

The SpringDale Messenger

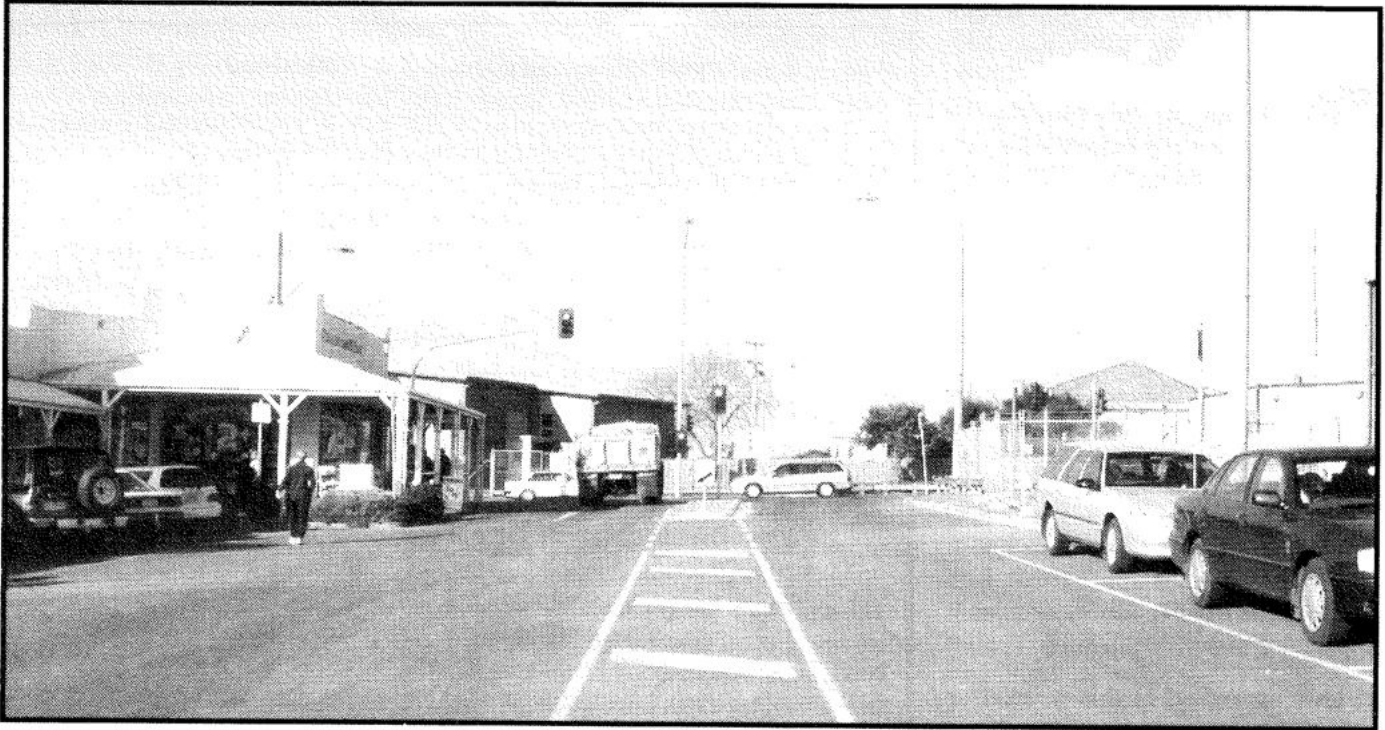
Your Free
Community
Newspaper

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The Drysdale/Clifton Springs region is buzzing with activity.

We have Traffic Lights!!!! The new lights are working, and while we all hate getting a red light, it has made the intersection much safer for cars and pedestrians alike.

The long awaited Safeway complex re-development is finally a re-

ality with nice new toilets being built and open at the front of the supermarket and the foundations being dug at the rear.

The Real Estate offices on the corner of Hancock Street and Springs Road have been demol-

ished, and are being replaced with retail shops, café facility and new offices, hopefully by Christmas.

The new SpringDale Hall redevelopment is still on track with all the behind the scenes preliminary work going along on schedule.



