

SpringDale Messenger

Your Free
Community
Newspaper

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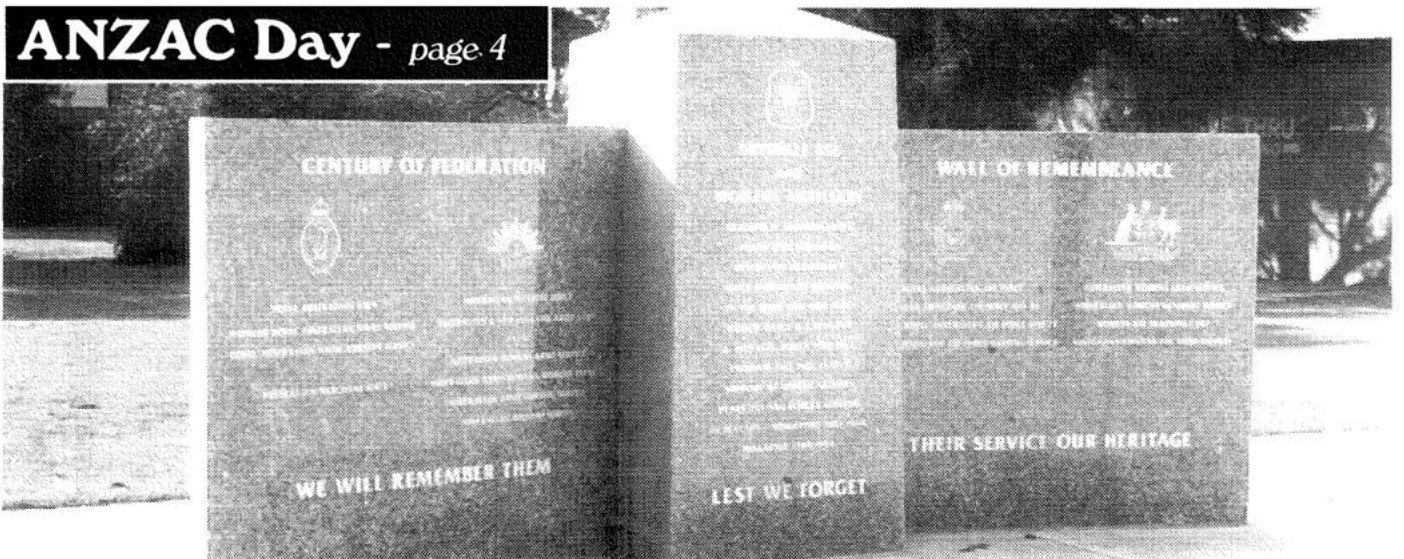
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Vol 14 No. 4, May 2004

Drysdale Reunion - page 4



ANZAC Day - page 4



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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: office@springdale.org.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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The SpringDale Messenger

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SPRINGDALE NEIGHBOURHOOD CENTRE

Hello from the Co-ordinator's desk !

Dear Friends of Springdale Messenger and of Springdale Neighbourhood Centre.

My name is Anne Brackley and I've been the treasurer of Springdale for about 18 months and am currently provisional co-ordinator as well (until this position is advertised and filled).

I bring to this position many years of community service and a love of this part of the world and our community.

Last month we wrote of a few changes we have made at the centre but we do need to make a few more, to enable the organization to prosper, in the tough financial climate we find ourselves in today.

We thank all our advertisers who help us to print this FREE newsletter. The Springdale Messenger allows community groups to share their achievements and up coming events with our whole community. We are always looking for new businesses to advertise with us - please ring Springdale if you'd like to know more about advertising charges and other ways you could sponsor / support Springdale. (phone 52531960)

We propose a fundraiser that all "not for profit" organizations in the Drysdale / Clifton Springs area can participate. The Springdale Spring raffle (to be

drawn in Spring), a raffle organized by Springdale - tickets sold by participating groups and the profit shared between Springdale and the groups. If you would like to know more or you would like to help by donating a prize and therefore be on 20,000 or more tickets - please ring Springdale Phone 52531960. The idea is gaining wide acceptance at the moment - maybe you could suggest it to a group to which you belong !!.

I draw your attention to the role of a Neighbourhood House, which is to develop strategies to:

- * Participate in community activities
- * Provide universal services available to all members of the community
- * Implement effective planning and evaluation that involves users as appropriate
- * Develop effective partnerships with other services, government and business
- * Use information technology to share information and experiences across houses
- * Ensure quality services that achieve positive outcomes for house users and the community.

If you have a talent, or an idea you'd like to tell us about maybe we can help you share it or offer you an environment in which to use it.

We need to hear from people interested in undertaking a creative writing course and we also need to hear from people who may want to help as a volunteer in the centre - opportunities exist for people to help on the reception desk, or in the garden, which is in desperate need of some love and attention - tell us about your skill and I'm sure we'll find a way to put it to good use. Maybe you'd like to run a session on fly fishing or motorsport or its up to you.

Our course guide for term two is out and sessions are filling fast - please think about joining us for a course, or call in for a cuppa and chat.

Thanks for listening

Your friends at the Springdale Neighbourhood Centre - Anne, Sally and Rosie and the Committee of Management

PS We thank Karen for her energy and expertise that she shared with us over the last 12 months while she was on a Traineeship - she will be missed.

NEIGHBOURHOOD HOUSE WEEK

is being held May 10th to 14th. You are invited to drop in for coffee and cake while you check out what happens at of joining a group, doing a course or volunteering. This is the perfect opportunity to come and see the Centre in action.

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Drysdale Remembers

Drysdale had the opportunity twice during the month of April to catch up with friends from the past and reminisce.

On April 18th, a Drysdale Re-union was organized for people who had lived in the district for over 20 years. Thank you to those who organized this wonderful afternoon and a great time was had by all those who attended.

On Anzac Day, the Drysdale RSL and the Drysdale community joined to remember and honour those who have fought in order to preserve our Australian way of life.

"Do You Remember When?" was held in Drysdale on Sunday, 18th April. Approximately 80 people who have lived in Drysdale for 20+ years met and had a great afternoon reminiscing and meeting old friends. Geoff Wisbey, Lesley Taylor and Kel Davis gave a talk about the Drysdale they knew, including walking to the end of the Clifton Springs pier to see the yachts, baking 40 dozen small cakes for the Red Cross War effort, the three football grounds and two race courses in Drysdale. Also, the local jockey who ran second on Olive's Hope in the Melbourne cup was featured.

Drysdale had an asparagus farm, flax mill, pipe works and an olive oil processing plant, also a cheese and butter factory. The aerial photo of Drysdale taken in 1936 was an eye opener as was a deceased resident's (Mrs Knights) beautiful beaded ball gown with french handbag and shoes - still in their original box.

Kel Davis kept everyone laughing with his tales of playing ghosts and the larks he used to get up to. All present had their photographs taken and if you wish to see them you can do so by phoning Jenny - 5251 2676.

ANZAC DAY

April 25th 2004 was a cold and wet day, but that did not stop the Drysdale community coming out to commemorate Anzac Day.

There was a good attendance especially given the bleak day, a blend of all ages, joined together to remember those who have fought, those who have died and the spirit of mateship that epitomizes the Anzac legend.

The returned Service men and women led the March from the Senior Citizens Building to the Cenotaph.

Wreaths were laid by groups and individual members of the community, including the Drysdale RSL, the RSL Ladies Auxiliary, Portarlington Drysdale Lions Club, the Drysdale Girl Guides and Scouts and Rangers, Cr. Heather Wellington repre-

senting the City of Greater Geelong, 31 Squadron (Darwin) and Springdale Neighbourhood Centre.

A delicious Morning Tea was provided by the RSL Ladies at the RSL Hall.

Special thanks to the Police and Fire Brigade who controlled the traffic and ensured the safety of those who joined the March.

"We will remember them"

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Exclusive - Curtis Rules

Curtis Stone has created a new aspect of cooking on the Bellarine Peninsula in one of his two television programs across the nation. This month - BRENT DIAMOND caught up with the man that doesn't take cooking for granted.

Host of Channel Seven's hit series 'My Restaurant Rules' Curtis Stone is cooking up a storm around the world and is one of television's hot new faces of 2004.

Curtis filmed a documentary and released a cookbook with co-host Ben O'Donahue called 'Surfing the Menu' - based on the variety of food and restaurants on the Bellarine Peninsula.

The latest venture on the Peninsula included scenes from the Screaming Seeds restaurant, Grant Hutchins from At the Heads restaurant, Bob Grant from Lara Honey and the boys from Mr Mussels in Portarlington.

"There's a few nice ones in Queenscliff - The Royal hotel and even eating fish and chips and going and sitting in the park is pretty good," Curtis laughs.

But the Bellarine Peninsula holds a little more than meets the eye for the talented 28-year-old chef.

His mum Lorraine and her policeman husband live in Clifton Springs - and whenever he is not cooking in the UK or tasting the diverse range of cuisine's around the world - Curtis will be back to his childhood holiday dreams on the Bellarine Peninsula.

"I'm down there as much as I can. There's some brilliant beaches down there and it's close enough to Melbourne and just the amazing food and I think it's the community as well it's just great to go down to the local pubs and that sort of thing - it's just a nice community atmosphere," Curtis says.

Originally from Essendon, Curtis intended to go on a back-packing

journey with a mate to Europe - but an empty wallet and a desire to get back into the kitchen put him into contact with one of London's most prestigious chefs - Marco Pierre White.

"We started running out of money and decided to stay in London. I always wanted to do cooking over there and then started working for a guy named Marco Pierre and it just kicked off from there," Curtis says.

After stints as chef under Pierre White at The Café Royale and Mirabelle - he has welcomed the opportunities to cook for Princess Anne, the late Princess Margaret and Prince William; as well as Sir Paul McCartney, Mick Jagger and Courtney Love.

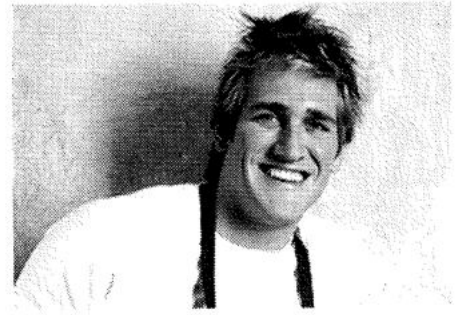
Curtis also won a prestigious red star for his work at a fine dining restaurant in London which he holds in high regard. He is the only chef to hold this award since the opening of the restaurant in 1926.

