

# The SpringDale Messenger

Your Free  
Community  
Newspaper

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## SpringDale Renovations - Funding Shortfall

After many meetings, variations to plans and much hair pulling out by committee, SpringDale Neighbourhood Centre user groups and representatives from the City of Greater Geelong, the proposed upgrade to SpringDale facilities has come across a major hitch - we are approximately \$60,000 short in our funding.

At a meeting on 6<sup>th</sup> June, with representatives from SpringDale user groups, SpringDale committee representatives, the Coordinator and representatives from the Community Development Department of the City of Greater Geelong, modified plans and costs were discussed.

The plans were initially modified after an earlier meeting, when it was discovered that the original SpringDale Neighbourhood Centre vision was going to cost substantially more than previously anticipated. Costings were subsequently reviewed twice, in consultation with the construction company and City of Greater Geelong.

The modified plans are to upgrade the hall and add administration offices, and classrooms to the existing hall. This does take into account that the hall is a heritage

listed building. The existing occasional care building and the centre as you know it, will not be included as part of the upgrade, according to the new revision. Both the occasional care centre and the existing centre offices and class rooms will be refurbished, but will still exist as separate from the hall.

Currently, the extra funding is currently being sought through government channels.



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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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**Views expressed in this newsletter are not necessarily the views of the Publisher, the SpringDale Neighbourhood Centre Inc.**

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It has been a fairly busy time at the Centre, with classes all well and truly underway. The centre is busy and bustling. In a recent community participation forum, hosted by the Barwon Primary Care Forum, the issue of how people could become involved in their community and how agencies could help people become involved, was discussed.

The outcome of the forum was that you can become involved by:

- Talking to your neighbours. (Also known as networking). Neighbours can be a fantastic resource in times of difficulty (whether it be a big or a small difficulty!) Neighbours are there to help and to be helped. (You won't know unless you ask!)
- Recognising that you have something to offer. Try not to be embarrassed or shy. Just have a go!

- You don't have to make a huge commitment. Even a small contribution is appreciated. Whatever you are comfortable with is the ideal.

I was also reading recently that helping can actually help you to live longer! Not only does it give you a sense of social connectedness, but a 'feel good' from being there for someone else.

### Term 3 Courses.

Don't forget to browse through our new course guide. There is surely something there to interest everyone.

If you have been thinking about doing a course, don't forget to contact us early, as classes do seem to fill quickly. Or if you like, please feel free to pass the course guide on to someone you know is interested.

### Local Centenary Awards Medals.

One very worthy recipient was omitted from the list last issue.

Lyn McInnes

For long service to Aboriginal health in the Geelong area.

*Congratulations!*

### Snippets of History in Drysdale.

I was recently talking to an elderly gentleman who remembers when the Drysdale Community Hall was a school. He also recalls that his teacher lived in Princess Street. It was lovely talking with him about his memories.

Do you have any little snippets that may be of interest to our readers? I feel that history, especially stories that shouldn't be forgotten. Send them to us, or drop them in to the centre, and they can appear in future issues of the SpringDale Messenger.

*See you at SpringDale  
Amanda*

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# THE NEWS AT DRYSDALE PRIMARY SCHOOL

Staff and students at Drysdale Primary School have thoroughly enjoyed the events and achievements of Term Two.

This term D.P.S. celebrated Education Week. During Education week, the students at D.P.S. demonstrated their performing arts skills in the hall. Students from Prep to Year Five sang, danced and used musical instruments to entertain parents, carers, teachers and other students in the hall for a morning session. In the afternoon, the Year 6's participated in a Learning Technology demonstration. An open afternoon followed, where family and friends were made welcome to visit classrooms.

## What's been happening in each year level?

The **Prep** children have learnt a lot about families, neighbourhood, and senses this term. They particularly enjoyed the Science lesson where they were able to test out their sense of touch, taste, smell, sight and hearing. Nothing better than a 'hands on' approach to consolidate a topic.

**Year One** students have been studying "The Sea". The Year One classrooms have been thoughtfully

decorated in a sea theme. Both students and teachers are looking forward to the excursion to Queenscliff by steam train. They will all visit the Maritime Museum, The Marine Discovery Centre and enjoy a picnic lunch.

"Omnivore, Herbivore, Carnivore." Yes, the Year 2 children can tell you all about these types of Dinosaurs. The children have been researching this topic, using the Internet. They have been busy producing a hard cover book on Dinosaurs. To conclude this topic, a palaeontologist will visit Year 2 students on the 20th June.

The **Year 3** students began their study of "Flight" this term, by attending "The Lore of Flight". This visit (held at Drysdale Primary School) included discussion of balance, drag, thrust and lift. The students heard stories of flight, and even took part in constructing their own plane. On the 27th June, the Year 3's went to Point Cook, RAAF museum as a logical follow up to their studies at school. They enjoyed looking at aircraft from World War One and World War Two and finished their day watching a W.W.2 Harvard Aircraft demonstrate barrel rolls in the sky. What a thrill!

**Year 4** students have been learning about road rules and bike safety in the annual 'Bike-ed' program. The topic they have been studying in the classroom is the 'Solar System'. On the 23rd June, Mr Ralph Sinclair, from the Monash Science Centre visited the Year 4 students. He spoke about the sun, moon, gravitational pull and tides. The students learnt about types of eclipse, orbit of planets and interdependent forces in astronomy that affect every day lives.

The **Year 5** students have been studying Early Sea Explorers and the First Fleet. They have really enjoyed this unit of work. On the 10th June the Year 5 students went to Melbourne to visit the Polly Woodside (sailing ship) and Cook's Cottage. Year 5 students, Chloe Ristevski, Daniel Johnson, Sean Dunne, Megan Green and Scott Duffield participated in the District Cross Country. Well Done!

'Media' has been covered this term, in some detail with the Year 6 students. They have been analysing methods of advertising, studying electronic print and thoroughly enjoyed making their own class newspaper.

## Sporting Achievements

Congratulations to Dougie Weeks (Year 6) and Liam Nelson (Year 5) who were selected to represent Geelong Region in the State Soccer Trials. Also, congratulations to Lee Harty (Year 6) who was selected for the Victorian All Star Baseball team. Lee was selected as an outfielder and needed a batting average of 400. Well Done to all these people!

## Upcoming events

On the 4th June, 'Deadly Australians' visited Drysdale Primary School. Australia is home to 400 venomous creatures. We feel this is a great way to gain an understanding of them. Emphasis was on avoiding accidental contact with them. It was a very informative session. Thank you to Mr McLaren for organising this visit.

*Amanda McPherson*  
(Teacher)



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## REVIEW OF NOVEL

### **SON OF THE STORM** Author: **Rob McCubbin**

Rob McCubbin's historical novel weaves a fascinating fiction of adventure and romance over the strands of his factual family history. With a background in film and TV production in Education as well as in writing, his depiction of the harshness of life in the 1850's makes engrossing reading that shows life in the impoverished rural communities of Scotland as a constant struggle. And there's not much joy either, governed as they are by rigid and ultra conservative churchmen. A house fire that explodes in the night brings change unexpectedly to the lives of the young folk of Penpont chafing under well-meant religious bigotry, and to Andrew McCubbin and his wife Jessie. After the gentle and vulnerable Andie is robbed, the couple faced with demands that cannot be met from a greedy landlord, find themselves taking ship for Australia, fearful but exhilarated about travelling to the unknown land. The spirited Jessie is expecting a child; they must face stoically the harsh privations, tragedies and dangers vividly portrayed for passengers and crew on one of the early merchant ships plying the England-Australia run. A further strand weaves in a subplot of other lives on the Victorian goldfields, with some grim realities to come, there are yet tantalising glimpses of a better life for the McCubbins and their newborn Australian son.

*Review by Naomi MacColl  
Drysdale*

## DRYSDALE LADIES PROBUS CLUB INC.

Another month has passed and winter is with us. Like it or not, we can't do anything about it, but keep busy, don't think too much about it, and before you know it, Spring will be here. We had a very interesting speaker at our Club in April, Mr Graeme Langdon from Customs, Latrobe Street, Melbourne, and did he have stories to tell and nasties to show us (rather bloodcurdling) but very interesting. The means and ways that some people go about getting contraband into this country is remarkable.

May meeting we had Mr Peter Hitchener, GTV 9 Newsreader, and what a great personality. We listened, reminisced, and laughed with Peter during his entire talk. He spends a lot of time here on our Peninsula as the family has a home here at Bellarine, so Peter brought his mother along with him to our meeting, a very delightful lady.

*Bye till next month.  
Glad Sharp*

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# TEDDY BEAR HOUSE

Geelong Hospital's Teddy Bear house is offering free child minding for people who have appointments, or who are visiting patients, at Geelong Hospital.

Teddy Bear House is located on the second level of the Heath Wing at Geelong Hospital in Ryrie Street and bookings can be made directly by phoning 5260 3365.

