

The SpringDale Messenger

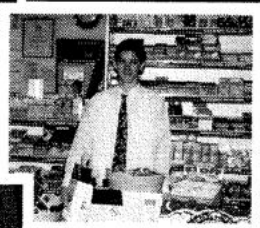
Your Free
Community
Newspaper

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CELEBRATING THE INTERNATIONAL YEAR OF THE VOLUNTEER

Springdale Community Cottage would also like to thank and acknowledge the volunteers who have contributed many hours and lots of energy to the running of the Cottage. Over the years there have been many volunteers who have contributed extraordinary amounts of time to running the office, organizing our activities, participating in the Committee of Management, fundraising and in the production of the Messenger.

One special person who has put in over 10 years of work for Springdale Community and who has built this publication is Maureen Naughton. Unfortunately Maureen is unable to continue to be involved in Springdale Community Cottage. It is with great sadness that we say goodbye to Maureen. We all have enormous respect for her and the contributions she has made to Springdale Community Cottage.

For all those volunteers – THANK YOU. For all those interested in volunteering contact Springdale Community Cottage on 52531960 or the Geelong Volunteer Resource Center on 5221 1377.

On the North Bellarine Peninsula hundreds of people each year volunteer in a range of activities and organizations. These volun-

teers ensure that our local community continues to be a great place to live.

Springdale Community Cottage would like to acknowledge the thousands of hours contributed by local people to the following organizations and activities:

- SES and CFA
- Youth Programs
- Sporting and Recreational Clubs
- Schools
- Health organizations
- Service Clubs
- Environment
- Muticulturalism
- Churches

This year is the International Year of the Volunteer. It provides an opportunity for us all to acknowledge the enormous contribution volunteers make each year to building stronger and more vibrant communities.

Australia is ranked second in the world for volunteering. In fact 1 in 4 people in Australia volunteer each year. This represents 2.6 million people who participate in a range of volunteering activities. Australians contribute their time and energy in the areas of welfare, community, sport, recreation, education and religious activities.



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The SpringDale Messenger

The SpringDale Messenger is compiled by the SpringDale Community Cottage Inc. A0024916V, 14 Princess St. Drysdale. Postal: P.O. Box 80, Drysdale, 3222.

Editorial and Enquiries:

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To improve the administrative arrangements for the Messenger we are encouraging all contributors to provide their information on disk (Word) or email it to us – ATT: Rosie on: sprdalecc@primus.com.au. For those who have difficulty providing your contributions on disk we are still happy to accept written copy or make our computers available for your use.

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This includes both new adverts and alterations to an existing advert. Layout and Design of this issue by Pagination Design Services, Geelong. For any queries about advertising, please contact Anthony Zavaglia at Pagination Design Services.

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SPECIAL NOTICE TO ALL ADVERTISERS IN THE SPRINGDALE MESSENGER

As many of you would be aware Springdale Community Cottage has said a sad farewell to Maureen Naughton and her Messenger team. For a period of 10 years Maureen contributed her time, energy and inspiration to the production of a high quality free community newspaper – the Messenger. She will be badly missed.

A significant element of the success of the Messenger has been the local businesses that have supported the Messenger and this important community service through paid advertising.

Springdale Community Cottage is committed to continuing this high quality publication. To ensure this we have made a few changes to the administrative arrangements.

Springdale Community Cottage will continue to manage the Messenger and undertake the editorial responsibilities. The Coordinator and members of the Committee of Management will do this. The administrative arrangements in relation to advertising – billing, changes to current advertising and new advertisements – will be handled directly with our design people.

This will be through Anthony at Pagination. This will ensure that you will be able to talk directly to the advertising designer about your requirements.

Pagination will make contact with you before each edition and they can be contacted on 5223 2494 or email smd@pagination.com.au. You will be able to email changes to advertising directly to them.

We hope that this system will make it easier for you. However, we will continue to review this new system and any feedback about it would be appreciated. Please feel free to contact us at any stage if you have problems or suggestions on how we may improve our service to you.

Once again, thank you for your support over the years and we look forward to continuing our partnership with you. We hope that we can minimise any disruption that may result from the implementation of these changes.

Lisa Neville
Coordinator

Drysdale Guides in Action

Drysdale Guides are alive and well in Drysdale / Clifton Springs. At the moment we have 4 units operating and they are age / ability level specific. We have a group for the young girls 5 – 8 years called Gumnut Guides, who meet on a Thursday night from 4pm – 5pm, Junior Guides 7 – 10 years meet on a Thursday night from 4pm to 5.30pm, Senior Guides 10 – 14 years meet on a Thursday night 6pm – 8pm and Ranger Guides 14-18 years who meet Thursday night 6pm – 8pm. We all meet in the Springdale Community Hall High Street Drysdale.

Three of our leaders have just returned from the 1st Australian Guide Leaders Conference in Tasmania, it was fantastic to be part of shaping the future of Guides for this century. Highlights of the conference included addresses from Senator Jocelyn Newman, Lisa Curry Kenny and many

other inspirational speakers. We have come back revitalized and ready for the challenges that are ahead of us.

We are currently helping to organise a Winter Sleepout to raise money for the City Mission and local counterparts, we are helping to organise the guide float for the Gala day parade in November, we have just assisted in organising a come and try guiding day in Johnstone Park called "Give Guiding a Go". Its all go go go out here.

Yes we have guide biscuits for sale as well – they are available from Mortimer's Petroleum or phone Anne Brackley, Drysdale Guides District Leader for deliveries or for any information about Guides in Drysdale / Clifton Springs Phone 5251 2250.



Lisa Curry Kenny and our Tracie Smith

Bellarine Peninsula Community Health Service Inc.

**SEMINAR DAY FOR SUFFERER'S CHRONIC RESPIRATORY DISEASE.
FRIDAY SEPTEMBER 7TH 1PM—4.30PM.**

You and your partners are cordially invited to come to an afternoon seminar Friday September 7th.
Where: Portarlington Community Health Centre. Time: 1pm to 4.30pm.

Speakers will cover : disease process/lung function/how to maintain well being and use & management of medications. For more information call Portarlington Community Health Centre 52592537 and speak to Margaret Ahern. There will be a delicious afternoon tea served.

There is no cost for the day but please RSVP by August 31st for planning purposes.

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Adult Learners Week Monday 3rd - Friday 7th September

Adult Learners Week is a great opportunity to see what is available for Adult Learners in their community and to make that first step.

So, come and join us in celebrating all the good things that Adult Education has to offer.

As part of The Geelong Learning Festival and Adult Learners Week here are some activities on offer in your local community:

Springdale Community Centre

Representatives from The Gordon, Deakin, Gate and U3A will be available at the centre to showcase the variety of courses and classes on offer in Geelong and on the Peninsula. (Dates and times to be confirmed.) Take this opportunity to come along and see what is out there for you or someone you know.

Springdale will also open its computer room for the morning on Thursday 6th September- (9.30a.m.-12pm.), so come along, have a chat with our computer tutor and some fun on the computers.