Although he loved to play local Aussie Rules football for Essendon District as a teenager with his good mate, Essendon's Dustin Fletcher - Curtis always had a passion for cooking.

He was inspired by his mum's cooking and her delicious ANZAC biscuits.

"Probably my mum's food inspired me. She's a pretty good cook my mum and she used to love baking and making ANZAC biscuits and I learnt a little bit from her and that sort of got me started I guess and then I moved on professionally."

"In Clifton Springs she has a great vegetable garden, fruit trees and her food is home-grown and home-made which definitely helps," he says.



With his media and cooking career taking off from all angles, Curtis has enjoyed his role as host of the hit series 'My Restaurant Rules' - which finishes in May.

"The whole introduction to the media has been pretty exciting to me I suppose. I just sort of got approached by a few people in the UK because I had a pretty high-class restaurant in London which was going pretty well. I just got asked to do a couple of things and one thing led to another," he says.

"It's (the TV series) going really well - with only a few weeks to go. Only one of the five restaurants get to keep their restaurant so it's going to be very interesting. I'd like to say Melbourne will but I think Sydney has just edged their nose in front at the moment - they're doing a pretty good job up there."

Curtis is looking forward to filming another Surfing the Menu series later this year - before heading back to London to pursue his cooking dreams.

"It's something that I hope to get back into soon and have another crack at it...that's what I love doing and that's sort of how I got to where I am now, so I would never give that up," he says.

Surfing the Menu - the cookbook, video or DVD is on sale at all good book stores around the country.

By Brent Diamond

Queenscliffe

Dentist:
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The Bunyip has More in 2004.



We lived up to our promise - there definitely was more at the Bunyip Festival this year. More food, more rides, more stalls (indoor and outdoor) and more people (and we raised more than \$30,000 !!)

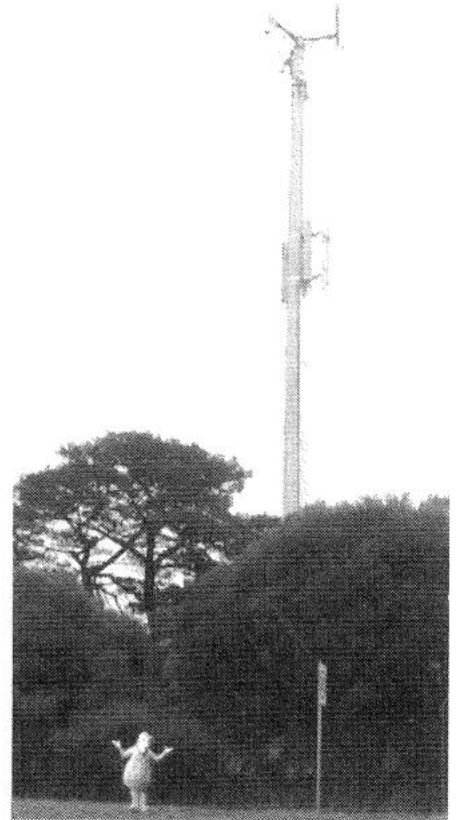
We'd like to thank everyone who helped make the Bunyip festival a success - thanks to all the people who came and had fun with us, thanks to all the parents who shared their talents and special skills in the lead up and during the event, thanks to all our sponsors who helped to

make our efforts worthwhile. I'd like to draw your attention to Wallington Rural and Telstra Country Wide who were our 2 major sponsors this year.

Wallington Rural provided items for the auction in conjunction with their suppliers - the items ranged from Stock and Pet Feeds to Haymes Paints, Wattyl paints and Paintright equipment to Gardenia Hose fittings. We thank them for their support and draw your attention to their new premises in Grubb Road, Wallington.

At the Bunyip Festival, Telstra Country Wide was proud to announce that local business owners, residents and visitors to Drysdale can now benefit from improved GSM mobile phone coverage. The digital GSM service will provide improved coverage along the Geelong-Portarlington Road near Curlewis and in the township of Drysdale. For more information contact Telstra Country Wide Phone 1800 687 829.

The Bunyip at Wallington Rural, Grubb Road Wallington and at the new Telstra tower Anderson's Road Drysdale.



Drysdale Ladies Probus Club Inc.

Reg. No. A.0021357 E

We held our AGM in March, and all vacant positions were filled, and we look forward to another happy, fun filled year with lots of friendship. Our February meeting guest speaker was Bruce Lowenthal from hearing dogs, and he spoke to us about training dogs (of all breeds) for the hearing impaired, a topic a lot of us knew very little about.

February was also our 14th birthday and our President has made a

beautiful big fruit cake and meticulously and beautifully iced it with the Probus emblem, together with a spray of hand made Australian wild flowers. Absolutely beautiful. Thank you Elaine.

February 21st saw quite a few of our members go to G.P.A.C. to see the live show "A Funny Thing Happened on the Way to the Forum" which they all enjoyed very much.

Some thirty plus members and partners also enjoyed their train and

bus trip to Warrnambool and then onto Portland during seniors celebrations, the feed back from this long day out was very good:- great lunch, morning and afternoon teas, and terrific sight seeing, both at Warrnambool and Portland. Keep up the good work Glenyse.

*Bye till next time
Glad Sharp*

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Tour for a cure campaign

Jock Cockburn is a Police officer currently stationed at Drysdale. In July 2002, the Police department was conducting fitness assessments on members and they finally caught up with him. The result of his fitness assessment meant that he was instructed to seek medical assistance immediately. The result was immediate sick leave and he was prescribed a number of blood pressure tablets. He embarked upon a weight loss and walking programme. He started walking at a reasonable pace, then quicker and quicker for about one hour, five or six times a week. He then started cycling. As time progressed he became fitter, the weight was falling off, and he felt like he could conquer the world. He has lost 53 kg., his blood pressure is perfectly normal, and he is not taking any blood pressure medication. He feels that if he can do it anybody can.

The "Tour for a Cure" campaign is run by the Cancer Council of Victoria. Each participant is to raise \$5,000 then the participants go to Vietnam and cycle approximately 600 km. In excess of 50% of the moneys raised will go to the Cancer Council of Victoria for valuable Cancer Research. It is anticipated that there will be between 40 and 50 participants. Jock heard about the "Tour for a Cure" campaign on the radio. They said that if you ever wanted to walk the Great Wall of China and ride through Vietnam then this was a way that it could be done, at the same time gaining valuable donations for Cancer research.

He chose to cycle through Vietnam for three reasons.

1. Because Vietnam has been a country that he has wanted to visit for a long time;
2. That it was not until October that he had to raise the amount indicated; and
3. Because he really loves cycling.

Jock cycles to keep reasonably fit, both in body and mind, and to keep the weight off.

Since he started the "Tour for a Cure" campaign the business people from the local area have been extremely generous with donations and support, and he would like to thank a few in this article. The Commonwealth Bank
Kevin Paisley Fashion Eye Wear,

The Clifton Springs Golf Club, The Drysdale Hotel, Unique Steel Design, Drysdale Fresh Food and Seafood Supplies, McPherson Consulting, Wilson and Bradley (Preston), Bellarine Pre-Mix, Video Ezy Drysdale, Video Ezy Geelong West, Drysdale Village Hardware, Mortimer's Petroleum, Plumbtec Drysdale, Drysdale Physiotherapy, Vince Panetta, Concept Campers, Peck & Stokes

and of course everyone else who has donated cash or items which are to be auctioned at a later time.

If you wish to make a contribution, or have any further queries, Jock can be contacted at the Drysdale Police Station on Tel: 5253 1763 or mobile 0410414805.



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Your Self Managed Super Fund in Retirement.

As the fastest growing area in Financial Services, Self Managed Superannuation Funds (SMSF's) offer you choice, flexibility and control in the investment of your retirement nest egg. Last month we considered the benefits of running a SMSF during the working years of life. This month we look at the benefits of a SMSF once you retire and require income.

Pension Versus Lump Sum

For years, the typical utilisation of superannuation at retirement has been to withdraw the capital as a lump sum, paying significant lump sum tax, live off the proceeds until exhausted, then claim an Age Pension.

The Federal Government has highlighted this as a significant flaw in retirement income provision and has enacted legislation to encourage you to continue holding your superannuation within super funds, and to support yourself via a tax effective income stream.

The Options

* Allocated Pension

Allocated Pension's are the most flexible income stream payable from superannuation. Pension payments are based on dividing the capital at the beginning of the financial year by a minimum or maximum factor known as Pension Valuation Factors. You must draw the minimum

amount, and are free to draw any level up to the maximum amount in any year. Capital is accessible at any time via lump sum withdrawals.

An Allocated Pension is a highly tax effective income source, as a pension fund with Undeducted benefits within it will pay a level of tax free income, while the taxable portion of the pension is afforded a 15% rebate.

An Allocated Pension does present some obstacles in terms of Centrelink as the capital is counted as an asset, and can often exclude Age Pension entitlement.

* Complying Pension

A Complying Pension is the second most common income stream payable from super. Different to an Allocated Pension, this type of income stream generally pays a set amount for a fixed term, determined annually by an actuary. Similar tax benefits are available as with Allocated Pension's.

The main motivation for the use of a Complying Pension is to allow access to Centrelink benefits. According to current legislation, 100% of capital invested in a Complying Pension is exempt from the Centrelink Assets Test. Legislation has been introduced that will see this Asset Test exemption reduced to 50% from 20 September of this year.

SMSF vs Purchased Pension

For some time the only option open to investors wanting a Complying Pension was to purchase one from a life company. In doing so the investment decision ceases, as purchased annuities are backed by fixed interest investments. Thus the possibility for investment out-performance vanishes. Running a SMSF allows you to invest your benefits within a Complying Pension while retaining complete control over the investment decision.

SMSF - Income Fund of Choice

For the reasons discussed in our previous article, a Self Managed Super Fund offers you the most flexible structure to hold your most important retirement asset, your super. Allowing several members, and multiple income stream accounts for each member, a SMSF can be utilised for completely self funded retirees wishing for more control than a WRAP or master trust offers, or for retirees requiring Centrelink assistance.