Teddy Bear House complies with Department of Human Service's regulations which stipulate that there must be two volunteers on at all times, no more than four children at any one time, and the children must not stay longer than 90 minutes.

People who use Teddy Bear House state that it helps take the worry and stress out of visits to the hospital.

*Nettie Hulme*

# ENGRAVE IT TO SAVE IT

Geelong and District residents have access to 15 state of the art engraving machines as part of an existing theft reduction initiative.

"Project Engrave It", a joint initiative between police, the Geelong Regional Library Corporation, the City of Greater Geelong Council, Neighbourhood Watch and Faggs Mitre 10, encourages residents to engrave their personal property in a bid to make it less attractive to thieves.

Geelong Crime Prevention Officer Senior Constable Sandy Atkinson said the project also increased the chances of property being recovered in the event of a theft.

The machines will be able to be borrowed in the same way as books from any of the 17 outlets of the Geelong Regional Library Corporation including the Greater Geelong, Golden Plains and Surfcoast Mobile Libraries.

If a machine is not available at the branch of your choice, one may be reserved or ordered in to that branch in the same way as any other item.

Senior Constable Atkinson said "Project Engrave It" was based on a similar initiative that has had successful results in the UK.

"We felt it was important to provide the community with more access to tools to mark their property and we applaud Neighbourhood Watch who have been doing this for some time, and the other organizations for getting behind this project", Senior Constable Atkinson said.

She said police encouraged residents to mark their property with their driver's licence number because "it's unique to you and won't change even if you change address".

She said this Project complimented the Neighbourhood Watch program "Operation Identification", which advised residents on how to mark their property. Engravers are also available from Neighbourhood Watch Areas by contacting the local Co-ordinator.

Each engraving kit will include stickers, a property inventory form, allowing residents to keep track of which items they have marked, and an instruction leaflet.

*Sandy Atkinson S/C 26112 PH 5225 3260*

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 Come and enjoy a night out with your kids, great music, door prizes, there will be Hot Dogs and drinks available to buy. Admission is \$2.00 per child and adults are free. An adult must accompany all children. For all enquires and tickets please phone Trudi Steen 5256 3434.

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# PILATES— What is it all about?

Pilates is the latest exercise program to hit the market. The exercises aren't just a new fad but were invented by Joseph Pilates during the 1920's to treat dancers and people with back pain. He used beds with spring resistance and other apparatus to train the abdominals and back muscles to hold the body in correct posture and alignment.

In recent years Pilates exercises have been shown to improve spinal stability and train correct posture as well as an all body conditioning program. It combines yoga, stretching, strength and body conditioning exercises. Its recent popularity has come about due to the awareness and physiotherapy research that has shown the importance of good muscular balance in the treatment and prevention of back pain.

There are two forms of Pilates, floor and studio (clinical Pilates) which uses the apparatus designed by Joseph Pilates. Floor exercises often take the form of classes and are best suited to people with reasonable fitness and no significant spinal problems. Exercises are done slowly

and focus on good technique. Once people have learnt them they can be done anywhere.

Clinical Pilates uses the reformer, a moving bed and spring apparatus and the trapeze, a frame with spring resistance, to provide maximum feedback to help activate and strengthen the deep core stability muscles of the spine. Precise movement control and grading of exercises can be achieved very quickly. The feelings of increased tone, correct alignment and being taller are felt immediately after each session.

It takes about 4 to 6 weeks of training to gain significant improvements with all exercise forms.

Good core stability, trains good posture which promotes health and wellbeing. Pilates is an excellent exercise therapy to promote this. It is suitable for able bodied people and has benefits for those with low back pain and upper back and shoulder pain.

For further information and Pilates tuition contact Peter Terry at Drysdale Physiotherapy & Sports Injury Clinic on 5251 2958.



## **BARWON CONVEYANCING**

### ***Barwon Conveyancing Comes to Drysdale***

Drysdale and Bellarine Peninsula residents now have access to the expert services of Geelong's Barwon Conveyancing, right on their doorstep.

Barwon Conveyancing, one of the oldest independent conveyancing companies in Geelong, has been servicing the area for 13 years, and has opened their new office on the first floor of Gallop House, 15 Hancock Street, Drysdale.

Con St. John and his highly experienced team have a combined total of 60 years experience in conveyancing and offer a great service at very reasonable prices.

Our introductory gesture to the Drysdale residents is to offer a 10% discount on our conveyancing fee, to our first 100 clients.

## **BARWON CONVEYANCING**

Drysdale Office: Ph. 5251 2222, Geelong Office: Ph. 5244 3366

# Travel Talk by Carol McCarthy

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*cheers  
Carol*



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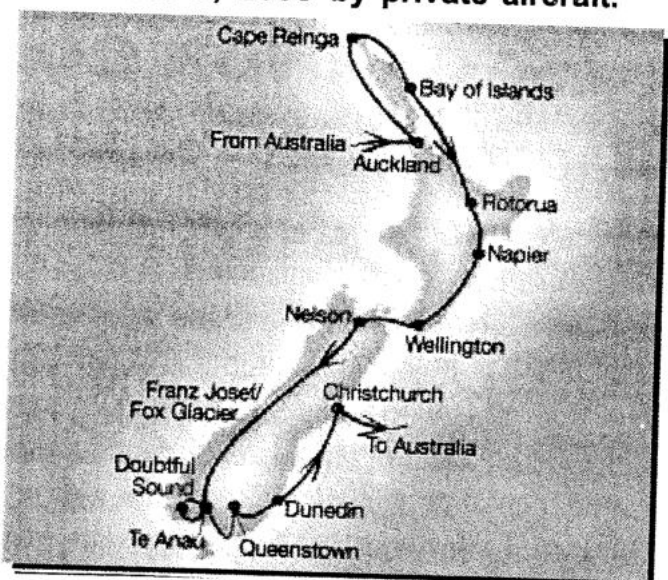
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The Travel Professionals



# YOUR LOCAL REPRESENTATIVES

## May has been another busy month, full of interesting events.

On Thursday evening, 22nd May, I was delighted to attend the meeting of the CFA Bellarine Group to present each Bellarine Brigade, including Drysdale, with a certificate of appreciation and a small donation. As the Member for Bellarine it was an honour to have the opportunity to be able to formally thank them for their wonderful contribution. The Certificate recognised their courage and commitment during what has been an extreme fire season across Victoria, particularly in Gippsland and North East Victoria. It was also a great opportunity to thank those who stay behind, in particular the families and other CFA Volunteers, whose support makes it all possible. I also wanted to acknowledge the generous contribution of those employers who organise leave arrangements so that CFA Volunteers can have time off to fulfil their duties in the local community or other parts of the State. I thank Bob Barry and the staff of Region 7 for enabling me to have this opportunity, on behalf of the residents of Bellarine.

Towards the end of the month the new Cross Peninsula Bus Service commenced. The Bracks Government's \$160,000 commitment to services in the region was the direct result of the community's request for improved services. As the name implies, the Service will enable people to travel across the Peninsula on a daily basis. There will be three return trips daily from Drysdale to Queenscliff, via Ocean Grove. The service will provide connections with the Queenscliff to Sorrento ferry and also connect with buses travelling to and from St. Leonards at Drysdale, and into Geelong. The timetable has also been altered to coordinate bus and train arrivals and departures. These improvements have already been warmly welcomed by the community, and are important in encouraging us all to use public transport more and leave the car at home, and vital for those who don't drive.

The Bracks Government has announced funding for a Bellarine Peninsula Recreation and Leisure Needs Study, in partnership with the City of Greater Geelong. I'm confident this

will be a really valuable project and a first step in the future development of appropriate facilities for our growing population. A grant of \$50,000 has been provided to Clifton Springs Tennis Club for additional courts and lighting. This will not only mean more people can play, but will enable those who aren't free during the day, because of family or work commitments, to play in the evenings.

With Parliament sitting over the past weeks it has been another interesting, busy month, as I learn more about the parliamentary process and make a contribution in the Chamber. Of course I am also continuing to work on local constituent issues and, as always, I encourage you to let me know of issues that are of concern to you and our community by contacting the office. We will do our very best to assist you, or to follow up with the appropriate Minister, department or agency.

*Lisa Neville*

*MP Member for Bellarine.*

*Shop 1 Newcomb Central 71  
Bellarine Highway Newcomb.  
5248 3462*


**Drysdale Uniting Church**  
PO Box 240  
High Street, Drysdale  
Office: Phone 52531336



**Regular Activities:**  
**Services:** Sundays Worship @9, a contemporary service, with KFC (Kids for Christ Sunday School), discussions, band and more.  
Sundays 10.45am, a more traditional service with Choir.  
5<sup>th</sup> Sundays of a month combined service at 10.15am  
6 weekly at Worship @ 9  
**Café Church Open House** Every Wednesday, 10.00am in the church hall  
Pop in for a coffee and friendly company  
**Youth Group** Fortnightly, second & fourth Fridays, 6.30pm  
**UCAF** (Ladies Group) Monthly  
**Paper Boys** (Mens Group) Monthly

**ALL are welcome, enquiries to the Church office, 5253 1336.**

*The only Funeral Directors  
Permanently situated on the  
Bellarine Peninsula.*



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# SUDDENLY RON'S AT THE POTATO SHED

One of the most sought after vocalists in Geelong, Ron Sudden, a versatile singer and organist, is bringing his show to the Potato Shed in Drysdale as part of the Morning Showtime season.