A static information display at the Drysdale Library will also be available during the week; this will include a display of various work representing Adult Learning and activity in the Bellarine community.

Ocean Grove Neighborhood Centre

Will also host representatives from The Gordon, Gate, Deakin and U3A (dates and times to be confirmed) A great opportunity to ask all those questions about classes and courses! A static display will also be held in the Library at Ocean Grove during the week. Also, an invitation is extended to anyone who would like to join in one of the many classes running on the day of Tuesday 5th September eg. Gentle exercise, bridge club, yoga.

No cost, just come and have a try or a look....you might like what you see.

Bellarine Living and Learning Centre

Will hold a static display at The Newcomb Library from the 3rd to the 7th Sept. Information about Adult education and examples of work produced in various classes held at the centre, will be also be on display throughout the week. Free internet access is also available.

Queenscliff Neighborhood House

Will also hold a static display of information about options available for adult learners in their community at the house. Free internet Access will also be available on Monday, Tuesday and Friday of that week.

For more Information about activities available during Adult Learners Week, or for details about courses and activities run regularly, contact your nearest centre:

Springdale Community Cottage:
52531960

Ocean Grove Neighbourhood
Centre 52554294

Bellarine Living and Learning
Centre: 52481926

Queenscliff Neighborhood
House: 52583367

Adult Learners week :

- is an opportunity for learning Centres on the Bellarine Peninsula to promote ACE (Adult Community Education) within their local communities.

- celebrates the wonderful diversity of learning opportunities open to adults, whether it be for personal development, work or recreation.

- recognises that learning can (and does) take place in both formal and informal settings.

- promotes partnerships with other learning organisations and the local community.



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5253 3060

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Merv Nelis (Zenshin) Martial Arts Academy

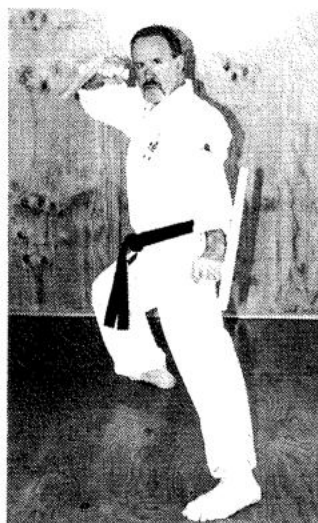
Make This Year Your Most Confident Ever!



What would your life be like if you had more confidence, more energy, and more self-discipline? Would you like to know you could handle yourself in even the most stressful of situations? It's all possible, and it can happen much faster than you imagine.

Better still, you'll thoroughly enjoy the process of transforming yourself into a healthier, happier, more confident person. Our program is specially designed for today's busy person. And our classes are conveniently scheduled so they fit just about anyone's lifestyle.

Make 2001 your year to become the person you've always wanted to be. Try a class this week. Give us a call today!



Through the years, the martial arts industry has grown rapidly. It has grown out of the image of a gym to that of an educational school, with a curriculum which outlines goals and objectives. Many martial art schools still adhere to the training regimes and philosophy of bygone years unable and/or reluctant to move with the times. The age we live in today is fast moving and the way of practice many years past is not necessarily relevant in our Western society.

Merv Nelis Zenshin Martial Arts Academy is one such school that has seen the need for change incorporating a blending of traditional values with contemporary martial arts that offers not only an effective self-defence program but a means for personal development, character development and discipline.

With this formula for success you will be able to handle the constant pressures of everyday living more easily. Zenshin translates to mean total development – we aim to better develop and condition the mind, body and spirit.

Our progressive style of martial arts training will provide the student with a comprehensive course in offensive and defensive techniques. Street self-defence techniques are also a part of the curriculum. Our school emphasizes discipline and the value of persisting until goals are reached. We believe in following a high standard of values to bring out the good and increase the quality of life. Regular attendance of our programs will result in stress reduction and improved health. All students learn to set goals and be self-motivating in achieving them.

At Zenshin we offer programs for all ages ranging from 5 years to 70 years plus. We have many families training together which helps to create a strong family bond by instilling a life-long loyalty. The whole family can learn to live up to their full potential.

Our special "Little Dragons" program (5 yrs to 8 yrs) has enjoyed outstanding success over the last few years. Our unique children's programs use interesting and enjoyable methods to keep the student's attention and teach our young students skills that they can use. We provide non-violent resolutions to conflict. We believe in praise, encouragement and positive reinforcement. We encourage our younger students to give their best at school and to behave courteously at home. We are the only school in Geelong to introduce the highly successful S.T.A.R. program. This program is designed to teach our younger students to use the Stop, Think, Act and Review decision model to solve problems and resolve conflicts.

Enrolments are now being taken for our next course starting soon. Placings are filling quickly so be early in order to secure a position.

If you would like to experience any of the following benefits then Zenshin Martial Arts is for you: Practical Self Defence, Enhanced Conditioning, Flexibility & Coordination, Weight Reduction as well as Increased Endurance and Lowered Heart rate, Confidence and Self Discipline, Enhanced Concentration.

All new students (9 yrs and above) are eased into our program by way of our Orientation Program. This program consists of 2 semi/private classes plus a uniform for the low cost of \$9.95. We believe we can offer our students the best program available anywhere and we back this up with an exclusive no risk 30 day guarantee – within the first month we will refund the full tuition if you are not completely satisfied.

Merv Nelis Zenshin Martial Arts Academy is a full time professional Organisation operating out of Park Street, Belmont (Headquarters) and at Murradoc Road, Drysdale. Classes are offered 6 days a week during the day, evenings and weekends.

Vacancies are now available for all of our programs (Adults and Children), for bookings or further details phone 5244 3722 anytime.

Merv Nelis (Zenshin) Martial Arts Academy

Two Addresses

5 Park St, Belmont
55 Murradoc Road, Drysdale.

Phone

5244 3722

Serrated Tussock - a noxious weed on the move. Can you identify it?

Serrated Tussock is a serious noxious weed in the Geelong region that covers 100,000 hectares north of Geelong and Torquay with patches near Portarlington. It's spreading, with small scattered patches recently found at Wallington, Mannerim, Collindina, Swan Bay and Pt Lonsdale.

The Department of Natural Resources & Environment, Local Government and Landcare groups are working hard to stop the spread of this insidious weed.

The weed grows anywhere. Scattered plants can become wall-to-wall tussocks, severely reducing grazing potential in under 10 years. The

100,000 seeds each plant produces can be spread by wind, machinery, and animals.

Serrated Tussock forms grass tussocks up to 40 cm high. It's hard to identify. A combination of two key features assist it's identification:

1. It's leaves when rolled between the index finger and thumb, roll smoothly - like a needle. Most other species have flat edges that can be felt, and

2. The leaves are thin (< 0.5 mm) and have small serration's on their surface which can be felt if you run your fingers down a green leaf blade.

