

The SpringDale Messenger

Your Free
Community
Newspaper

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GEELONG HOSPITAL CELEBRATES 150 YEARS



This year marks a major milestone for one of our key health organisations that services the Geelong and Bellarine Communities.

In 1852 the Geelong Infirmary and Benevolent Asylum opened its doors, the forerunner to Geelong Hospital and now Barwon Health. A lot can happen in 150 years. Let's take a look at Geelong in 1852:

* Population: 8,291 (On the brink of a major population explosion due to gold fever - by 1854 Geelong had 20,106 inhabitants)

* Number of Houses 1,814

* Supply of fresh water was a problem (Geelong Hospital had its first reticulated water service installed in 1873)

* Sanitation was a major problem

* The Geelong Advertiser was already on the streets (founded in 1840)

* The Health Service consisted of 3 local doctors, anonymous midwives and the popular Holloway Pills which were advertised to alleviate or cure many conditions from jaundice, worms of all kinds, elephantiasis to bad legs and bad breasts.

* Most common ailments of the time were dysentery, paralysis, rheumatism, syphilis, typhoid, ulcers, abscesses, fractures, contusions and wounds

* Grant total of patients in the asylum for the first year was 157

Over the next 150 years Geelong and the Bellarine Peninsula along with the Geelong Hospital has continued to expand.

Today Barwon Health is one of Victoria's major health care providers and the most recent figures available show that Barwon Health has an annual budget of \$245million, staff numbers are now 4 187 and servicing a local population including the Bellarine Peninsula of 210 000 with some of the services provided to over 450 000 people.

Our water supply and sanitation systems run well, medicine has traveled a long way from the Holloway elixir and the Geelong Advertiser is still operating.

Congratulations to the staff of Barwon Health on reaching this milestone and thank you for 150 years of service to the community.



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The SpringDale Messenger

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

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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.

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Its hard to believe that Term 3 is about to commence - where has the year gone.

In this edition of the Messenger you will find the Course Guide for Term 3. We of course have all our usual classes - Yoga, Tai Chi, Belly Dancing. This term why not learn First Aid or how to do CPR - you never know when you may need it - it will give you 'peace of mind'.

Other interesting courses on offer this term include "Family History - how to get started" or learn how to use the internet to find out about family history.

We have a range of Art and Craft Classes including 'Using Pastels', 'Reverse Glass Painting', Porcelain Doll Making'.

We also have an extended range of computer classes from beginners through to learning to use specific programs such as Excel or Desk Top Publishing.

Why not do something for yourself this term and book into one of our courses. I am sure you will find something that is just right for you.

City of Greater Geelong

The City have announced their budget for the next year. The budget included an allocation of money to improve and upgrade the Clifton Springs Boat Ramp and Foreshore area. We had also been hoping for an allocation of money to upgrade the Car park between Princess Street and High Street in Drysdale. Unfortunately this was not included in this year's budget. The current car park is not adequate to support the increasing number of people using the Community Hall and undertaking our programs. You will have noticed that it is often impossible to find a park around the Hall or Springdale. The installation of the toilet at the entrance of the car park will also increase the number of people wanting car parks - many will be disappointed. Springdale will continue to lobby the Council for

inclusion of a car park upgrade in the next budget.

A number of people have raised concerns about the placement of the toilet and possible difficulties with accessing the toilet. We have passed these concerns onto Council but there is little that can be done at this stage. We will continue to monitor the situation.

Youth Group and Youth Activities

Due to the impending renovation of Springdale Neighbourhood Centre and the Community Hall the Youth Group that operates each Friday night during term will move to Ocean Grove Neighbourhood House for Term 3 and 4. If you wish to participate but have issues about getting to Ocean Grove please give us a ring and we can organize transport.

The State Government announced last week that there would be additional money allocated to FREEZA. A portion of this money will be allocated to the Bellarine Peninsula for 3 RAVES/Dance Parties. We will keep you informed on when and where these will be.

Update on Renovations to Springdale Neighbourhood Centre

We had been hopeful that the renovations would commence in July/August. Due to delays in the tendering process we expect the

renovations to commence September/October. For those using our facilities they will remain as usual during Term 3 but may face some disruption during Term 4. We will keep you informed of future developments.

Volunteers Wanted

Springdale Neighbourhood Centre is looking for volunteers who can assist with garden upkeep and also general maintenance. If you have a little time to spare and want to be part of a busy and friendly organisation please give us a ring.

That's all the room I have this edition. If you want more information about our programs or issues please drop in or give me a ring.

See you next month

LISA NEVILLE
COORDINATOR

14 -16 Princess Street, DRYSDALE
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TRAVELTALK

Imagine.....Warm breezes filled with the scent of exotic flowers, beautiful pool, good book, good food, good wine. This is luxury Bali.

Doesn't sound bad on a chilly winter's day, does it? In May I spent a week holidaying with a girlfriend in beautiful Bali. Left the hubby home to mind the dogs!

Candi Dasa on the North Coast of Bali is a relaxed resort, which is also an active fishing village. There is terrific diving and snorkeling and for the energetic there are hillside trails which offer sensational views across the headland and out to Nusa Peneeda.

Simple and understated elegance is the Serai. A luxury resort nestled within the natural landscape of Buitan Beach, Manggis, just a few minutes from Candi Dasa. Besides the peaceful environment, it is the little extras, such as cold refresher

towels while sunbathing poolside and complimentary afternoon tea that will make staying at the Serai a memorable one. The open air pavilion restaurant looks over the pool and ocean and has become renowned for its excellent Mediterranean and Asian cuisine. The hotel's Australian chef holds cooking classes, which also includes village tours, market shopping trips and lavish meals.

It is said that, in Bali, every farmer is an artist and every artist is a farmer. Nowhere is this more evident than in Ubud - the artistic and cultural capital of Bali. High among tropical gardens and terraced paddy fields, 15 minutes from Ubud is the Chedi Hotel. Located in the village of Payangan, above the Ayung River this beautiful hotel boasts a stunning horizon pool with views across the rice terraces - a view shared by all

rooms. To top this off The Chedi spa offers a selection of soothing massages and treatments.

Ubud is both a rare and precious experience for those seeking something beyond the sun, surf and sand.

For people who have been to Bali before and are looking for something different. A private luxury villa might be the answer. I checked out a beautiful new 3-bedroom villa out at Canggu near the Le Meridien Hotel. Fully staffed, complete with maids, cook and security. There's a car and driver available on request plus all the normal comforts of home for lower costs than a hotel stay. You can use of the restaurants and pool of the 5 star LeMeridien Resort.

For more information call Carol at Harvey World Travel in Drysdale on 52511125.

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"Best Practice" in land management involves Whole Farm Planning concepts.

Learning by trial and error is fine as long as you don't make mistakes that are costly in terms of wasted dollars or time that could have been spent with your family. Unfortunately some people do this. People often go to the expense of subdividing paddocks, planting trees or cultivating land only to come to the conclusion that they are in the wrong place. Fence lines and trees are not easily moved, erosion is very costly to repair.

Wrong decisions such as these can be avoided by developing a property plan based on Whole Property Planning principles and by having a basic understanding of how the land and environment works.

