

The SpringDale Messenger

Your Free
Community
Newspaper

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Bellarine Veterinary Practice WINS award for Practice of Excellence in Customer Service



The Bellarine Veterinary Practice began operating in 1978 to serve Geelong and the Bellarine Peninsula. Historically the practice has progressed from a two veterinarian clinic in 1978, to a nine veterinarian hospital in Newcomb with clinics in Ocean Grove, Drysdale and Point Lonsdale. It became fully computerised in 1989 and gained ASAVA hospital accreditation in 1990. As a mixed practice, with the current workload is about 90% small animal and 10% equine and farm animals.

The Australian Veterinary Association recently conducted a national competition for excellence in veterinary customer service. The competition assessed all aspects of veterinary customer service including:

- * Type and range of veterinary services offered,
- * Standard of facilities, equipment and services provided,
- * Training and expertise/competence of veterinary and nursing staff,

* Overall standard of care provided to pets,

* Client survey to gauge their views on the standard of care provided.

Over a thousand veterinary practices from all states in Australia were nominated for the awards. The selection panel awarded winners in 6 categories Australia wide. The Bellarine Veterinary Practice won the BEST MIXED PRACTICE category, and was the only Victorian practice to win the prestigious award.

A representative from the award sponsor (PFIZER) presented the award on Wednesday December 19th, 12 noon, at the Coppards Road practice in Newcomb.

Excellence in Customer Service is the primary focus of the Practice, with Customer Service as the total commitment of all Practice resources to provide customers with the best possible service. These resources include



highly trained, caring staff, a first class Australian Small Animal Veterinary Association (ASAVA) accredited hospital facility and the ability to interact with customers in a caring, professional and educative way.

**ADRIAN E MANNIX
COMMUNITY
SERVICES AWARD
NOMINATIONS.....Page 4**



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The SpringDale Messenger is compiled by the SpringDale Neighbourhood Centre 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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Views expressed in this newsletter are not necessarily the views of the Publisher, the SpringDale Neighbourhood Centre Inc.

Advertising:

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Apology from December issue

We would like to take this opportunity to apologise to, Ladies Probus Club of Bellarine and Drysdale Senior Citizens groups. We missed out on publishing their respective articles in the December issue of the SpringDale Messenger. We are sorry for any inconvenience the confusion may have caused and we thank you both for your contributions to the SpringDale Messenger and our community.

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NEWS FROM

SPRINGDALE NEIGHBOURHOOD HOUSE

Welcome to 2002 and to the new what's happening at Springdale Neighbourhood Centre page. This page will be a new feature in each addition of the Messenger and will provide a brief outline of key services and activities that are coming up.

Learning Something New

Check out the middle pages of the Messenger for Term 1 classes and activities. Once again we have a full complement of computer classes for beginners and more advanced, as well as our health and well-being classes, including Yoga and Tai Chi and of course our very popular Belly Dancing. We have also listened to your ideas and are trialing a few new classes. Here is a highlight:

Naïve Country Quilt – how to create a beautiful and simple country quilt.

Introduction to QuickBooks – for those running a small business or who just want to organise their home finances. Learn how to use this software.

Computer Troubleshooting – sick of not being able to sort out common problems, this course is for you.

Buying a Computer – looking to buy a computer but don't know where to start? This course will help with buying a new or second-hand computer.

Hot Real Estate – A question and answer session for anyone interested in buying or selling property.

So come along and see what might interest you. Don't put off learning something new, it will enrich your life and help you to meet new people.

For the first time we can now take credit card payments for our classes. So, if you have trouble coming in to pay you can ring us and pay over the phone.

Take a Break – Childcare

Need a break, or time to do the shopping or undertake one of our classes? Here is your chance – book your child/ren into our occasional care sessions. Due to demand we have now introduced an additional service and provide sessions on Monday, Tuesday, Wednesday and Friday from 9am to 12pm. Special rates apply to families who have more than one child attending and those attending a class at our Centre.

Jean Richards and Sonia Harkness are our trained childcare workers – drop into see them, or give them a ring to find out about our childcare services.

Vacancies in three year old kindergarten

Think you have missed out on a place – don't panic, we still have a few places available. So give us a ring and we will organize a time for you to meet with our Kindergarten teacher and see what we have to offer your 3 year old.

Change in our Name

As you know, we have changed our name to Springdale Neighbourhood Centre. Over the next few months you will start to see a new logo, new signage, new letterhead etc. Let us know what you think.

Although the name has changed, we are still here to help you – so drop in or give us a ring if we can assist you with anything from photocopying, finding out what services are available in the local community, or just for a coffee and a chat.

Wanting to Volunteer? Have some Spare Time?

Volunteers play a huge role in keeping Springdale going. If you have a couple of hours to spare and enjoy working in a team environment, then give us a ring or drop into the office.

Who's in the office

Our paid staff are:
Rosemarie (Rosie) Saffioti – administrator
Sally Angus – Adult Education Worker
Lisa Neville – Coordinator

And our numerous volunteers

Where are we?

14 – 16 princess Street, Drysdale
Ph: 52531960
Email: sprdalecc@primus.com.au
Fax: 52533050

Springdale Neighbourhood Centre is your community facility. It is managed by a volunteer community Management Committee. Please drop in or ring us if we can help you or if you have any ideas to improve our services or ideas of new activities we can trial. You can just drop in to say hello and share a cup of coffee with us.

I look forward to working with you all this year.

Lisa Neville Coordinator

Springdale Neighbourhood House

Our Services to the public include the following.

Photocopying- 15c per page
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ADRIAN E MANNIX COMMUNITY SERVICES AWARD NOMINATIONS



The Adrian E Mannix Award was established by the Lions and Rotary Clubs and supported by Springdale Neighbourhood Centre to recognize the voluntary contributions of local residents to their local community.

As a result we have received a number of nominations all worthy of this award. The nominees will be invited to participate in the award dinner where the final winner will be announced.

Although one person will need to be picked all nominees are worthy of this award. Following is a list of the nominees and I am sure you would agree that they have all made a significant contribution to this community and on your behalf I would like to thank them for their time and energy that has gone into making this a stronger community.

(Nominees are listed in alphabetical order)

Anne Brackley - Anne has worked tirelessly for the Drysdale community for over 15 years across a range of organizations and activities. This includes involvement as a Girl Guide Leader locally and at the District level; President of Clifton Springs Playgroup and Drysdale Kindergarten. Anne is well known for her involvement in the Bunyip Festival and has recently joined the Committee of Management of Springdale Neighbourhood Centre. Thank you Anne for all your work.

Aaron John Cooper - Aaron has a heart for the community that is illustrated in the hours he spends as a

volunteer at the Drysdale CFA. Aaron has been a volunteer fire fighter for four years and has been involved in raising funds for the CFA throughout that time. Aaron was also an active contributor to the Drysdale Football Club. Thank you for helping to keep our community safe.

Bernard Filbay - Bernard has been a significant part of the Drysdale community for many years. His involvement includes the Drysdale Fire Brigade, Drysdale Community Health Service and is currently its Chairman. He is also currently the Treasurer of the Bellarine Peninsula Community Health Centre. Bernard is also an active member of the Drysdale/Clifton Springs Community Association and has been a key person in "The Dell" redevelopment project. Thank you Bernard for continuing to give your time and talents to the betterment of our community.

Lorraine Hall - Lorraine has given over 14 years of her time towards helping the young people of the Drysdale/Clifton Springs community. She has worked as a volunteer organizer for the youth drama group - the Jongleurs. She has been involved in all aspect of productions including sewing, planning, fundraising. Thank you Lorraine for your contribution to the youth of our community and building a drama group of such talent.

Robert (Bob) Hutchinson - Bob has shown outstanding leadership skills and coordinating and organizing the Neighbourhood Watch Zone 64 (now 58 & 59). Bob was the founding President and took on many different roles including Secretary, Treasurer and Chairperson as required over the years. He both edited and delivered newsletters each month for many years and participated in the regular meetings with the police. Over the years he has also been a supporter of the development of the skate park and a volunteer gardener at the Clifton Springs Bowling Club. Thank you Bob for all your efforts to make this a low crime, friendly and safe community.

Patricia (Trish) Myers - Trish has worked tirelessly for young people in the area. She has been involved for over 23 years with the 1st Drysdale Scout Group including 22 years as Cub Scout Leader and 12 months as Group Leader. Her work has helped to develop personal growth, self-confidence and social skills of our young people. Values and skills that have enhanced their contributions as adults in our community. Thank you Trish for helping to build future leaders and valued community members.

John Rule - John has been an unpaid entertainer of our aged and elderly communities. He has used his considerable talents to entertain the older members of our community and the sick. John has also used his building skills to assist people in the community by providing a free home handyman service to people who can no longer do this work themselves. Thank you John for keeping many in the community entertained.