The third performance in a series of eight, Ron's Morning Melodies show is a variety of music for dancing and easy listening.

A multi-talented performer, Ron's show will include the keyboard, organ, song, and even comedy.

Ron Sudden is a well-known entertainer, delighting audiences throughout Geelong and Melbourne, with his live shows and the 'Suddenly It's Ron' collection of cassettes.

Ron's interactive shows welcome the audience to join in with the songs. "The audience will each be given a songbook at the start of the show then they can

call out the song they want and we'll all have a sing-a-long," he said.

Among the 69 songs the audience can choose from, some of the favorites include When Irish Eyes Are Smiling, war songs Bless 'Em All and Lilly Marlene, Australian classics Waltzing Matilda and Click Go the Shears, and a popular number to finish off is We'll Meet Again.

The show will feature special guests including Ron's wife Maureen, singers Alan and Loraine Wilson and Phyllis Biddle. "Maureen and I will get together and do a short sketch and Phyllis will be dressing up to do a comedy number," Ron said.

Part of the show will also include a prize give away. The audience will be given a free ticket on entry, which will put them into the draw to win one of the 20 mystery prizes.

After his performance at the Potato Shed, Ron and his Morning Melodies will be heading off the Queensland. "We have three of four shows planned in Queensland already," Ron said.

Tickets for the July 1st performance are almost sold out with bookings coming from Belmont, Lorne, East Burwood and Winchelsea.

Tickets are \$12 including free morning tea from Drysdale Baker's Delight during the interval.

"Both during morning tea and after the show the audience will have the chance to chat about the show with myself and my friends," Ron said.

Tickets are available from Drysdale, Ocean Grove and City Hall customer service centres or at the Potato Shed Box Office. Phone 5251 1998 for more details.

## BETHBIRRI RETREAT COUNSELLING PRACTICE has moved.

From 30th June, this practice will have moved to the Mt. Duneed district (see advert this page). The new location will enable Bethbirri Retreat to also offer separate, luxury accommodation (B. & B. style), as well as counselling. Though our location will have changed, we hope you will not be seriously inconvenienced, and do assure you of the same caring, professional service as always. Fees remain unchanged.

To reach the new location, travel via Barwon Heads, turning off at the Torquay/Lower Mt. Duneed Road and then the Torquay Highway. Blackgate Road intersects the H/way. Turn left to arrive at 'Bethbirri Retreat'. Apptments Ph: 5264 1777



**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.

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HIA MEMBER **Paul Jones** Registered B.P.B.

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(Rear of Elegant Profile)



**Professional Counselling Practice**  
Assistance with life issues

Relationships - Individual - Emotional  
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(fees according to income)

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OR  
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Fax: 52218608  
Mobile: 0418 554 011

172 Fyans Street,  
South Geelong 3220

# Springdale Neighbourhood Centre

## COURSE GUIDE TERM 3 - 2003

Human  
Services



People/first

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

*Your Local Learning Centre.*

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

### ENROLMENT & PAYMENT INFORMATION

#### Enrolment

- To book into 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.
- Your enrolment is 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 or by phone.

#### Privacy

The Neighbourhood House respects your right to information privacy. Information collected and held on SpringDale participants, is kept in accordance with information privacy laws.

### HEALTH & WELLBEING - 'FOOD FOR THE BODY & SOUL'

#### MANAGING A HEARING LOSS

Hearing loss limits communication with family, friends and colleagues and creates barriers for hearing-impaired people in life situations. This short course by Better Hearing Australia provides skills in good communication tactics, encourages you to understand your own hearing loss, or the hearing loss of a family member. It shows how to make the most of residual hearing and use assistive devices to minimise hearing difficulties. The course includes information and general advice on other hearing related issues, such as hearing aid care and managing Tinnitus.

Date: Wednesday 6th, 13th, 20th  
27th August

Time: 6.30-8.30pm (4x2hr sessions)

Presenter: Jenny Adcock  
(Better Hearing Australia)

Fee: \$6- (administration fee)

For more information or to book call  
Springdale 52531960

#### YOGA CLASSES

Experience balance and harmony of mind, body, emotions and spirit. Exercise through breathing, stretching and relaxation.

Yoga at Portarlington (General Class)

Date: Mondays 21st July-15th Sept

Time: 9.15-10.45 (9 sessions)

Fee: \$82 (9 sessions)

Venue: Portarlington Guides Hall, Sproat St. Portarlington  
Tutor: Glenda Breedveld  
Materials: 1 Rubber mat

Yoga at Portarlington (For those with restricted mobility) This class is particu-

larly for those with limited or restricted mobility. A very gentle but therapeutic form of exercise.

Date: Mondays 21st July-15th Sept

Time: 11-12.30 (9 sessions)

Fee: \$82

Venue: Portarlington Guides Hall, Sproat Street, Portarlington

Tutor: Glenda Breedveld

Materials: 1 Rubber Mat

Thursday Evening Yoga Classes

Date: Thursday 24th July-18th Sept

Time: 6.00 pm - 7.30 pm (9 sessions)

Fee: \$82

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

Tutor: Glenda Breedveld

Materials: 1 Rubber mat

Date: Thursday, 24th July-18th Sept

Time: 7.45 pm - 9.15 pm (9 sessions)

Fee: \$82

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

Tutor: Glenda Breedveld

Materials: 1 Rubber mat

Waiting Lists may apply

#### INTRODUCTION TO TAI CHI

A gentle, relaxing form of exercise. Helps to develop concentration, control and strength. Tai Chi is wonderful for everyone (including those who suffer from arthritis). Bring a friend, some comfortable clothes and shoes and enjoy the benefits of this age old form of exercise. A journey for the body and the mind. Come and explore!

Date: Tuesdays 29th July-16th Sept

(excludes the 19th and 26th of August)

Time: 6pm - 7pm (6 sessions)

Fee: \$54

Venue: Drysdale Hall, High St, Drysdale

Tutor: Faye Blainey

Classes Term 3 2003

#### DEPRESSION AWARENESS

Goals of this short workshop are to increase acceptance and understanding of depression within the community. The three main messages of this session are that depression is common, is an illness and is treatable. The workshop is suitable for those who suffer or have suffered depression, as well as family members and friends of sufferers and interested community members. Information will be provided on resources available within the community.

Date: Friday 15th August

Time: 10-12.30, (1 session)

Fee: \$15

Venue: Springdale

Tutor: Sharon Brennan

#### SELF CARE FOR CARERS

This workshop is aimed at carers of any form. When caring for others, often the last thing to be attended to is your self. This light hearted workshop has a focus on practical ideas, strategies and information for those caring for others.

Date: Friday 29th August

Time: 10-12.30 (1 session)

Fee: \$15

Venue: Springdale

Tutor: Sharon Brennan

#### BUILD YOUR CHILDS CONFIDENCE AND SELF-ESTEEM

(Strategies to help your kids deal better with difficult situations)

The way we think and respond can and does affect the way we feel about ourselves, others and our environment. This can have a major impact on confidence and self

esteem. This workshop provides parents/carers with a range of skills to support kids in practical ways to deal with difficult situations they may face in day to day interactions with others. By giving our kids strategies to take with them wherever they go, we can support them in ways that will make a positive difference to how they can live their lives.  
Date: Friday 8th August  
Time: 10-12.30pm (1 session)  
Fee: \$20  
Venue: Springdale  
Tutor: Michaela Neu

## BELLY DANCING

### Level 1 Dancing

An easy fun class for beginners where you learn basic movements and simple choreography - great for fitness too!  
Date: Thursdays 24th July-11th Sept  
Time: 6.30 pm - 7.30 pm (8 sessions)  
Fee: \$50  
Venue: St James Church Hall (next to Anglican Church in Collins Street)  
Tutor: Natasha Dean

### Level 2 Dancing

Further develop movements and techniques to build on skills previously mastered. For those with previous experience ( Must have at least one term in Level 1)  
Date: Thursdays 24th July-11th Sept  
Time: 7.45 pm - 8.45 pm (8 sessions)  
Fee: \$50  
Venue: St James Church Hall (next to Anglican Church in Collins Street)  
Tutor: Natasha Dean

## 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 July 21st and 28th  
Time: 6.30 pm - 9.30 pm (2 sessions)  
Fee: \$70  
Venue: Springdale Neighbourhood Centre (Child Care Room)  
Tutor: National First Aid

## FIRST AID 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.  
Subsidised places for Level 2 are available to: Jobseekers (centrelink registered), 'Not for profit' community agency volunteers and students enrolled in accredited vocational courses.  
Date: Mondays July 21, 28, Aug 4, 11, 18 and 25th  
Time: 6.30 pm - 9.30 pm (6 sessions)  
Fee: Full fee - \$135 Subsidized - \$70  
Venue: Springdale Neighbourhood Centre (Child Care room)  
Tutor: National First Aid

## CPR Update

### (Cardiopulmonary Resuscitation)

Do not wait until it's too late. Learn CPR today. It is recommended that CPR updates are undertaken annually.  
Date: Monday July 21st  
Time: 6.30 pm - 9.30 pm (1 session)  
Fee: \$35  
Venue: Springdale Neighbourhood Centre (Child Care Room)  
Tutor: National First Aid

## MEDITATION

A weekly one hour session of guided meditation (20-30 minutes) followed by some discussion (and a little bit of fun stuff!) A timely course in this stressful world.