There is certain basic information required to manage land in a sustainable fashion that is not necessarily

common knowledge. The best way to start learning about your land is through undertaking a short 30-hour Whole Property Planning course. This teaches the basics about how land functions, how land is degraded, and starts you looking at your land in detail so that you can manage it in a sustainable way. The course encourages interaction with other landholders, to practical nature of the course.

The property planning process involves developing a plan and then the gradual implementation and or modification of the plan as your economics enable. Whole property planning can also be learnt over the Internet, at your own pace.

This year we are incorporating the new "Environmental Best Management Practice" module into the

course. This module lets the property owners confidentially rate their current level of environmental management against the "best practice" level. It highlights individual areas of strength and weakness enabling them to target specific areas where they need to learn. Any one, who is interested, can undertake this aspect of the course, at their leisure and free of charge.

The Swan Bay Integrated Catchment Management Committee will be running a Locally based Whole Farm/Property Planning Course starting in late July or August 2002. The cost is \$72. Book early. For more information or a registration form call Steven Smithyman 52298432 or 0417 231853.

Toy Library

Term 2 is over and we are more than halfway through those cold Winter months. Toy Library members are enjoying the benefits of all those indoor games, toys and puzzles we have to offer. Members are able to borrow two toys and two puzzles per child registered, for a period of up to two weeks, so there is plenty of variety to keep everyone amused!

Toy Library is very cost effective for members - lots of choice for very little outlay! Come along and see how you can benefit from joining Toy Library. Everyone is welcome- we're very friendly!

Toy Library opens for term 3 on Saturday July 20th between 10:30 am. We're behind Springdale Community House in Princess Street.

If you have any queries phone Kerry Dewar (co-ordinator) on 5251 2103.



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

On Sunday June 9th the Club celebrated the official opening of its new Members Lounge with a 4 person ambrose followed by the official formalities and complimented with great jazz music provided by GazJaz. Over 200 members gathered to see Mr Leon Wiegard (The Club Patron, President of Clubs Victoria, Radio personality and former Olympian) officially open the lounge. Other official dignitaries to attend were local councilor Heather Wellington who assisted with the trophy presentations, Builder of the lounge Graeme Collins, Mr Neville Drayton District, Secretary of Geelong & District Golf Association and Ken Sizer representing the Geelong Advertiser.

Our latest big act featured the Buddy Holly Tribute Show with over 130 patrons enjoying the great music. The next big show is the Big "O" Show on Saturday July 20th with bookings filling fast. Cost is \$35 per person which includes the show and 2 course meal.

The return of the Morning melodies was an outstanding success with over 150 patrons enjoying the music of Ron Sudden. The next melodies is to be held on Monday 29th July starring Peter Perez with the theme of the morning being Christmas in July.

Don't forget the free live entertainment every Friday night in the Bistro so why not organise a table and make a booking which is essential.

On the golfing side the new fairways have started to go into dormancy for the next 8 weeks with the club looking forward to spring when a rapid growth should occur.

From 1st July Pro-Rata full golfing memberships are available for the great low cost of only \$99.50 with no joining fee applicable. Application forms are available at the Club. Social memberships are also available for only \$5.50.

If looking for a game of golf, great show or somewhere to dine Clifton Springs Golf Club is the place to visit.

David Milne
Manager

Library Line....

AUSTRALIAN LIBRARY AND INFORMATION WEEK was celebrated at libraries across the regional during May 20-26. A range of activities was held including author talks, Internet classes, and story times.

For information on library events visit the GEELONG LIBRARY WEB SITE at <http://www.geelonglibraries.vic.gov.au> or

visit us and see the Library Notice Boards. Drysdale Branch Library hours are 9:00 am - 5:00 pm Monday to Friday and 9:30 am to noon Saturday.

STORYTIME for pre-schoolers continues at Drysdale Branch at 10:30 am on Tuesdays during term time. The theme for the school holiday session is WOOLY TALES to be held on Monday July 8 at 2:30 pm

for 3-8 years old. Bookings required...

Now that Winter has arrived I hope you will get an opportunity to enjoy many good books during the season.

Faye Munro
Branch Team Leader - DRYSDALE



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Bellarine Peninsula Railway - Drysdale

Winter is here again & what better way than to take a nice dry trip in a restored vintage train !

Even with the foul weather, our volunteers continue the never ending task of running the trains, and restoring our collection of trains from across the nation. Drysdale Station has been nominated for a 'Tidy Towns' award this year, if successful we hope it helps show off not only the railway, but our charming town as well.

We have had a good response to our article last month re 'Drysdale Community Day' -a semi regular event for groups to show off and raise money. To be held at our reserve in the station grounds. Don't hesitate to contact us with your ideas. Schools & non profit groups are encouraged to join. Some further improvements are on the agenda for the park, we hope you like them when they come to pass.

MANY THANKS to the mystery person who donated a huge quantity of mulch for Kate's station garden project-it is very much appreci-

ated. Kate & Gladys' weeding workload is much easier as a result.

LEVEL CROSSINGS - the number of near misses and occasional collisions between trains and vehicles along our railway is of grave concern. It is staggering how many cars speed through the Give Way signs at the crossings without so much as slowing down. Imagine doing that at a road intersection. Would you speed through and not even look ? Bridge & Princess St crossings in particular have limited visibility and even with our trains low speed, there is only a couple of seconds for you to react. Please , for you & your family's (and our Train Crews) sake, LOOK and be prepared to STOP. Our trains can and do run on any day at any time of the day or night. It could be a works train, a charter or a test trip.

The train has absolute right of way, and cannot stop easily. Our railway exists to give pleasure to the travellers and the community and that would make it even more tragic if a fatality occurs.

Our scheduled public services run every Sunday.,Public Holidays & Tues & Thurs in School Holidays .

Depart Drysdale at 12.15 (returns at 3.15) A one way trip departs for Queenscliff at 3.30pm.

For further info call Drysdale Station anytime on 5251 3725. For volunteering enquiries phone (A/H) on 5259 2758

Our web site is at www.bpr.org.au

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YOUR LOCAL REPRESENTATIVES

Bellarine Secondary College

When the School term resumes kids go off to school again. There's bedlam in the household. There are the disciplines of bus timetables and other forms of transport used to get to school on time. Most of us breathe a sigh of relief as the kids go out the door (Mums in particular) and we get on with the day's chores and activities.

What actually happens in the classroom and the schoolyard? On the Bellarine Peninsula we have 13 State Primary Schools and 2 State Secondary Colleges, as well as 5 Independent Schools. Members of Parliament's interaction with State Government schools is generally on "as needs" basis. For example, when the Leopold Primary School facility was condemned because the slab footings had failed and the building was condemned, then the State Government needed to step in very quickly to address the situation.

When Secondary education was being considered on the Bellarine Peninsula over a decade ago, the State Government of the day took a major role in determining where it would be located. In addition, when

schools need a major upgrade the State Government is directly involved.

As new areas are developed for housing, public facilities including schools need to be developed to match growing needs. All this is done as a matter of course; the whole process is dynamic and generally speaking the community is fairly satisfied with the way such services as education are delivered.