Looking at and feeling the plant, is the best way to learn how to identify this weed. The Swan Bay Integrated Catchment Management Committee have Serrated Tussock plants on display from Friday 24th August to Monday 10th September at Bellarine Village, Drysdale. Take this opportunity to familiarise yourself with the weed.

For further information or to report sightings contact the City Of Greater Geelong's Environmental Officers 52270270 or Steve Smithyman, Swan Bay Catchment Officer 0417 231 853

In Your Garden

Get ready, because here it comes, yes, Spring is nearly here! There is only a couple of short weeks to go before we are officially there, but the number of plants that think we are already there is amazing. The mild Winter has encouraged lots of things to get out and about earlier than usual this year. Our Daffodils and Jonquils in the garden are pretty much finished well before time. The roses have been shooting for a couple of weeks, so a bit of Spring warmth will fire them up well and truly. I hope you have managed to finish your rose and fruit tree pruning, it is not too late to do them, but don't hang off for too long.

Have you noticed that most things have shown a more than normal amount of enthusiasm for growing? The lovely soaking rain that we had some time ago, along with a mild Winter has provided great conditions for things to grow. There will be lots of plants particularly happy about the deep watering that we have had and will put on significant growth once Spring arrives proper. The soft new growth that will be everywhere provides a bounty of delicious juices for the ever present aphid to suck. Hopefully the ladybird population will be ready to help control these little suckers, if not, we will be required to lend a

hand with some Pyrethrum or Garlic spray. The odd frost or two could cause some grief because it will burn that lovely new growth to a crisp.

The Spring to come is shaping up to be a ripper, with most things, including me, pretty happy with some rain. A little bit of tending here and there and we could be in for a great show from our gardens, without having to stand out there and water for hours. Yee Haa.

Neil Muhlhan
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NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting of Springdale Community Cottage will be held on Monday the 17th of September from 7.30pm – 9pm. The meeting will be held at Springdale Community Cottage at 14 – 16 Princess Street Drysdale. All welcome. Guest Speaker will be advised and supper will be provided. This years theme for the Annual General Meeting is the celebration of the International Year of Volunteers.

Notice is also given for the opening of nominations for the Committee of Management and Executive positions including President, Vice President, Treasurer and Secretary. Nomination forms are available from the office.

To be eligible to nominate for the Committee of Management and/or vote at the Annual General Meeting you must be a member of Springdale Community Cottage. Membership is \$1 per year and membership forms are available at Springdale Community Cottage.

If you are interested in being part of the Committee of Management or attending the Annual General Meeting please contact Rosie or Lisa at the office on 52531960.

Travel Talk

Adventure Travelling With Peregrine & Geckos Tours

Are you looking for a Holiday where you can really get amongst the thick of it? A Small group Adventure tour just might be what you are looking for.

Travelling with Peregrine or Geckos Tours provides the perfect framework to allow you to come face to face with each regions diversity. Tours are offered throughout Asia, South America, Egypt, Jordan, Turkey, India, China, Antarctica and more. They cater for any age group. Their Tours are fully escorted and are small groups of no more than 15 people, making them more intimate. All your accommodation, transport, permits & sightseeing are included in your package. The Tour leaders are locals and can literally open doors to experiences you couldn't organise any other way. They can help with any language barriers and their constant involvement in the region means they are more up to date than any Guide Book!

Geckos Tours allow plenty of freedom to make your own decisions about places to see, things to do and places to eat. With all the time you save by not having to organise everything yourself, you have the time to discover how amazing each destination is.

Tours of Egypt including a Nile Cruise start from \$895.00 for 11 days. Tours of India including the Taj Mahal start from \$845.00 for 8 days. Tours of South America including Peru start from \$830.00 for 7 days. Tours of South East Asia including Bali & Lombok start from \$475.00 for 8 days. Tours to Africa including Kruger National Park start at \$810.00 for 4 days. Add the cost of your Airfare and you are away on your Adventure! We have a full range of Peregrine and Geckos Tours Brochures in stock so please don't hesitate to call in and pick one up!

By Nicole Peart
Travel Consultant
Harvey World Travel Drysdale



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Cr Heather Wellington

The new Council has now been in place for 4 months and the 2001/02 budget has been passed. Councillors anticipate a significant improvement in the presentation and maintenance of the municipality.

While a budget has been allocated for graffiti removal, Councillors are looking at other strategies to prevent and manage this damage to public and private property.

Drug Action Week attracted much media attention and community comment. Most funding and programs in this area are managed by the Department of Human Services and other agencies. Council has an important role in bringing agencies together and identifying problem areas and gaps in services in the municipality. Substance abuse continues to be a significant problem in our community.

Council officers have been conducting a consultation program on the proposed changes to the waste management system. Feedback has generally been strongly positive. Council has also received positive feedback on its recent edition of "City News". Two further editions are planned for this calendar year.

Congratulations to the committee of the new Drysdale View Club,

which is clearly going to be a popular social and charitable organisation for women on the Peninsula.

Along with a large audience, my son Andrew and I enjoyed a concert at the Portarlington Senior Citizens Club – well done to our talented and enthusiastic senior citizens!

I also recently attended an information session at the University of the Third Age (U3A). It has more than 900 members, 96 people of whom are from the north Bellarine Peninsula and most of whom are retired. The Geelong U3A is a very active organisation – a 'community of scholars' coming together for a love of learning. There are no entrance requirements, no qualifications are awarded and people learn at their own pace.

Following a very successful community meeting in Indented Head, a community association is being formed. A drainage sub-committee is also being formed to assist Council in managing drainage and stormwater issues in the area.

Many residents are contacting me about issues of concern; most are readily dealt with while others take more time. Please feel free to contact me on the 0409 809941 or 52 511993.

The Drysdale Community Association is hosting a public meeting on Monday August 6, providing an opportunity for me and council officers to meet with the community. In addition, a 'Meet the Mayor and Councillors' meeting will be held in September. Please note that the previously advised date has been changed. A letter drop will detail the date, time and venue and I look forward to meeting residents there.

Cr Heather Wellington



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Friday 14th - Graeme Lear
Friday 21st - Gary Tigani
Friday 28th - David Fox



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Playing Membership \$93.50 (Pro-Rata until 30/09/01)
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SAT SEPT 1ST

The BUDDY HOLLY SHOW

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for only \$3.50

on presentation of this coupon
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valid until 30th September 2001

Ranger Guides

Recently the eldest guides at the 1st Drysdale Guide Pack formed their own Ranger group. To get some funds to get out ranger pack off the ground we organised a 24 hour wheelchair-athon, (yes it was as mad as it sounds.) For those of you who don't know what a 24 hour wheelchair-athon is, you should be ashamed of yourself!! No not really, it is basically just us zooming around continually in wheelchairs for 24 hours. We wheeled around Clifton Springs primary School, after Mr Scarrott kindly let us use his nice smooth concrete. We had to keep at least one of our 2 wheelchairs going at all times, which meant we had to have 1 hour shifts during the night so we could at least get a few hours sleep. For most of the night (until Tracey sent us to bed,) the people who weren't wheeling spent their time running around the gym with Bon Jovi up as high as humanly possible. We also had a video camera with us so we ended up with about 2 million hours (ok maybe not that much!) of pointless footage that everyone just taped 'cos they could,

but we got some good filming & we even made a movie, but it's probably not an overly good idea to put us, 2 wheelchairs & a vide camera together. By the end of it we were all pretty skilled with the wheelchairs (& the video camera!), but we also vowed never ever to do another wheelchair-athon ever ever again because it was really super doper fun but also really super dooper hard, so don't expect us to do this again any time soon! We'd also like to thank everyone that donated money. And \$80 went to Ronald Mc Donald House charity.