Date: Tuesday 5th August-2nd Sept  
Time: 6-7pm (5x 1hour sessions)  
Tutor: Lise Baker  
Fee: \$45  
Venue: Springdale

## DRUGS, ALCOHOL AND YOUNG PEOPLE

An information session for parents and/or carers who want to know more about some of the issues that affect young people in relation to drug and alcohol use today. How do you talk to kids about such issues, what should you be concerned about and what resources are available to parents/carers within the community? This will be a relaxed session where there will also be time for questions and answers. Mums, Dads, friends or family, this is a great opportunity for any-one who supports young people and is facilitated by Steve from Clockwork Young Peoples Health Service. Hope to see you there.  
Date: Thursday 21st August  
Time: 2-3pm (1 session)  
Tutor: Steve( Clockwork Young Peoples Health Service)  
Fee: Gold Coin  
Venue: Springdale Neighbourhood Centre  
Phone Springdale to book or for further details

## General Interest and Skills

## DEVELOPING WOMENS' OPTIONS

Think you've got a few more things to achieve but not sure how or even what? Back to study or work perhaps? Now is your time. This course allows 10 weeks to refocus on yourself, identify what skills you might need to acquire, establish a 'learning plan' for yourself, improve your self confidence, get a new direction. Start achieving some goals for yourself because you are worth it.  
Date: Wednesdays, 16th July-17th September  
Time: 9am-12 noon (10 sessions)  
Tutor: Marg Toliday  
Fee: \$50 (\$40/\$10 Admin) Funded by ACFE  
Venue: Springdale  
For a course outline or more information call Springdale .

## PATHWAYS TO WRITING: JOURNAL WRITING

People choose to write and keep a journal for many different reasons (eg .recording social and family history, to explore dreams, past lives ,future goals for pure personal pleasure, social commentary or to express painful experiences.) It may be something you have done all your life or something you would like to start doing now. This class aims to be stimulating and challenging. Providing for writers from beginning to confident. Come and explore published journal writers as well as the possibilities open to all writers.  
Date: Monday 28th July-15th Sept  
Time: 12-30-2-30pm (8 sessions)

Fee: \$70  
Venue: Springdale  
Tutor: Elaine Hurst  
( Bring a sandwich if you like and we'll supply the cuppa.)

## GARDENING ON THE BELLARINE PENINSULA

A talk to inspire you. Wayne believes that gardens are not just to be looked at but also walked through, touched , smelt and inhabited by all manner of frogs, birds, lizards and other natural creatures. Enjoy this time with Wayne as he talks about the different types of gardens to be created around your home and how to encourage the wildlife to interact within it.  
Date: Thursday 24th July  
Time: 1-3pm (1 session)  
Tutor: Wayne Long ( The Portarlington Nursery)  
Fee: \$5  
Venue: Springdale

## INTERGRATION AIDE

Springdale Neighbourhood Centre in partnership with GATE (Geelong Adult Training and Education) is looking for expressions of interest, for participants to take part in the Intergration Aide course this year. This course covers practical issues that will be encountered daily by Intergration Aides in Primary and Secondary schools.  
For further information please contact Sally at Springdale on 52531960 Mon-Wed.

## SELF PUBLISHING AND MARKETING

Have you a manuscript tucked away in a drawer? These classes are designed to give writers of complete (or near complete) manuscripts the tools to publish , market, launch and sell their work to their target audience. Topics include: Market Identification, Synopsis Writing, Funding, The difference between self publishing and printing, Using photos ,Copyright, advertising/publicity/promotion ,book launching, sales and distribution.  
Date: Monday 28th July-15th Sept  
Time: 10-12 ( 8 sessions)  
Tutor: Barbara Godlewski  
Fee: \$80  
Venue: Springdale Neighbourhood centre

## WRITING WINNING ADVERTISEMENTS

Learn how to write advertising copy, target and write slogans for your business, service, event or product.  
Date: Thursday 28th August  
Time: 1-3pm (1 session)  
Tutor: Barbara Godlewski  
Fee: \$20  
Venue: Springdale

## WRITING SUBMISSIONS - A GUIDE

Learn how to write clear proposals for grant applications. This short course will assist with the knowledge and confidence to seek funding , as well as understanding the process used to describe an organisations structure and purpose. Learn what helps to make a good submission and how language usage and writing style can contribute effectively to what you want to convey.

Date: Thursdays 24th and 31st July  
Time: 10-12 (2 sessions)  
Tutor: Barbara Godlewski  
Fee: \$40  
Venue: Springdale

## RESUME WRITING

Resume writing is an important skill. Applicants can miss out on their ideal job because their resume was too fancy, had too many pages, was too cluttered or included irrelevant information. Learn how to write clear, effective and professional resumes unique for each job application.  
Date: Thursday 31st July  
Time: 1-3pm (1 session)  
Tutor: Barbara Godlewski  
Fee: \$20  
Venue: Springdale

## BACKYARD POULTRY

(HERE CHOOK CHOOK CHOOK)  
An informative session on keeping happy, healthy chooks in your own backyard. Topics will include feeding, housing, disease control and breeding.  
Date: Tuesday 5th August  
Time: 6.30-8.30pm (1 session)  
Tutor: Sue Stocks  
Fee: \$15  
Venue: Springdale (Childcare Room)

## DRIVING YOUR DOLLAR FURTHER

-A WORKSHOP FOR WOMEN  
Women often have the responsibility for the family finances. This can be a huge challenge. This session is a plain English discussion on finance for women single or with a family. Topics include the role of budgeting saving dollars for fun and helpful hints to share. Questions and answers. Free tea and coffee.  
Date: Tuesday 22nd July  
Time: 10-12 (1 session)  
Fee: \$5  
Venue: Springdale Neighbourhood Centre, Drysdale  
Tutor: N. Trevhella (Jindarra Community Programs)

## THE SMART CONSUMER

The sign on the shop wall says No Refund but the goods you have purchased are faulty. Do you have the right to return them? You no longer have your receipt, now what? Your mobile phone won't work but you have signed a contract. Do you have any options? These and other questions which plague consumers every day, will be answered in this informal but informative workshop. Don't get ripped off. Learn about your consumer rights and responsibilities today.  
Date: Tuesday, 29th July  
Time: 10-12 (1 session)  
Tutor: Paul Keating  
Fee: \$5  
Venue: Springdale Neighbourhood Centre

## THE ART OF COFFEE AND CAKE

Designed to provide information and enjoyment in an inviting setting. Gavin will demonstrate the different styles of coffee available in restaurants today and talk about what makes each unique. Gain tips on how to improve your coffee making skills along the way but most importantly enjoy a coffee of your choice and some beautiful cake. Yum!  
Date: Wednesday 30th July  
Time: 3.30pm  
Cost: \$10

Venue: Zanonis Café 16 High St Drysdale  
Register your interest and pay at Springdale

## INTRODUCTION TO FAMILY HISTORY

(INCLUDING GENEALOGY ON THE INTERNET)  
Pat Hughes is a very experienced facilitator in the process of investigating family history. These classes will teach you the sound way to explore your family history. Learn how to improve your chances by using tools such as cd's, indexes and the internet.  
DATE: Friday 18th & 25th July & 1st August  
TIME: 10-12.30pm 3 sessions  
FEE: \$55  
VENUE: Springdale

## INTERNET AND/OR TELEPHONE BANKING

LEARN HOW WITHOUT THE WORRY AND STRESS!  
Internet and telephone banking are two payment options given us in our bill paying. However, if you are not confident in how to use these methods, concerned about security measures, or what to do if you make a mistake, you may not be confident enough to explore further. Here is your opportunity to find out all about it, see it in use, have a go if you wish, without the worry and stress of using your own account numbers. Staff will walk you through the process so you can see and hear the steps without the fear!  
DATE: Wednesday 30th July  
TIME: 10am (1 session)  
FEE: Free  
VENUE: Commonwealth Bank Drysdale (with Manager Kylie Koukoudinas)  
Register your interest at Springdale