I am extraordinarily proud of all schools on the Bellarine Peninsula, but I pay special tribute this month to the Bellarine Secondary College. The Drysdale campus (I would have much preferred if it had been called the Central Bellarine Campus) is enjoying a new lease of life under the leadership of principal, Colin Sing. Colin took over from Rob Hurley who has made an enormous contribution to education on the Bellarine Peninsula in his 14 and a half years as principal of the Bellarine Secondary College, particularly in the transition years when the school was transferred from Queenscliff to its current site.

Colin mentioned to me the other day when I visited the school and complimented him on the excellent appearance and demeanour of the students and the condition of the grounds and landscaping, that the students had readily agreed to lift the standard of dress at the school. One of the things that leave a lasting impression on people where contact with students is concerned is their appearance during school term. To see well behaved students in their school environment and on the buses proudly wearing their school uniforms is something that gives heart to the entire community. I must say I am extremely proud of the students at Bellarine Secondary College and in fact, students generally on the Bellarine Peninsula. With rare exception they are a credit to their teachers, to their parents and the community at large.

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YOUR LOCAL REPRESENTATIVES

BELLARINE BUDGET WINNER!

The recent State Budget contained much good news for the Bellarine Peninsula. Apart from statewide initiatives, specific local announcements included:

- * \$3 million for permanent facilities at Ocean Grove campus of Bellarine Secondary College
- * \$2.4 million for the upgrade of Leopold Primary
- * \$1.35 million for upgrade of Wallington Primary School
- * \$1.15 million for upgrade of Barwon Heads Primary School
- * \$3 million for the Marine and Freshwater Research Institute
- * \$600,000 over 4 years for increased bus services
- * \$8,000 for Queenscliff Kindergarten for building and safety works
- * \$64,000 for Geelong Regional Library Corp
- * \$1.1 million for COGG to support vulnerable families
- * \$27,240 for fencing of 12 Bellarine Kinders

BELLARINE PENINSULA COMMUNITY HEALTH - EXTRA FUNDS

I was recently pleased to announce the allocation of \$4,000 to Bellarine Peninsula Community Health Service for much needed information technology hard and software.

BELLARINE HISTORICAL SOCIETY

I am pleased to announce the allocation of \$1,150 to the Bellarine Historical Society for their Oral History Project. Congratulations to Susie Zada and all her team for their great work in preserving and publishing the stories of the Bellarine Peninsula.

FUNDING FOR BELLARINE AGRICULTURAL SOCIETY

The Bracks Government has further demonstrated its commitment to the Bellarine Peninsula by a recent funding announcement of \$4,767

for the Bellarine Agricultural Society. This grant is a contribution towards the cost of constructing a loading ramp, cattle and horse tie up rails and wash pens at the Bellarine Showgrounds in Portarlington.

This brings the total funding to the Bellarine Agricultural Society to \$14,767 following the \$10,000 awarded earlier this year by the Bracks Government.

Elaine Carbines MLC



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Springdale Neighbourhood Centre

Human
Services



COURSE GUIDE TERM 3 - 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.
Contact staff for further information.

Lisa Neville (Co-ordinator)

Sally Angus (Education Development Worker)

Rosie Saffioti (Administration)

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

Experience balance and harmony of mind, body, emotions and spirit. Exercise through breathing, stretching and relaxation. Mats for Yoga can be purchased from shops like The Reject Shop.

Date: Commence Monday 22nd July.

Time: 11 am - 12.30pm (8 sessions)

Fee: \$74

Venue: Portarlington Guide Hall:

Tutor: Glenda Breedveld

Materials: 1 Rubber Mat

Date: Commence Monday 22nd July.

Time: 1.45pm - 3.15pm (8 sessions)

Fee: \$74

Venue: St Thomas's Hall, Drysdale

Tutor: Glenda Breedveld

Materials: 1 Rubber mat

Date: Commence Thursday 25th July.

Time: 6pm - 7.30pm (8 sessions)

Fee: \$74

Venue: Bellarine Community

Health Centre

Tutor: Glenda Breedveld

Materials: 1 Rubber mat

Waiting Lists Apply

Date: Commence Thursday 25th July.

Time: 7.45pm - 9.15pm (8 sessions)

Fee: \$74

Venue: Bellarine Health and

Community Centre

Tutor: Glenda Breedveld

Materials: 1 Rubber mat

Waiting Lists Apply

TAI CHI

Introduction to Tai Chi

A gentle, relaxing exercise program.

"Sun Style" Tai Chi is an easy to learn set of

12 movements taught by a trained instructor.

This form is also highly recommended for

those who suffer from arthritis.

Date: Monday 22nd July - 16th Sept.

Time: 6.30pm - 7.30pm (9 sessions)

Fee: \$82

Venue: Bellarine Community

Health Centre

Tutor: Sue Simpson

BELLY DANCING

Beginners to Intermediate

An age-old celebration of dance. Inclusive of all age groups, body sizes and fitness levels. Start/or continue to develop your skills and have a lot of fun. There is something here for everyone!

New participants always welcome, so grab a friend and come along.

Date: Tuesday 30th July - 17th Sept

Time: 7pm - 8pm (8 sessions)

Fee: \$48

Venue: Drysdale Hall, High St Drysdale
Tutor: Delyce England

Belly Dancing

In the Day

An extra class for those that can't come at night or want some extra practice.

All levels welcome

Date: Mondays 29th July - 16th Sept

Time: 2-3pm

Fee: \$48 (8x 1 hour sessions)

Venue: Springdale NHC

(Childcare Room)

Tutor: Delyce England

Performance Troupe

Pre-requisite: Some previous belly dancing experience and a desire to perform.
Date: Tuesday 30th July - 17th Sept
Time: 8.15pm - 9.15pm (8 sessions)
Fee: \$48
Venue: Drysdale Hall, High St, Drysdale
Tutor: Delyce England

FIRST AID-

First Aid - Level 1

Participants who complete the module successfully will be competent in managing life threatening emergencies at home, leisure or in the workplace.
Date: Monday 22nd July - 28th July
Time: 6.30pm - 9.30pm (2 sessions)
Fee: \$70
Venue: Springdale
Tutor: National First Aid

First Aid - Workplace Level 2

An accredited certificate, valid for 3 years (with CPR updates) required in many courses and work places. Covers all modules taught in Level 1 plus additional emergency treatment and management procedures.
Date: Monday 22nd July - 19th August
Time: 6.30pm - 9.30pm (5 sessions)
Fee: \$135
Venue: Springdale
Tutor: National First Aid

CPR Update

(Cardiopulmonary Resuscitation)
It is recommended that CPR updates are under-taken annually. Refresh this vital skill and enjoy "peace of mind" that you will know what to do in such an emergency.
Date: Monday 22nd July
Time: 6.30pm - 9.30pm (1 session)
Fee: \$35
Venue: Springdale
Tutor: National First Aid

General Interest and skills

Taking Better Photographs- A workshop

Tired of wasting money on photos with red eyes, blurred images and heads cut off! If this sounds like your photos then come along and learn some tips from the experts.
This is a workshop for the non-technical, who want to improve their photographic skills. Bring your photos to be assessed and solutions discussed.
Date: Tuesday 20th August (1 session)
Time: 6.30-9.30
Fee: \$25
Venue: Springdale NHC
Tutor: Terry Oakley (The Picture Source)
Materials: Bring along a few of your photo's for discussion.