* Take Control

Whether retired, about to retire, or indeed years from retirement, taking control of your most important retirement asset, superannuation, will benefit you now, and for the rest of your life.

Sam Dunbabin

WHK Day Neilson

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

The McInerney Fisher men's 4 ball match play event has now progressed to the semi finals with the first match to be played between the team of promising juniors Luke Keay and Scott Jervies who are up against Darren Cox and Willy Ellis. The other semi final will be played between Peter Hughan and his partner Graeme Hutchinson (whom defeated defending champions and hot favorites Fraser Brown and Glenn Hughan) who will be up against the winner of the quarter final match between Col Allen and Joel Keay who play Jason Rathje and Craig Melbourne.

The Club has recently held men's and ladies guest days with positive feedback being received about the condition of the course especially the fairways which have continued to exceed our expectations.

Green fee players can take advantage of our special deal on offer at the moment whereby you pay \$20 for 18 holes of golf and receive a free golf ball.

Men's pennant resumes after the Easter break with both Division 1 and Division 1 reserve performing strongly with a finals berth looking ominous. Ladies pennant has also commenced and we wish the ladies good golfing for the season.

The club recently advertised for a new Course Manager and is delighted to announce the appointment of Mr. Brad Marsden who commenced employment on April 19th. Brad comes to us with a wealth of experience being the Superintendent at Torquay Sands for 12 months and previous to that worked at MacArthur Grange, Touckley, Bonnie Doon and the Lakes, all New South Wales courses.

With Brad's experience we are looking to the course to be lifted to another level and continue on the with the improvements over the past 2 years.

As April 1st is the commencement of our golfing membership pro rata period, you can now join Clifton Springs for only \$225.00 with no

joining fee applicable and with the influx of new members I suggest you act quickly.

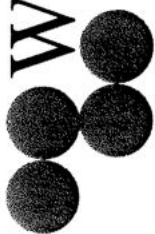
The Club has also decided to resurrect its highly successful Pro - Am event which was postponed over the past 3 years due to the capital works on the course. The planned time frame will be January 2005 and the Club will be on the look out for sponsors for this exciting event.

You will need to book early for the next spectacular show on Saturday May 29th with the return of the Neil Diamond Super Hits show with their last performance being fully booked. At only \$40.00 per person which includes a 2 course meal this represents great value.

We also continue the tradition with our regular Friday evening entertainment with the Bistro open for lunch and dinner 7 days a week and don't forget our \$4.70 meal deal coupons are now being accepted.

David Milne
Manager

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GEELONG - OCEAN GROVE - MELBOURNE - DRYSDALE

Ladies Probus Club of Bellarine Inc.

Registered No A14696T.

I have to admit that I was not present at the March AGM when the retiring committee, were replaced by the new one. Welcome to the new President and her committee, which is made up of mainly new nominees who had not served on a Probud Committee before.

It is said that it is so hard to get members to go into office, but this time there must be at least 9, which is good for everyone concerned. A breath of fresh air, and new ideas will not go amiss. Whilst all this was happening I was on holiday, visiting Phillip Island and the penguins. It was a lovely place and well worth the visit.

The club's activities continue as before:- Craft and chat, Mahjong, Canasta, and Scrabble. All these activities apart from Craft and Chat which is held at the Springs

Dungeon, take place in the members homes. Names to be found in the Club's Newsletter.

Speaker for April was to be Jean van Dyke who spoke on her experiences behind the Iron Curtain.

The Luncheon Group will be meeting at the Springs function centre again in April.

The Trips Organisers are trying to get some interesting places for us to visit this year, it is becoming increasingly difficult to get new places to see. The club has been in being for 17 odd years, and over that time we have BEEN there Done that, unless new attractions have opened up. We the members thank all the past tour arrangers, and also the new ones for this year. I am sure your efforts will be appreciated.

The card crafters, have over the years moved on and others have taken their place, with the artistic creations seen on the Birthday Cards

given to each member. The range of presentation has evolved with trends of the time, from pressed flowers, and lovely writing, to crocheted minute flowers, and this year it is another style. Decopage. We have some very talented ladies in the club.

The Peninsula Players will be performing the play AWAY on April 28,29,30, and May 1st. All this years plays will be by Australian writers. Some of our members are in this talented group. Our club members have always been supportive of the Ann Nichol House so attend the plays on first night, a donation from this nights attendance is awarded to Ann Nichol House.

Every good wish to the New Committee and to the continued happy atmosphere within the club.

Until Next time.

Yours in friendship.

Iris (Liz) Tolton.

Women view

Drysdale Day View Club will meet at Clifton Springs Golf Club 11am on Friday May 28th with guest speaker Betty Lester a school teacher who has taught in China. Also an extra special reminder that JUNE the 25th is our Third Birthday which means great fun and activities, masses of door prizes gifts and musical entertainment. Our theme is Lavender and Lace so if you fancy dressing for the occasion we'd love to see you, it will be a great day so put the date in your diary and on your calendar. June is baby month so if you can knit sew or shop we love donations for the Smith Family. If you want to join in the fun please contact

Pat Window on 5251 1201 or Gloria Kivimets on 5253 3256



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Springdale Neighbourhood Centre

COURSE GUIDE TERM 3 - 2004



Address: 14 Princess Street, Drysdale
Phone: 5253 1960
Fax: 5253 3050
Email: office@springdale.org.au
Opening Hours: Monday - Thursday 9:30 am - 3:30 pm



SpringDale is your local Community Neighbourhood Centre

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

- Should a class be cancelled due to lack of enrollments or another reason, fees are refunded in full and enrollees notified.
- Payment can be made in person at SpringDale or 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/Refunds

- Credit card facilities are available for payment IN PERSON 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'

Protective Behaviour for Women

A special workshop for women (all ages welcome) on developing sensible and practical ways to keep yourself physically and emotionally safe in your home at work or on the street. This is not a self defense workshop but a session on living safely and protectively. Learn how to manage your fears, increase your confidence and self-awareness.

Requirements: Wear comfortable clothing and come along for a fun and informative session.

Date: Monday 2nd August
Time: 6.30-9pm (1 session)

Fee: \$25

Venue: SpringDale
(Child Care Room)

Tutor: Sharon Brennan

Tuesday Evening Yoga at Drysdale

For relaxation and balance of mind and body.

Date: Tuesdays 20th July-14th September(excludes 27th July)

Time: 7:30 pm - 9:00 pm
(8 sessions)

Fee: \$85

Venue: Drysdale Hall,
High Street, Drysdale

Tutor: Inner Cor
(Tutor: Rick Porteous)

Materials: 1 Rubber mat

Thursday Evening Yoga Classes Drysdale

For fitness, stress relief and clarity of mind.

Date: Thursday 22nd July-
16th September

Time: (1) 6:00 pm - 7:30 pm

Fee: \$95 (9 sessions)

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

Tutor: Glenda Breedveld

Materials: 1 Rubber mat

OR

Date: Thursday, 22nd July-
16th September

Time: (2) 7:45 pm - 9:15 pm

Fee: \$95 (9 sessions)

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

Tutor: Glenda Breedveld

Materials: 1 Rubber mat

**Waiting Lists may apply for
Thursday classes**

Pelvic Floor Awareness For Women

A Workshop Women

One in three women have pelvic floor problems during their lifetime. Have you been doing pelvic floor exercises without really understanding your pelvic floor muscles and how to use them? Or have you given up doing exercises and finding problems are developing?

Through gentle Feldenkrais Method Awareness Through Movement lessons, you can learn to move and strengthen your pelvic floor muscles and stay in control during all your daily activities.

Date: Saturday 7th August

Time: 1:30 - 5:00 pm
(1 x 3.5 hours)

Fee: \$50

Venue: Clifton Springs Golf Club,
92 - 94 Clearwater Drive,
Clifton Springs

Tutor: Christine McKay

Yoga Classes

Monday Yoga at Portarlington
Exercise through breathing,
stretching and relaxation.

Date: Mondays 19th July-
13th September

Time: 9:15 - 10:45am (9 sessions)

Fee: \$95

Venue: Portarlington Guides Hall,
Sproat Street, Portarlington

Tutor: Glenda Breedveld
Materials: 1 Rubber mat

Menopause The Naturopathic Way

Menopause is a normal and natural phase of a woman's life. This short course presents a holistic approach to menopause. It will look at what happens to a woman's body during this stage of life and explore a variety of ways that can be used to make this transition easier, healthier and more balanced. We will look at what happens during this change and explore a range of options to make this transition easier, healthier and more balanced. We will explore strategies for managing symptoms including dietary and lifestyle approaches including treatment using herbs, essential oils, nutritional supplements etc.

Date: Thursdays 22nd and 29th July

Time: 1-3pm (2 sessions)

Fee: \$40

Venue: Springdale

Tutor: Helen Watt

Tai Chi

Morning Classes at Drysdale

Start the day with this gentle, relaxing form of exercise. Tai Chi 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: Fridays 6th August-10th September

Time: 9:30 am - 10:30 am (6 sessions)

Fee: \$60

Venue: Drysdale Hall, High Street, Drysdale

Tutor: Faye Blainey

Pilates

Pilates works on postural alignment, breathing and relaxation. It strengthens the deep core muscles of the body, increasing strength and flexibility, encouraging efficiency of movement.

Date: Fridays August 6th-17th September

Time: 12-1pm (7 sessions)

Fee: \$70

Venue: Drysdale Hall, High Street, Drysdale

Tutor: Ian Holmes

Students to bring a mat

Beauty Beyond 50

Image Tips For Women

Prue is an image consultant and will take you on a journey to help you look and feel more confident. Learn about: Selecting colours that make you sparkle; enhancing your face and body shape, accentuating positives, eliminating negatives, looking kilos lighter and centimeters taller, the magic of makeup, tying scarves in a dozen different ways, organizing your wardrobe, creating over 70 looks from just 12 pieces, packing a suitcase for a 2 week trip and the art of successful shopping.

Date: Wednesday 28th July

Time: 10am-12pm (1 session)

Tutor: Prue Bartels

Fee: \$25 (Includes a workbook to take home)

Venue: Springdale

First Aid Classes

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: Saturday 4th September

Time: 9:00 am - 5:00 pm (1 session)

Fee: \$70

Venue: Drysdale Hall, High Street, Drysdale

Tutor: National First Aid

BYO Lunch

First Aid - Level 2

Level 2 covers all modules taught in Level 1 plus additional emergency treatment and management procedures. It is an Accredited Certificate, valid for 3 years (with CPR updates) and is required in many courses and work places.