## ARTS & CRAFTS

### DECORATING ON A BUDGET

-BIG IMPACT, SMALL OUTLAY!  
So you want to change your room but where to begin? What style do you really want and most importantly, how can you achieve this without spending a fortune? Join in this fun, informative workshop to learn all you will need to know about how to change your room/s with confidence and achieve the look of a professional (without the expense.) A fun and informative session for the home decorator.  
Date: Tuesday 29th July  
Time: 12.30-3pm (1 session)  
Fee: \$20  
Venue: Springdale  
Tutor: Kelly Dines  
Materials: Notebook and pen

### SCRAPBOOKING

A GREAT WAY TO PRESERVE MEMORIES  
Learn how to safely preserve your memories and family history. Learn four easy steps to turn boxes of photos and memorabilia into creative keepsake albums. Scrapbooking is something all ages can enjoy and share in. It is also lots of fun. No previous experience required.  
DATE: Monday 21st July  
Time: 10-12.30 (1 session)  
Fee: \$15  
Venue: Springdale  
Tutor: Maree Mirkovic  
Materials: Bring along 6-8 photographs with a similar theme

## WATER COLOUR

-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: Tuesday, 5th August-16th Sept  
Time: 10.00 am - 12.00 pm (7 sessions)  
Fee: \$72  
Venue: Springdale Neighbourhood Centre  
Tutor: Brian Close (Materials list available at Springdale)

## LEARN TO DRAW

Learn basic drawing skills using pencil and charcoal. Explore your creative side in a friendly and supportive environment with our experienced tutor.  
Date: Tuesday, 5th August-16th Sept  
Time: 1.00 pm - 3.00 pm (7 sessions)  
Fee: \$72  
Venue: Springdale Neighbourhood Centre  
Tutor: Brian Close (Materials list available at Springdale).

## PAINTING WITH PASTELS

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. Explore and enjoy your creative side. Come and enjoy the journey with our wonderful tutor and local artist - Jenny.  
Date: Thursday, 7th August-18th Sept  
Time: 10.00 am - 12.00 pm (7 sessions)  
Fee: \$72  
Venue: Springdale Neighbourhood Centre, Drysdale  
Tutor: Jenny Lester Smith  
(Materials list available at Springdale or bring what you have in the cupboard).

## ART FOR ADULTS

All mediums will be welcomed here. If you like company and have one or more interests that you might like to pursue, then this is the class for you. Come along, bring your materials and do your own thing. Our experienced tutor will also be available to lend a guiding hand (pastels, acrylic, lino cuts, print-making) No previous experience required.  
Date: Thursday, 7th August-18th Sept  
Time: 1pm - 3.00 pm (7 sessions)  
Fee: \$72  
Venue: Drysdale Hall, High St Drysdale  
Tutor: Jenny Lester Smith and Gwen Cook  
(Bring what you have in the cupboard).

## COMPUTER CLASSES

Computer Basics are Introductory classes designed for beginners starting off their learning about the uses and functions of the computer. Topics include: mouse control, saving/open/close applications, cut, copying, pasting, inserting/deleting and much more. Subsidized places are funded through ACFE Funding (Adult Community & Further Education) and are available for those seeking re-entry into the workplace, the unemployed and those over 55 years of age.  
1. **COMPUTER BASICS at PORTARLINGTON**  
Date: Mondays, 28th July-15th Sept  
Time: 4.00 pm - 6.00 pm (8 sessions)  
Fee: Full course fee: \$95.00  
Subsidized: \$50.00  
(\$40 + \$10 amenities)  
Venue: Portarlington Community Health Centre, Fenwick Street, Portarlington  
Tutor: Lyn Brooke

## Computer classes cont.

### 2.COMPUTER BASICS-FOR OVER 55'S

Date: A) Tuesdays, 29th July-9th Sept  
Time: 9.30 am - 12 noon (7 sessions)  
Fee: Full course fee: \$95  
Subsidized: \$50 (\$40 + \$10 amenities)  
Venue: Springdale Neighbourhood Centre,  
Tutor: Lyn Brooke or  
Date: B) Tuesdays, 29th-9th Sept  
Time: 1.00 pm - 3.30 pm (7 sessions)  
Fee: Full course fee: \$95  
Subsidized: \$50 (\$40 + \$10 amenities)  
Venue: Springdale Neighbourhood Centre,  
Tutor: Lyn Brooke

### 3.COMPUTER BASICS 'FIRST STEPS' NEVER TOUCHED A COMPUTER BEFORE?

If the answer is no, then this class is the one for you.

Date: Friday 1st August-12th Sept  
Time: 1-3.30 pm (7 sessions)  
Tutor: Lyn Brooke  
Fee: Full Course Fee: \$95  
Subsidized:\$50(\$40+\$10 amenities)  
Venue: Springdale Neighbourhood Centre

### 4.COMPUTER BASICS GENERAL-

Date: A) Mondays, 28th July-8th Sept  
Time: 6.30 pm - 9.00 pm (7sessions)  
EVENING CLASS  
Fee: Full course fee: \$95  
Subsidized: \$50 (\$40 + \$10 amenities)  
Venue: Springdale Neighbourhood Centre,  
Princess St, Drysdale  
Tutor: Marg Tolliday Or  
Date: B) Thursdays, 31ST July-Sept 11th  
Time: 9.30 am - 12 noon (7 sessions)  
Fee: Full course fee: \$95  
Subsidized: \$50 (\$40 + \$10 amenities)  
Venue: Springdale Neighbourhood Centre,  
Tutor Sue Ashby (Lara Computers)

### 5.INTERMEDIATE-

Microsoft Word This class continues building on skills already gained from our introductory courses, or previous experience. 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: Thursday, 31st July-21st August  
Time: 1.00 pm - 3.00 pm (4 sessions)  
Fee: \$85  
Venue: Springdale Neighbourhood Centre,  
Tutor: Sue (Lara Computers)

### 6.PUBLISHER (Introduction)

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, cards, invitations etc. Basic computer skills required.  
Date: Friday, 8th August-29th August  
Time: 9.30 am - 12 noon (4 sessions)  
Fee: \$85  
Tutor: Lyn Brooke

### 7.DISCOVER THE INTERNET & EMAIL

Age is no Barrier Learn how to use the internet and email to find out information, stay in touch with friends and loved ones, or just to have fun. A friendly and supportive environment will make learning fun!  
Date: Friday, 5th-12th September  
Time: 9.30 am - 12 noon (2 sessions)  
Fee: \$35  
Tutor: Pat Hughes

### 8.HOW TO DOWNLOAD AND USE INCREDIMAIL

Learn how to use fun backgrounds and add personal touches to your emails. Sick of using outlook express? Then learn how to use IncrediMail. The course includes learning how to download the program, setup and personalize your emails.  
Date: Thursday, 28th August  
Time: 12.30-3pm (1 session)

Fee: \$20  
Tutor: Sue Ashby (Lara Computers)  
Venue:Springdale Neighbourhood Centre

### 9.DIGITAL PHOTOGRAPHY

An overall introduction to the latest Digital Photography technology and its applications. 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 29th July-26th August  
Time: 7-9pm (5 sessions)  
Fee: \$78  
Tutor: Terry Oakley (The Picture Source)  
Venue: Springdale

## WANTED: VOLUNTEER HELPER

Springdale is interested in starting up an informal PC user group. The aim would be to meet monthly to discuss any problems or computer issues people may have and to simply share information of general interest with others. However, we firstly require a volunteer who is computer literate, who would spend an hour or two per month to help facilitate the group. If you think you may fit the bill, please ring Sally at Springdale on 52531960 Monday-Wednesday.

## CHILDREN'S PROGRAMS

### MUSIC AND MOVEMENT

Enjoyment of music, dance and song to encourage the development of beat, rhythm, tempo, pitch and harmony - all while having fun. This is a great way for little ones to develop confidence, self-esteem, concentration, memory, listening, language and self-expression.  
Date: Tuesday (9 sessions)  
Commences 22nd July-16th Sept  
Time: 9.15 am - 10.00 am 2 & 3 year olds  
10.15 am - 11.00 am 3 - 5 year olds  
Fee: \$50 per term  
Venue: Drysdale Hall, High St. Drysdale  
Tutor: Trish Redman

### ART ATTACK

Art for kids aged 8-12 years  
Our experienced art tutor will facilitate the exploration of art for primary aged children. Topics covered will include contour, face profiles, colour scale, charcoal drawing, upside down face painting, drawing from magazines. The classes aim to be informative and enjoyable.  
Date: Tuesdays 29th July-16th September  
Time: 4-5pm (8 sessions)  
Fee: \$60 per term  
Venue: Springdale Neighbourhood Centre  
Tutor: Jenny Lester Smith Materials list available at the office.

### OCCASSIONAL CARE

Three-hour sessions enable parents to take a break, catch up with friends, attend 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: Monday, Tuesday, Wednesday, Thursday and Friday mornings: 9.00 am - 12.00 pm  
Wednesday and Friday afternoons: 1.00 pm - 4.00 pm For further information please phone the Centre.