Writing

WRITING- A creative experience
This course will provide a forum for writers to proceed at their own rate. Each week participants will be set a number of writing exercises (guided by our experienced tutor) to encourage a variety of skills.
Date: Tuesday 30th July-17th September
Time: 7-9pm (8 sessions)
Fee: \$115
Venue: Springdale
Tutor: Elaine Hurst

Apply Basic Food Safety Practices

Safe food handling skills are essential for your business and are now a requirement by law. This accredited module will give you the necessary knowledge and skills in correct and safe food handling practices. A certificate will be issued upon the successful completion of the module.
Date: Thursdays 8th August-22nd August (3 sessions)
Time: 6.30-9.30pm
Venue: CFA, High St Drysdale
Tutor: GATE
Fee: \$50 (\$40+\$10 ammenities fee)

MEN SEEKING CHANGE

A one night information session.
This session is part of the men and family relationships project for men who feel they need to start doing things in life differently, but perhaps don't know where to start.
Date: Wednesday 31st July (1 session)
Time: 7.30-9.30 pm
Fee: No cost
Venue: Springdale Neighbourhood Centre
Tutor: Bethany Family Services
Ring Greg Roberts on 52788122

Learn How to play Guitar

Adult Beginners
A basic course for those wanting to learn the skills to enable them to play along with simple tunes or accompany themselves or others singing basic songs. Learn how to play several chords and have some fun!
Date: Wednesday 24th July - 4th Sept
Time: 7pm - 8.15pm (7 sessions)
Fee: \$62
Venue: Springdale NHC
Tutor: Grant Dick
Materials: BYO Guitar (materials list available on payment)

Discover your Family History

Interested in family history but don't know where to start? This course is for beginners who would like to learn how to trace their family history. It is very easy, using a variety of tools to search for and find your ancestors. You will receive family group sheets, pedigree and family tree charts. It is an exciting feeling, when you discover new and intriguing members in your family.
Date: Tuesday 23rd July - 30th July

Time: 1pm - 3.30pm (2 sessions)
Fee: \$40
Venue: St. Thomas's Hall, Drysdale
Tutor: Patricia Hughes

ARTS & CRAFTS

The Art of Using Pastels

(an Introduction)
Pastels are one of the fastest growing mediums. This program will look at how to use pastel, types of paper, tonal values, how to use a color chart, shape and color therapy. No prior knowledge is required, simply a desire to work in pastel.
Date: Thursdays 8th August-26th September (8 sessions)
Time: 10-12 noon
Fee: \$95
Venue: Springdale
Tutor: Jenny Lester Smith
Materials list available at Springdale on booking.

Naïve Country Quilt

(Advanced Class)
This class will continue to build on from beginner skills. Join in and continue to explore and enjoy the wonderful art of quilting.
Date: 29th July-16th September
Time: 10-12 noon (8 sessions)
Fee: \$50
Venue: Drysdale Hall High St, Drysdale
Tutor: Gloria Stead
Materials list available from Springdale on enrolment.

Victoriana Angel Applique

Create a patchwork cushion or wall hanging. Creative, crazy patchwork suitable for beginners. Use up those scraps of exotic fabrics eg. Satin, velvet, damask or embossed pieces and decorate with bits of lace buttons embroidered stitchery and charms.
A machine or hand sewn project. All you need to have is a basic knowledge of quilting for this project. Come and learn folded and rucked flowers and hand appliqué techniques.
Date: 30th July- 20th August (4 sessions)
Time: 10-12 noon
Fee: \$35
Venue: Guides Hall, Sproat St. Portarlington

Tutor: Gloria Stead
A materials list will be provided on payment.
(LOOK FOR INFORMATION ON OUR NEW SPRINDALE FRIENDSHIP PATCH-WORK/QUILTING GROUP STARTING UP IN AUGUST IN THE SPECIFIC INTEREST SECTION AT THE END OF THIS GUIDE)

Water Colours

All Levels Welcome
An opportunity to begin a new interest or to develop your skills further.
Our experienced tutor will guide you in further developing your artistic skills and abilities in a friendly and welcoming environment.
Date: Tuesdays 30th July-10th Sept.
Time: 10-12 noon
Fee: \$72
Venue: Springdale
Tutor: Brian Close
Materials list available on booking.

Drawing for Beginners

Because you can!

Learn basic drawing skills and concepts (realistic, expressive and abstract) The aim of this course is to enjoy and have fun with art by being free to be creative. Discover that everyone can draw! Materials list available at Springdale on enrolment.

Time/venue :To be confirmed

Ring Springdale to register your possible interest on:52531960

Tutor: Claire Borella

Reverse Glass Painting

A really easy, very interesting and fun activity. No previous skills are required to participate in and enjoy this one.

Date: Tuesdays) 30th July&6th August

Time: 1-3pm(2x 2hour sessions

Fee: \$25 (Plus \$20 for the kit; in which all materials needed are supplied) to be paid to the tutor on the first day of class.)

Venue:Springdale

Tutor: Delyce England

Bunka Punch Embroidery

This is the embroidery any one can do. The stitches are simple and easy to learn, the results absolutely gorgeous. Embroidery pictures are created using an easy to hold pen-like needle. Wonderful for those with arthritis or who don't have the patience for traditional embroidery. Quick, easy and fun.

Date:Wednesdays 7th/14th and 21st August(3 sessions)

Time: 10-12 noon

Fee:\$72(Includes all requirements)

Venue:Springdale

Tutor:Sheila Sapper

Porcelain Doll Making

This class involves students making two 51cm(20") dolls, beginning from the soft fired stage right through to completion.The process includes painting, stringing the dolls, putting in eyes, making and fitting the hair wigs and dressmaking doll clothes.

Date: 25th July-26th Sept.

Time: 10am- 1pm Thursdays

Fee: \$160 (10 sessionsx3hours)

(Cost includes the 2 soft fired dolls but does not include glass eyes, wigs and material for dressing (these may be purchased through the tutor if required) Paints, brushes,mediums and clothing patterns are supplied during weekly classes by the tutor.)

Venue: St. Thomas's Hall Drysdale

Tutor: Yvonne Anderson

COMPUTER CLASSES

For Beginners:

Introductory Funded classes are designed for beginners just starting off on their learning about the uses and functions of the

computer,Internet and email. You will be guided in Microsoft word and Windows. Topics will include mouse control, open/close applications, cut, copying, pasting, inserting/deleting and much more. On completion of this course eligible students will be entitled to 5 hours of free internet access at participating centres.

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 and Email

(General)

* Date :Tuesdays 23rd July-3rd Sept

Time: 9.30-12 noon (7 sessions)

Fee: Subsidized: \$50.00

(\$16 + \$34 amenities fee)

Full course fee: \$95.00

Venue: SNC

Tutor: Lyn Brook

* Date :Mondays 22nd July-2nd Sept

Time:1-3.30pm (7 sessions)

Fee: Subsidised \$50

(\$16+\$34 amenities fee)

Full course fee: \$95

Venue: SNC

Tutor: Lyn Brook

* Date: Mondays 22nd July-2nd Sept

Time :6.30-9.00pm (7 sessions)

Fee: Subsidized: \$50.00

(\$16 + \$34 amenities fee)

Full course fee: \$95.00

Venue: SNC

Tutor: Marg Toliday

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

* Date: Fridays 26th July- 6th Sept

Time:9.30-12 (7 sessions)

Fee: \$50.00 subsidized

(\$16 + \$34 amenities fee)

\$95.00 full course fee

Venue: SNC

Tutor:Lynette Brook

* Date: Tuesday 23rdth July-3rd Sept

Time: 1-3.30 (7 sessions)

Fee: \$50.00 subsidized

(\$16 + \$34 amenities fee)

\$95.00 full course fee

Venue: SNC

Tutor: Lynette Brook

Intermediate Computer - Microsoft Word

This class is the follow-on from our Introductory course.

