always worth another look. While on things icy, "Frost Bytes" / Pene Greet and Gina Price has arrived - a compelling account of two women at the opposite ends of the earth experiencing life in Alaska and Antarctica and who correspond by E-Mail (electronic mail).

On the other hand, another way to while away the winter hours is to make use of our Recorded Book Collection - great accompaniment for knitters, sewers, painters and so on. Think about these if you have to make a long car journey too. Junior titles are also available.

NEW RELEASES:- "All That Glitters"/ V.C. Andrews; "Op-Centre"/ Tom Clancy; "Let Me Call You Sweetheart"/ Mary Higgins Clark; "Whispering"/ J.A.Hodge; "Rose Madder"/ Stephen King; "Strange Highways"/ Dean Kootz; "She's Out"/ Lynan La Plante (the creator of the 'Prime Suspect' TV series); "The Carousel"/ Belva Plain and "Ladder of Years"/ Anne Tyler (if you liked "Shipping News"/ E. Annie Proulx, then you will enjoy Anne Tyler's works).

CRIME BUFFS;- Add "Bones"/ Gabrielle Lard and "A Clear Conscience" Francis Fyfield to your list.

DRAWCARD;-

Biographies: "Audrey"/ Alexander Walker; Rich: "The Life of Richard Burton"/ Melvin Bragg; "Lilly: Reminiscences of Lillian Hellman"/ Peter Feibleman and "Solid Bluestone Foundations"/ Kathleen Fitzpatrick - all highly recommended.

LIBRARIAN'S LOWDOWN;

If you have pencilled Atlanta into your 1996 World Trip schedule, then be very sure to drive to the coast and take a look at the Historic District of Savannah - the only city that

General Sherman failed to burn as he torched his way across Georgia. Like me, the author was drawn to this area and was captivated by its beauty. He discovered a great deal more than the ordinary tourist sees. Find out in "Midnight in the Garden of Good and Evil"/ John Berndt - there's a murder too - fact is indeed stranger than fiction!

STORY TIME - last FRIDAY of the month - 10.00 - 10-45 a.m.

Throw another log on the fire!

Ring 51 3855 to Reserve, Renew or for Reference help.

Margaret Skeen.

ANOTHER COMMUNITY SERVICE COMING TO THE BELLARINE PENINSULA.

Another successful branch of T.O.W.N. (Take Off Weight Naturally) a community service, voluntary organisation (established in 1968) which encourages weight reduction through weekly meetings is starting on July 4th at Ocean Grove from 6.30pm till 8.30pm under the leadership of Jenny Williamson (ex. Geelong Leader).

T.O.W.N. works on positive ideas with button incentives, group therapy, monetary awards

and graduation ceremonies. Paid professional guest speakers also form part of the program and a Doctor's letter is necessary to join. Yearly membership is \$15 only and weekly fees are \$2. This branch will have a limited membership and will serve the Bellarine Peninsula.

More information is available from Jenny on 55.4528.

"IT'S FINISHED"

The new church building of the Drysdale Christian Fellowship, a family church caring for you. We invite you and your family to join us at 276-290 Jetty Road for our 10.00am, worship service, with children's church and creche, or our 6.30pm celebration service.

We have many mid-week activities to suit all ages, such as youth groups, ladies' meetings, Bible study groups, men's fellowship, and much more, for further information call 532241 or 512010 Monday to Friday.

Warmly

Pastor John & Dianne Thompson

BELLARINE PENINSULA COMMUNITY HEALTH SERVICE INC.

WOMEN SHARING EXPERIENCES

Four very special women from your community will be talking informally about their health experiences and positive outcomes with breast cancer, hysterectomy, ovarian cyst and Pap smears.

Please join us on Thursday 27th. July, 1995 at 7.00pm at the Drysdale Community Health Centre.

Delicious desserts and coffee will be served. Health workers will be there to answer any question you may have.

Bookings are essential. Phone 58 1944 Queenscliff Community Health Centre by 17th July, 1995.

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AH 53 2364*



*Phil
Cumming
AH 51 3047*

QUESTION: WE'D LIKE OUR HOME TO LOOK ITS VERY BEST BEFORE WE PUT IT ON THE MARKET. ARE THERE ANY INEXPENSIVE TIPS ON GOOD PRESENTATION?

ANSWER: You are so right putting such importance on presentation. First impressions really do count and often it's 'Love at First Sight'! Sometimes vendors are so familiar with their homes they overlook important aspects of presentation that may deter potential buyers.

Take a walk through your home as though you were the potential buyer instead of the hopeful seller. Are the carpets and drapes clean? Do the floors or doors squeak? Is there any peeling paint or holes in the flywire? Are pathways clean and safe? Very importantly ensure the house is not too cluttered with unnecessary furniture or toys.

Attend to these small things, they can usually be inexpensively rectified and for little effort yet the difference can mean a favourable impression or A LOST SALE!

Your check shouldn't be restricted to indoors. Ensure the garden is tidy, with a good healthy

well kept lawn and a good show of colour in the garden should create a good impression. While in the garden make sure trees are not inhibiting any views.

Inside the house you should not begrudge the cost of replacing any tatty blinds or curtains. A coat of paint also adds life - but keep to neutral tones.

Fresh flowers also give the interior a lift and during winter keep the heating on so it is warm and inviting and open the curtains to allow as much natural light inside.

Finally, take a look at some other homes open for inspection in the area. Make a note of what give a good impression and what turns you off in the way of presentation and see how they apply in your own case.

If we can help in any other way or point out specific aspects of presentation on your home, please contact us on 512 847.



11 Clifton Springs Road
Drysdale

Phone: 51 2847