## BELLARINA TOY LIBRARY

The Toy Library is open Saturday mornings 10.30 am to 11.30 am. We have some fantastic toys to borrow (ages 0 - 6 years) so come along and see what we have to offer!

## SPECIAL INTEREST GROUPS

Weekly Craft Groups Opportunities to meet people, learn new crafts, or teach others your speciality. Meet weekly during school terms. New members welcome.

**Wednesday Morning Group (Sew & Sews)**  
10:00 am - 12:00 noon

**Wednesday Afternoon Group (Whichcraft)**  
1:00 pm - 3:00 pm

**Friday Afternoon Craft Group**  
1:00 pm - 3:00 pm

**Springdale Friendship Patchwork and Quilting Group**

The aim is for interested, like-minded people to bring along their current works (or any unfinished projects), then to simply get together and help one another in a friendly atmosphere. Meetings will take place on the second Thursday of the month at Drysdale Hall, High St Drysdale and the fourth Tuesday at Palmerston Court Drysdale  
Time: 10.00 am - 12.00 pm

**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, and Drysdale. New members welcome. Just turn up if you are interested. Enquiries to the Secretary, Ray Roberts, Tel: 5251 2183.

**Friendly Writers Group**

Meet every second Monday evening at the Centre (7-9pm). Commencing July 14th Ring Springdale for further information.

### OTHER SERVICES

Springdale also provides facilities to the public which include:

- > Computer access  
(Ring to check availability)
- > Internet & E-mail access  
(Ring to check availability)
- > Photocopying
- > Faxing
- > Hall and room rental

# THE DRYSDALE DAY VIEW CLUB IS HAVING A BIRTHDAY

The next lunch meeting of the Club will be a celebration of the Club's 2nd Birthday on June 27th at 11 am at The Clifton Springs Golf Club. The Theme for the day is BLACK AND WHITE. Entertainment will be provided by a Barber Shop Quartet. Members please remember that on this day there is no trading table, instead please bring baby ware and toiletries for the 'Needy Mums Annual Appeal' by View Clubs. You are welcome to bring a friend along to this lunch but please let President Pat Window know on 5251 1201 if you are attending, bringing a friend or are unable to attend, for catering purposes. Looking forward to seeing our members on this day and Good Luck with the Black and White Theme. V.I.E.W. BE IN IT.

## 'CLUB REFUGE' COMES TO THE BELLARINE PENINSULA

Local members of Surfcoast Rural Australians for Refugees will host a powerful performance of 'Club Refuge' featuring 'Actors for Refugees' and local singer/songwriter/musician Rose Bygrave.

"Actors for Refugees" is a large group of professional actors from all over Australia committed to providing a voice for refugees. They believe the truth of the plight of refugees and asylum seekers has not been reported enough by the media and consequently many Australians have a distorted view of who these people really are and how they are being treated. In order to bring some balance, 'Actors for Refugees' offer

their stories to the public through readings, music and poetry, presented in the performance "Club Refuge".

The cast will include well-known actors drawn from shows such as 'The Secret Life of Us', 'Neighbours', 'M.D.A.', 'Seachange' and from the 'Melbourne Theatre Co.' ... all members of Actors for Refugees. They hope to entertain as well as inform, leaving their audience inspired and motivated, not depressed.

Actors for Refugees and Rose Bygrave have donated their time for the performance. Proceeds will go to refugee groups.

### 'CLUB REFUGE'

Readings, poetry and music featuring  
**'ACTORS FOR REFUGEES' AND ROSE BYGRAVE**  
Friday, 25th July 2003 at 8 p.m.  
**VENUE:** Queenscliff Senior Citizens Hall, Symonds Street, Queenscliff (opposite the Queenscliff Railway Station).

Entry by donation.  
Refreshments available.  
For further information contact:  
Sue 5258 4193,  
Veronika 5258 1558,  
Gae 5258 2776

## Free Legal Advice

Victorian Legal Aid has started a free legal advice and referral service at the Ocean Grove Neighbourhood Centre every Tuesday Morning from 9.30am. All legal matters including family law. For your free 30 minute appointment, please telephone Victorian Legal Aid on 5229 2211.

**Extended Hours from 7 July, 2003.**

**Monday to Thursday  
9.30am - 4pm  
Friday 9.30am - 5pm  
Saturday 9am - 12noon**

For more information call into  
44 Newcombe Street, Portarlington or  
phone 5259 3266.

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# LADIES' PROBUS CLUB OF BELLARINE INC.

Registered No. A14696T.

Our May meeting went well, with most members managing to have a chat with friends or with a new member. We still try to mix at coffee time and circulate, but it is not so easy these days. The Winter season is fast approaching and I suspect many of our regular members will be off to warmer places for the cold spell. The Craft and Chat session held in the Dungeon was a good way to chat, knit and sew, which most ladies can do easily without much effort, unless a very complicated pattern is to be followed. Pleased to report there were quite a few members there. Speaker for May was Mr. John Hare. His talk was referred to as the Boat People, but was actually about the Evacuees at the time of

the war, 1939 -1945 and how the children were sent to Commonwealth Countries to stay with families until the war was over. The description of his departure from England and travelling on the ship with his sisters to Australia was a memorable story. After the end of the war and his return to UK he waited the compulsory 2 years before applying to return to Australia to live permanently. The main part of the talk was of his foster homes and schooling, and trying to be accepted by the foster parents as one of the family. It was a touching story where one felt sorry for the children who had to leave their parents to be safe, but the parents themselves must have been heartbroken to wave their children goodbye at such a crucial age in their lives.

Speaker for June is Iris Liz Tolton. I happened to mention to some members what a good holiday we had just had at Norfolk Island. So as a stand by, I volunteered to talk about it. The June Speaker being unable to come.

The Cruise on Friday May 23rd from South Bank down the Yarra to Williamstown was a really lovely day. Weather superb, The 3 course meal at the hotel in Williamstown was also enjoyed by all. Then off we went to Point Cook to the RAAF Museum before returning home. It was a lovely day from 8.30 to 5.0pm

July Trip on Friday 25th. To Federation Square and Needle and Quilt Craft Show. This is a provisional booking if there are sufficient interested members.

*Yours in friendship,  
Iris Liz Tolton*

## NO WORRIES!

No worries! It rolls off the tongue so easily, almost without our thinking. It's laid-back, forgiving, untroubling. It gives the impression that we don't have a care in the world. That's us Aussies for you. Really?

Who are we kidding? If we could only where our thoughts had been all day we would probably have to own up to the fact that it has spent most of its waking hours worrying. -Will I be

late? Will he / she like me? Will I get the job? What if I lose my job? Where are we going to find the money? Will I pass? What if I don't? What if it's cancer? What if .....

Being carefree does not include being irresponsible. We ARE to do our human best. It's the rest that's the worry - the stuff that is beyond our control.

Jesus says "I tell you, do not be anxious about your life." Easy for

him to say? He asks "Will worrying make you taller or live longer?" You've got me there Lord. "Do not be anxious about food, drink or clothing. Your heavenly Father already knows that you need them. Give Him first place in your life and like a good father He will supply all that you need." Matthew chapter 6 verses 25 -34 is a beautiful passage telling of God's care. And the psalmist says in psalm 34 : 10 "...those who seek the Lord lack no good thing."

God loves us so much He wants to relieve us of our burdens. His shoulders are stronger than ours. The apostle Peter states in 1 Peter 5:7 "Cast all your anxieties on Him for He cares for you." Why not take God at His word and prove Him? There's nothing to lose and everything to gain.

Then we can truly say -  
NO WORRIES!

A message from your local Baptist Church. 45 - 51 Central Rd., Clifton Springs. Sunday Services:- Morning - 10am weekly. Evening - 7pm - 2nd, 4th, & 5th weeks. Wednesdays Afternoon -2pm. Weekly. Other programmes: - Youth Warriors (Sunday school) 10am. Youth Group & Home Fellowships. Enquiries welcome - Ph: 5253 1833 or Rev. David Evans: 5251 3440.

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# Springdale Scripts

At each Springdale Writers monthly meeting a topic is given, which the writers address in less than 500 words. The April topic was "I Should Have Worn My Glasses", and the following little gem was written by Dulcie Stone.

*My dear sir,*

*Please forgive this belated letter of apology. It has taken some time for me to admit the fault is entirely my own. Due to the enormous pressure imposed by my innumerable commitments, time was of the essence.*

*Though we met infrequently, both the model and myself were happy that the assignment would be completed on the date you and I had agreed upon. But as you, sir, are well aware, the best laid plans are at the mercy of a sometimes fickle God. Thus it was that the final sitting had to be arranged in unseemly haste. Therefore - the resulting imperfection of which you rightly complain. I pray this does not affect our arrangement as to financial compensation, though I am prepared to settle at a slighter lesser sum than initially agreed upon. This,*

*of course, because the fault is entirely my own. I agree, sir, I should have worn my glasses. Had I done so, I am sure you would have fully approved the completed project. Here-with your account, with deepest apologies that the mouth is not quite right. Yours most sincerely,*

**Leonardo.**

For more information about the Springdale Writers, or if you would like to join, contact Springdale, ph: 52531960. Topic for this month, "She Meant Well".