Date: Saturday 4th and Saturday 11th September

Time: 9:00 am - 5:00 pm (2 sessions)

Fee: Full fee - \$140

Subsidized - Cost \$70

Venue: Drysdale Hall, High Street, Drysdale

Tutor: National First Aid

Subsidized places are available for volunteers, those seeking employment or further education and training.

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: Saturday September 4th

Time: 9:00 am - 12:00pm (1 x 3 hour session)

Fee: \$35

Venue: Drysdale Hall, High Street, Drysdale

Tutor: National First Aid

All First Aid Courses are Accredited

Alpha Course

Alpha is an opportunity for any-one to explore the Christian faith in a relaxed, non-threatening setting. It is low key, friendly, fun and is supported by all the main Christian denominations.

Date: Thursdays July 15th-September 16th

plus Saturday 11th

Time: 7-9pm

Fee: \$25 per person

Venue: Springdale

Register your interest at the Office on 52531960

GENERAL INTEREST & SKILLS

Trying It On

Returning to the paid workplace? Looking to change jobs? Considering studying?

This workshop is designed to help you in the transition phase to manage change and the various personal challenges you may face. These sessions the workshop will cover: Identifying your strengths, getting motivated, building your confidence, writing applications, 'selling yourself', interviewing skills.

Date: Tuesday 13th and 20th July

Time: 1-3pm (2x2hr sessions)

Fee: \$40

Venue: Springdale

Tutor: Meredith Telfer

BackYard Poultry

(Here Chook Chook Chook)

An informative session on keeping happy, healthy chooks in your own backyard.

Topics include feeding, housing disease control and breeding.

Date: Thursday 24th August

Time: 6.30-8pm (1 session)

Fee: \$20

Venue: Springdale, Childcare Centre

Tutor: Suzanne Stock

The Art of Coffee and Cake

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 25th August
Time: 3.30pm

Cost: \$10 per person
Venue: Zanonis Café, 16 High St, Drysdale

Register your booking and pay at Springdale

Spanish for Beginners

Do you want to know what "Caramba!" means? This course provides a relaxed introduction to Spanish. It also offers an insight into Latin American culture for those who want to travel or interact with Spanish speakers.

Date: Tuesdays 27th July - 14th September

Time: 10.30-12pm (8 sessions)

Cost: \$95
Tutor: Gladys Guerrero-Lozano
Venue: Springdale

Training Your Puppy

Early learning in a small group, for pups and young dogs up to seven months of age. Learn how to make sure your dog develops lifelong love and respect for you as the Pack Leader and enjoy your time together by applying proven simple techniques. Meet other dog owners and share your experiences in a friendly atmosphere with an experienced and qualified instructor. Maximum of 6 dogs per class.

A current vaccination record must be produced at the time of enrolment.

Date: Wednesday 4th August - 15th September

Time: 4.30-5.30pm (7 sessions)

Cost: \$60
Tutor: Joan Vlahovic
Venue: Springdale

ARTS & CRAFTS

Art with Heart

This class is about putting the fun back into experimenting with art. You don't have to be an artist to enjoy drawing, using watercolours or pastels. All mediums will be welcomed here. If you enjoy company and the thought of expressing yourself through art this is the place to be. Our tutor is on hand to encourage and lend a guiding hand. BYO materials of your choice

Date: Tuesdays 27th July - 14th September

Time: 1-3pm (8 sessions)

Tutor: Gladys Guerrero-Lozano

Fee: \$115

Venue: Springdale

Collage

Using materials found everyday (anything from newspapers, photographs, pieces of string, coloured paper, treasured mementos). Anything and every-thing can be collaged. Let your imagination be your guide and create a collage that has meaning for you. The tutor will also incorporate the use of ink, charcoal, paint and shellac. Create something really special and unique.

Date: Thursday 5th August - 9th September

Time: 9.30-12.30 (6 sessions)

Tutor: Eve Kelly

Fee: \$80 (Plus \$10 per person for materials to be paid to tutor)

Venue: Springdale

Childrens' Book Illustration

An Introduction

Do you have a talent for children's book illustration but don't know how to go about it? Why not join our Basic Introduction to Childrens Book Illustration with local illustrator Susan Richards. The 3x2hour sessions involve: Introduction to the Industry (this will be accompanied with handouts/examples) Practical application and breakdown of the storylines for design and continuity and working with the author's vision and the positioning of images for the final product.

Date: Friday 3rd September - 17th September

Time: 10.30-12.30 (3 sessions)

Tutor: Susan Richards

Fee: \$75

Venue: Springdale

COMPUTER CLASSES

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.

All computer classes are held at Springdale Neighbourhood Centre (with the exception of Computers at Portarlington).

Introduction to Computers

Date: Wednesday 28th July - 15th September

Time: 10-12am (8 sessions)

Fee: Full course fee: \$100

Subsidized: \$6

(\$50 + \$10 amenities)

Tutor: Lyn Brook

Introduction to Computers

Date: Thursday 29th July - 16th September

Time: 9.30-11.30am (8 sessions)

Fee: Full course fee: \$100

Subsidized: \$6

(\$50 + \$10 amenities)

Tutor: Sue (Lara Computers)

Or

Computers at Portarlington (Introductory Class)

Date: Wednesday 28th July - 15th September

Time: 3-5pm (8 sessions)

Tutor: Lyn Brook

Fee: Subsidized: \$60

(\$50 + \$10 amenities)

Venue: Community Room, Portarlington, 44 Newcombe St (next to the Bendigo Bank)

Internet and Email

Learn how to stay in touch with friends and loved ones or how to locate information you require. The world can be at your finger tips.

Date: Thursday 2nd and 9th September

Time: 1-3.30pm

Tutor: Lyn Brook

Fee: \$40

How to Download and Use Incredimail

Sick of using Outlook Express? Then learn how to use Incredimail and be able to use fun backgrounds and add personal touches to your emails. This course includes learning how to download the program, set up and personalize your emails.

Date: Thursday 5th August

Time: 12-2.30pm (1 session)

Fee: \$25

Venue: Springdale Neighbourhood Centre, Drysdale

Tutor: Sue Ashby

Newsletter Preparation

Learn how to set out a professional looking Newsletter on your computer using Word. Includes inserting pictures and using columns.

Date: Thursday 12th August

Time: 12-2pm (1 session)

Fee: \$20

Venue: SpringDale Neighbourhood Centre, Drysdale

Tutor: Sue Ashby

Digital Photography

Learn how to get the best from your digital camera. Learn about your camera settings, how to download into your computer, printing, emailing and archiving, Straight-talking, practical sessions. Let the expert answer your queries and show you how to do it yourself. Bring your camera along and learn to enjoy the art of digital photography.

Date: Thursday 19th and 26th August

Time: 1:00-3:00 pm (2 sessions)

Fee: \$50

Tutor: Terry Oakley
(The Picture Source)

Venue: SpringDale

Come and Try - A free Class !

If you don't own a computer or have one but would like to know more about how to use it, come along, say hello, expand your experience and see what it's all about.

Date: Thursday 19th and 26th August

Time: 1.30-4pm

Tutor: Barrie from Clancie Specialised Services

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: Tuesdays Commencing 20th July-7th September

Time: 9:00 am - 9:45 am (8 sessions)

Fee: \$50 per term

Venue: Drysdale Hall, High Street, Drysdale

Tutor: Trish Redman

OCCASIONAL CARE

A three-hour session will give 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

For further information please phone the Centre on 5253 1960. Sessions run during school terms

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

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

Meetings take place on the fourth Thursday of the month at Drysdale Hall, High Street, Drysdale Time: 10:00 am - 12:00 pm. Ring the centre for more details

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.

Friendly Writers Group

Meet every second Monday evening at the Centre (7:00 - 9:00 pm). Ring Springdale for further information.

PC User Help Group

The aim is for people to meet monthly (the 2nd Tuesday of each month) to discuss computer problems and share particular areas of interest. This is not a class but a forum for like-minded people to get together in a friendly atmosphere. Meetings For Term 3 : Tuesday 13th July/10th August/14th September All Welcome

Time: 4:00 pm - 5:30 pm

Fee: \$2 per meeting
(free tea and coffee)

Facilitator: Joy Teague
Venue: SpringDale Neighbourhood Centre, Drysdale

Express Your Interest

SpringDale is always interested in ideas about what you would like to do at the Centre.

If we can get a few more like-minded souls together, we may be able to get your idea up and running. We are also happy to refer if we know someone else already has what you are looking for. Happy Learning!

Calling For Expressions of Interest for the following:

- A photography Group
- Digital Video Course
- Seniors Netball at walking pace 'Life Ball'
- Belly Dance Group
- Gentle Exercise for Over 40's
- Watercolours
- Floral art

Ring Springdale On 52531960 to register your interest

Career Information Resource Area
SpringDale has begun to develop a Career Information Resource area at the Centre.

We are building up general information about the types of careers available to people today.

If you are mature age, it may provide a first step in exploring a new career/ life direction!

OTHER SERVICES

SpringDale also provides facilities to the public which include:

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

Traveltalk by Brett Robinson

Insight has joined forces with Emirates Airlines to bring you some fantastic airfares from Melbourne to Europe return when booking an Insight tour. The prices are to London including taxes but if you would like to fly to any of the other destinations on the Emirates network the airfares stay the same but the taxes will vary.

Low Season	\$1813.00
Low Shoulder Season	\$1963.00
High Shoulder Season	\$2123.00
High Season	\$2263.00

Insight Vacations uses first class, centrally located hotels in all cities within Europe. They also select their hotels based on character, facilities, their standard of service and cuisine.

They avoid hotel chains such as Holiday Inn, Novotel and Mercure because they are not what you would expect on an Insight Premium Tour. Instead they choose groups such as Marriott, Hilton, Raddisson SAS and smaller chains or good private hotels.

Insight Vacations also offers what they call Tour Departure Guarantees on many of their tours which means the tour will not cancel due to lack of numbers which has been a problem in the past. They still reserve the right to cancel the tour for unforeseen circumstances beyond their control.