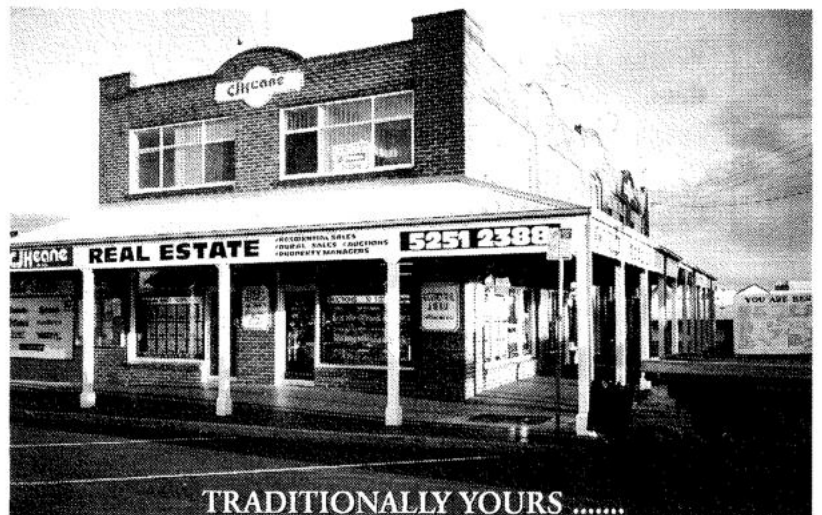
RECORD SALES

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CLIFTON SPRINGS GOLF CLUB

Commencing 3rd September the Clifton Springs Golf Club will undertake a major course improvements program on the front 9 holes of the golf course with the replacement of the current fairway grasses with a legend couch grass that eventually will provide a far superior playing surface. For these works to be completed as quickly as possible it will require the front 9 holes being closed to the general public until the end of December.

Other major works being proposed is the extension of the current Members Lounge to double the current size with tenders being currently sourced and the refurbishment of the main bistro.

Our Morning Melodies have continued to draw good audiences with the next Morning Melodies planned for Wednesday 12th September with June Fraser being the entertainment for the morning

The next big show is "The Buddy Holly Tribute Show" to be held on Saturday September 1st with tickets being \$35.00 per person which includes 2 course meal. With the last 2 shows being sold out early bookings are essential.

The Club continues to provide free live entertainment every Friday night in the bistro, why not make up a table and enjoy great food and a relaxing evening in the bistro.

With Christmas not that far away now is the time to book your Xmas function with the club available for lunch and Dinner Xmas functions. For menu options please contact Peter or Kate Crowley at the Club.

Golfing membership could not be any cheaper at the moment with full golfing memberships available at only \$93.50 (pro-rata until 30/09/2001).

Finally the Club with other Tabaret venues throughout Geelong raised over \$100,000 for the purchase of a breast X-ray machine for the Geelong Hospital at our Big BBQ fundraiser held in May. Our special thanks to all those who supported this worthwhile project.

David Milne
Manager

Ladies' Probud Club of Bellarine Inc.

Since I last wrote of the clubs activities, we had another meeting, which was most interesting. The By-laws were discussed and some were amended, we heard of the latest activities of the committee members, including the President and her latest acquisition in Daylesford. (Will we ever catch her home?)

The June Speaker Dr. Richard Connick certainly gave us the works on Cardiology and Anaesthetics, he spoke of the early days of heart surgery, and how the patients were already very sick before having an anaesthetic for some hours whilst surgery was being performed, if they survived the anaesthetic they might also survive the operation.

This was mainly heart valve surgery, and before the days of replacement valves. I found it very interesting, and enjoyed his talk.

July Speaker was a surprise, the proposed speaker could not come, so our dear member, Nan Almond gave us a talk on some of her experiences, whilst travelling the world with her late husband Colin. As usual there was much humour, and fun abounding in the donkey rides, camel rides, and places they stayed at on route. Nan said all the holidays were on the cheap, they had been to 45 countries, and seen the most beautiful cities.

August Speaker will be Matthew Brown from Spray Farm.

The Lunchers. will be going to Portarlington Pier Cafe after the August meeting.

Trips. The Shrine- Southbank and Tapestry Demo August 22nd.

Future Events. Singing in the Rain. November 7th and 14th. Coach to be shared with other groups.

Probud Conference. 2001. Monday October 15th Geelong Italian Club. Three members of the committee will attend. The Group Activities continue in members homes and they all have a good gathering of members.

The New Committee are doing a good job, with the members in mind.

Until next time *Iris Tolton.*

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Portarlington/Drysdale Lions Club



Ambrose Charity Golf Day

Proceeds assisting:-
Portarlington Fire Brigade

Clifton Springs Golf Club

Sunday 23rd September 2001

Shotgun start 8:30am

Assembly 8:00am

Entry \$30.00 per player

Includes: Ticket in major raffle

Prize – 34 cm TV c/o Ellsworthy Retrovision

Free sausage Sizzle till 11am, Golf & Lunch

*** Mens & Ladies Ambrose Competition**

*** Non Handicap Players Welcome**

(Handicaps allocated on the day)

Trophies & Prizes

*Mens Ambrose NETT *Ladies Ambrose NETT *Ambrose GROSS

*Runner up NETT *Straightest Drive *Nearest the Pin

*Hole in One *N.A.G.A. Award *Novelty Events

Entry Prize & raffle to be drawn at Presentations

Entries Close 18th September 2001

Forward entries to:- Lions charity Golf Day

P.O.Box 402, DRYSDALE, 3222

For Enquiries Phone: Paul 52513934, Ray 52531138, Noel 52591143,

Wayne 52592664, Richard 52593659

Ambrose Competition Rules

1. Captain for each team to be chosen or selected.
 2. A minimum of three (3) drives per player and to be marked on the scorecard
All players to drive from tee.
Captain to choose the ball in the best position for next shot.
 4. For second shots – all players of the team to play their own ball which shall be placed within 30 cm of chosen ball.
The chosen ball does not necessarily have to be played first. Any order can be chosen by the captain but the chosen ball must not leave its original position.
 5. If the chosen ball lie in a hazard or in the rough off the cut fairway the other players must drop their ball within one club length of the selected ball. The procedure to be repeated on all shots until the ball reaches the green.
 6. On the green.
Captain to choose the ball in best position for putting.
Other balls to be placed as near as possible to exact spot.
Any order to be chosen, original ball may be marked and putted in any order, then as in best ball, a ball may be tapped in and the rest of the team try for a lower score.
 7. Handicap $1/8$ of aggregate handicap – fractions to count
-