## WINTER ASTHMA WARNING

"Rural Ambulance Victoria should be included in any management plan being developed by asthmatics and their families", Area 1 Clinical Manager Mick Cameron said today.

"Any asthma attack can be potentially fatal, and should be treated as an emergency. As in any emergency, the Ambulance should be called immediately".

Mr Cameron said doctors and paediatricians were warning that cooler conditions may worsen asthma symptoms and are urging sufferers and their families to consult with their doctor to make appropriate asthma management plans.

"Rural Ambulance Victoria supports the use of asthma action plans,

but wants asthmatics to be aware that we provide a range of services for patients that have breathing disorders, especially Asthma," said Mr Cameron.

"Asthma is becoming more prevalent in our communities, and its important that people understand the triggers for their asthma. These can include air pollution, dust mites, pollens and numerous other trigger factors".

Mr Cameron said Rural Ambulance Victoria treated all asthma cases with a high priority and despatch an ambulance as an emergency response.

"In the vast majority of cases, ambulance treatment provides immedi-

ate improvement in the symptoms of asthma and in some cases can be a life saver, so phoning for an ambulance should be the first contact point by any asthma sufferer in distress".

"Asthma is potentially life threatening. Oxygen and medication carried and administered by highly trained professional Paramedics can see asthma sufferers quickly and safely receive the treatment and immediate transport they may need".

"Remember, include Rural Ambulance Victoria in any asthma management plan, as our assistance in an emergency can sometimes mean the difference between life and death".

**CITY OF GREATER GEELONG**

**FAMILY DAY CARE**

If you enjoy working with children and would like to earn an income while working from home, Family Day Care might be for you!

Family Day Care is an approved Commonwealth child care service, which provides care for children aged from birth to 12 years, in the homes of registered Care Providers.

**Care Providers are people who:**

- Are registered with the City of Greater Geelong Family Day Care Scheme, subject to meeting service selection criteria.
- Are caring, energetic, flexible, creative and enjoy working with children.
- Understand and have the ability to meet children's developmental and emotional needs.
- Can develop a friendly, trusting relationship with both the children and families in their care.
- Are able to provide a safe, secure environment and comply with service regulations.
- Are supported by experienced staff, and enjoy being part of a team of local child care workers.

All parents are eligible for at least the minimum Commonwealth Child Care Benefit.

**FOR MORE INFORMATION PLEASE CALL 5227 0805**

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**June - July**  
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Friday 25th - Shazaam



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

At last tender documents have been released for Stage 1 works for the new car park and all that is required now is a competitive price to allow works to commence as soon as possible. The Club is also now planning the closure of the back 9 holes for the final re grassing program which will see the back 9 holes out of action for just over 3 months. Once again timing is a critical issue to ensure we are back to the full 18 holes as soon as possible but weather conditions will dictate the timing as well.

I also wish to advise all patrons that capital works will be undertaken in the Club's kitchen from Monday June 16th until Wednesday June 18th. The kitchen will be closed during this period and will re open for business on Thursday June 19th.

What a fantastic night it was with the Neil Diamond Super Hits Show with over 150 patrons dancing and singing to his greatest hits. Unfortunately the Elvis show has been deferred for a

couple of weeks and we have brought back by popular demand the Creedence Clearwater Recycled Super Show to be held on FRIDAY night July 11th with tickets on \$35.00 per person. With the previous Creedence show booking out quickly, booking early is essential.

Elvis leaves his mark will now be held on Saturday August 9th and you will need to book early for this show as well.

And while on entertainment don't forget our free live entertainment every Friday night where we promote the best of local talent.

Our ever popular Morning Melodies will be on Monday 30th June featuring Peter Perez and the theme to be Xmas in June. You need to book in early to secure a seat.

With our new loyalty rewards program in full swing members are already taking advantage by utilising their card when purchasing a meal in the bistro, buying a drink at any of the bars or

utilising our gaming facility. If you haven't a bar code on your membership card please see one of the bar staff so you can start accumulating points.

On the golfing side Men's Pennant has just completed with the Division 1 side making the final and unfortunately going down to Curlewis narrowly. Maybe next year fellas. Ladies pennant is drawing to a close with the Business Ladies Sunday Pennant team in the final on Sunday June 15th. Good luck Ladies. Division 3 Ladies are sitting in 3rd position with 2 rounds to play and Division 7 Ladies are poised in 2nd position and we wish both teams all the best.

Pro rata membership is now available and for only \$105.00 from now until September you can become a member of the club and enjoy full golfing rights. Membership forms are available from the office.

*David Milne Manager*

## Take Off Weight Naturally Clubs of Victoria

If you have a weight problem we may be able to help you. TOWN CLUBS OF VICTORIA is a voluntary organization that encourages weight loss through weekly meetings. Members are encouraged to adopt a healthy controlled eating style and take up suitable exercise. The Club offers support, ideas and stimulation to reach and maintain a realistic weight in a friendly relaxed atmosphere.

TOWN CLUBS OF VICTORIA provides an in-expensive, encouraging environment that raises your self-esteem as you work towards, and then maintain your goal weight.

Weekly meetings are held at the Springs Town Club on Monday mornings from 10 a.m. at the Uniting Church Hall for a weekly cost of \$ 2-00. A joining fee of \$ 35-00 applies.

*For more information ring Mary on 52513763*

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# WHAT'S ON AT CLIFTON SPRINGS PRIMARY?



Photos - Level 3 students with teacher Michael Allen in a cart.

Contributions for this Springdale Messenger are from some Level 3 students following their trip to Sovereign Hill.

**SOVEREIGN HILL** Suddenly I heard people in the bus saying, "Hurray. We're at Sovereign Hill!" We got out of the bus and then we had morning tea. After that we started to go towards the lockers to put in whatever we did not need. I was with Mrs. Elliott. The first thing we went to was the blacksmith. We went to the lolly shop, the bowling alley, the candle shop, the pottery

shop and heaps more shops. That night we had dinner at the bakery. After that we went to Blood on the Southern Cross that night. My favourite bit was where all of the smoke came out of the chimneys of the houses. The scary part was when they fired the guns. Mrs. Elliott got a clydsdale horseshoe from the blacksmith for good luck.

**Jasmine T. 3RD**

I went to Sovereign Hill with the level 3's for a camp. We all got put into our groups. I was in Sue's (Amy's Mum) group. The first thing that we did was pan for gold. It took one hour to find a speck. After that our group went to the lolly shop. I got a bag of lollies called raspberry drops for my brother Sean. After that we all went to candle making. Then we went to look in the old school. They were reading Yellow Daffodils. One of my favourite things there was the pottery wheel. It was really cool and squishy. We went panning again, and then again, and with lots of luck I found gold, so now I have three

specks of gold. This was some of what we did.

**Georgia D. 3MA**

The following pieces of writing were in the form of a letter as if the students were living in the times of the Gold Rush.

Dear Father, After five days we finally made it to Ballarat. Before we could start digging we had to peg out a claim and pay for our 3 monthly licence. We could then start digging. We started off panning. A pan is a metal plate. You scoop the dirt into the pan and you shake it until the gold specks appear out of the dirt in the bottom of the pan. Then we used a cradle, which is a wooden sieve that you rock back and forth. The dirt falls through the holes and the gold is left. We only found a small amount of gold. We used the gold to buy food. We hope to find a few nuggets soon so that we can make our fortune. I remain your ever-loving son.

**Michael P. 3ES**

Dear Father, After 5 days travelling by coach we arrived safely in Ballarat. The first thing I saw was people digging like ants, for gold. Before I could start digging I had to get a claim. It is the size of a boxing ring. We also pitched our tent in there. We then went to the tin smith to get our equipment. It cost 5 pound. We bought a three month licence and then went off to the diggings. Adam went panning for gold while I went digging in the mine. It has been three weeks and we have not found much gold. We have found enough for food and clothes for now. I'm going to give up and look for another goldfield. From your loving son,

**Matthew. 3ES**

Kerryn Driscoll (class teacher)

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# Building Relationships with your teenage children.

Building and Maintaining Positive Relationships with Your Teenager. Adolescence is the stage between childhood and adulthood. If you as parents are doing the right thing, adolescents will begin to assert their independence. There is often conflict- conflict is good- it means that your adolescent is developing independence. It becomes a problem when it is the only way of communication between adolescent and parent.

Like any relationships the one with your teenager needs to be nurtured and maintained. If teenagers feel valued and have an open relationship with their parents then they are more likely to talk about issues. If you have connections with someone in the good times it is easier to approach them for assistance or advice when needed.

Building relationships is about communicating. It is important for parents to continue to communicate with their adolescents

Think of relationships as Banks. If deposits are made on a regular basis-

then when there are withdrawals the account is not overdrawn. If the account is in the red, then people feel unhappy about the relationship generally and will be more unhappy about any withdrawals.