Insight believes smaller groups are better and to prove this they have modified their luxury motorcoach to

accommodate only 40 passengers. Each coach is specially configured to allow less seats and more leg room. Additionally all coaches have two doors instead of the usual one, so you can step on and off the coaches more easily and conveniently. The obvious benefit is that travelling with Insight is a more pleasant and enjoyable experience because an Insight group is much smaller, more intimate and therefore more friendly.

If these airfares and tours interest you come along and see the friendly team at Harvey World Travel Drysdale to book the holiday of a lifetime.

Or call 52511125

Australian Red Cross - Portarlington Red Cross Unit

We wish to thank all who gave of their time and collected for the March Red Cross Appeal in Drysdale, Clifton Springs and Portarlington, plus the Bellarine district. A special thankyou to those who gave up their time to organise some areas, plus collectors; your time and work was very much appreciated. A thankyou also to all who so generously gave to the March Red Cross Appeal.

*E. Harrold
Chairman*

INSIGHT VACATIONS PREMIUM ESCORTED TOURS TO EUROPE & BRITAIN

Inspired by the golden age of travel, Insight Vacations invites you to discover the art of touring in style.

SMALLER GROUPS - A maximum of 40 passengers makes your touring experience more intimate & friendly.

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PREMIUM HIGHLIGHTS - Many of Britain and Europe's "must see" attractions are already included in the cost of your tour. Up front value not an unexpected cost.

GUARANTEED DEPARTURE PROMISE* - Look for the Tour Guarantee symbol (TG) next to your tour departure date. More than 80% of our departures are already guaranteed for 2004

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cruising & Cairo city stay.



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For full Terms and Conditions, please refer to the Insight Vacations 2004 Europe & Britain Escorted Journeys brochure.

[^]Applies to land only prices based on twin share accommodation. *Applies to selected tours.

Clifton Springs Golf Club Play By The Bay

Great Food -- Great Views -- Great Prices

**TRY OUR FABULOUS \$6.50 LUNCHES
(Monday to Friday only)**

**Golfing Memberships
Pro-Rata rates now apply
Memberships only \$225.00
(Membership valid until Sep 04)**

**Social Membership
Only \$5.50**



**May
Live Entertainment
(7.00pm-10.00pm)
Friday 7th - Warm Sands
Friday 14th - Utopia
Friday 21st - Guy Hennequin
Friday 28th - Don Fisher**



**Sunday to Thursday Evening
\$4.70 Meal Deal
Buy one main meal off our regular menu and
receive another
of equal or less value for only \$4.70
on presentation of this coupon.
(not valid Public Holidays and Long Weekends)
(not valid Mothers Day)
VALID until May 31st 2004**

**18 HOLES NOW OPEN
COME AND TRY OUR COUCH FAIRWAYS**

BOOKINGS PHONE 52 531488

**Green Fee Promotion
Pay \$20 for 18 holes and
receive a FREE GOLF BALL**

**THE NEIL DIAMOND SUPER HITS TRIBUTE SHOW
SATURDAY MAY 29TH
\$40.00 PER PERSON
(includes 2 course meal)
Don't Miss out **BOOK NOW****

Phone Bookings-52513391

The National Celtic Festival

11 - 14 June 2004

Portarlington - Bellarine Peninsula, Victoria.

National Celtic Festival - join us at Portarlington.

The National Celtic Festival, Australia's biggest celebration of Celtic culture, is on again at Portarlington on Victoria's beautiful Bellarine Peninsula on the 11-14 June weekend. After the success of last year's festival, Portarlington is a great home for the National Celtic Festival.

Portarlington is a small coastal town 30 km from Geelong, where the panoramic views, taking in local vineyards, the You Yang's and Melbourne's city skyline, make this an ideal place for this long weekend festival. The festival can be enjoyed in cosy winter settings, with venues all within walking distance, such as the historic Grand Hotel, local halls and cafés.

The festivities kick off with a Celtic Dinner on the 10th of June at Bellarine Estate Winery, with a feast of Celtic culture. Beginning on Friday the festival showcases the Celtic traditions of music, dance and literature. This year the festival will offer an extensive program across five main venues and will include con-

certs, Ceili's, dramatic shows, displays, dance competitions and dance, music, Celtic language and poetry workshops. The dance workshops will feature Scottish, Breton and Irish dancing with experienced tutors from Victoria and interstate and overseas.

Festival President Una McAlinden is excited about this year's festival. 'It's great to see the festival full of life. With the strong support from many, including the township of Portarlington, and a program of great quality and variety the excitement is building as tickets sell across Australia,' she said.

The three-day festival features over 200 Celtic performers. This year the festival will feature artists from across Australia, including Cook's River, Eric Bogle, Jigzag, The Borderers and Tulca Mor. As always we have talented Victorian artists. This year you will be able to enjoy Bhan Tre, Catherine Fraser and Duncan Smith, Claymore, Inish, Maria Forde, The Melbourne Scottish Fiddle Club and The Ploughboys and popular local performers Donagal Express, Jamie McKinnon and Skibbereen. These are just some of the artists that make up this year's program.

The festival also hosts the popular Celtic market featuring crafts such as jewellery, glassware, pottery and art, as well as displays from Celtic clans and associations.

The National Celtic Festival Committee aims to promote and celebrate the diversity of Celtic culture through a vibrant and progressive festival, where bringing people together for a wonderful weekend is what the festival offers.

Tickets for the National Celtic Festival are on sale from Geelong Performing Arts Centre. Bookings phone: 03 5225 1200.

For further information, contact the National Celtic Festival at celtic@pipeline.com.au or phone on (03) 5241 2499.

National Celtic Festival

PO Box 1314

Geelong Vic 3220

Ph: 03 5241 2499

Email: celtic@pipeline.com.au

Press Contact

Una McAlinden

Festival President

Ph: 03 5222 5296 or 0403 192631

Email: una@iprimus.com.au

www.nationalcelticfestival.com

Toy Library

As we make our way into Term 2 and toward the cooler months, it's a good opportunity to let your thoughts wander toward entertaining your young ones when they can't go outside - whether you have them permanently, part time or only sometimes. Toy Library is a very cost effective way of providing a large range of fun stimulating toys, puzzles and activities.

Take advantage of our winter offer: Bring a friend along when you register and you will both receive term 2 free! Bring 2 friends and receive term 2 & 3 free, while they both get term 2 free.

We operate Saturday mornings within school terms, with borrowing between 10.30am and 11.30am. Call in and see us, behind the Neighbourhood Centre in Princess St.

Toy Library is just like a book library - each registered child is entitled to borrow 2 toys and 2 puzzles at the one time, for a maximum 2 weeks. Or if you like, change them every week! We have a great range, so come along and see us. Everyone welcome.



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5251 2103

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Bellarine Peninsula Railway - Drysdale

NEWS February-March & April have been very busy on the BPR. Regular services, Blues Trains, Rail Trail Day, School groups, Weddings you name it, we've had it! The Easter weekend was again a winner with the railway providing transport for patrons of the 'Queenscliff Seafood Feast'. Hundreds took advantage of this new service on Good Friday. Once again, money was raised for the Royal Childrens Hospital Appeal with ticket sales from our Good Friday public trips. We have noted with pride the increase in local people travelling, for many of whom it was their first trip with us. Great to see you all.

LOCO STUFF One of our locomotives, Ex South Australian 'T' class no 251 is in hospital! (No it is not caused by the two bad habits of steam locos-SMOKING & DRINKING) She is undergoing extensive repairs and we hope to get her on her feet soon. An appeal has been launched to raise funds. If you can help, donations can be made to G.S.P.S 'T251 Appeal' PO Box 166 Queenscliff or call in to the station. Donations \$2 and over are tax deductible.

TIDY TOWNS - AGAIN! Once again our humble country railway

station has been nominated for a Tidy Towns award. This year however we are representing the entire town of Drysdale/Clifton Springs. So if we are successful again, the whole town wins.

We could use some specialist help however. The station roof badly needs a repaint and we need either a loan of a cherry picker or a suitably equipped painter. Perhaps that is you or perhaps you would like to be a sponsor. This is a good opportunity for a local business to share the spoils of 'Tidy Towns'. For more info call a/h on 5257 1413.

NOW ON SALE Our book-'Trains, Troops & Tourists- The Geelong-Drysdale- Queenscliff Railway' is now available. For a number of reasons, only a limited amount of copies are available at present. Wider availability will happen later this year. Copies are on sale ONLY at the Drysdale Station Kiosk for \$19.

AT YOUR SERVICE The Drysdale railway station Kiosk/Tourist Info & Museum is now open on WEDNESDAYS, THURSDAYS & FRIDAYS regardless whether trains are operating or not. This is a service to cyclists on the rail trail, tourists and local people who frequent

the park. Hours are 8am-4pm. Coffee, tea, soup, Hot choc, cold drinks, light snacks, souvenirs & ice creams are available.

A morning coffee whilst gazing upon the lovely Lake Lorne is a great way to relax & support the railway.

PARK n RIDE- travel to Geelong by bus? Why not park your car in our shady car park and grab a coffee from us before you board the bus outside the station? The car park is supervised by us & our neighbours in the 'Station Watch' scheme. You'll save fuel, parking fees and frustration- try it!

BARBIES Our long awaited electric BBQ's & picnic shelter are finally under construction. Thanks to CoGG for providing yet another asset to our railway park.

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Urgent Care for Diabetic Emergencies

Diabetes is a common condition affecting as many as 1 in 4 Australians 25 years and older.

Whilst normally well controlled, occasionally a diabetic's blood sugar level can become too high or too low resulting in a life-threatening emergency.

Rural Ambulance Victoria Area Manager Roger Williams says paramedics are regularly called to diabetic emergencies, most com-

monly due to a person's blood sugar level becoming too low.

"It is imperative that people are aware of their condition and if someone you know has diabetes it is important to know how to treat them immediately in an emergency," Mr Williams said.

"Signs and symptoms that suggest the person needs urgent attention include confusion or aggressiveness, pale sweaty skin, hunger and rapid pulse."

"If not treated immediately this can lead to unconsciousness."

Mr Williams emphasised that if a situation like this occurs call 000 for an ambulance. If the person is conscious give them something sweet to eat or drink such as a glass of juice or some jellybeans.

"If the person is unconscious or drowsy do not give them anything by mouth, just place the patient on their side and wait for the ambulance."