Pearl Webster - Pearl has a great community spirit and has lived in the area for around 20 years. During that time she has made an enormous contribution to the Drysdale Community Health Centre, Springdale Community Cottage, Queenscliff Air Cadets and the Rotary Art Show. She is a member of the Lions Club and for the last 8 years has been the Coordinator of the Chairman's Chale - Air Shows Down Under. Thank you Pearl for your genuine interest and commitment to our community.

Local residents nominated all our nominees and I am sure you agree that they well deserve to be acknowledged with the Adrian E Mannix award. Just like Adrian they have made built and strengthened our community. Good luck and in our eyes you are all winners.

Lisa Neville
Coordinator Springdale Neighbourhood Centre

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TRAVEL TALK - SCENIC TOURS & CANADA

Written by:
Nicole Peart Travel Consultant

I was fortunate to experience Canada with Scenic Tours in October, travelling to places such as Vancouver, picturesque Victoria on Vancouver Island, Whistler, Calgary, Banff and Lake Louise! Scenic Tours select only the finest Accommodations and we stayed at such hotels as The Banff Springs Hotel, the Fairmont Hotel Vancouver and Chateau Lake Louise. The Hotels with Scenic Tours are renowned worldwide for their level of excellence and friendly service.

My favourite Hotel was the majestic Banff Springs Hotel with the white capped Rockies as its backdrop. The Hotel was styled after Scottish Baronial Castle and you enjoy the most luxurious comfort and 5 star service! (And also the odd straying Elk!!)

The Highlight of my trip was the 2 day Rail Journey on the Rocky Mountaineer Train! It is acclaimed as the most spectacular Rail Journey in the World and that I can agree with! This most unforgettable journey began in Banff on an early crisp morning. We were on the last journey before the Winter so there was already quite a lot of snow on the Mountains and trees, making the scenery picture perfect. We snaked our way through valleys, rivers and the most amazing Mountain Ranges listening to the tunes of John

Denvers' Rocky Mountain High! It was just amazing.

During this Rail Journey we were treated to the most exemplary service and excellent commentary from our Canadian Hosts. The Canadians are very enthusiastic and well informed on every area of the Rockies. The 'Gold Leaf' Carriage I travelled in has a glass dome roof enabling the best views possible! The Silver Service Breakfast and Lunch is served in a separate carriage downstairs. The food is magnificent and prepared fresh for you by the on board chefs.

The Rail journey stopped overnight in Kamloops where we indulged in a light humoured Show with Dinner. We stayed in comfortable Accommodation overnight before heading off in the morning through more spectacular scenery. The Rail Journey concluded late afternoon in Vancouver where we

were greeted and transferred to our Hotel! It was the best holiday I have had and I look forward to returning in the near future!

Scenic Tours have Fully Escorted and Inclusive Tours of Canada & Alaska including Alaskan Cruising, Africa, New Zealand and Australian Tours of Western Australia, Northern Territory, Queensland, Southern Australia and Tasmania!

We would like to welcome Lesley Judd to our Harvey World Travel staff team. Lesley has had 11 years experience in the Travel Industry and comes to us with a wealth of knowledge on all destinations!

Harvey World Travel in conjunction with Scenic Tours are holding an information evening on all their destinations with a special focus on Africa on the 30th January 2002. For further details of this informative evening please contact Carol, Nicole, Lesley or Annie in the office on 5251 1125.

Drysdale Senior Citizens Club.

Firstly a very happy and healthy New Year to everyone. This greeting along with all other events etc was extended to all in the December Drysdale Seniors Message which was unfortunately omitted in that issue of the Springdale Messenger. The Christmas Luncheon was a great success thanks once again to the superb culinary efforts of the St. James Ladies Guild both main course and sweet were delicious. No date as yet for the Millers Fashion Parade but watch the press or notice board at the club rooms for details when they are to hand.

President Jean and her committee are looking forward to their next half year and to putting some good items for the members a couple of dates to note are: March 11th which is the club's birthday when members will be entertained by the

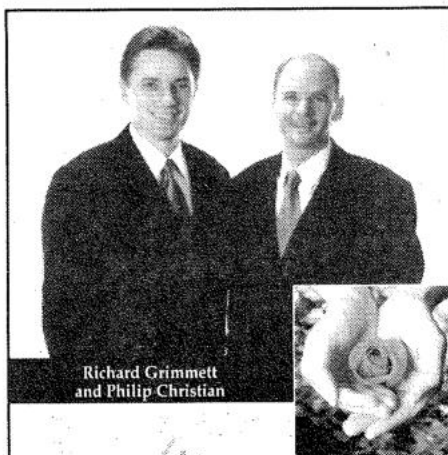
Portarlington Concert Group. This will be followed on March 18th, which is part of Senior Citizens Week with entertainment by our always very popular fellow Ron Sudden. Non members are welcome to this March 18th event. The cost is \$2.00 per person Tea / coffee and biscuits will be provided.

Changes are being made to the Bingo Sessions as from February all welcome so come along and play and maybe win a prize or two. Bingo is held on the First Monday of each Month. At 1.15pm.

Best wishes to all our sick members let us hope that 2002 will be a better year for us all. Once again many thanks to our volunteer drives and jockeys.

God Bless.

Yours sincerely Iris M. Astill.



Richard Grimmitt
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Ladies' Probus Club of Bellarine Inc. No. 14696T.

A Happy New Year to all our members and readers of the messenger.

The members helped once again to wrap up the Christmas presents for the Salvation Army, in market square.

The Springs catered for the clubs Christmas Lunch on Dec. 17th at 12.noon. It was a most enjoyable occasion enjoyed by all. Rhena King with a group of singers sang two brackets of old, not so well known Carols during lunch, which was most delightful.

The Speaker for January 21st meeting, Rhena King, who will talk about the Peninsula Players and how she became involved with the group, and how happy she is to be part of the productions, in whatever capacity is required of her.

February 18th.

Speakers are Margaret Wild and Fay Kemp, who will tell us all about the happenings on their holiday to Europe and Egypt.

Portarlington Friendship Day. Tuesday February 19th. Last year,

was reported to be a huge success. Lets hope it will be so again.

April.19th. A trip on the Puffing Billy for lunch and afternoon tea whilst travelling through the Dandenongs has been arranged.

The committee for the year will be winding up the activities, and preparing for a new committee, it is a most enjoyable task, and helps you to get to know the members better. Its worth considering.

Until next time.
Yours in friendship.
Iris (Liz) Tolton

In Your Garden

With the silly season now behind us, the kids almost back to school, the sun shining down, it might be time to check out the garden to see what happened while we were having fun on holidays. Not everybody ignores the garden on the holidays, but there are a few husbands I know that avoid it like the plague when they can. Anyway that aside, it's a good time to review your watering strategies to make sure that all the things that you have planted in the garden will make it through the Summer. All predictions are for a warm one and it is already quite obvious that the ground has dried out considerably from our Spring drench-

ing. It never ceases to amaze me the number of people that tell me about their sick plants and will not accept that it could be partly due to over or under watering. Part of having a nice garden is knowing how much water your plants need. It is easy to see how wet/dry they are, just stick the shovel in and turn the ground over. There it is all before you, now you can adjust your watering to suit and make your plants happy little chappies.

Mulching can be invaluable over our hot months to keep that last little bit of moisture where the plants can get at it. There are lots of different types of mulch, personally I pre-

fer the ones which rot down into the soil. They provide the added bonus of supplying nutrients and humus as well as retaining water. Pea Straw, Lucerne Straw, Canola, Compost, are all very good examples and are usually readily available. Once the above have started to break down you just dig them into the soil or place the fresh stuff over the top. The worms and assorted other little doodads just love the whole process and get right into it, which of course is very good for the garden too!

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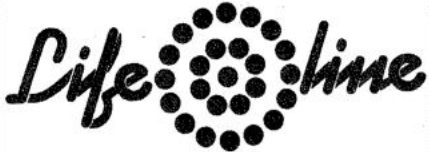
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The fifth year of the Swan Bay Integrated Catchment Management Project has seen improvements in the Swan Bay Catchment that will benefit the conservation of wildlife all over the world.

You may have heard the term "Think Global - Act Local", that's what we're doing. It is a project of international importance and its in your backyard.

Developed because of local concerns, the project aims to protect Swan Bay, one of the most intact areas of wetland and marine ecosystems within Port Phillip Bay. Swan Bay has local, state, national and international significance as birds visit the bay from all over the world.

Without community participation the project could not be as successful. In the International Year of the Volunteer it is very appropriate to pay tribute to the hundreds of volunteers who make this project possible. Volunteers have contributed in excess of 2200 hours to the project in the last year, undertaking a wide range of activities including; water quality monitoring, indigenous seed collection, propagation and planting, community education, weed removal, and general conservation works.

All the local schools have embraced the project by actively participating in environmental activities.