Egs. Deposits in the relationship bank \* Spending time together \* Listening \* Giving positive feedback \* Showing interest \* Support and help

Egs. Withdrawals from the bank \* Criticism \* Complaining \* Saying no/ refusing a request \* Asking adolescents to do something they don't like \* Correcting mistakes

Spend time with your adolescent. \* Plan to spend time with them and do it. It doesn't have to be a long time. Building relationships, like bank accounts work better by doing a little often. \* Look for opportunities. Your adolescent will initiate contact with you at times. Use these opportunities even though it might be inconvenient to you at the time.

Behaviours - Treat them how you would like to be treated. You are the

parent but your adolescent still has the right to be treated with respect, and consideration. \* Say please \* Give hugs (not in the playground though- your child may be embarrassed by this) \* Knocking before entering their room \* Cooking a favoured meal \* Providing surprise fun experiences- just because!!!!

Positive feedback or praise are important deposits in the relationship bank. However, they need to be given at the time, specific enough about what you appreciate about their behaviour as well as being genuinely earned.

Remember it is important to build and maintain a positive relationship because things won't always go smoothly so spend time with them, talk and listen and treat them as you would like to be treated.

**Regional Parenting Service**

For further parenting information,  
Phone: 5227 0819 or Fax: 5227 0832

## Rotary Club of Drysdale Inc.

The Rotary Club of Drysdale Inc. 27th Annual Easter Art Show was held at "The Potato Shed" Bellarine Multi Art Centre, Drysdale on the 19th and 20th April in perfect weather for locals and holiday makers of which 1150 passed through the door.

142 artists entered 516 paintings and art works this year and judging of these works was carried out by Mr Robert Tantau who indicated that it was a very high standard of art works displayed. Categories of painting awards were increased this year with the inclusion of "Best Regional Seascape" (sponsors choice) also Encouragement Award (sponsors choice). Comments from the public, excellent venue, high quality show of painting, art works, professionally presented and we'll be returning next year.

Money raised from the art show goes toward Rotary Community Projects including district nocturnal dialysis machine project and Rotary International Project. Worldwide polio eradication.

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## First Aid tip #2 Treatment of Burns

Burns can be very serious, possibly even life threatening, if not dealt with immediately.

Rural Ambulance Victoria Area 1 Clinical Manager Mick Cameron says: "Treating burns immediately can minimise complications later on and save the victim from further discomfort".

"There are many different types of burns, such as heat, chemical, electrical, radiation, friction and cold burns."

"Burns are particularly dangerous if they cover a large area and involve the face, lungs or airways."

"Recovering from burns can be very complicated and influenced by

many factors, including a patient's age, general state of health, and how well the burn was treated at the time of its occurrence," Mr Cameron said.

"Treatments vary depending on the type of burn but the standard approach for treating burns is to firstly ensure the risk is no longer apparent and it is safe for you to approach the victim."

"Cool the burnt area with low pressure or tepid water for a minimum of ten minutes and then cover the burnt area with a clean dressing or sheet, preferably one that won't stick to the wound."

"Never apply any creams, oils or ointments and continue to reassure the patient, keeping them comfortable and still until the Paramedics arrive," Mr Cameron emphasised.

"If it is a chemical burn, wash the affected area with copious amounts of water to dilute and wash the chemical from the patient's skin."

"Burns can be deceptive and may appear only minor but it is very important that the patient receives professional treatment as soon as possible, so always ring 000 and ask for an ambulance if unsure," Mr Cameron concluded.

## Springdale Messenger BFL Player of the Year

### Leaderboard (after Round 8)

24 Paul Frew  
16 Brent Taylor  
15 Adam Richardson  
14 Peter Preece  
13 Adrian Hildebrand  
10 Simon Keating

### Round 4 (vs Torquay)

5 P.Preece  
4 S.Keating  
3 N.Hildebrand  
2 P.Frew  
1 C.Taylor

### Round 5 (vs Geelong Amateurs)

5 P.Frew  
4 B.Taylor  
3 P.Preece  
2 S.Keating  
1.S.Nelis

### Round 6 (vs Newcomb)

5 A.Richardson  
4 S.Keating  
3 P.Frew  
2 S.Craven  
1 B.Taylor

### Round 7 (vs Barwon Heads)

5 P.Frew  
4 B.Taylor  
3 A.Eddy  
2 J.Higgins  
1.S.Colley

### Round 8 (vs Modewarre)

5 P.Frew  
4 A.Hildebrand  
3 G.Smethurst  
2 A.Richardson  
1 A.Baukham

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# SPORTS REPORT

## Portarlington Sailing Club.

The Portarlington Sailing Club held their Annual General Meeting on May 25th 2003. Starting with a Working Bee during the morning, lots of outstanding jobs were finished also maintenance on the Rescue Boats were done. Lunch was enjoyed by all, then Presentations of Trophies for the completed season were held. Of the four different series that were held, four different sailors won. Stuart Quick won the Gough Stain Trophy on VYC Yard-

stick, with Buddy McKenzie winning the season on Handicap. The Andrew Parson Memorial Trophy for outstanding Club Members went to Jean & Bernie Ellson.

The Annual General Meeting had a good attendance, Elections were held, the successful people were:- Commodore - Stuart Quick, Vice Commodore - Roger Kennett, Rear Commodore - Laurelle Conder, Club Captain - Peter Herring, Treasurer - Alastair Conder, Secretary - June

Kennett. The Past Commodore, Bryan Kennett thanked everyone who had helped him through the past two years and wished the incoming Committee every success.

The next season will start Sunday September 21st 2003 If you need more information please look at the Web site:- conder@pipeline.com.au

## RECRUIT GIVES HAWKS A FLYING START

Drysdale's pre-season recruit Paul Frew has helped the Hawks to a flying start in the BFL season with several best on ground performances.

His on-field skills and athleticism have added to a team destined to be in yet another grand final.

However, Frew, who leads the Springdale Messenger BFL player of the year after eight rounds, believes there is always room for improvement in not only his own game, but also the team.

"I guess I can always play better though, and same with the team - we're travelling along but we can still play better. We still haven't played four quarters of football," Frew said.

Frew was instrumental in the games against Barwon Heads and Modewarre where he accumulated possessions and set up many goals in comfortable wins for Drysdale to retain second spot on the BFL ladder.

Frew played some brilliant football in the Central Murray League last sea-

son, gaining a top reputation in the league.

But a move to Geelong this year has seen Frew end up at the Drysdale Football Club with several other top recruits including Simon Keating and coaches Adam Richardson and Glenn Kilpatrick.

"I came to Geelong because I had some family and friends here and decided this is the place where I wanted to be," he said.

"Adam Richardson and Glenn Kilpatrick are fantastic, the whole club is great. They have a lot of fantastic and new ideas and well respected by the players," he said.

Drysdale's senior coach, Adam Richardson believes Frew's acquisition to the club has been critical to the Hawks season so far.

"Paul's been fantastic. He was a big part of our recruiting at the start of the year," Richardson said.

"He's been around and played a lot of good footy at other areas and

other leagues, and comes with very high recommendation."

"He's actually lived up to his reputation - he's been playing some pretty good football for us and I hope to think we have a lot more to see from him yet," he said.

With Frew and a fresh list of improving and enthusiastic players, Richardson is adamant his team can continue it's winning form, despite it's surprise loss to the Geelong Amateurs earlier this season.


"We've been pretty happy with what we've been doing so far, we've changed a few things to what the boys have been used to over the last couple of years and introduced a different style of play and team plan," he said.

"I still don't believe we have played our best football yet, but we are getting some gradual improvements each week to getting the boys playing the way we want," he said.

*By Brent Diamond*

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# Professionals

## How is an Estate Agent like a nanny?

Wouldn't you like to know that your selling agent is likely to be conscientious, efficient, professional, enthusiastic tireless and committed.

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Most employers insist on both verbal and written references when taking on someone new.

Probably the most significant employment situation any family can find themselves in is the employment of a nanny.

After all, you're handing over the greatest emotional responsibility you are ever likely to undertake.

Nannies are among the most heavily referenced employees in the job market.

Disgruntled vendors report simple everyday problems like lack of courtesy in phoning to arrange appointments, lack of punctuality, as well as more serious problems like lack of information and feed back on the progress of their sale.

Problems like these could be minimised by asking verbal and written references.

The more professional agents provide written testimonials from clients for whom they have recently acted, as well as phone numbers of people

whom prospective vendors can contact for a firsthand report

Professional and successful agents are used to hearing the complaints of vendors disappointed with the service provided by their previous agent.

People say "Oh, we only had one ad and two inspections during the entire four months and almost no feedback at all."

Intending vendors can avoid joining the list of the unsatisfied by thinking of themselves as employers and doing the appropriate reference checks before making the decision about which agent to employ.

Increase your likelihood of enjoying a successful and low stress real estate transaction by listing with the agent who has the references.

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