"It is helpful if you can provide the paramedics with details regarding what and when they last ate and what medication they take, for example insulin injections."

"Diabetes is a serious condition that needs to be properly managed. If someone suffers from diabetes they must be vigilant about what they consume and have regular checks with their doctor."

"Knowing how to treat a diabetic in an emergency situation can ultimately save their lives," Mr Williams concluded.

**BONE MARROW
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Working hard - going nowhere

One of the hardest working and most dedicated Springdale groups is the choir.

And they never put on a public concert. All that effort and learning is just for the satisfaction and enjoyment to be had from two hours of work each week.

It all started some years ago because so many retired folk who had once been active in choirs or musical groups thought they would like to keep on singing - but were reluctant to commit to rehearsals every week and fixed performance dates when there were overseas trips, winter breaks up north, occasional family involvements with grandchildren, or other retirement pleasures or duties.

Because of the informality of a 'come whenever you can and only stay on if you really are enjoying it', people who had not sung a note since leaving school also gave it a go.

Being able to come along and sit in, without having to explain themselves or undergo an audition made it so easy to try it out - and almost everyone stayed on.

Over the six years some members have reluctantly left due to health, removal or other reasons - yet the group has grown from under ten to almost forty men and women who meet to enjoy Tuesday afternoons.

Springdale Singers was one of the first of what is proving to be a significant growth in singing groups which are not concerned with performances, simply enjoying the benefits of getting together and making music. In recent years many such have been formed, including some in individual businesses or in city office buildings, which meet at lunchtime and shed the stress of the working day. The best way to test this out locally is to drop in one Tuesday afternoon as a visitor - visi-

tors are always welcome and there is no need for prior arrangements.

INFORMATION

Name: Springdale Singers, an activity of the Springdale Neighbourhood House.

Meetings 1.30 to 3.30 pm. every Tuesday except in school holidays. Where: Drysdale Community Hall, High Street, Drysdale

For anyone who can sing, might be able to sing, or thinks they would like to find out if they can sing. (Everybody can)

From all the Bellarine Peninsula and beyond. (People come from all over it, and Geelong.)

Cost two dollars each attendance - includes a 'cuppa'.

Music is provided.

Further enquiries if this seems too easy to be true - Gerald Edgar, 5253 2347

From the garden gate

It's new! It's not a pansy, not a viola. It's a Panola! And from now on, it's that time of year. Petunias are finishing and Pansies are taking over for a few months.

Panolas are a true cross between pansies and violas, resulting in brilliant garden performance. They have larger flowers than pansies and the free flowering characteristics of violas. Panolas flower freely for months and will brighten any garden. They are perfect for pots, hanging baskets and flower beds.

Primroses are also a popular addition to the autumn-winter garden. Some popular names are Col-our Your Life, Fruit Salad, Plumberry, and Raspberry Ripple.

Jobs to do this month.

- * Lift and divide perennials such as asters.
- * Use hydrangea prunings as cuttings to strike new plants.
- * Divide clumps of tall bearded iris.
- * Prepare new garden beds for planting roses in July.
- * Never too early to start pruning stone fruit trees. It is no longer in vogue to prune them in July.

Clifton-Springs/Drysdale Garden Club.

Speakers lined up for May and June are-

May 17th - Suzanne Price. "Heritage Gardens of England and Scotland."

June 21 - Eric Brown - Pruning fruit trees.

The Club meets at 7.30 pm in the Uniting church Hall, Drysdale. All Welcome.

Enquiries. 52505545
Wendy Hebbard

Garden Outing with Clifton Springs Garden Club.

Saturday May 29th.

All welcome

Please ring Joan if interested in joining us. Phone 52511177

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Asthma plan vital at school

Rural Ambulance Victoria and the Asthma Foundation of Victoria have joined forces to promote the importance of a School Asthma Action Plan covering children with the potentially life threatening illness.

The asthma Foundation of Victoria Chief Executive Officer, Robin Ould said the organisation had prepared a special School Asthma Action Plan, which is user friendly and should be completed by parents / carers in conjunction with their child's doctor.

"The plan enables a school to collect vital information about the child and his or her asthma history and action plan and this enables the school to provide safe asthma management for the child whilst attending school."

Quick and effective treatment of an asthma attack by school staff before the ambulance arrives can improve the outcome for the person with asthma.

"Rural Ambulance Victoria supports the use of asthma action plans, but wants asthmatic to be aware that we provide a range of services for patients that have breathing disorders, especially Asthma," said Rural Ambulance Victoria Manager Operations Clinical & Educational Services, Tony Walker.

"Asthma is becoming more prevalent in our communities, and it's important that people understand the triggers for their asthma. These can include catching a cold or flu, dust mites, pollens and numerous other trigger factors."

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

"In the vast majority of cases ambulance treatment provides immediate 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 make the difference between life and death."

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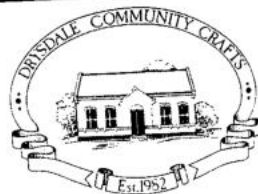
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YOUR LOCAL REPRESENTATIVES

The Bunyip Festival

Undoubtedly one of the highlights for this month!

The Festival was a great success - yet again. I was delighted to be there and to officially open the Festival with Grade 4 Drysdale student, Sam Morrissey.

Sam had come up with this year's theme "There's More in 2004", and there certainly was - more food and rides, stalls and sponsors. The Festival was held at Clifton Springs Primary this year and raised \$35,000 - an increase on last year and a terrific effort by all involved, from both Clifton Springs and Drysdale Primary Schools.

It was a great pleasure to do a Member's Statement in the Parliament, as I had done last year. This is a way of letting people know about the Festival, and also an opportunity to acknowledge the hard work and commitment of those in-

involved and have it on the public record, in Hansard. I'm sure we all agree that Ann Brackley and her Committee, particularly Rob Todd, Michelle Davis and Melinda Lomas, and the two school communities deserve our thanks and congratulations.

I believe they're already looking forward to next year's Bunyip Festival, and so am I!

Bellarine Secondary College, Ocean Grove Campus

It is great to see work well and truly underway at the Ocean Grove campus. The slab has been poured, services are all connected and the framing is starting. The Bracks Government have committed a total of \$5 million to this important project and it is exciting that this terrific new facility is anticipated to be open for the start of the 2005 school year.

Roundabouts & Litter problems

There have been a number of residents who have contacted me with concerns about the state of some of the local roundabouts and litter on the side of our roads. These issues have been raised with VicRoads and I'm pleased to be able to report that an additional contractor has been employed to sort this problem out in the short term.

In the meantime formal negotiations are being held with the City of Greater Geelong, to work out ways in which long term maintenance can be guaranteed.

Please don't hesitate to contact my office if there are any issues you think we may be able to assist you with, until next time

Lisa Neville MP
Member for Bellarine
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5248 3462.



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5253 2992

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SPORTS REPORT

Clifton Springs Tennis Club Inc.

Jetty Rd Reserve Clifton Springs

CONGRATULATIONS

Summer season has drawn to a close with the completion of finals.

Seniors

Sections 11 & 13 competed in the Grand Finals. Although beaten by better teams on the day, we were there! The tennis was good with some very even competitive matches. There's always next season!

Juniors

Congratulations to Section 30, our premiership team for the season. The team of Georgia Dimmick, Amy Wheelahan, Tim Allen & Jordan Nelson played great tennis and came through with a convincing victory against Portarlington in the Final.

Section 11 were runners-up to a very strong team from Highton. For three of this team it was their last time in the junior division so it was good to see them being successful in so many of their matches. Good luck in the future.

Section 13 played extremely well against a very strong Bannockburn team. We were five games up after the singles, unfortunately the doubles were tough and we lost by one game. Well played girls, a great effort.

Looking good on the new courts

If you have driven down Jetty Rd lately you can see that our new courts are up and running. Don't they look terrific?

Some landscaping is still to be done but we can now play on the courts. It is a vast improvement on an asphalt surface being a lot more comfortable and the courts will only improve over time as the sand "beds down" and the surface speeds up.

These courts are locked but we are looking at ways and means to provide public hire when they are not being used for club competitions & programs. Information will be posted on the clubroom windows.

The free "Open Night Fortnight" means fun with everyone being welcome to come down, have a look, and try out the courts under lights.

SOCIAL SCENE

Fifty players and family members invaded "The Mex" to socialise and celebrate the end of summer. A great night and thanks to Alison for her organisation.

The official opening of the new courts was held on 1/5/04. Dignitaries and lots of new and old faces came to celebrate the successful culmination of many, many years of hard work.

DO IT AT NIGHT!

Night tennis programs start in the week commencing 10/5/04. As a start-up special, all players pay a match fee of \$5 only & no membership is required for the first two seasons (until October 2004). There are still spaces left so call Craig now on 0438533083 for information.

* Monday & Thursday Mixed nights 7.00pm start. Each player plays 2 first to 8 (tie break sets). Exact composition of matches may vary according to demand but we anticipate that everyone will play one mixed and one single sex set.