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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 - 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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Community Calendar

Springdale Community Calendar - a Springdale Neighbourhood Centre initiative to support the whole community.

This calendar will enable you to quickly look up what is happening over the next couple of months (maybe longer) in our area. There will be a calendar for the next 12 months put on our website - accessible to all groups to help when planning events. If you would like to place an event on our calendar on the website and also in the next couple of issues of the Springdale Messenger - then please email, write or ring the details of the event through to the Springdale Office.

2004

- July** 31st - Drysdale Kinder Trivia night at the Potato Shed
- Aug** Saturday 21st - Clifton Springs Golf Club - Annual Trivia/Auction night. All proceeds donated to PETER "JOCK" COCKBURNS Cancer Council of Victoria "Tour for a Cure". Ph: 5251 3391
- 29th - Portarlinton Market
- Sept** 1st - 8th - Adult Learner's Week - a great week is being planned by Springdale Neighbourhood Centre
Phone 52531960 for more info
- 5th - Fathers Day
- Thursday 16th - SpringDale Neighbourhood Centre Inc. AGM**
- Friday 17th Term 3 School Holidays commence
- 26th - Portarlinton Market
- Oct** Mon 4th Term 4 of School resumes
*** watch out for 40km/hr school zones again ***
- Geelong Show 14th - 17th
- 17th - Drysdale Market
- 20th - Geelong Cup
- Poppy Kettle days 21st - 22nd
- 31st - Portarlinton Market
- Nov** Gala Day 5th
- Dec** Friday 17th Term 4 School Holidays commence

2005

- Jan** Australia Day - what about a breakfast celebration in Drysdale?
- Feb** Adrian Mannix Community Service Award will be presented
- Mar** Bellarine Agricultural Show
- Sat 19th - The Bunyip jives in 2005 Festival is being held
- May** National Volunteers' Week
Neighbourhood House Week



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SPRINGDALE NEIGHBOURHOOD CENTRE

A warm welcome from your friends at Springdale !

We came back to the centre well rested, after a couple of weeks break, to a host of phone messages and emails - some people registered their interest in courses via email - this was a great idea. We will probably need to close over the next few school holidays as well, due to new operating patterns. We will follow through alternative ways to handle course bookings and re-enrollments to make it as stress free for those wanting to guarantee a spot - email is a fabulous, fast, effective way to do this. We are also looking into a tear off slip on the course guide - which could be mailed or dropped into us. I will also try to learn how to change the phone answering machine message for the next holidays !!!

At our last Committee of Management meeting we adopted the budget for this financial year, that shows a small operating profit prediction. This will set us up well for the future.

We will revisit the past year's and successes and challenges at the An-

nual General meeting of Springdale Neighbourhood Centre Inc, on Thursday 16th September at 7.30pm in the Springdale Hall, High Street, Drysdale. We would like to issue a warm invitation to all residents and friends of the North Bellarine to attend. We are planning to have a lively guest speaker present information on Community Associations and their role. Hope to see you there.

One great success in the last few weeks has been our sales of 10,000 step kits - we have sold dozens of kits. At the end of the day its great to be able to give yourself a pat on the back for a day well used - the pedometer helps to do that - and may also encourage you to walk a little further the next day. I now know its 200 steps to my letter box and back so a few trips to the letter box and I'm close to 1000 steps - a few trips to the clothes line -another 1000 steps - they all add up to hopefully a healthier happier me.

I call your attention to all the courses on offer at Springdale, all the interest groups that you could enjoy, the occasional care sessions that are offered, the internet access,

photocopying and the wealth of information and contacts. If you have a need or a suggestion for a new group or a course - please don't hesitate to call / write or email that's how our new Belly Dancing group got started. They have just started to meet on a Friday evening in the Springdale Hall. We wish them well and hope they have fun together. Maybe you've an idea please share it with us - there maybe other people out there with the same interest.

Adult Learner's Week is coming up September 1st - 8th and there will be lots happening during that week. Stay tuned for more details as they are finalized.