Entry Form

1. Name _____ Phone _____
Address _____
No Handicap (____) Handicap (____) Club _____

2. Name _____ Phone _____
Address _____
No Handicap (____) Handicap (____) Club _____

3. Name _____ Phone _____
Address _____
No Handicap (____) Handicap (____) Club _____

4. Name _____ Phone _____
Address _____
No Handicap (____) Handicap (____) Club _____

****Entry Fee Must Accompany Entry Form****

Entries close 18th September 2001

Forward entries to:- Lions Charity Golf

P.O.Box 402, Drysdale, 3222

For enquiries Phone: Paul 52513934, Ray 52531138, Noel 52591143,
Wayne 52592664, Richard 52593659

"The Church on the Hill"

Clifton Springs Baptist Church, 45
Central Road, Clifton Springs

YOUTH SERVICE

SUNDAY 26th AUGUST, 2001 at
7.00pm

Featuring

"EN MASSE"

"En Masse" is group of talented
young people from Christian Col-

lege Highton. Students from years
10, 11 & 12, have been performing
for a number of years now and share
in both song and personal testimo-
nies.

MARK JOHNSTONE

Mark Johnstone is the Youth Pastor
with Ocean Grove Baptist Fellow-
ship and the Regional Co-ordinator
for Victoria of "Christian Surfers".
Mark will be speaking, as well as

showing a video which gives an
overview of who Christian Surfers
are and what they do in terms of their
involvement with, and outreach to,
the surfing culture.

A warm invitation is extended to the
community to attend
For enquiries please telephone 5253
1788.

Successful tree planting equals no weeds for a year!

To grow healthy trees quickly,
even in dry years – forward plan-
ning and site preparation is every-
thing.

All plants need sunlight, nutrients
and water to grow. Grasses and
weeds growing around young trees,
suck water and nutrients out of the
soil. Tall grasses shade the young
trees from sunlight. Trees in these
situations struggle to get the re-
sources they need for normal growth
and either grow slowly or die.

Control of the weeds is the most
important aspect of tree planning.
Research shows that weed control at
least 2 metres in diameter around
individual trees, allows better growth
rates of tree. Effective weed control
should provide a weed free (bare)
planting site for about one year. If
you are going to plant in spring,
weed control should start in May and
continue for a year. This gives the
plantings a year with no competition,
thus improving the survival and
growth rates.

Weed control can be undertaken
using herbicides, cultivation, mulch-

ing, weed mats or a combined
method. Many landholders use her-
bicides and spray the sites about 3
weeks after the autumn break and
then again about 2-3 weeks before
planting. Careful follow up spray-
ing, after planting, may be required
if weeds return.

For further information of the best
way to prepare planting sites con-
tact the Department of Natural Re-
sources and Environment 136186 or
myself, Swan Bay Catchment Of-
ficer 0417 231 853

Steve Smithyman
Swan Bay Catchment Officer

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(Rear of Elegant Profile)

Clifton Springs Preschool News

Central Road, Clifton Springs.

Hi my name is Julia and this photo is of my friends and I during just another day at Preschool. We have been having a wonderful time this month with a visit from a Zoologist and his crocodile, snake and lizard friends. On Friday we even travelled by bus to the Geelong hospital with Eril and Julie to learn about what happens to you when you go to hospital. My favourite parts were the x-ray of the Teletubbie, the ambulance and of course the bus trip with my friends.

We have been having our monthly Picnic Days when parents and special people join us for lunch and a chat. Fridays are my favourite days because we have snack and lunch at kinder, we get to borrow our take home books and Eril even gets out some special 'Friday' toys.

This week I have to keep my room especially clean because it is my turn for Eril to visit me at home. I can't wait to show her all my special things.

We have had some new friends join our Preschool which has been really great. I know they will have a great time as we all do.

We have been doing a lot of construction work at Preschool lately

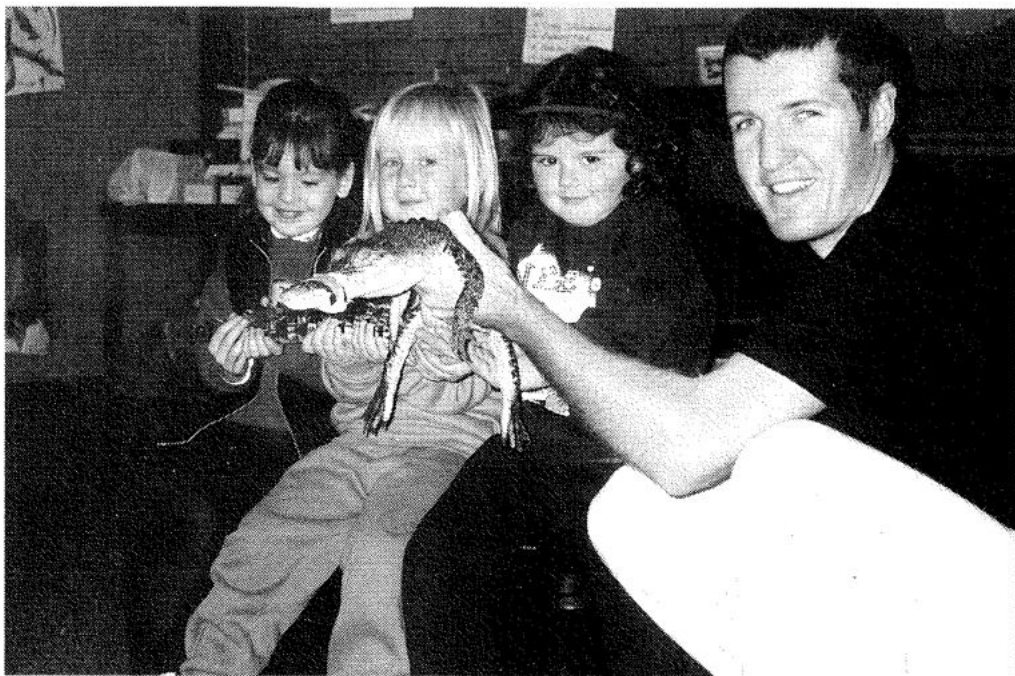
with an endless supply of high tech designs leaving the Preschool and entering bedrooms everywhere.

We have had a very special helper friend Stracey Williams at our kinder who is studying childcare at the Gordon Institute of TAFE. We would all like to thank her very much for her help.

Julia Jahnecke
5 years old
Clifton Springs.

Clifton Spring Preschool has limited vacancies fro 2001 if anyone is interested please contact Eril or Julie at the Clifton Springs Preschool on 52513158.

Enrolments are now being taken for 2002 so hurry as to avoid disappointment as limited places are available and places are filling. Contact Eril or Julie for more information on 5251358.