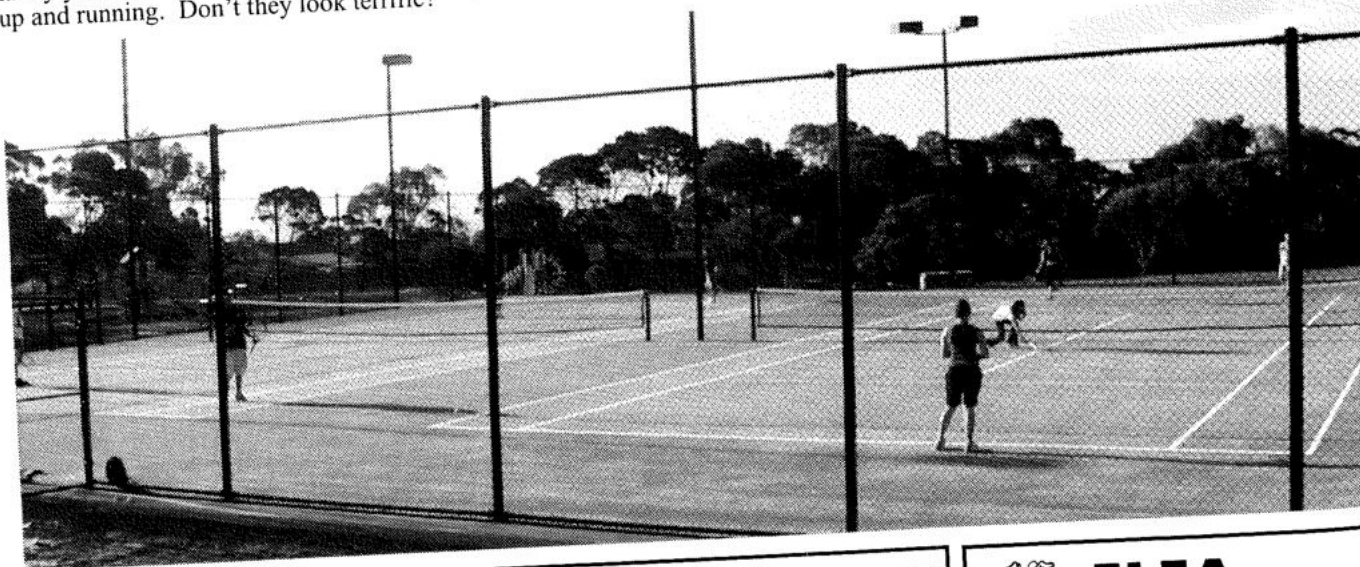
* Tuesday Under 20's social comp 6.00pm start - 9.30pm finish. Aimed primarily at mid aged teenagers this is a social tennis fun night catering for a broad range of abilities. Each player plays 3 timed sets of 1/2 hr each. Parents will be placed on a supervision roster (2 per night). It's all about active fun.

* Wednesday Adult beginners & it's been sooooo long!

If you're looking for a fun, social activity this is for you. If you've never played or haven't picked up a racquet in years but would like something to do then Wednesday night tennis might be the answer. Our coach, Mark Hagebols will be giving free coaching for four weeks. *Meet new people & enjoy yourself too!*

Contacts

- * Seniors - Doug Ph 52511350
- * Juniors - Liz Ph 52513602
- * Night - Craig Ph 52533083 (Mobile no. 0438533083)
- * Ladies - Glenda Ph 52512796
- * Coach - Mark Ph 52414089 (Mobile no. 0416288956)



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SPORTS REPORT

Hartley TS16 Victorian championships - Portarlington S.C.

27-28th March 2004

This year the Championships were ably hosted by Portarlington Sailing Club, and with TS16s from around the State (including Tasmania) competing we were ensured of a great series.

This really was a championships for everyone - with perfect weather for beginners and challenging for the experienced sailors.

The first race on Saturday morning had fluky, light to moderate conditions and saw the first three boats in a tight finish - Tru-Blu, More Mischief, Cedar with the rest of the fleet close behind.

Race Two Saturday Afternoon and the conditions light and shifting and at times drifting (disappearing). Once again a tight finish - Cedar, More Mischief and Tru-Blu. And now we have three boats tied for first place and five boats tied for fourth place.

Sunday morning - promising some very keen competition - gave once again slightly stronger, but still moderate winds (thus not bad enough to stop the beginners).

The three leading boats duelled it out - no one could afford one mistake at this point. (Great stuff for the group of spectators*). Across the finish line we saw - Tru-Blu, Cedar and More Mischief, with the rest of the fleet fighting hard for fourth and fifth places.

Sunday afternoon and series was now down to the last heat with Tru-Blu and Cedar both needing to win the heat (Tru-Blu having to finish ahead of Cedar to retain the title) and More Mischief virtually guaranteed of second or third place. And of course extra-keen sailing from the rest of the fleet.

This promised some nail-biting from the ground-crews and we saw Tru-Blu first across the line, followed by More Mischief then Cedar. The rest of the fleet following close behind.

The series concluded with a Sausage Sizzle with Club Members at which the President of the Hartley TS16 Association of Victoria - Gillian Horvath - thanked all the competitors and expressed the appreciation of the TS16s to Portarlington Sailing Club for conducting such an excellent series

Overall Results:

- 1st "TRU-BLU"
- M. Horvath - Williamstown S C
- 2nd "CEDAR"
- J. Shepard - Lake Wellington Y C
- 3rd "MORE MISCHIEF"
- M. Darby - Wynyard Y C (Tas)

For information about the Hartley TS16 Asscn of Vic inc contact Gillian - 5253 2565

Timms takes a second chance

Former Drysdale player Hayden Timms is determined to take his football career to the next level and push for senior selection at North Ballarat in the VFL over the next month.

Timms was drafted to the Roosters over the pre-season after missing out in the 2003 AFL National Draft.

He was shattered after his name was not read out on draft day - despite promises from several AFL clubs.

However, the talented 18-year-old is now rejuvenated and ready to prove his worth to the football world after stints at the Geelong Falcons.

"I was pretty distraught not to get drafted this year even though I knew it was a long hope. But there was a lot of promises made and it didn't end up happening, so I was pretty angry about not getting drafted," he said

"There's still a lot of recognition in the VFL and it's the next closest thing to the AFL so they're obviously going to be looking at you and I'm just looking to improve and hopefully get drafted the next time around," he said.

Despite the disappointment, Timms never gave up on his football dream and looked for a second opportunity at VFL level.

His impeccable skills and versatility over the field were strong indications that the Roosters were delighted to give him that second chance.

"Mick Turner (Geelong Falcons manager) rang me up and gave me the option after I didn't get drafted so I went up there for a few training sessions," he said.

"I'm only traveling back and forth at the moment and training twice a week whereas the rest of the team are training three times a week - so I still have a bit to work on," he said

The VFL has been a successful pathway to the AFL in recent seasons with Sam Mitchell (Hawthorn), Stephen Kenna (Carlton), Michael Firrito (Kangaroos) and Mathew Ball (Hawthorn) - all taking the VFL pathway into the AFL.

Timms is now looking to follow the same trend and make his football dreams come true.

"I'm still developing at the moment. But hopefully I can push up to the top 22 on the ground," he said.

"I hope to stand out a bit in the VFL; I hope to get picked up because I'm still nominated to get drafted and it's my dream to play AFL footy," he said.

By Brent Diamond

By Brent Diamond

Boyle sets sights on 2005

Former Geelong Falcon Tim Boyle's main focus is on the 2005 season after breaking his leg during a Hawthorn intra-club practice match on March 18.

Boyle, originally from Portarlington, recently had a steel rod inserted into his tibia (shin) and looks set to be on the sidelines in 2004.

However, Hawthorn Rehabilitation manager Rob Hunt said the talented youngster has not let the injury get him down.

"He's in good spirits; he's had a steel rod inserted into his tibia (shin) which seems to be going OK," Hunt said.


"We're just in the process of waiting until it gets reviewed and then he will come back and do some rehab work from then on," he said

The talented defender spent last season at Box Hill in the VFL and his exceptional marking and ability to read the play excited his fans.

The 20 year-old was earmarked to make his senior AFL debut in just his second season at the club - but will now have to wait until 2005

"I think we will be waiting until pre-season next year. He won't be doing any running training but he will get in the gym and do some gym work and his main emphasis will be on strength and gaining some muscle and doing some basic aerobic work but that's about it," Hunt said.

"The goal's going to be looking at strength and general aerobic things but we're looking at 2005," he said.



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SPORTS REPORT

By Brent Diamond

Exclusive: Young Hawks on the Rise

Drysdale has unleashed a new generation that is sure to spark some on-field success in 2004.

Together with young second and third year senior players Reece Holwell and Brent Taylor - the Hawks are on the verge of an exciting era.

Goal-kicking machine and 2003 BFL leading goal-kicker Adam Richardson said the team will rely on the younger brigade to push the team to greater heights.

"This year the club really needs to start relying on these kids because they're now getting into their second years of senior footy. They will probably be looked to each week to take some key roles and do some jobs for the team," Richardson said.

"All those boys have got to stand up and contribute," he said.

The Hawks new approach comes after the losses of Adrian Hildebrand, Stuart Craven, Justin Bliss, Alex Baukham and 2003 prized recruit Simon Keating over the pre-season.

Assistant coach Glenn Kilpatrick will also not be a part of the playing group this season - but will continue to assist coach Brian Cordy on match day.

Some talented departures and injuries over the early part of the season has set a huge challenge to the team.

Richardson, the 2003 BFL leading goalkicker, out with a hip injury and Holwell and Smethurt with interrupted pre-seasons - the Hawks have looked to spread the load in a new-look side.

Troy Harding stood up with 15 goals in the first four matches - including 11 against Portarlington in Round two. Kelvin Bellears has been the wildcard in the forward line and has provided an option along with agile ruckman Luke Maher.

"Troy's (Harding) a terrific lead and a very good target and he'll always give you a 100 per cent at any contest. Big Mahery (Luke Maher) - you put him down there as a resting and he's a tall man to match up on and if you can get it down to him with a one-on-one, you never know," Richardson said.

The Hawks have an exceptional defensive unit with the likes of Craig Taylor, Darren Wilson, Aaron Eddy and the return of Shane Kennedy - giving plenty of drive into the forward line.

Richardson believes the much-improved Tim Marshall in the midfield and the experience of Joe McLean has lifted the profile of the team.

"The way Timmy Marshall and those sorts have blokes have stood up has been fantastic and Joe had a really good game against Ocean

Grove and he's just going to help the young kids build up too," he said.

The Hawks have rallied since being hit hard by a new-look Queenscliff side in Round one.

"You can't be too complacent and to Queenscliff's credit they've worked well and they played well on the day and we were obviously caught unaware and were unprepared and got a bit of a good lesson out from it," Richardson said.

"The boys were really rallied after that and were disappointed with the way they played and the way they represented the club and turned it right around."

A comprehensive win against the four-time reigning Premiers Ocean Grove in Round three has instilled some confidence into the team.

However, Richardson knows just how distraught his group are after consecutive seasons where the team have gone from flag-favourites to finals flunkers.

This time around, Richardson said the team will not be mentioning the 'F' word and will focus primarily on taking things 'one week at a time'.

"Obviously the boys are still hurting on past years and that sort of thing - but they're still doing the job without all the hoo-ha," he said.

"You win all these games during the season - which entitles to you to play finals footy and that's the real goal at the moment is to win as many games as we can and take each week as it comes," he said.

The Hawks will face their biggest challenge against the bench-mark of the competition - the Geelong Amateurs in Round seven.