22 local landholders have fenced off, and linked isolated patches of bush or fenced and revegetated waterways/wetlands with our financial assistance. Fencing waterways to keep stock out, greatly improves the quality of water running off your property, while revegetating with local native species creates wind breaks, attracting birds and wildlife. If you own land within or think you can own land within the Swan Bay Catchment and are interested in undertaking projects like these, contact me as soon as possible, I may be able to offer you financial assistance.

Weeds and vermin continue to be severe problems within the catchment. Nineteen kilometres of "Significant Roadside Vegetation" have been weeded, thanks to the City of Greater Geelong, NRE and the Swan Bay Green Corps team. To control the weeds Gorse and Bridal Creeper, we continue to release the Gorse Spider-mite and the Bridal Creeper Leaf-hopper, thanks to Bellarine

Secondary College's breeding program. Serrated Tussock is spreading into the catchment with 5 new small infestations discovered and removed this year. 12.5 Ha of revegetation sites are rabbit free thanks to rabbit proof fencing.

You as individuals have an opportunity to be part of this unique project and learn about the environment by participating. You can undertake conservation works on your own property, perhaps with some financial assistance. Participate in the courses, workshops and working bees we run. Join one of the 6 local environmental groups - contact lists or funding applications are available on request. Ask to be put on our contact list if you would like to be notified of future activities.

Get involved and help us build on our successes.

Steve Smithyman Swan Bay Catchment Officer 0417 231 853 mob 52 298 432 phone/fax

3 Year Old pre-school vacancies

Drysdale Pre-School is running an exciting new 3 year old session on Wednesdays from 10am - 12noon. Vacancies are limited and enquiries should be made to Rachael on 5251 1855 A.S.A.P.



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Commencing for 2002 on February 4th. Monday, Tuesday, Wednesday and Friday 9.30 - 12.00. Children are left in the care of qualified and experienced staff. The sessions offer a variety of developmentally appropriate experiences for children aged between 0-6 years. Cost is \$14 per session (\$5 registration per family). For bookings Ph. 52531960 or pick up an enrolment form from Springdale Neighbourhood Centre, 14 Princess Street, Drysdale.

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Playing Membership	\$396.00
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Provisional Junior	\$ 22.00
Junior Membership	\$110.00

LIVE SHOW

CREEDENCE CLEARWATER RECYCLED

SAT 2ND MARCH

\$35 PER PERSON INCLUDES

2 COURSE MEAL

Don't Miss out BOOK NOW

Phone Bookings-52513391

What's happened and what's happening at the CLIFTON SPRINGS GOLF CLUB

By the time you read this article we hope to have the full 18 holes opened and playing on our new fairways. Due to the cooler than anticipated Summer period the growth of the fairways are about 4 weeks behind. But as they say all good things come to those who wait.

The Bistro has now been completed except for new blinds and furniture with both arriving over the next 5 weeks. The new carpet in the Bistro has given the room a new dimension and we are absolutely thrilled with it.

Works on the extended Members Lounge is to commence at the end of January with a completion date around Easter. Works include the doubling of the size of the room, new bar, new carpets and blinds and the facility for golfing honour boards to be relocated into the room.

New Years Eve was an outstanding success with all enjoying the great music of local band "Cool Change" complimented by a magnificent 3 course meal.

Our Caterer's have just released their new Summer menu with dishes

to tantalize the tastebuds, with bookings essential with most nights being booked out.

On the entertainment side Morning Melodies re commence on Wednesday 27th February with the talented Debbie Virgona appearing. The next big show is on Saturday March 2nd with the return performance of CREEDENCE CLEARWATER RECYCLED with tickets at the low price of \$35 per person, which includes a 2 course meal. Bookings are essential.

The new golfing membership season commenced on October 1st and for the fantastic value of \$396.00 you can secure 12 months playing membership at the club with no joining fee applicable. Applications forms are available at the Club. Social Memberships are also available for the great price of \$5.50.

Whilst the renovations are in progress we ask for your patience and understanding during these works and look forward to seeing you Dine and Play by the Bay.

David Milne Manager

CROQUET

Play Croquet at Drysdale for fun or fitness. Initial introduction is through Aussie Croquet A simple and easy form of the sport. Some people prefer to stay with Aussie or Golf Croquet, others feel there is the need to extend their play to the more challenging Association Croquet.

Association Croquet is very similar to Chess and Snooker, and is often referred to as "Snooker on Grass", it can be very competitive and due to its strong emphasis on tactics can be played by both male and female on an equal level. It is suitable for all ages from 9 yrs to 91 yrs.

During Seniors Week in March on Tues 12th and Wed 13th we are holding special promotion days. From 10am - 4pm with a sausage sizzle at 12 noon. Bookings necessary

Ring Wilma 5251 2393 Or Kay 5250 1404. Only requirement flat shoes, other equipment supplied by club.

Drysdale *Your One Stop Plumbing Shop*

Plumbtec

Bathroom Kitchen & Plumbing Supplies



PH: DRYSDALE 52531268 GEELONG 52221268
TANKS FOR DRINKING WATER & GARDENS

Take Control its your choice

Take control in the face of health, relationship and lifestyle changes.

Highly experienced counsellor offers private consultations at Drysdale Community Health Centre (tel: 5251 2291 bus. Hours).

For appointments in Geelong and home visits, tel: 5253 1589 or 0411 253 644 any time. Evening and weekend consultations available.



Jim's Electrical

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or
DAVID GALLOP

Phone: 5222 1606
Fax: 52218608
Mobile: 0418 554 011
172 Fyans Street,
South Geelong 3220

Springdale Neighbourhood Centre

Human
Services



People first

COURSE GUIDE TERM 1 - 2002

Address: 14 Princess Street, Drysdale

Phone: 5253 1960

Fax: 5253 3050

Email: Sprdalecc@primus.com.au

Opening Hours: Monday - Thursday 9:30 am - 3:30 pm

Friday 9:30 am - 1:00 pm



Adult Education in
the Community

Educational, Leisure, General Interest Programmes Learning Can Be Fun!!

ENROLMENT & PAYMENT INFORMATION

Enrolment:

To enroll in a class, call in person to SpringDale Neighbourhood Centre, 14 Princess Street, Drysdale or Phone 5253 1960.

- If you hold a current Concession or Health Care card, you will receive a 5% discount on full course fees.
- Class bookings are confirmed when payment is received.
- Should a class be cancelled due to lack of enrollments or another reason, fees are refunded in full and enrollees notified by phone. People wishing to withdraw from a course must do so prior to commencement of the course. Where fees have been paid a refund will be issued with an administrative fee of \$8.00 deducted. Where a person withdraws after commencement of a course no refund will be issued.

Payment:

Classes must be paid for no later than one week prior to the commencement of class.

Credit card facilities are available for payment.

Payment can be made in person at SpringDale, over the phone or by mail.

To pay by mail complete the form below and send it to:
SpringDale Neighbourhood Centre, P O Box 80, Drysdale, 3222.

1. Class: _____

Time: _____ Date: ____/____/____ Venue: _____

2. Class: _____

Time: _____ Date: ____/____/____ Venue: _____

I am paying the amount of \$ _____ by:

Cheque/Money Order payable to: SpringDale Neighbourhood Centre

Bankcard/Visa/Mastercard No: ____/____/____ ____/____/____ ____/____/____ ____/____/____

Expiry Date: ____/____/____ Cardholder Name: _____

Signature: _____

Receipt Required?:

Yes

No

HEALTH & WELLBEING

YOGA

Exercise through breathing, stretching and relaxation.

Experience balance and harmony of mind, body, emotions and spirit.

Date: Monday, 11th February 25th March (excludes 11th March - Labour Day)

Time: 1:45 pm - 3:15 pm

Fee: \$54.00 (6 x 1½ hour sessions)

Venue: SpringDale Neighbourhood Centre, 14 Princess Street, Drysdale

Tutor: Glenda Breedweld

Date: Thursday, 7th February 28th March

Time: 6:00 pm - 7:30 pm or

7:45 pm - 9:15 pm

Fee: \$72.00 (8 x 1½ hour sessions)

Venue: Bellarine Community Health Centre, 21 Palmerston Street, Drysdale

Tutor: Glenda Breedweld

TAI CHI

Introduction to Tai Chi

A gentle, relaxing exercise program, to calm and focus your mind and relax and strengthen your body.

Learn the "Sun Style" beginners Tai Chi form, a simple, easy-to-learn set of 12 movements.

This form is also highly recommended for those who suffer from arthritis, as well as for anyone who wants to learn the basics of Tai Chi.

The instructor has trained with Dr Paul Lam in Sydney, as well as having extensive teaching experience in Melbourne.

Date: Monday, 4th February - 25th March (excludes 11th March - Labour Day)

Time: 6:30 pm - 7:30 pm Fee: \$60.00 (7 x 1 hour sessions)

Venue: Bellarine Community Health Centre, 21 Palmerston Street, Drysdale

Tutor: Sue Simpson

BELLY DANCING

Beginners to Intermediate

Enjoy this age-old celebration of dance. Inclusive of all age groups, body sizes and fitness levels. Something for everyone.