Topics covered include the finer points of working in tables,aligning text, merging cells,putting in images doing a mail merge and any queries from participants.

Basic computer skills required.

Date:29th August-19th September

(4 sessions)

Time: Thursday 6.30- 9pm

Fee:\$85

Venue:SNC

Tutor:Marg Toliday

Introduction to Desktop Publishing

This popular course continues to build on skills touched on in introductory classes. Learn more about text and picture tables, overlapping pictures, cropping, aligning and much more. This class is also offered for those aspiring would be graphic artists, who like to make their own flyers,brochures, Christmas cards, invitations etc.

Basic computer skills required.

Date: 1st August-22nd August

(4 sessions)

Time:6.30-9.00pm

Fee:\$85

Venue:SNC

Tutor: Marg Toliday

Introduction to Excel

For all those financial planners and money managers, Excel is an easy to learn yet powerful program for people wanting to put together profit and loss statements, do their own tax calculations, get ready for another BAS, show work as a graph or bar chart/pie chart and even import your excel data base file(Or only some of it) into a word document, bringing the whole thing together as a professionally presented report. If you can drive a car you can use Excel.

Basic computer skills required.

Date:29th July-12th August (Mondays)

Time:10-12 (3 sessions)

Fee:\$60

Venue:SNC

Tutor: Marg Toliday

Introduction to Access

Build on your computer skills to: Create tables ,forms and generate queries. Merging on access database of names and addresses into word. Using the design wizard-plus creating your own look. Filtering records/ establishing subtables. Setting the primary key. Overview/ finetuning/ individual problems and questions.

Date:7th August-28th August

(Wednesdays)

Time:7-9pm

Fee: \$85 (4 sessions)

Venue: SNC

Tutor: Marg Toliday

Touch Typing and Computer Presentation skills

Learn the principles of touch-typing and how to edit and move things around the page to produce better looking documents (eg essays, resumes, job applications). Whether you are a student, jobseeker, budding writer, or just want to brush up on this area to make life easier, then this is the class for you.

Date: Fridays August 2nd-30th August

Time: 1pm-3pm (5 sessions)

Fee: \$60

Venue:SNC

Tutor: Barbara McDiarmid

Managing Your Computer Files

Too many files? Can't find what you are looking for? Unsure how to become more organized without losing valuable information?

Then come to this workshop and learn how to effectively create and manage your computer filing system. Whether it be for home or work, this is the help you need to better organize those files and folders.

Date: 29th August Thursday (1 session)
Time: 9.30-12 noon
Fee: \$20-
Venue: SNC
Tutor: Sue Ashby (Lara Computers)

Now what do I do?!

A Computer Workshop for beginners - Gain confidence to cope when the unexpected occurs. This workshop looks at solutions to common problems encountered by the average computer user in day to day use. This workshop aims to support those that are still learning about their computer and want to gain some more skills in troubleshooting when things don't go as planned.

Date: 5th September (1 session)
Time: 9.30-12
Fee: \$20
Venue: Springdale
Tutor: Sue (Lara Computers)

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: Tuesdays 27th August- 17th September (5 sessions)
Time: 7-9.30 pm
Fee: \$78
Venue: Springdale
Tutor: Terry Oakley (The Picture Source)

Skillsnet -

Internet and Email Training
SpringDale Neighbourhood Centre, through the support of Vicnet, is funded to provide Internet training and access to the local community. Eligible participants will become members and will become eligible to receive 5 hours of Internet access time at the Centre (free-of-charge) after completing the course. Internet and Email training can open up a whole new world. Training is provided in a friendly and supportive environment by experienced tutors.

Come and surf the world wide web!
Skillsnet - Internet and Email Training
Date: Thursday 1st and 8th August
Time: 9.30-12 noon (2 sessions)
Fee: \$20
Venue: Springdale
Tutor: Sue Ashby (Lara Computers)

Date: Thursday 15th and 22nd August
Time: 9.30-12 noon
Fee: \$20
Venue: Springdale
Tutor: Sue Ashby (Lara Computers)

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 7th and 14th August
Time: 1-3.30 pm
Fee: \$20
Venue: Springdale
Tutor: Pat Hughes

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, Friday mornings and Friday afternoons
Time: 9:00 am - 12:00 noon & Friday afternoon 1pm-4pm
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.

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

Weekly Craft Groups

Opportunities 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)

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.

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.

Middle East Dance Group-

A friendly informal dance group. Meets each Tuesday afternoon at Springdale. Contact Springdale for more details on how to join in the fun.

Springdale Friendly Patchwork and Quilting Group

This group is just starting off. The aim is for interested people to bring along their current works (or any unfinished projects). Then, simply get together and help one another in a friendly atmosphere. Initial meetings will take place on the second Thursday of the month, Commencing August 8th.

Venue: Drysdale Community Hall, High St. Drysdale
Time: 10-12 noon.
Ring Springdale for further information on this exciting new group and to express your interest.

YOUTH GROUP

(Friday Nights)-Change of Venue from Term 3

Friday nights- for 13-17 year olds. This group provides a range of fun activities and excursions. With renovations on the way, it has been decided to move the group from its usual venue at SpringDale, to The Ocean Grove Neighbourhood Centre :91 The Parade Ocean Grove. OGNC can be contacted on: 52554294 or, 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.

SpringDale Neighbourhood Centre is proud to be a member of Bellarine Education and Community Network (BEACON) which is a partnership between four neighborhood Houses on the Bellarine Peninsula. The Neighbourhood Houses which make up BEACON are: SpringDale Neighbourhood Centre, Bellarine Living and Learning Centre, Ocean Grove Neighbourhood Centre and Queenscliff Neighbourhood House. Promoting Learning in the Local Community

Drysdale Ladies Probus Club Incorporated

Registered No. A0021357E

The May meeting for our Club was held in the Clifton Springs Golf Club's new extensions. It has superb décor, great views and lots of room. Most importantly, not having to hurry through our meeting, to enable the staff to set up for lunches.

I believe, we are fortunate, having the use of such a workable, fantastic venue for our monthly meetings.

Fae Horman was our "5 Minute Biographer" telling us of the playing of her church organ, for weddings. She was most amusing and very interesting.

Our Guest Speaker was Gerald Heywood from Highton, Geelong. His address was "Life Upon the Wicked Stage". Gerald says he is a show off trapped in Amateur Theatre (loves every minute of it). He has also played in numerous Pantomines, i.e. Cinderella, Jack in the Beanstalk, Aladdin, Mother Goose and Babes in the Wood. Gerald's profession, was a Radiographer, in Bendigo and Geelong Hospitals and is now a Marriage Celebrant. He is booked to address some 6 Probus Clubs in the near future, if you are lucky enough to be

a member of one of them, you have something to look forward to. Need I say he is indeed wonderful and don't miss his address.