Thanks again to our volunteers on the management committee, volunteers in the office, our volunteer group leaders, our staff - Sally, Jean and Sonia and our tutors - and thankyou to our friends in our community who make Springdale a special place to be.

*Anne Brackley
Provisional Co-ordinator
Springdale Neighbourhood Centre*

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Rotary Club Of Drysdale - Monthly Report

The month began with the club's Changeover Dinner which was held at Bellarine Estate Winery and attended by District Governor Cathy Roth.

Details of a distribution of funds were announced by President Ken Hosking to close a successful 2003-2004 year for the club.

Major donations were \$3,000 to the Geelong Hospital Nocturnal Dialysis Unit, \$1,000 to Cottage By The Sea, \$600 to Portarlinton Girl Guides, \$500 to the LifeFlight Helicopter service and \$1040 to Bellarine Community Health Service Food Bank. In addition assistance was given to international projects including sponsorship of overseas foster children in Indonesia and Africa.

During the past year the club awarded three prestigious Paul Harris Fellowships to members who had

especially contributed to the concept of 'Service Above Self'. These were to Arch Woolnough of Portarlinton, Ted Hoppe of Indented Head and Colin Bartlett of Clifton Springs. Sadly, Arch has since passed away, but his medal was proudly worn by wife Lois Woolnough at the Changeover Dinner.

The club has farewelled it's Exchange Student Rhandi Young who returned home to Colerado in June after spending an eventful year as a Rotary Youth Exchange Student.

The club also operates the Point Richards Children's Railway at Portarlinton on the second Sunday of each month which raises funds and at the same time delights children, parents and grandparents.

Outgoing president Ken Hosking installed Keith Winter as the 30th President since the club was char-

tered in 1975. Keith believes that as a philosophy, whilst it is difficult to change the world, it is quite easy to change the world for one person.

This year the club will assist in our local area by assisting individuals in need and again providing support to other community organisations such as our Community Health Centre and Cottage By The Sea. The club is also keen to assist local schools as part of the Rotary New Generations program which seeks to help young people in the areas of self esteem, self development and obtaining useful and productive employment.

The club plans to be more noticeable in the community in this Rotary Centennial Year. If you would like to know more about Rotary or would consider assisting us in our work please call President Keith Winter on 5250.5211 after hours.

The SpringDale Messenger

Large format
Messenger now available
at the SpringDale
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*L to R: Incoming
President, Keith
Winter and wife
Lorayne, Outgoing
President Ken
Hosking and wife
Chick.*

*Rotary
Changeover
Dinner at
Bellarine Estate
Winery.*



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Bellarine Historical Society.

The following is an outline of the speakers / meetings for the rest of the year.

Wednesday 14th July, 2004 A.G.M.
Guest Speaker - Dr. Jennifer Lewis.
Dr. Jennifer Lewis told us about the changes and future directions of the Geelong Heritage Centre.

Wednesday 11th August
Guest Speaker - Norma Taylor.
Norma will share with us her memories of the Drysdale area. Item of memorabilia collected by the Society.

Wednesday 8th September
Guest Speaker Captain Tim Muir

Captain Muir will be sharing with us his knowledge of the Point Lonsdale Lighthouse.

Wednesday 13th October
Guest Speaker Kevin & Pat Bell.
Kevin and Pat will share with us their memories of St Leonards, Portarlington, Bellarine Peninsula & Bellarine Shire.

Wednesday 10th November
Guest Speaker Dr. Stephen McKenzie.
Stephen is restoring the second of two houses from the Deakin House Museum. The first was Arthur's Cottage, now located in Hamlyn

Heights, and the second is Herd's House, now on the corner of High Street & Crimea Street in Drysdale. The meeting may commence early with a visit to the house then Stephen will share his experience in moving and restoring this 1890s building, and history of the house.

Any Bellarine Peninsula memorabilia would be greatly appreciated at the Society.

BELLARINE HISTORICAL SOCIETY meets on the second Wednesday of each month - 7.30pm
Phone 52512693

From the Garden Gate.