Continue to develop your skills and have some fun.

New participants always welcome.

Date: Tuesday, 5th February - 19th March

Time: 7:00 pm - 8:00 pm

Fee: \$35.00 (7 x 1 hour sessions)

Venue: Drysdale Community Hall, High Street, Drysdale

Tutor: Delyce England

Performance Troupe

Pre-requisite: Some belly dancing experience and a desire to perform.

Date: Tuesday, 5th February - 19th March

Time: 8:15 pm - 9:15 pm

Fee: \$35.00 (7 x 1 hour sessions)

Venue: Drysdale Community Hall, High Street, Drysdale

Tutor: Delyce England

FIRST AID

First Aid - Level 1

Covers First Aid procedures needed to save a person's life during the first few minutes after a life threatening incident. Don't put it off any longer, enroll today. This is an accredited certificate (valid for 3 years). Participants who complete the course will be competent in managing life threatening emergencies at home, at leisure or in the workplace.

Date: Tuesday, 12th February and 19th February

Time: 6:30 pm to 9:15 pm

Fee: \$70.00 (2 x 2¼ hour sessions)

Venue: SpringDale Neighbourhood Centre, 14 Princess Street, Drysdale (Child Care Room)

Tutor: National First Aid

First Aid -

Workplace Level 2

This is an accredited certificate (required by many workplaces) which is valid for 3 years (with CPR updates) upon completion. Covers all modules taught in Level 1 plus additional emergency treatment and management procedures.

Date: Tuesday, 12th February - 19th March

Time: 6:30 pm - 9:15 pm

Fee: \$135.00 (6 x 2¼ hour sessions)

Venue: SpringDale Neighbourhood Centre, 14 Princess Street, Drysdale (Child Care Room)

Tutor: National First Aid

CPR Update

(Cardiopulmonary Resuscitation)

It is recommended that CPR updates occur annually.

Refresh this vital skill and enjoy "peace of mind".

Date: Tuesday, 12th February

Time: 6:30 pm - 9:15 pm

Fee: \$35.00 (1 x 2¼ hour session)

Venue: SpringDale Neighbourhood Centre, 14 Princess Street, Drysdale (Child Care Room)

Tutor: National First Aid

ARTS & CRAFTS

Water Colours

This class is designed for new starters and those with some basic water colour experience.

An opportunity to begin a new interest or to develop your skills further.

Date: Tuesday, 12th February - 26th March

Time: 10:00 am - 12:00 noon

Fee: \$72.00 + supply of some materials.

(List available at the Centre)

(7 x 2 hour sessions)

Venue: SpringDale Neighbourhood Centre, 14 Princess Street, Drysdale

Tutor: Brian Close

Introduction to Drawing with Pencil and Charcoal

This class is designed for beginners. Go on, explore your creative side and book today!

Date: Tuesday, 12th February - 26th March

Time: 1:00 pm - 3:00 pm

Fee: \$72.00 + supply of some materials.

(List available at the Centre on enrolment)

(7 x 2 hour sessions)

Venue: SpringDale Neighbourhood Centre, 14 Princess Street, Drysdale

Tutor: Brian Close

Naïve Country Quilt (Simple)

This course will show you how to create a beautiful and simple to make Country Quilt. No experience is required and the quilt can be either hand or machine made. You will be guided step-by-step by our very experienced craft tutor, Gloria. A materials list will be available from SpringDale.

Date: Monday, 11th February - 25th March (excludes 11th March - Labour Day)

Time: 10:00 am - 12:00 noon

Fee: \$35.00 + supply of some materials (6 x 2 hour sessions)

Venue: SpringDale Neighbourhood Centre, 14 Princess Street, Drysdale

Tutor: Gloria Stead

COMPUTER CLASSES

For beginners:

Introduction to Computers and the Internet Covers basic computer skills using Microsoft Word. Learn Windows 98, Introduction to Microsoft Word and Introduction to Internet and Email.

Date: Monday, 4th February - 25th March (excludes 11th March Labour Day)

Time: 5:30 pm - 8:00 pm (7 x 2½ hour sessions)

Fee: Subsidized: \$50.00 (\$16 + \$34 amenities fee + Internet access)

Full course fee: \$95.00

Venue: SpringDale Neighbourhood Centre, 14 Princess Street, Drysdale

Tutor: Chris Hackett

Date: Tuesday, 5th February - 19th March

Time: 9:30 am - 12:00 noon

(7 x 2½ hour sessions)

Fee: Subsidized: \$50.00 (\$16 + \$34 amenities fee + Internet access)

Full course fee: \$95.00

Venue: SpringDale Neighbourhood Centre, 14 Princess Street, Drysdale

Tutor: Lynette Brook

Tutor: Lynette Brook

Subsidized places are funded through ACFE (Adult Community & Further Education) and are available for those seeking re-entry into the workplace, the unemployed and those over 55 years of age.

Introduction to Computers and the Internet for the Over 55's

Date: Monday, 4th February - 25th March (excludes 11th March - Labour Day)

Time: 9:30 am - 12:00 noon or

1:00 pm - 3:30 pm (7 x 2½ hour sessions)

Fee: \$50.00 subsidized (\$16 + \$34 amenities fee + Internet access)

\$95.00 full course fee

Venue: SpringDale Neighbourhood Centre, 14 Princess Street, Drysdale

Tutor: Lynette Brook

Date: Friday, 8th February - 22nd March

Time: 9:30 am - 12:00 noon

(7 x 2½ hour sessions)

Fee: \$50.00 subsidized (\$16 + \$34 amenities fee + Internet access)

\$95.00 full course fee

Venue: SpringDale Neighbourhood Centre, 14 Princess Street, Drysdale

Tutor: Lynette Brook

Date: Thursday, 7th February - 28th February

Time: 6:30 pm - 9:00 pm

(4 x 2½ hour sessions)

Fee: \$85.00

Venue: SpringDale Neighbourhood Centre, 14 Princess Street, Drysdale

Tutor: Lynette Brook

Intermediate

Computer -

Microsoft Word

This is the follow-on from our Introductory course. Topics covered include Tables, Tabs, Bullets & Numbering and Columns etc.

Basic computer skills required.

Date: Thursday, 7th February - 28th February

Time: 6:30 pm - 9:00 pm

(4 x 2½ hour sessions)

Fee: \$85.00

Venue: SpringDale Neighbourhood Centre, 14 Princess Street, Drysdale

Tutor: Lynette Brook

Introduction to Desktop Publishing

Applications covered include working with clip art and with text. Learn how to enhance your presentations and have some fun too! Create brilliant flyers, newsletters etc. Basic computer skills are required.

Date: Thursday, 7th March - 28th March
Time: 6:30 pm - 9:00 pm
Fee: \$85.00 (4 x 2½ hour sessions)
Venue: SpringDale Neighbourhood Centre, 14 Princess Street, Drysdale
Tutor: Lynette Brook

Introduction to Excel

This course is designed to provide participants with a basic understanding of how to use this popular spreadsheet program. It is particularly useful for home/work bookkeeping.
Participants require basic computer skills.

Date: Wednesday, 27th February,
6th March & 13th March
Time: 7:00 pm - 9:00 pm
(3 x 2 hour sessions)
Fee: \$45.00

Venue: SpringDale Neighbourhood Centre, 14 Princess Street, Drysdale
Tutor: Marg Toliday

Introduction to Quickbooks

This 2 week course is aimed at people who run a small business or wish to organize their home finances. This course covers business setup/sales & purchases/bank reconciliations, BAS.

Date: Tuesday, 19th and 26th March
Time: 7:00 pm - 9:00 pm
(2 x 2 hour sessions)

Fee: \$35.00 (+ \$10 to tutor for reference book to take home)

Venue: SpringDale Neighbourhood Centre, 14 Princess Street, Drysdale
Tutor: Hutchison Bookkeeping

Digital Imaging

An overall introduction to the latest Digital Image technology and how to apply them.

Topics will include digital theory, computer systems, digital input (scanners and cameras), image editing software and digital output (printers, film recorders etc.) Emphasis during this course will be on practical demonstrations and hands on practice. Experience with computers and Windows software is desirable.

Date: Tuesday, 12th February - 12th March
Time: 7:00 pm - 9:30 pm
(5 x 2½ hour sessions)
Fee: \$78.00

Venue: SpringDale Neighbourhood Centre, 14 Princess Street, Drysdale
Tutor: Terry Oakley (The Picture Source)

COMPUTER WORKSHOPS

Downloading an Anti-Virus/Email Attachments

How to successfully download an anti-virus plus tips on sending and receiving Email attachments.