"Obviously they're a very fit and quick running side and we will have to play some close-checking accountable football but with our young kids - we just hope we can give them a good contest," he said.

"We're right in the mix of things and we've got a very young side with a new coach so considering all that we're reasonably happy."

Meanwhile, Anglesea is excited about adding former Brisbane and Geelong player Tristian Lynch to their list over the pre-season.

The club is pushing for another finals assault this season and Lynch will be a handy acquisition to the team.

Ocean Grove are no closer to signing the much-publicised former Magpie star Jarrod Molloy to the team - with Molloy settling into the role as a boundary rider on Fox Footy.

Katie's Olympic Dream

As reported in last month's Springdale Messenger, Katie Foulkes was selected to compete in the Athens Olympics later this year. This month - Brent Diamond caught up with the talented rower about her long journey to international success.

Drysdale rower Katie Foulkes is confident of winning her first Olympic gold medal after being selected as coxswain for the Australian women's eight in the up-coming Athens Olympics.

Foulkes has been involved in an intensive training regime in Sydney and the 28-year-old believes the team is now more experienced and hungry for success after finishing fifth in the Sydney 2000 Olympics.

"Going into Sydney I felt really focused on the racing but it is really hard to comprehend what an Olympics is like until you get there," Foulkes said.

"Now we have a squad where for most of us - it is our second Olympics. And so you're able to focus even more on the race. We're going there with an eye on the gold medal - but there is a lot of stuff to do between now and then," she said.

From her rowing days along Lake Wendouree in her hometown of Ballarat to competing against the best rowers in the world - Foulkes trained hard and went in search for a dream that seemed so far away when she began her rowing journey in 1996.

"I didn't ever really dream about being in the Olympics squad because it just seemed too big and it just didn't seem realistic," she said.

"It was a lot of work. I know the first time for me to get a look in for the national team, I basically had to put in a performance which would beat the national eight at that time for someone to notice me," she said.

Since making the national team in time for the 2000 Olympics, the talented rower has endured a continual struggle to keep her spot in the team.

Foulkes had two years off after the 2000 Olympics and returned to the Australian team last year to finish fourth in the World Championships.

"Last year was a tough year for us, but this year we're aiming for a lot higher and we're aiming to win," she said.

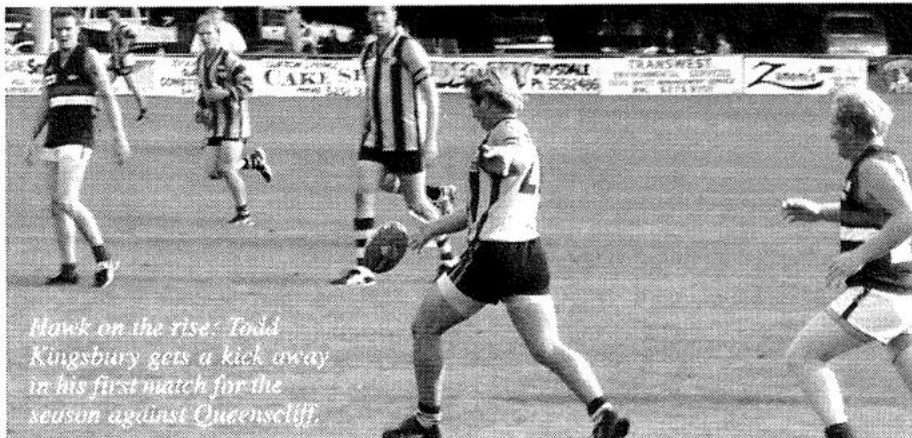
"We've been training four times a day since Christmas time and it's a very committed and strong team this year."

While a gold medal is the immediate challenge, Foulkes will continue to set more goals and push herself to greater heights in the future.

"I'm always looking for the next stage and I really thrive on challenges and every year the competition gets harder," she said.

"Now that I know what the whole experience is like, that drives you even more to make sure you're better than the rest of the competition."

Foulkes will continue training with the team in Sydney before competing for the World Cup in Switzerland - in preparation for the 2004 Athens Olympics.



Hawk on the rise: Todd Kingsbury gets a kick away in his first match for the season against Queenscliff.

SPORTS REPORT

By Brent Diamond

2004 SpringDale Messenger BFL Player of the Year award

Leaderboard (After Round 3)

- 7 Paul Frew
Luke Maher
- 5 Peter Preece
Troy Harding
Simon Nelis
- 4 Justin Higgins

Drysdale's boom recruits from the past two seasons, Paul Frew and Luke Maher, have had a flying start to the 2004 season. A Best and Fairest winner in 2003, Frew also claimed last year's SpringDale Messenger BFL Player of the Year award. While Maher is a Lara premier-ship player and was the Hawks' biggest coup over the pre-season.

Senior votes and Match summaries

Round 1

5. Peter Preece
4. Justin Higgins
3. Brent Taylor
2. Luke Maher
1. Darren Wilson

Peter Preece and Darren Wilson were outstanding in defense - but a lack of structure up forward left the Hawks struggling for firepower. A new-look Queenscliff team responded to every Drysdale challenge which ultimately won them the game. In the reserves, Troy Harding kicked four goals in a best on ground performance against Queenscliff. Corey Phillips and Tim Marshall were also handy players in a tight four point victory over the Coutas in Round one.

The Hawks dominated against Queenscliff in the Under-18 grade with Ryan Gatgens, Simon Scott and Justin Evans all combining well. Mitch Cuthill was the only multiple goal-kicker for the Hawks in a 38-point win.

Round 2

5. Troy Harding
4. Paul Frew
3. Tim Marshall
2. Jason Drake
1. Luke Maher

Troy Harding kicked 11 goals in a 49 goal annihilation of Portarlington. Paul Frew and Jason Drake added some more class to an all-round Hawk demolition.

In the reserves, Toby Welk and Toby Munday dominated against Portarlington in a 138 point win. Brenton Flynn kicked five goals - with Julian Hildebrand, Dane Mensinga and Danny Coleman providing some great displays.

The Under 18 Hawks ran over the Demons with Ben Carmichael and Josh Williams leading the team to a spirited 49 point win.

Round 3

- 5 Simon Nelis
4. Luke Maher
3. Paul Frew
2. Joe McLean
1. Kelvin Bellears

The Hawks answered every challenge against Ocean Grove with Kelvin Bellears and Troy Harding doing the damage up forward with four goals apiece. Simon Nelis was superb with three goals and Luke Maher continued to show why he is one of the best ruckmen in the league. Drysdale by 45 points.

In the reserves, Gavin Humphrey was brilliant and assisted by Julian Hildebrand with three goals. However, the Grubbers were in control throughout the whole match and were the eventual winners by eight points.

In the Under 18's, the Hawks were out-classed but Mitch Cuthill and Cody Gibb were the best in a 51 point loss to Ocean Grove.

BPCA Cricket: Hawks crash to high hopes

After finishing on top of the BPCA ladder - Drysdale were knocked out of the finals race in a shock loss to Portarlington. The Hawks were favourites to take out the flag but were left shell-shocked after being completely outclassed by the Demons.

St Leonards prevailed with their first flag for 40 years in a grand final showdown against Portarlington.

The Saints ripped through the Portarlington batting order to claim victory by 86 runs. Dean Gray was phenomenal for St Leonards throughout the cricket season and it was a fitting result with Gray bowling Shaun Walton out to finish with 3-11 and have Port all out for an embarrassing 56.

However - Drysdale took out the B-grade premiership against Wallington. Captain Kane Harding was sensational bowling 5-31 to knock Wallington out for 95. Adam Little and Kel Bellears shared a 66-run partnership to record a thumping eight-wicket win for the Hawks.

Portarlington and Barwon Heads won the C-grade and D-grade premierships respectively.

Indoor Bowls through the Winter months

The Drysdale Bowling Club have started their indoor bowls competition for 2004. The competition will be held at the club every Tuesday at 1pm with sign-up lists on the outside board.

The popular bingo nights will also continue over the winter months at 7:30pm every Thursday night.

Next month: All the action from the Drysdale Netball club. Plus all the latest news and exclusive interviews from the Hawks' Nest. Plus much, much more - all in the next edition of the SpringDale Messenger -

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Hints for property sellers

First Impressions

Other people's mess always looks worse than your own. Gardens and lawns should be well presented; rubbish should be disposed of, paths kept clean, toys and garden tools stored away.

Illusion of Space

Remove unnecessary clutter and watch your house expand in size. Neat, well ordered cupboards, robes and pantry show that space is ample.

Don't Spend Big Money

If you spend a lot of money painting, carpeting or adding a patio, you will want to add this to the price. Buyers may not share your taste, even though what they are getting is almost new.

Little Things Count

Make sure all minor repairs are completed. Sticking doors and windows, loose doorknobs, faulty plumbing or peeling paint may affect your sale.

Highlight Your Home

Nothing improves the atmosphere of a home more than brightness. Open all the curtains and switch on lights to brighten

up gloomy or peeling paint may affect your sale.

Turn on the Heat

A warm, comfortably heated home on cold days adds a feeling of cosiness and welcome. On a hot day make sure your home is well ventilated.

Pets Underfoot

Keep your pets out of the way, preferably out of the home.

Take A Back Seat

Avoid having anybody home during inspections. We know the buyers requirements and can better emphasise the features of your home to prospective purchasers.

Never apologise for the condition or appearance of your home. This only emphasizes the faults.

Don't discuss the details of the transaction such as price or terms. Leave this to us - remember, our experience and training enables us to qualify purchases and negotiate the best price. Furthermore, negotiations are more easily kept on a business-like level when emotions are not involved.

Price

It is often a mistake to list your home with the agent who suggests the highest price. While it is true that you can always "come down" there are many factors to consider. The first few weeks your home is on the market will bring more inspections than any other time. All the buyers in the price range will rush to see your home. Those that have been looking for some time are the ones who have done their homework and are ready to buy.

If your home is correctly priced it will make buyers feel they need to snap it up before someone else does. If the price is too high, buyers think they will wait until the price drops.

The Scent of Success

Smokers and pet owners beware: nothing makes a buyer want to get out of a property quicker than stale air. Room deodorizers, a bowl of pot pourri and open windows will all help. Often the effect is subliminal: days later purchases don't always realize exactly why they got such good vibes from your home.

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