We have a Club trip to Sorrento in June, on the coach via the ferry and return through Melbourne.

Our Club luncheon was held at Portarlington Golf Club, thanks to Mother Hubbard, once again it was a huge success.

Winter is upon us and for those feeling poorly, we hope it won't be long before you are chirpy again.

*Hoo Roo till next time,
Jeanette Derham.*

We Invite You to join us for VISITOR'S DAY

This is a special day we have especially for people who would like to know why we enjoy and look forward to coming to church. Our Services will be designed for Visitors, both the main Service and Kid's Church.

We invite you to join us and listen to inspiring, contemporary music, watch dynamic dance and provoking drama.

Afterwards you are welcome to join us for Morning Tea in a relaxed atmosphere.

All this happens;

Sunday August 4th, 10.00 - 11.30 (Morning Tea to follow)

Drysdale Christian Fellowship, 276 - 290 Jetty Rd. Drysdale Enquiries Ph. 5253 2241



DRYSDALE CHRISTIAN FELLOWSHIP

"A Community Church"

276-290 Jetty Road, Drysdale.

Phone: 5253 2241

Service Times:

Sunday Morning: 10.00 a.m.

Kids Church: 10.30 a.m.

Teen Church:

Toddler Church: 11.00 a.m.

Sunday Evening: 6.30 p.m.

We have an exciting program for children operating each Sunday of the School Term. This is open not just to Church families but to any child who would like to attend. To support our Children's program we also have a bus available to pick up children and take them home again. This is a FREE! Service.

If you would like more information about our Children's program, the bus, call Sandra on 5253 3350. For anything else, please call our Office on 5253 2241.

Clifton Springs Primary School

There's never a dull moment at Clifton Springs Primary School.

The prep children have been learning about native animals, introduced species and endangered animals. A trip to Jirrahlinga provided the perfect opportunity for a close look at some of these animals. Follow-up work in the classrooms has included report writing, construction work, making posters and discussion groups.

The level two children have been conducting investigations into the life cycles of pond life as part of the innovative Science in Schools project. Data has been collected, hypotheses made and tested and the results have been presented in each class.

A trip to the Immigration Museum in Melbourne gave the level three children an understanding of the positive effects migration has had on the development of our country.

The interactive displays, informative talks and worksheets at the museum kept the children focused and stimulated. A visit to the Queen Victoria Market further developed the idea of cultural exchange. The children combed the stalls looking for bargains and were effective in bartering for treasures.

Level four children enjoyed a football clinic with Glenn Kilpatrick and Darren Milburn presenting a challenging skill development session.

A number of our children have been very successful in cross country and Amber Vincent, Patrick Robinson and Brandon Gardiner competed successfully at the state level. Their determination and sportsmanship was exemplary.

Our debating team has delivered some fine arguments in the latest round against Belmont Primary

School with Katie Craig being awarded Best Speaker.

Our principal, Mr Peter Scarrott, is currently teaching English in Singapore. In his frequent lengthy emails he keeps the staff and parent body informed of his work and his experiences including many side trips to places such as China, Vietnam and so on. In his twelve month absence Mrs Janice Graham has been at the helm keeping everything ship shape.

A recent book fair in the library was very popular with children and parents making many purchases. Children from grade two upwards are reading voraciously as they raise money for research into multiple sclerosis. The MS Readathon has always appealed to our children as they are seeking sponsors and keeping a tally of books read for the tenth year now.

Mrs June Hansen, librarian and Early Years Coordinator, has convened a number of training sessions for parent helpers. Here at Clifton Springs we have always had a positive relationship with our parent body as they provide support and assistance in a number of ways; classroom support, help with excursions, sporting events, training and team management roles, fund-raising and so on. The positive contributions of these interactions support and benefit everybody.

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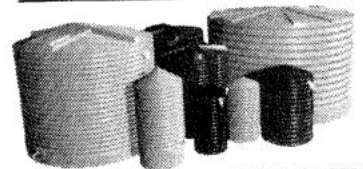
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We are enjoying a very busy term 2. The cold weather has yet to slow things down although it has kept us indoors a little more. Soup was a warm welcome for parents who shared in a picnic lunch with their children.

The Drysdale CFA came to visit a very excited group of children. Ritchie and his team explained fire safety to the children before they were let loose aboard the fire truck. With sirens blaring and lights flashing the children laughed and cheered (all be it with fingers in ears). It was all creatures great and small this past week as the Wildlife Action Show dropped in. Slithery Snakes included a large Diamond Python a baby crocodile and frog.

The usually timid hands of my own daughter had a Pat of the Croc which is best described in her own words as "It (the croc) felt soft with Scales that aren't hard and they bend up that way and then the other way".

Enrolments for 3 and 4 year old Kinder are being taken for next year. Please Enrol your child as soon as possible to ensure your child a place at our action packed Kinder. For further details come in and see us or phone the Kinder on 5251 3158.



John Bird with CFA Member Jenny

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Drysdale Senior Citizens Club

As this article goes to press on Monday 17th of June, at the club rooms at 11.00am there will be a Safeway Food Demonstration and Tasting, followed at 2pm by a special meeting of the members to discuss the business of subscription payments for the coming 12 months from July 2002 to the end of June 2003.

The A.G.M. will take place at the club rooms at 1.15pm on Monday July 8th. A new committee will then be elected to serve the members. Subs will be due to be paid by then in order to be eligible to vote. Good Luck to the newly elected committee members.

The outgoing President Jean wishes to thank the committee and members for their support during her reign this past 12 months. She extends a special thank you to Iris for the compilation and the submitting of these articles each month regarding the Drysdale Senior Citizens news and activities etc.

Dates to note.

July 9th. There will be a bus trip to the Aquarium. Cost \$25.00. Lunch not included.

Non members welcome. The usual pick up points at 9.00am sharp.

There are still seats available for the 5 day Canberra Trip on September 16th. Cost for this trip is \$420.00 Dollars all inclusive. Non Members are welcome. Enquiries please phone 52512983/A.H. 52562925.

Our thanks to the volunteer drivers and jockeys once again, you give us a splendid service.

Best wishes and get well soon to all our not so well members.

God Bless All.

*Until Next Edition.
Yours sincerely,
Iris M. Astill.*

Ladie's Probus Club of Bellarine Inc. Reg.No.A14696T.

The May Meeting was held at the usual time of 9.30am, in the newly refurbished room.

The members were asked their views on starting at 10.00am in future and it was agreed, since we do not have to hurry away by 11.30 anymore. There were a few minor difficulties regarding seating and space to talk at coffee time, and that will be all taken care of by the next meeting in June.

At least the President didn't send the knob of the gong hammer flying like at the last meeting. It was like watching J.Arthur Rank movie!

We would have to take out extra insurance in case we were hit by flying objects.

The past and present President are in the local dramatic group so anything theatrical gets a loud hoot.

The Speaker for the May Meeting was from Duff's the Jewellers. Mr Paul Whittaker gave a very interesting talk, and encouraged us to test out our skills by guessing which was the real diamond and what price would it be, from a collection of 10 stones.