The zoologist and a little friendly crocodile

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Drysdale Senior Citizens Club

We have a new committee in place now and I would like to extend (on behalf of the members), a very warm welcome to Jean Casley the new President, John Brownhill the Secretary and all other committee members. Here's to a good and fruitful year and for the folk that know Jean and John they know that this duo will not let the grass grow under their feet.

In the last edition I mentioned that there would be a function on July 16th with "Show Biz" group entertaining the members with Devonshire tea to follow, unfortunately, this had to be cancelled due to unforeseen circumstances but hopefully we may have something similar at a later date.

Our member Ruby Wylie is to be our trips organiser for the coming

year, she tells me that she is looking forward to doing this and hopes to get off the ground, as it were, with something in September, so watch the Notice board at the club also the Echo Newspaper in due course and the Springdale Messenger, for future trips to come.

On behalf of the retiring committee members I would like to thank Keelie Hamilton our C.O.G.G. Representative for her most loyal support and guidance which has been invaluable to us during the past year. Our thanks also go to Alison Cuthill of C.O.G.G. for her support and help too. Thanks a million Ladies.

President Jean says for me to pass on her good wishes to you all and invites you to the club to join in with

the activities, such as Bowls, Cards, Bingo, Snooker/Pool, Craft and Square Dancing. All enquiries please phone 52512983.

As always a big thank you to our volunteer drivers for the wonderful job they do for us.

To our not so well members greetings and best wishes for a speedy recovery.

Until Next Edition,

God Bless

Yours sincerely

Iris. M. Astill.

DRYSDALE BOWLING & CROQUET CLUB inc.

Invites you to come and kick up your heels at our SUPPER DANCE on **Friday 24th. August '01 at 7.30pm**

Music by PETER PEREZ

\$10.00pp. Nibbles and Supper included

Bookings at the Club bar or Rosemary 52513134

Marie 52502957

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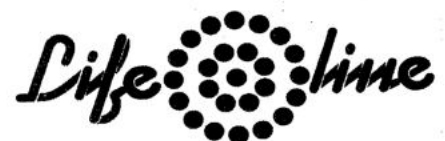
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Rotary club of Drysdale

The Clubs changeover night was held at the Royal Hotel at Queenscliff on Saturday 30 June. It was well attended by the Members, their spouses and guests totalling close to 80 patrons.

The 2000/2001 outgoing President Roger Lavingdale had an action packed program outlining the activities and achievements of the Club for the past 12 Months. The induction of 8 new Members during the year was very pleasing with an end of the year Membership of 43. Certificates of recognition for services rendered were handed out to various Members of the Club, as well as flowers to some of the partners.

Councillor for Coryule Ward, Heather Wellington, a past member of a Rotary Group Study Exchange team to France, proposed the Toast to Rotary International and past District Governor Graeme Allison responded with a quick run-down on Group Study Exchange.

In addition to the community support given during the year by the Club, President Roger then presented cheques to representatives of the following organisations:

Riding for the Disabled

\$500.00

Anne Nichol House – Portarlington

\$500.00

Springdale Community Cottage

Youth – Drysdale \$500.00

The Salvation Army

\$500.00

Australian Rotary Health Research

Fund \$500.00

Prostate Cancer Research

\$750.00

Heart Foundation

\$1000.00

President Roger Lavingdale then officially inducted President Elect Don Shields as the 27th **President of The Rotary Club of Drysdale for the 2001-2002 Rotary Year.**

President Don outlined his program for the ensuing Rotary Year mindful of this year Rotary Theme, "MANKIND IS OUR BUSINESS".

One of the prime objectives of the Club is to further increase the Membership in the Club so that we can pursue with greater vigour our fund raising efforts to meet the ever in-

creasing demands for support in the community on a local, national and international level.

We do invite Men and Women with a Professional and or Business background to attend one of our regular weekly meetings on a Monday night at The Drysdale Hotel 6.00pm for 6.30pm start and see the Club in action. You might be moved to consider an invitation by the Club to join this great Humanitarian and Service organisation to provide "Service Above Self" for a better world.

For meeting attendance please book in by Phone on 5251 3990 by 11 am Monday.



2001-2002 Board of Directors – left to right

N. Schofield, G. Allison, K. Stasinowsky, C. Bartlett, P. Scarrott, S. Coles, President Elect 2002-2003 B. Hamilton, J. Brumley, Past President 2000-2001 R. Lavingdale, President 2001-2002 Don Shields. Absent: J. Marks & H. MacLeod.

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Open: Wednesday to Friday: 11am till Late
Saturday: 10am till Late
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Enjoy local wines and a great beer selection from our bar
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Community Bank Branch



www.bendigobank.com.au Bendigo Bank Ltd, Fountain Court,
Bendigo VIC 3550 ABN 11068049178 MG125 (02/02/01)

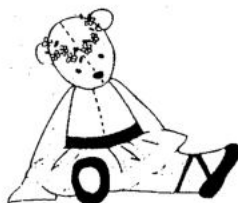
Toy Library.

There are some changes underway at Bellarine Springdale Toy Library as we make our way into term 3. This term we will be operating Saturday morning between 10.30 and 11.30 as usual, however we will also be open for business between 4pm – 5pm on the first and second Thursday of every month. This should help those of you who find Saturday morning impossible. Are you a grandparent, babysitter or non-custodial parent? The toy library offers a great facility for you – with-

out outlaying money on expensive toys, you can provide for children not always in your care by borrowing something different each time (or Re-borrowing a favourite!)

Everyone is welcome as a member of toy library, so come along and take advantage of what's available.

Kerry Deon (co-ordinator).



**Springdale
Community Cottage
Bellarina Toy Library**

Bellarine Peninsula Community Health Service Inc.

Volunteers Needed!

Ocean Grove Community Health Centre.

A small number of volunteers are needed to drive clients to the Health Centre for appointment and on longer drives into Geelong for Specialists appointments.

If you think you could help out just occasionally please ring Desiree 5258 0888 for more details.

Any help at all would be appreciated.

Happy People with a little bit of time

to help others are needed at the Adult Day Activities held at the Queenscliff and Portarlington Community Health Centres. The volunteer work includes talking, outings, sharing and food distribution. Many other tasks can be undertaken depending on what you would like to contribute. Times are from 10am to 2pm weekdays. Help weekly or less frequently. Phone Sally Kirby for details on 52580888.

Meals on Wheels

Queenscliff Community Health Centre.

Volunteers are needed for one hour, weekdays, 9.30am - 10.30am, to help with the MOW rosters. A staff member would be responsible for the rosters, but some phone calling, photocopying and other clerical work would be done at this time.

Any amount of time would be appreciated.

Please phone Desiree for more details 52580888.

Please contact me if you have any queries.

Thanking you.

Desiree Cohen, Volunteer Facilitator



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Early lessons consist of a very simple form of the game.
Making an easy introduction to this intriguing sport.
Want to try "snooker on lawn", try croquet

For further information.