Date: Tuesday, 5th February
Time: 12:15 pm - 1:45 pm
(1 x 1½ hour session)
Fee: \$20.00

Venue: SpringDale Neighbourhood Centre, 14 Princess Street, Drysdale
Tutor: Sue Ashby (Lara Computers)

Computer Troubleshooting

Common problems faced by computer users and how to go about solving them. Gain confidence to cope when the unexpected happens.

Date: Tuesday, 19th March
Time: 12:15 pm - 3:15 pm (1 x 3 hour session)
Fee: \$30.00

Venue: SpringDale Neighbourhood Centre, 14 Princess Street, Drysdale
Tutor: Sue Ashby (Lara Computers)

Buying a Computer

So you're thinking of buying a computer but don't know where to start! This session covers what to look out for when purchasing a new or second-hand computer. Approach the next computer salesman or swap meet with greater confidence.

Date: Tuesday, 26th March
Time: 12:00 noon - 2:00 pm (1 x 2 hour sessions)
Fee: \$25.00

Venue: SpringDale Neighbourhood Centre, 14 Princess Street, Drysdale
Tutor: Sue Ashby (Lara Computers)

MYOB Workshop

This session is designed to enable users of MYOB to expand their knowledge and learn to use it more effectively and efficiently (including updates and tips). Suitable for small business operators, owners and staff (including bookkeepers). Prerequisite: Participants need to be computer literate and have basic bookkeeping and MYOB knowledge.

Date: Wednesday, 20th February
Time: 6:30 pm - 9:00 pm (1 x 2½ hour session)
Fee: \$20.00

Venue: SpringDale Neighbourhood Centre, 14 Princess Street, Drysdale
Tutor: Joanne Marshall

Skillsnet - Internet Training

SpringDale Neighbourhood Centre, through the support of Vicnet, is funded to provide Internet training and access to the local community. Eligible participants will receive 5 hours of Internet access time at the Centre (free-of-charge) after completing the course. Access will also be available at Portarlington Community Health Centre.

Internet and Email training can open up a whole new world. Training is provided in a friendly and supportive environment by experienced tutors.

Date: Tuesday, 12th February and 19th February or Tuesday, 26th February and 5th March

Time: 12:15 pm - 2:45 pm (2 x 2½ hour sessions)
Fee: \$20.00

Venue: SpringDale Neighbourhood Centre, 14 Princess Street, Drysdale
Tutor: Sue Ashby (Lara Computers)

Skillsnet - Internet Training

Date: Wednesday, 20th and 27th March
Time: 6:30 pm - 9:00 pm (2 x 2½ hour sessions)

Fee: \$20.00

Venue: SpringDale Neighbourhood Centre, 14 Princess Street, Drysdale
Tutor: Julie Phillips

Genealogy (Skillsnet)

Discover the Internet while investigating your family tree. Learn research skills, tips and advice. Bring any documents you have to help get you started (Birth, Death, Marriage certificates).

Date: Wednesday, 20th and 27th February or Thursday, 7th and 14th March
Time: 1:00 pm - 3:30 pm

Fee: \$20.00 (2 x 2½ hour sessions)

Venue: SpringDale Neighbourhood Centre, 14 Princess Street, Drysdale
Tutor: Marg Toliday

GENERAL INTERESTS AND SKILLS

CREATIVE WRITING

Beginning Short Stories (Module Code VBE 509)

For aspiring writers. This module is taken from the accredited Creative Writing course.

A certificate will be issued on the successful completion of the module.

The purpose of this module is to provide participants with the knowledge and skills to use elements of short story writing in their short fiction and to begin the process of writing short stories.

More information can be obtained from SpringDale Neighbourhood Centre.

Date: Tuesday, 12th February - 30th April (excludes 2nd & 9th April)

Time: 7:00 pm - 9:30 pm (10 x 2½ hour sessions)

Fee: \$50.00 - Accredited module funded through ACFE

Venue: SpringDale Neighbourhood Centre, 14 Princess Street, Drysdale

Tutor: Elaine Hurst

ENGLISH AS A SECOND LANGUAGE (ESL)

English Classes

Date: Classes will be held on a wednesday. (You can start anytime)

Time: 9:30 am - 12:30 pm

Fee: \$50.00 for the whole year

Venue: Healthlink, 1377 Murradoc Road, St Leonards

Phone: SpringDale Neighbourhood Centre on 5253 1960

Hot Real Estate

A question and answer session for anyone interested in buying or selling property. This session will be guided by areas of interest to participants but will include information on buying and selling houses, tips on how to present your property, how to choose an agent that is right for you, how to market your property, searching on the net, conveyancing and much more! Handouts will be included.

Date: Thursday, 21st March

Time: 6:30pm - 9:30pm (1 x 3 hour session)

Fee: \$20.00

Venue: SpringDale Neighbourhood Centre, 14 Princess Street, Drysdale

Tutor: Doug Williams

(CJ Keane - Drysdale)

FOR MEN

Bethany Community Support will be running a number of programmes for men on the Bellarine Peninsula over the coming year.

These will include the following:

- Men after Separation or Divorce
- Looking Back - Moving Forward
- Fathers & Sons
- Once We Were Workers
- The Man's Guide to Relationships
- Men Seeking Change

For more information phone Greg Roberts at Bethany on: 5278 8122.

CHILDREN'S PROGRAMS

Occasional Care

Three hour sessions enable parents to take a break, undertake a class, do shopping etc. It also gives your child an opportunity to socialize and play with other children in a supervised program with qualified staff.

Sessions are:

Days: Monday, Tuesday, Wednesday and Friday mornings

Time: 9:00 am - 12.00 noon

Fee: \$14.00 per session

Special rates apply to families with more than one (1) child attending and those attending a class at the Centre.

Term 1 commencing 4th February, 2002

3 Year Old

Kindergarten

Days: Thursday

Time: 9:30 am - 11:30 am

Fee: \$100 per term (+ \$45 annual materials fee)

ENQUIRE NOW FOR PLACES FOR 2002

Bellarina Toy

Library

The Toy Library is open the first and third Thursday of every month between 3:30 pm and 5:00 pm and Saturday mornings 10.30 am to 11:30 am.

We have some fantastic toys to borrow (ages 0 - 6 years) so come along if this time suits you and see what we have to offer!

SPECIAL INTEREST GROUPS

SpringDale Singers

A mixed voice choir meeting on Tuesdays from 1:30 pm to 3:30 pm in the Drysdale Community Hall. New members welcome. Persons interested may come as visitors on any Tuesday.

Walking Group

This friendly group meet at SpringDale Neighbourhood Centre each Wednesday at 9:30 am

before it sets off for a walk around the streets of Drysdale.

New members welcome.

Weekly Craft Groups

An opportunity to meet people, learn new crafts, or teach others your specialty. Meet weekly during school terms. Cost is \$5.00 (one off registration) \$2.00 per week. New members welcome. Ring SpringDale for more details.

Sew & Sews

(Wednesday Morning Group)

10:00 am - 12:00 noon (Childcare available)

Whichcraft

(Wednesday Afternoon Group)

1:00 pm - 3:00 pm

Friday Afternoon

Craft Group

1:00 pm - 3:00 pm (Childcare available)

Writers Group

This group meets the second Thursday of each month

1:00 pm - 3:00 pm at SpringDale Neighbourhood Centre, 14 Princess Street, Drysdale

New members welcome.

Ring SpringDale for more details.

Queenscliff & District

Woodworkers

Meet first and third Monday of the month at 2:00 pm at Drysdale Community Hall, High Street, Drysdale.

New members welcome. Just turn up if you are interested.

Enquiries to the Secretary, Ray Roberts, Tel: 5251 2183.

YOUTH GROUP

(Friday Nights)

Are you between 13 and 17 years old? Looking for something to do? Want to make some

new friends? Then this is for you!

Friday nights filled with activities, food & fun, in-house activities and excursions.

Venue: SpringDale Neighbourhood Centre 14 Princess Street, Drysdale
Phone SpringDale on 5253 1960 for more details.

OTHER SERVICES

Springdale also provides facilities to the public which include:

- Computer access
- Internet & Email access
- Photocopying
- Faxing
- Hall rental

Please call SpringDale for further information on the above.

VOLUNTEERS FOR THE OFFICE

If you have a couple of hours to spare and enjoy working in a team environment, then please phone Rosie on 5253 1960 to register your interest.