The winner received a mantle clock for guessing correctly.

Next months Speaker will be a Veterinary Surgeon.

Any member wishing to join the lunch group can go to Spray Farm following the June Meeting.

The visit to the Bellarine Hydroponics Tomato Farm was very interesting and those that went to it in their own transport, since it was local, had a talk from the owners Mr.Mrs Wilson and also had tasting of chutneys etc. Ann Wilson informed us that anyone wishing to go will be most welcome, but it has to be arranged first.

There are several sick members at present and I do hope they recover soon and return to the fold to join their friends at the club.

*Until next month.
Yours in friendship.
Iris Liz Tolton.*

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PENINSULA PLAYERS INC.

**It's play time again -
theatrical of course!**

Yes, Peninsula Players Inc. is now in rehearsal for it's mid-year play "Thriller Of The Year" by Glyn Jones, under the direction of Dennis King.

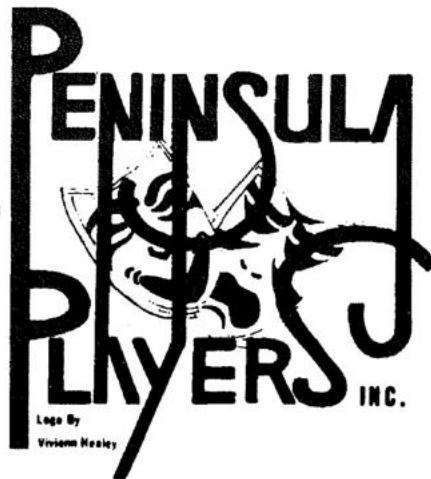
This play features an all female cast and we welcome back Lena Townsend in the lead role of Gillian. Lena is ably supported by P.P. Stalwarts - Elizabeth Thomas, Susannah Devenish, Terri Scott, and we welcome newcomer Deb Davie to our fold.

The Play holds ones attention as it develops incident to incident - and the question is "Who Dunnit!!?"

Any person interested in joining Peninsula Players Inc. is most welcome - you don't have to act. There is always a job from painting the set, back stage crew, front of house, lighting and sound publicity, direct-

ing - the list goes on, and we are a great bunch of people!

"Thriller Of The Year" will be performed on Wed 24th, Thurs 25th, Fri 26th and Sat 27th July 2002 at Drysdale Community Hall, 8.00pm sharp. All tickets \$10. Bookings will be open at Drysdale Pharmacy, Springs Road from 8th July. Book early.



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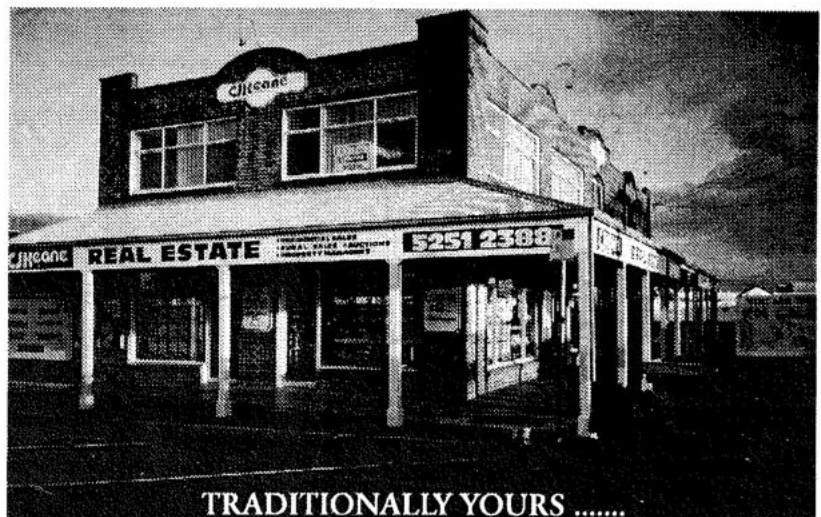
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Victoria legal aid has started up a free legal advice and referral service at the Ocean Grove Neighbourhood Centre every Tuesday morning from 9:30 am. Areas that we may be able to help you with include criminal charges, debt problems, family law, immigration, family violence, neighbourhood disputes, and motor vehicle property damage. If you don't speak or understand English an interpreter can be arranged to translate during your appointment. For your free 30 minute appointment, please telephone Victoria Legal Aid on 5229 2211

BELLARINE PENINSULA COMMUNITY HEALTH SERVICE INC

Volunteer With Specific Submission Writing Skills Required

We are seeking a volunteer with specific skills in submission writing who would be prepared to volunteer a few hours a month to write submissions to trusts and foundations for specific projects.

Bellarine Peninsula Community Health Service (BPCHS) has access to regular information about funding available through various trusts and foundations.

Administrative costs including paper, postage, photocopying, will be covered by BPCHS. Access to a computer to write submissions will be available if required.

Background information about BPCHS will be available to include in submissions.

If you have the expertise and time available to assist, please contact Mrs Moyneen Curtis Chief Executive, BPCHS 52580832 or PO Box 26 Pt Lonsdale 3225.

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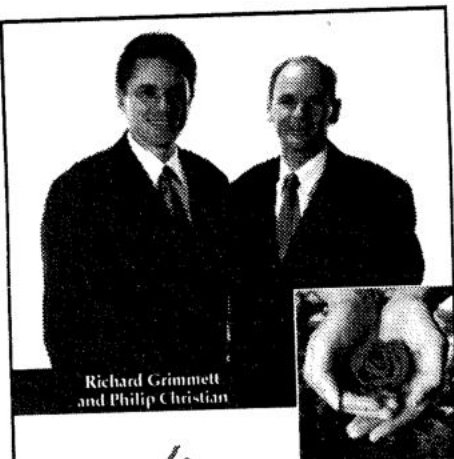
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BELLARINE PENINSULA COMMUNITY HEALTH SERVICE Inc.

In the early 1990s, the community on the north side of the Bellarine Peninsula supported the North Bellarine Hostel for the Aged Inc. (NBHA) in the huge task of raising the necessary funds to build the 30 bed low-level care Ann Nichol House at Portarlington.

Earlier this year the NBHA, in partnership with the Bellarine Peninsula Community Health Service Inc. (BPCHS) which now owns and operates the facility, was successful with an application to the Federal Government to increase the capacity of Ann Nichol House by an additional 30 low-level care beds. A Project Steering Committee has been appointed to progress the project which is expected to cost in excess of \$2million. As no capital funds

were provided by the Government, significant fund-raising is required.

Already there have been some fund-raising efforts within the community and the first deposits into the special account have come from functions held by the Portarlington Golf Club and Peninsula Players as well as from individual donations. Other fund-raising activities have been planned and it is hoped that all people living and working throughout the Bellarine Peninsula will support these efforts.

To simplify the monetary donation process, arrangements have been made the Community Bank Branch at Portarlington and the Ocean Grove Branch of Bendigo Bank, whereby groups and individuals wishing to support the project can

make donations direct to the Ann Nichol House Building Fund Account by visiting these branches. Receipts will be issued by bank staff and, where name and address details are provided, a letter of thanks will also be sent to people donating. Donations of \$2.00 or more are tax deductible.