Contact. **Wilma Bath** PH.52512393 or **Kay Scotland** PH.52501404

Drysdale Ladies Probus Club Inc.

Our June Meeting was a really good one-although low in attendance, due to the winter exit of our Members, something to do with the cold weather!!!

Joyce Pattinson was our Min Biographer - another great story to tell - our President Pat (who is a good friend), said she found out things she never knew.

The speciality of the morning were "The Catering Clowns" guest speakers Suzannah Foulks known as "Suzi" was accompanied by "Promise". They informed us in the most wonderful way, of what they achieve working with Hospitals, Councillors, Chaplains, and Thera-

pists, visiting persons where parents of sick children are supported and comforted.

If you are lucky enough to be invited to hear them, don't miss it - it is a most "spiritual" experience, and they blew me away. Could quite honestly say one of the best guest speakers ever!!

We go on a coach tour in July to M.C.G. more later.

We finished our morning with Merry Munchers at the Peninsula Hotel. Rug up - light the heaters and keep warm and happy.

Hoo Roo for now
Jeanette Denham.

Drysdale Uniting Church

Invites community support at
GARAGE SALE
From 9am Saturday 1st September at Drysdale U.C. Hall (off car park, Wyndham street)
Variety of goods, books, plants etc.
Devonshire tea at \$3 a head available
See you there!

Help Offered

Several people have offered to help pensioners with minor repairs in their homes. For example to change light bulbs and tap washers.

These people are offering their services free of charge. We emphasize that this service does not include repairs which may only be carried out by licensed tradesmen.

If you have such a request please ring Springdale Community Cottage who will pass on your details Tel: 52531960.

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use in worship.

Please feel free to come and join
in what is bound to be an
enjoyable experience!

Enquiries to: Vicki Wills,
5255 4251.

Tax Help

The taxation office has again
trained volunteers who are qual-
ified to give assistance to low in-
come persons. This free tax help
is available at the Senior Citizens
centre, 101 The Terrace, Ocean
grove. Phone Therese on 5255
1641 for an appointment.

Planning a Wedding

It is very important that you en-
joy your special day, so Drysdale cel-
ebrant, Anne Cowden, has put to-
gether some practical tips to help you
make your wedding day as relaxed
as possible.

- If you are planning an outdoor wedding ceremony, make sure you have an alternative under-cover location (Plan B) available in case of bad weather.

- Invite your guests for at least 15 minutes earlier than you plan to have the ceremony.

- If your wedding is to be outdoors, and you want your ceremony to be heard, make sure that your celebrant has a microphone and amplifier. Be aware that unexpected noise from, surf, light aircraft, fountains and traf-
fic noise - even birds such as cocka-
toos - are all risks that can cause dis-
ruption to your ceremony.

- Work out your priorities and stick to a budget that you can afford - don't be tempted to overspend.

- To save cost, plan on a small, in-
timate wedding, reducing the
number of guests.

- Consider holding your wedding
Friday or Sunday, as Saturday prices
are often more expensive.

- Time the wedding for mid to late
afternoon, followed by an informal
finger-food party.

- Obtain quotes from several pho-
tographers well in advance. Ask the
photographer whether or not you
will receive negatives as part of the
package, or do you have to go
through the photographer every time
you want a re-print?

- Borrow cars from family or
friends. It may be nice to arrive in a
Rolls, but is it worth a few hundred
dollars for such a short time?

Refer to Anne's web site for more
planning and cost saving ideas.

acowden@gsat.edu.au
[http://www.gsat.edu.au/~users/
acowden/](http://www.gsat.edu.au/~users/acowden/)

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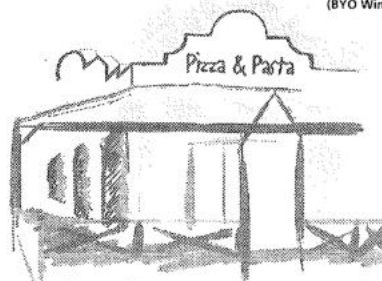


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Paramedics Warn: Private Transport Not The Way To Travel!

Rural Ambulance Victoria Paramedics are warning people not to drive injured and seriously ill people to ambulance stations or hospitals, saying they are dicing with death.

Area Manager Tony Pearce says he is concerned that despite public campaigns aimed at educating people to stay where they are and dial 000, some people still use "do it yourself" transport.

"This is a dangerous practice that puts lives at risk," Mr. Pearce said. "In an emergency call 000."

"You are then tapped into expert advice backed up with the latest technology and communication equipment."

This immediate advice, while an ambulance is on the way, can save lives!"

"You can't do effective cardio-pulmonary resuscitation on the back seat of a car!"

"People should never waste valuable time trying to make a mad dash for help."

"It is extremely dangerous for the patient and a frantic motorist poses a very real threat to other people on the roads."

"I've even heard of cases where critically ill patients have arrived at hospital in the back of utes or even attempted to drive themselves. It's ridiculous."

Mr. Pearce also cautioned people against driving to an ambulance station."

"He said Rural Ambulance Victoria paramedics responded to more than 120,500 cases last year and when

they were out on jobs the station may be unattended, especially in smaller country towns."

"We do not want a situation where people are caught standing outside a locked ambulance station with a loved one dying in the car," he said. "The message is simple – dial 000, wait with the patient, provide first aid if you can, and let the professional Paramedics handle your emergency."

Media information:

Tony Pearce

Area Manager

Rural Ambulance Victoria Area 1

Ph 03 5228 2806

Drysdale Pre School

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Drysdale

We currently have vacancies for both 3 and 4 year old children in our kindergarten programmes.

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Marissa – 4yo group

Or

Rachael – 3 yo group.

For enquiries regarding fees please contact the Treasurer,

Felicity Tol. PH.52532388



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Managing Stress as a Parent

Stress is part of everyday life and we all feel stressed at times. Stress can be helpful in moderation. However if parents constantly feel high levels of stress and anxiety it may be more difficult to deal with their children's behavior calmly and consistently. High levels of stress can lead to feelings such as anger, tiredness, frustration and a feeling of helplessness. The way we feel affects the way we get on with other, including our children. For us to look after our children, we need to look after ourselves.

Stress warning signs can include tense muscles, headaches, disturbed sleep, tiredness, stomach upsets, trouble concentrating and irritability.

We each deal with stress in different ways. Listed below are some ideas on how we may be able to reduce stress in our lives and make time for ourselves.

- Relax your mind and body. Learn to relax i.e. take a few slow deep breathes and breath your stress away, tighten your face muscles and release them, take a warm bath, listen to relaxing music, join yoga or Tai Chi class.
- Get a balance in your life between work, rest and play. Try and establish one interest or hobby just for yourself. Being a parent can be a demanding role and time for ourselves can help us re-energise. Caring for yourself and your kids all go hand in hand. If you look after yourself then you will feel happier and

this will flow naturally onto your relationship with your children.