Oasis by the Sea

What a great weekend. The retreat started with a lot of pampering with facials, body lotions, pedicures, trying on of wigs and hair pieces and generally a lot of fun. All Friday nights entertainment was courtesy of a local shop in Drysdale that specializes in hand made beauty products and herbal teas. Bed for most was about 3.00am and the alarm went off much too early for Saturday's 7.00am yoga – just to get the mind and body in gear for the remainder of the day. After breakfast, posture in dance was the theme of the next class. Bean bags can be very difficult to keep on your head whilst performing various dance moves – those with long enough hair did resort to trying them on! A quick veil dance on the beach was spectacular and amused the dog walkers until the cold and rain forced us back inside. Yoga and more belly dance made up the remainder of the day. For some there was a quick shopping trip to an interesting shop in Queenscliff, the owner did want to attend the concert to see all her various wares being worn that night. Of course the special unlisted surprise for the weekend was the naked run along the beach at midnight and yes most people participated. (The photo did not come out because it was "over-exposed") and the exhilaration of the run certainly kept the cold away. Daylight savings meant the 8.00am really was 7.00am and the numbers were down for the early yoga class – the Saturday night party was good! Barbara Wolfkamp was the teacher for Sundays classes with a fun zill class and after lunch a more traditional dance. A relaxing session of yoga concluded the weekend and I certainly enjoyed a full nights sleep that night – of course the question on most attendees lips was – when is the next one?

Bellarine Jongleur Theatre Company

The Bellarine Jongleur Theatre Company is not new to the community. It has been in the area now for 12 years and has grown since its commencement. When Lorraine Hall and Marie Brown founded the original amateur theatre company, the two women gave a group of children aged between 9-15 years old, the opportunity to perform and be involved with various stage work in a safe and caring environment. Over the years, the company has obtained its own sound and lighting equipment and an extensive costume collection. The Bellarine Jongleurs has expanded and now consists of four separate groups, which cater to all age levels. Last year alone, the company performed in such productions as 'The Laugh Boat', 'Fun in the Sun', 'Harem Scarem', 'The Boom Boom Room' and 'Rudolf'. Jongleurs also hosted Carols by Candlelight and a very successful variety night. Our newest dance group, performed many times at venues such as The Ford Theatre, GPAC, Geelong Central, and were involved in Eistedfords and Festivals.

The Bellarine Jongleurs Theatre Company is a non-profit organisation that relies on the communities' support to continue it's love of entertaining. We are always looking for new faces to enhance our four groups. If you have wanted to join

an amateur Theatre Company, you don't need to have any experience, just a sense of fun and the willingness to learn some new skills. So if you are looking for something new and different, come and join us for a look-see at one of our rehearsals. You just might be surprised who you will see there.

The B.J.'s is our junior group. Ages 5-12 years of age. They meet for rehearsals at 4:30 on Thursday afternoons at 41 Clifton Springs Rd. Drysdale. For information please contact Trish Redman on 52 532845.

The Jongleurs is our intermediate group. Ages 12-17 years of age. They meet for rehearsals between 5:30- 7:00pm on Thursday nights at Clifton Springs Primary School. For information please contact Jacqui Hall on 52 512893.

The Jesters is our senior group. Ages 18 years and over. They meet for rehearsals between 7:30-9:30pm on Tuesday nights at Clifton Springs Primary School. For information please contact Kerrie Reynolds on 52 533332.

Body junction is our dance group. They meet for rehearsals between 6:00-8:00pm on Wednesday nights at Clifton Springs Primary School. For information please contact Jacqui Hall on 52 512893.

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ETA

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5253 2992

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HOTEL



- Open 7 Days
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- Cosy log fires
- Daily blackboard specials

High Street, Drysdale.
Bookings Ph: 5251 2301



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on 5251 3090 or 0417 544 887

Drysdale Ladies' Probus Club inc. Reg No A021357E

November Meeting was held at The Springs in a smaller venue, would you believe 105 ladies (larger number than usual) squeezed in to hear our Guest Speaker – Judy Patching A.O.OBE. He was in the Defence Forces, Life Member Victorian Athletic Association, Australian Athletic Union (Award of Merit) Life Member Victorian Olympic Council Inc. Life Member Australian Olympic Committee, Sydney

Olympic Committee of The Olympic Games Year 2000 "SOCOG", and so on. What an amazing human being, so informative and humorous. We gave him a standing ovation, and we are so grateful to have had him give us this address. CC from "Caring Clowns" came to pick up donations from our ever so generous ladies. She was overwhelmed and so were we! December 13th was an occasion to remember, our Christ-

mas Lunch, Choir Singing, Mrs. Claus handing out goodies, very amusing little plays, and skits, tears running down our cheeks with laughter. Lovely lunch and good Fellowship. One of the best days ever! What more could you want. Best wishes for the coming year.

Hoo Roo for now
Jeanette Derham.

"Portarlington Red Cross"

Just a reminder that "Red Cross Calling" will again be beginning in March. The Portarlington unit would be very grateful if you could spare some time for collecting, if you are able to help could you please contact co-ordinators Johanna + Kees De Meester Portarlington on 52592768. Also Pearl + Geoffrey Webster co-ordinators for Drysdale on 52512990 and Ethel Warrold co-ordinator for Clifton Springs on 52512511:

Thankyou E. Harrold President

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Portarlington Development Association Inc.

Brunch with Brubeck in Portarlington brought to you by the Portarlington Development Association Inc.

I trust you all had a happy Christmas and a good New Year. Don't forget the new year resolution to come to all the Brunches with Brubeck this year. Yes we are back with a fantastic line up. The first Brunch is on Sunday January 20th 11AM - 1PM at the Grand Hotel Newcombe Street Portarlington We are featuring the swinging and lively music of the "Hot Club Swing". The cost is \$20 for live music and an excellent plate of brunch food.

It is really important that you book in advance; phone the Grand Hotel on 5259-2260 and if you have booked and at the last minute you can't make it please let them know. As they put on a special menu for we don't want to mess up their catering.

In addition pull out your diary or write it on your calendar.

The February Brunch on Sunday 17th features a new local band of musicians who are fantastic. "The Steve Murphy Jazztet" will be featured at the o'l Duke Newcombe Street Portarlington between 11AM - 1PM. This group play a traditional 50's style of jazz band that has a very wide repertoire. The cost is \$20 for live music and an excellent plate of brunch food. Phone the o'l Duke on 5259-1250 for bookings

On Sunday 24th of March the brunch will be back at the Grand Hotel 11AM - 1PM at the Grand Hotel Newcombe Street Portarlington and for the March brunch we have for your entertainment the velvet voice of Michelle Benjamin and the trio. Remember her a couple of months ago she brought tears to the eyes of several in the audience with the wonderful interpretations she has of old jazz standards. The cost is \$20 for live music and an excellent plate of brunch food. Phone the Grand Hotel on 5259-2260 for bookings.

Stop the Press! Stop the Press! Stop the Press!

The Portarlington Development Association are presenting a Special Event on Saturday March 9th at Stoneacres Farm on Scotchmans Road. "An Afternoon With Gershwin" featuring the Silken Voice of Judy Stickland and the music of the Judy Stickland Quintet. This is a must do event. Saturday 9th March 3PM - 5PM at Stoneacres Farm 330 Scotchmans Road. The cost for this event, "An Afternoon With Gershwin", is \$35 which includes live music and a great plate of goodies to eat. Tickets are essential and must be purchased in advance. Phone Rene on 5259-3835 to book your ticket. Places are limited so don't be disappointed book early. René Souéry Portarlington Development Association.

CLIFTON SPRINGS PLAYGROUP

CLIFTON SPRINGS PLAYGROUP RE-COMMENCES ON MONDAY 4TH FEBRUARY 2002 FOLLOWING THE SUMMER BREAK.

PLAYGROUP IS OPEN ON MONDAYS, TUESDAYS, THURSDAYS & FRIDAYS

9.30 AM - 11.00 AM

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Portarlington

Drysdale Uniting Church News

New 'Young-Youth' Group - commencing Friday Feb. 8th

The Drysdale Uniting Church is starting a new 'Young-Youth' Group for Year 5 to 8 students. The group will meet on the second and fourth Friday of each month, at the Drysdale Uniting Hall, from 6.30pm till 8pm. The group is not just for those who are members of our church, but for any in the community who would like to come along and share in the planned activities - which will include such things as outdoor games, indoor games, painting, craft activities, 'game-shows', sporting activities, cooking, community outreach, discussion groups, and the list goes on and on. Our first meeting night will be held on **FRI-DAY FEBRUARY 8th**, so come

along with fresh ideas and meet with other kids your age for some fun, fellowship, and maybe even a little food. For enquiries, telephone Jenni Nickelson on 52513714.

Countdown to Christmas

The annual Advent Workshop was again a huge success. Thanks to all who attended - we hope you had a great time and hope to see you again next year. And don't forget that all those who were in our older group of Grades 4, 5 and 6 kids are very welcome to join our new Youth Group!!

Pancake Day 2002!!!!

Pancake Day is being promoted state wide to raise funds for and promote the extensive UnitingCare net-

work which is Australia's largest non-government provider of community services and which has more than 400 individual agencies under its umbrella. They include UnitingCare Concern in Geelong, Lifeline and many many more.

Pancakes will be available at the **February Drysdale Craft Market on Sunday February 17th** at a cost of \$2 each. Come along and enjoy a yummy hot pancake with your favourite topping and help UnitingCare to help others.