Mrs Moyneen Curtis
CEO

*Bellarine Peninsula Community
Health Service*
Tel: 5258 0888

Ms Jenny Gibbs
President

*Bellarine Peninsula Community
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Tel: 5258 0888

PREPARE FOR HOLIDAY SEASON - AMBULANCE

Rural Ambulance Victoria today encouraged Victorians to ensure they are properly prepared for the coming school holiday season.

"School holidays are a time when many people travel," said Area Manager John Schurink, "and being out of their normal environment there is an increased risk of accidents or mishaps."

"The holiday season can easily be made safer by taking some basic precautions as you prepare for your holidays."

Mr Schurink said Rural Ambulance Victoria encouraged all people using prescription medication to ensure if going away, they have sufficient supplies of their medication for the holiday period and that its use-by date did not expire while they are away.

"We also recommend that you carry an appropriate first aid kit while travelling, and that at least one person in the group has appropriate first aid training."

"Rural Ambulance Victoria first aid kits and training courses, you can find out more information about this area of our service by phoning 1800 248 859."

"The role of Rural Ambulance Victoria does not cover just emergency response. It also involves risk awareness and prevention, as it is better to be prepared for an accident or emer-

gency, than see something happen and be unable to assist."

Mr Schurink also urged all Victorians to ensure they had a current Ambulance Service subscription to cover the cost of using the ambulance service in an emergency.

"Subscriptions can be arranged at any Post Office, or by phoning 1800 648 454."

Mr Schurink said Rural Ambulance Victoria was also asking drivers to be especially careful on the region's roads during the coming school holidays, to help reduce accident trauma.

"A split second is all that is needed to create a family shattering tragedy on the roads.

"Driving too fast, lapses in concentration, travelling while tired, drink driving and driving unroadworthy vehicles are all contributing factors in fatal road accidents," said Mr Schurink.

"Any death causes grief, but traffic fatalities have the potential to shatter families and communities, as those left behind try to come to grips with the idea of life without a loved one."

*For further information: John
Schurink*

*Area Manager
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DON'T RUIN YOUR HOLIDAY WITH A ROAD CRASH

RACV and Rural Ambulance Victoria (RAV) are warning drivers planning to travel during the Queen's Birthday long weekend that driving without being adequately rested could result in a serious or fatal road crash.

"We are especially concerned as this holiday long weekend is traditionally a time when Paramedics are usually required to deal with an increased amount of road trauma, said Rural Ambulance Victoria Area Manager John Schurink.

"During the past three weeks, with just normal traffic volumes, RAV Paramedics and MICA Paramedics have attended road traffic crashes in rural Victoria that have resulted in the deaths of 15 people," Mr. Schurink said.

"People will be travelling during the holiday period and the RACV encourages drivers to plan their trip to avoid the potentially life threatening effects of fatigue," said Chief Behavioural Scientist, Anne Harris.

"Perhaps the most startling statistic is that being awake for 17 hours has the same affect on your driving ability as having a Blood Alcohol Concentration of .05," she said.

The 'Too tired to drive' driver fatigue checklist and information card is available to help Victorian motorists to stay safe on our roads. The card was developed to alert drivers to the dangers and the danger signs of being fatigued on the road," said Ms Harris.

Paramedics know only too well the horrors of road crashes.

"The results of these crashes are shattered lives and bodies, and emotional trauma for the families and loved ones of those involved. The tragedy is most of these crashes could so easily have been prevented, and there is absolutely no doubt in my mind that fatigue has been a contributing factor," said Mr. Schurink.

"I urge every person travelling on the State's roads to learn from the past - follow the checklist, eliminate fatigue to ensure you're not too tired to travel and increase your chances of returning home from holidays crash free."

Tips to protect yourself from having a fatigue-related crash

* Make sure regularly get enough asleep

* Be aware of the fatigue high crash risk times when driving between 1am-6am.

* Do not start a long trip after a long day's work

* Plan your trip so you can take regular breaks

* Seek medical advice if you often feel sleepy

* Be aware of the effects of any medication taken.

Once you are on the road

* Take regular breaks to help keep you alert, but if you feel tired, the only way to keep safe is to stop and sleep.

* Eat proper and well-balanced meals, preferably at your normal meal times

* If you feel tired when, take a powernap (sleep for 15 to 30 minutes), but allow time to recover from your sleep before commencing driving.

Furthermore information on the 'Too Tired to Drive' Checklist and driver fatigue information follow the prompts to the Journeys and Destinations page at www.racv.com.au.

TAKE CARE IN THE COLD

With the onset of winter and the ski season, Rural Ambulance Victoria is warning of the dangers of a cold environment.

RAV Clinical Services Manager Tony Walker said hypothermia could be a major problem during the colder months.

"Hypothermia occurs when the body's core temperature drops be-

low about thirty-five degrees," said Mr. Walker.

"Most people think that Hypothermia only occurs when a person is outside in the elements, for example injured and trapped in the snow for a period of time, however it is a lot more common than that," Mr Walker said.

Mr. Walker said the elderly could easily fall victim to hypothermia if they were suffering from an illness and didn't have enough heating in their housing during the middle of a very cold winter.

He said the symptoms would be noticeable.

"The main signs to look for are very cool and pale skin, slurred speech and confusion and disorientation" said Mr Walker.

"In the bush, if a person is injured and cold, you obviously have to worry about hypothermia a great deal more than if the person was exposed to the elements but uninjured," Mr. Walker said.

"If a person becomes affected by the cold, it's important to dial 000 and request ambulance attendance, then administer appropriate first aid to the patient."

Mr. Walker said basic treatment fro hypothermia included removing the person from exposure to the cold and keeping them warm and dry until an ambulance arrives.

Media information: **Tony Walker**
Manager, Clinical Services
Rural Ambulance Victoria
Ph 03 5337 9305

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WINTER BASKETBALL SEASON KICKS OFF FOR 2002

The Bellarine Peninsula Basketball Association Winter season kicks off from 15th April with over 100 teams involved.

The Summer season had just finished with the 'Old School' team defeating Ocean Grove in the Men's division one, while the 'Breakers' defeated the 'Coutas' in the Women's.

The Winter season commences the start of the school term two and finishes at the end of term three. While the summer season begins in term four and finishes in term one the following year.

Some marvellous basketball is played in the competition, and the association is always looking for extra players. If you have an interest in basketball - there may be a team for you! Ages run from Girls/Boys under 12's to Men and women in the upper divisions.

If you want to learn how to play basketball, there are beginner nights for girls on Mondays and boys on Wednesdays. There are also rookie competitions and for the more experienced players - Division one and two. So here is your chance to show

your stuff as a basketballer, with a competition to suit you.

The competitions are played at two excellent arenas - the Bellarine Basketball centre and the Surfside sports centre. There is also a membership payment of just \$32 for Juniors and \$42 for Seniors which includes player insurance and registration.

So if YOU are interested in playing basketball for 2002 - contact the Bellarine Peninsula Basketball Association on 52562866.


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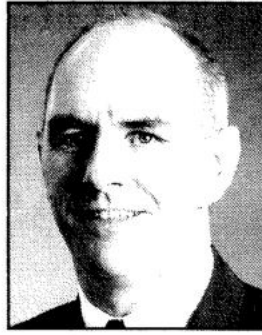
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