- Be realistic about your expectations for yourself and your children. A lot of stress in parenting can come from what we expect of ourselves. Remember no parent is perfect and no child is perfect.
- Talk it out if you have a problem. Talk to a trusted friend, family member or counsellor if you are worried.
- Take action to make changes if possible. List all the practical options to deal with a problem evaluate the options, choose an option and make a plan to change the situation i.e. reducing your workload by giving others tasks to do.
- Work it off, as regular physical exercise helps relieve tension. Exercise can include walking, running, swimming or gym. Walking with a friend can be even more fun.
- Focus on the positives and catch and challenge any unhelpful thoughts that may be making you feel more stressed.

- Don't forget to have fun i.e. go dancing. It's a fact that smiling releases tension.
- Plan ahead to avoid rushing i.e. get up 15 minutes early to avoid rushing in the morning or try preparing lunches or packing school bags the night before.
- Be assertive and learn to say "no" sometimes to requests by others. Believe in your rights and let others know your needs.
- Eat a healthy diet and avoid coffee, cola and sugary foods that decrease energy levels.
- Build up your support network. We all need help from time to time. It is actually sensible and even a little brave to admit you can't do it all yourself.
- If you often feel stressed or anxious and find it difficult to stay calm or are having trouble coping seek professional help and support.

SPRINGDALE COMMUNITY COTTAGE - 3 YEAR OLD KINDERGARTEN PROGRAM FOR 2002

Springdale Community Cottage is currently taking bookings for our 2002 3 year old kindergarten program. As our young children progress towards school age we realized that they required more challenging experiences and more complex programs. It is for this reason we developed this specific program.

Our program is carefully planned by our Early Childhood Teacher and a qualified assistant. The activities are age appropriate and meet the individual development needs of each child.

For enrolments or further information contact Springdale Community Cottage - 52531960.



Richard Grimmitt and Philip Christian

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SPORTS REPORT

Clifton springs tennis club 21 years old

The Clifton Spring's Tennis Club is 21 Years Old and celebrated this occasion recently at the Clifton Springs Golf Club, the Golf Club support us with sponsorship towards the Annual Junior Tournament and in other ways for which we are very grateful. It was great seeing so many present and past members getting together.

The Club started its life on the Onticar courts along side the current Clifton Springs Bowling greens, back in 1979. From the start the club was determined to succeed so with its strong committee and members had many fund raisers to enable them to raise money for future facilities, i.e. Club Rooms. The Club survived for 10 years with an Adco hut together with the portable Out House, all the while planning and working

towards building the club rooms. Then in about 1989 the council decided that we should be relocated to the current site in Jetty Rd so the planning changed course and the club rooms were designed for the new site. After many months of work the club rooms and courts were ready and officially opened in March 1992, although the courts were used for a long period prior to this.

Over the past 21 years we have managed in excess of 80 premier-ships in Juniors, Midweek Ladies and Saturday mixed competition and always made it a priority to facilitate all players with a game of tennis. Currently we have around 90 members with 8 juniors sides, 4 Midweek and 3 on Saturday, we encourage any new members to contact us. We are constantly commu-

nicating with local Authorities regarding the need for more courts to facilitate the growing number of Junior players but so far with little or no success but will keep trying.

Our Annual General Meeting will be held at 12 noon Sunday 12th of August, at the club rooms in Jetty Rd, B.B.Q. lunch provided, and welcome all members and visitors to come along.

Interested players can contact –
Juniors: Liz Murdoch on 52513602
Mid Week Ladies:
Alison Reid on 52512543
Saturday Mixed:
Peter Vanwyk on 52513531

Jim Cullen

President Clifton Springs Tennis Club.

DRYSDALE CRICKET CLUB

The Drysdale Cricket Club has been active through the winter months preparing for an exciting season ahead.

With a healthy player list building already, the club is increasingly confident that 2001/02 will be another successful year across all grades. Assisting our progress will be the club's newly appointed head coach, Simon Farrell. Simon has been an outstanding batsman with the Highton Cricket Club in the GCA and brings with him a great combination of experience and talent. All players and supporters alike welcome Simon and wish him every success in this, his first year at the club. You can meet Simon at the Club's special 'Meet the Coach' day on August 12th, 11am, at the Drysdale reserve.

In addition to attracting more senior players, the club's junior ranks are expected to be overflowing again this year with teams catering for under 11, 13, 15, and 17s. Junior competitions have a focus on skill and participation. We encourage any junior interested in 'having a go' to come along. For more information, call the Junior Coordinator, Gavin Humphrey on 52 513437.

In another development the club is keen to register interest for the development of a women's cricket team. Any women interested in developing either a team or competition on the Peninsula should contact Jason Thompson on 52210204.

As a community, not-for-profit organisation, the club is always

looking for any assistance that community members can provide. So whether you're an ex-player with some tips to pass on, an ex-administrator with some time to devote, or a mum or dad willing to help out for a day or two, we'd love to hear from you. If you have any ideas of how you might like to help out, call Jason on 52210204.

And remember, if there's a cricketer inside you that's been itching to get out (as many of our batsmen have been successfully doing for years), come down, have a bat, bowl, or field, and have some fun. If you have any further questions about playing, just call our recruitment officers, Adam (52 532975) or Frank (52513451).

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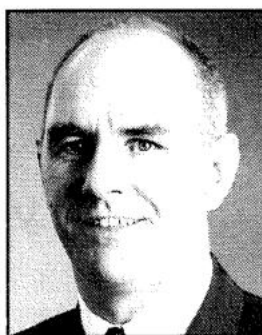
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Best Place Scenario

The questions buyers bring to every property they inspect are Will it be a good investment? And Will I get reasonable capital appreciation when I sell?

Uppermost in people's minds is finding a home that suits their needs, but the underlying rationale is nearly always investment potential.

And why not? With inflation eating away at salaries and savings, housing is one of the few commodities that, wisely chosen can keep the consumer ahead. The crucial phrase is of course, wisely selected.

In terms of capital growth the best case scenario is not always the best place scenario.

Attributes related to the land (proximity to desirable amenities, size, use, aesthetics, absence of

negatively impacting neighbours and just plain old appeal) carry more weight in determining the value of most properties than actual building on the land. For example an upmarket home on a negatively impacted block may have less value than a small home in a sought after area.

Buyers can make an informed decision once they've researched the selling prices of a big enough sample of properties.

Get to know the pattern of sales activity for the area in which you are shopping.

Play it safe by not buying too far above the median price for the area. This is where the highest demand and turnover will be. Many people are tempted by the apparent cost saving of being able to build a big home

if they buy a cheap block of land or by the fact that it appears cheaper to add on to their current home than move to another one. But in the long run they are more likely to afford the bigger home by buying location and letting a combination of increasing values and equity finance them into a bigger home over time.

There are exceptions to the rule and many people opt for immediate lifestyle choices rather than sure capital gain.

It is a real estate cliché that the best purchase in investment terms is actually the worst house in the street or area.

Such homes can usually be improved without over-capitalising – provided that you know what prices are being achieved for similar properties and don't exceed that limit for renovations or extensions.

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