Service Times Worship @ 9:
Contemporary service - Sunday morning at 9am
(including Kids for Christ)

Traditional worship service:
Sunday morning at 10.45am

DON'T LET YOUR CHILDREN DIE

Leaving a young child locked in a parked car could be a death sentence, according to Rural Ambulance Victoria (RAV).

"RAV Paramedics have already attended one incident where two toddlers were left locked in a parked car on a warm day," said Clinical services Manager Tony Walker, "and

unfortunately they did not suffer any ill effects, but they were certainly seriously at risk until emergency services crews arrived."

"It's important to realise that babies and young children don't cope well in hot weather, sweating and dehydrating quickly."

Mr. Walker said under no circumstances should children ever be left in a closed, parked car, even for a short time.

"On a warm or hot day, the inside of a closed car can become like an oven, with the temperature inside

the vehicle rising to almost twice the temperature outside."

"For a child inside, this can very quickly result in heat exhaustion, heat stroke and death."

"Of course, young children have also been known to play hide-and-seek in the boot of a car."

"If the car is in the driveway or the garage, make sure the car doors and boot are kept locked."

Mr. Walker said anyone coming across a child locked inside a parked vehicle should immediately call Triple 0.

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BELLARINE PENINSULA RAILWAY DRYSDALE

BPR has been extremely busy with Blues Trains, Wedding Parties, three days of running for Knox Scouts and the Queenscliff Music Festival which had 11 trains scheduled with up to 280 passengers per trip. School excursions have also been run. Notably a charter for Clifton Springs P.S which unfortunately saw the train stall on Mannerim Hill and had to be divided in order to make it to Drysdale ! This very rare manouvre proved entertaining to the students at least ! Thanks again to staff and parents for your good humour and understanding. The annual summer daily train service began with a good start due to the cooler weather. We recently welcomed several new volunteers here at Drysdale- Mr Arthur Courtney (St Leonards), Chris Schultz (Drysdale) and Gladys Mather (Clifton Springs) These new members, in addition to Mike Yeomans & Henry Janson and ourselves, have succeeded in manning the station almost every running day

over January. Special thanks to Chris Schultz and family (who also run Drysdale's Thrifty Link Hardware) who donated time and equipment to mow the grass adjacent to Lake Lorne. The area looks a treat ! The station shop has moved to the larger room at the east end of the building, following this room being vacated by the Queenscliff Woodworkers who have simply outgrown our facilities. The 'Woodies' will be missed - a better bunch of people you wouldn't find anywhere ! We congratulate their success. CAN YOU HELP ? Vounteers as usual are urgently required right across the railway. You can also help by donation of materials and/or equipment. Kate is looking for donations of garden mulch to complete her wonderful gardens at Drysdale. If you can help with this or any other enquiries re volunteers/donations give us a bell (A/H) on 5259 2758 OTHER BPR NEWS The station area at Queenscliff has been further tidied up and improved, particularly in the

vicinity of the water tank where retaining walls have been built. An ashpit is being dug opposite the tank. The annual slash of the entire reservation has been completed. Railmotor RM76, Trailer PL127 & Brake Van DAV1134 are being prepared for the move to Beaudesert Railway (QLD).

As at 07/1/02 the regular service was being alternated between PB15 454 & M6.

LOCO STATUS 7/1/02 STEAM
LOCOS PB15 454 In Service M6
In Service Klondyke Awaiting replacement tubes. No 6 Available
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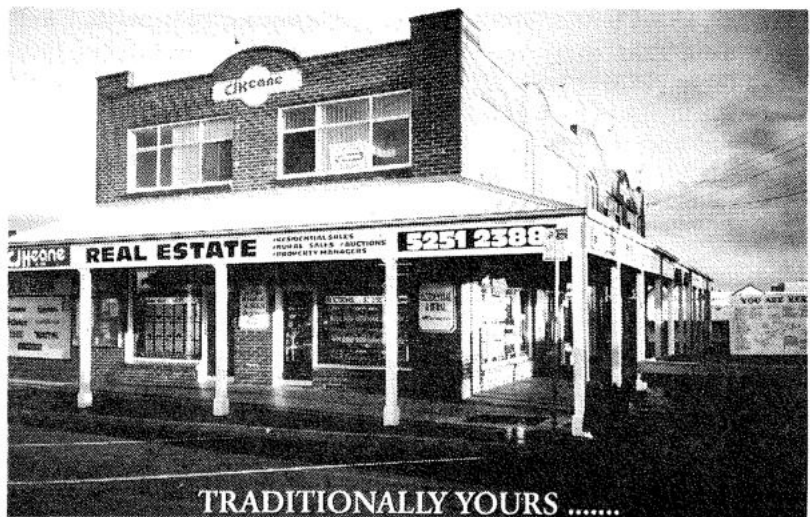
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Due to continuing record breaking sales over recent times we are desperately short of listings in all price ranges. As a result, we have many inquiries from potential purchasers who are still waiting to buy.

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Getting the eyes in focus is only part of the story...

Let me pose this question to you. Are your eyes the only part of your body that needs to be in focus? One would think so, however when the rest of the body is out of focus relative to the eyes, problems can then occur. So what does this mean?

When I examine eyes, I am not only interested that a person can see the letters on the chart or the words on the reading card but also what the mobility is like relative to seeing. In other words it is very important to connect what a person sees in a stationary position and to how comfortably and clearly he sees whilst walking or even driving. It is the ability to connect vision with movement. Vision is a very dynamic process. The eyes don't just stay in one gaze position only. They move obviously. If

they move well it will allow you to observe and hit that tennis ball more easily or stop you from falling over. It means that the information that they take up can affect the dynamics of body movement. When the eyes have a full dynamic capacity of movement, the flow on effect to the rest of the body can be profound. The whole body can then be in 'sync', not just eye hand coordination but also eye body coordination.

I call this whole person focus. How can this be achieved? After I have determined a distance prescription for a person no matter how small or large, I get that person to walk around with that prescription in trial frame to see that balance and coordination are good. If there are slight or even major discrepancies in balance

whilst moving, small amounts of prism may be inserted into the trial frame to counter balance the problem until even balance is achieved. If a person feels quite unstable on his feet, this technique can bring about some profound changes to give a greater degree of stability and sense of position in space. This can be most beneficial for people who are prone to falling and therefore can be a useful measure to avoid any major injury. Even in people who may sense a degree of clumsiness, a greater degree of peripheral spacial sense can be attained to stop bumping into things. These are just a couple of examples as to how whole person focus can be of great benefit. It makes sense to be all in focus doesn't it?

Michael Christian

GEMS OF WISDOM FOR PARENTS

"Act - Don't react" When parents find themselves just reacting to their child's behaviour, it leaves the child in control Stop and think ... puts the control back in the hands of the adult. *M K Tonjum, Parent News Magazine*

Work as a team If parents work as a team they are better able to respond consistently and their children will be clearer of what is expected of them. This includes parents who are separated!

Parents can no longer automatically assume that their teenager will give them respect just because they are a parent. The respect has to be earned and maintained - and this is best done by treating them and other with respect. *I Grant & J Cowan, The White Water Rafting Years*

Try to be positive As a general rule we need positives to negatives at about a ratio of 9 to 1. So spend a day noticing everything your child does right and notice the difference! *NAPCAN*

Kids need time to just hang out, socialize and do their own thing now and then. Helping children to organise their spare time into enjoyable activities is important but filling up their every spare moment is not.

Get a life If you want to care for your kids care for yourself. They need you at your best ... do not neglect your own "maintenance" *I Grant & J Cowan, The White Water Rafting*

Communicate with Care Gain your children's trust when they come to you with a problem. Children will welcome your guidance, but they are not likely to listen to lectures. *Parents Monthly*

"No Perfect Parents, BUT Good Enough Parenting" As parents we sometimes put unreasonable demands on ourselves. Children ... do not need flawless parents, but parents who can provide an atmosphere

of safety and security which promotes the child's growth and development. *M K Tonjum, Parent News Magazine*

Maintain Family Celebrations & Rituals Families who preserve family celebrations ... such as birthdays, anniversaries and other special events seem to teflon coat themselves against some of the hardships of life. *A Fuller, Raising Real People*

Good discipline means working with your children, not against them Remember children learn by example. *NAPCAN*

All Rules need give and take Parents who enforce rules blindly often miss the chance to listen, understand and teach their children values.

Get Perspective (When dealing with problems & issues) Get a Big picture - "How serious is it really?" *I Grant & J Cowan, The White Water Rafting Years*

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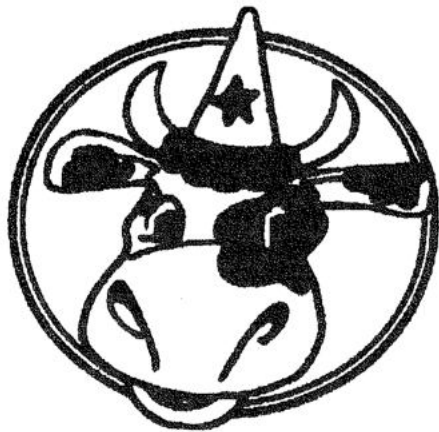
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SUPER SUNDAY 10TH MARCH 2002



THE BELLARINE AGRICULTURAL SHOW at harbour town Portarlington is only weeks away. Support from most sections of the Bellarine community and parts of Melbourne has been superb.

A new member of the SSS (Substantial Show Support) has come on board, and they are The Pacific International Terrace Inn in Melbourne central who will play a major role as a sponsor the Bellarine Show primary school colouring competition.

Mario Interlandi the building supervisor of the prestigious Melbourne Grand Central Apartments had this to say "we are coming to The Bellarine Show, I want to taste those fine Bellarine wines, sample the fresh seafood, see the show animals the arts and crafts displayed in a building constructed before the American civil war and water front location, should be a sensational day, I have already booked the family suite at the St. Leonards Hotel with its waterfront views".

The new animal and machinery loading ramp at the Portarlington Show complex is nearing completion. The ramp which can load or unload at nine points and levels has been constructed on council land with the help of volunteer community labour, the platform and ramp measures 160 sq.metres and is constructed of steel girders and wood sleepers and has been designed by highly regarded local architect Frank Chau. This attractive and permanent fixture will serve the community for decades to come. The City of Greater Geelong may be asked by the show authority to allow the allocation of naming rights for the loading ramp; Necessity, hard work and innovation need to be recognized and enshrined as a permanent part of our history.

As this Springdale Messenger hits the streets a grant of \$2500 from the Community Arts and Festival Grant will have been formalized and be heading to The Agricultural Show account at The Bellarine Peninsula Community Bank in Portarlington. The State Government, The City of Greater Geelong, the show and business community have all been significant contributors in the build up to this historic "aggy" show.

Portie our little helicopter show boss has not been seen since his journey to NSW to sign up Dick Smith, the word is Portie will be back next month. The wonderful grant of \$10,000 from The State Government approved by Minister John Brumby will be a fine welcome home present for our coordinator.

Some sites are still available for The Bellarine Agricultural Show on Super

Sunday 10th March 2002 these sites are destined for products and productions that would blend in with an Agricultural Show concept with quality the key note. Trade enquires can be made through the following :-

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PARTNERSHIP TO SAVE LIVES

Rural Ambulance Victoria and Prime Television in Victoria have forged a community partnership in a bid to save lives and boost community safety. The first project initiated under the partnership arrangement is a wallet sized CPR card that explains the correct procedure for carrying out Cardio-Pulmonary Resuscitation.

"Studies have found that more people would survive a cardiac arrest if an ambulance was called immediately and if Cardio Pulmonary Resuscitation (CPR) was commenced straight away," said Rural Ambulance Victoria Clinical Services Manager Tony Walker

"These studies have revealed that of the number of people who die from heart attacks, 50% do so in the first hour, so a delay in calling an ambulance could be fatal."

"It is also critically important to commence CPR on a heart attack patient as soon as possible, as prompt treatment significantly increases the chances of survival."

Mr Walker said that for every minute that a person's heart remained stopped, there was a seven per cent reduction in the chance of survival.

The community partnering initiative was launched with a \$20,000 cash donation from Prime to Rural Ambulance Victoria. An extensive media campaign will follow which highlights the work the Rural; Ambulance undertakes and the role of their staff, auxiliaries and numerous volunteers play within the regional and remote areas of the state.

Mr Craig Whitfield - General Manager Prime Television Victoria and Rural Ambulance Victoria Chief Executive Officer Doug Kimberley, said the community partnership was

a logical step for two organisations operating in rural Victoria and would provide both organisations with a strong community focus.

Mr Whitfield added, "As a leading regional broadcaster Prime is enhancing the lives of people everyday. Across all our markets our community involvement reflects our values and ongoing community commitment. Rural Ambulance Victoria is a vital and important service to the people of our state and the support of such an organisation is essential to the well being of the communities in which Prime operates".

Mr Kimberley said while the card being produced by Prime Television and Rural Ambulance Victoria is no substitute for formal CPR training, it should provide basic level of assistance, but undertaking a proper first aid course to learn CPR is critically important.

"Prime Television and Rural Ambulance Victoria believe in the importance of community safety and well-being and this CPR card could help save a life."

The CPR card can be obtained by calling 1800 248 859 or collected from Prime Television offices in Albury, Ballarat, Bendigo, Mildura, Shepparton, Traralgon and Warrnambool.

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THE VALUE OF FREE PLAY

In every culture, childhood is a special period in our lives, and play is an integral part of childhood, significantly contributing to children's development.

Children need free creative play-time. Time to engage in play that is spontaneous, fun, gives freedom to experiment with possibilities. Time to engage in fantasies and provide a release of tension.

It is important that parents recognize the value of free play and provide both time and an environment for active participation in free play. This should be voluntary, creative and innovative. It should provide children with a safe and endless opportunity for exploration of emotions, relationships, gender identity, a chance to practice and trial behaviours, language and communication skills. They should respect that play is personal and often a reflection of the child's environment and life experiences – and a means to the child's understanding of, and desire to further explore, their world.

By valuing children's play, we are encouraging and responding to the child as an individual. We can demonstrate that we value their play by providing an environment that encourages self-motivated play, dis-

cussion and positive social interactions.

The value of play has been recognised by educators, educational institutions and parents, so much so, that children's play has become very organised and commercialised. Some parents and educators feel that they are not maximizing the learning potential of their children unless they are involved in intense structured activities. Many children are being given little opportunity to construct their own play, participating in adult organised activities for most of their waking hours. By only providing limited/no, time for free creative play many parents are denying their child access to the vast amount of benefits and learning that free play offers. Nor are they allowing their child personal exploration for any meaningful length of time.

Children need to imagine, wonder, explore, create, manipulate, struggle, conquer, discover, practice, wallow, reflect, evaluate, laugh sing, share, move their bodies, resolve conflicts, to be highly motivated, serious or aimless. Active participation in free play provides for this.

Child initiated free play provides opportunities for learning through activities that are relevant to indi-

vidual skills and in turn encourages meaningful learning. It allows for skills and knowledge to be learnt, reinforced and practiced, for children to set their own pace and control their participation and concentration levels. Positive self-esteem is enhanced through the repetitive opportunities to practice and become confident prior to moving onto the next challenge.

In free play children can simultaneously experience a number of key learning areas. For example, spending time running around the park or a well-constructed playground could contain learning and skill development in problem solving skills, cognitive development, appreciation and respect for our environment, social skills and co-ordination. Mathematical concepts such as space, form or number can occur via spontaneous participation in many household activities eg building cubbies, stacking wood, unpacking groceries, and watering the garden.

All children and adults need time out from hectic and structured lives. In our busy lives, we all need to make time for free play.

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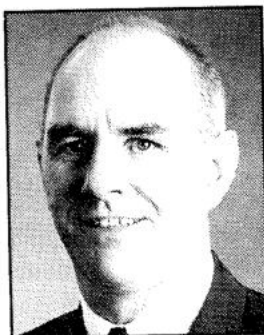
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Presenting to sell well

Buyers usually decide whether your property is right or not in the first minute of an inspection, so it's vital to make a good impression right from the front fence.

The following items should be attended to:

- Clean all rubbish, garden waste, broken toys/furnishings etc, from the gardens, courtyards and or balconies.
- Weed, trim and restore all garden beds, pots and lawns and fertilise them 4 weeks prior to starting the selling campaign. Plan for flowering plants to bloom during sale.
- Repair any obvious building faults, flaking paint, broken glass, torn floor coverings.
- Wash the windows, walls and outside of the house...you'll be amazed how much better the home will look after a good scrub.
- Oil or lubricate all gate and door hinges and ensure all windows, drawers and doors operate smoothly.
- Clean the interior of the house, make all beds with fresh linen, put all clothes, washing, sporting equipment, videos etc, out of sight.
- Be absolutely ruthless on clutter within the home. Consider every furniture item in the home; if it's not vital or aesthetically pleasing, get rid of it for the selling period. Consider also hiring showpiece furnishings for the sale.
- Clear all benches and interior surfaces of all non-vital items, remove notes and magnets from the fridge, limit personal knick-knacks to only a few and remove newspapers and old magazines.
- Scents and sounds. Two very important elements that contribute to a first impression. Air the home for at least a couple of hours before an inspection, use a little air freshener in bathrooms and laundry and place vases of fresh flowers throughout the home. If you have pets, it is advisable to have them cared for away from the home during the sale. A gentle level of background music (classical usually fits the bill) is effective, although don't overdo it, music that is too loud or intrusive can offend some buyers.

Guyett Real Estate P/L

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