Have you pruned your apple tree yet? I have just learned it's not a good idea to allow fallen leaves to lie underneath the apple tree. These should be raked away, so as not to harbour codlin moth.

If you have a problem with codlin moth, one easy method of control is to tie bands around the trunk of the tree. These can be made simply from wide cardboard or hessian, wrapped around and tied in place. Do this in the next couple of months. After a few weeks, take off the wraps and destroy them. Hopefully you will have collected the moth larvae and prevented infestation.

Much is going on underground and some daffodils are poking through.

Fill bare spots or pots with annuals. Sow seeds of calendula, candytuft, marigold, nemesia, lobelia, pansy, stock, primula and viola.

Hydrangeas - add blueing agent if you want to turn pink ones to blue.

Perennials - divide chrysanthemums, delphiniums, asters.

Vegetables - Plant broccoli, beetroot, cauliflower, onion, radish, rubarb, shallot and silver beet.

Sit by the fire and read some Gardening Books, or watch a gardening video from the Library.

August meeting - Monday 16th August. 7.30 pm Uniting Church Hall High St. Drysdale.

Speaker: Peter McGain from McGain's Nursery, Anglesea.
"Making gardening easier."

September Meeting - Monday 19th Suzanne Stocks. "Chooks in the Garden." All Welcome.
Contact phone: 52505545 or 52531009

from *Wendy Hebbard*
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The News at Drysdale Primary School.

The lead up to the end of Term Two at Drysdale Primary School was busy and exciting.

The school debating teams participated in a debate that "Science has caused more good than harm." The children put forward some thoughtful arguments for both sides. Congratulations to Team A : Will Lilkendey, Samantha Durran and Robert Pearson. Team B : Corey Chrimes, Chris Russell and Jaimi Clutterbuck.

At Drysdale Primary School we are trying to care for our environment. Mr Steve Harwood from Visy Recycling spoke to the Grade 6 students and teachers about the many aspects of recycling. The Year 6 students got to work, producing displays of what is termed rubbish, recyclable paper and co-mingled items. They visited each classroom to educate teachers and students about what goes in each bin.

Excursions and Incursions.

The Grade 4 students enjoyed their 'Starlab' incursion. This visit was beneficial and further developed the students' understanding of 'Space'.

"Today we went to Starlab. We went inside an igloo. Lyn told us about constellations, moons and axis. Lyn showed us the Southern Cross. I was really amazed about Starlab. It was cool. I liked how we had to crawl in. I'd like to do it again." **Melissa Sanderson 4F**

Our Grade 5 students had an excursion to Melbourne. This excursion linked the students with their studies of Australian history and sport in society.

"On Tuesday 8th June the Grade 5's left Drysdale Primary to go to the Pollywoodside, the Maritime Museum, Cook's Cottage and the Melbourne Cricket Ground. We got split up into groups. (A, B, C and D.) Group D went to the Maritime Museum first. We learnt about ships that got lost at sea or shipwrecked. After that, Group D went to see the Pollywoodside. Our tour guide taught us about ballast. Ballast is what they use when the ship travels places without cargo. After this we went to look at Cook's Cottage. All the groups joined up and we all had lunch together. After lunch, we split up again. Cook's Cottage was really interesting. We learnt that Cook refused to have anyone from his crew die of scurvy. We tried what the crew had to eat. (salt and cabbage on bread) Everyone thought it tasted disgusting. Lastly, we got on the bus and went to the MCG."

By Krystie Wiltshire and Brittany Phillips.

As part of the "Police in Schools" program, the Grade 6 students visited the Police Academy in Glen Waverly. "When we got there, Constable Maritta and Senior Constable Richard gave us a tour. We went through a big hall into another room. It had a punching bag and a little wrestling ring in there. We watched a policeman climb up a rope ladder about 12 metres high in about 60 seconds. After that, Constable Maritta showed us the Parade Ground. We saw the three buildings that you stay in. Everyone had a good day."

By Anishka Godfrey.

Congratulations to Charles Wild who competed in the State Cross Country Championship. He came 18th. Well Done Charles.

Term Three is here. It will be an exciting and busy term with the 'Life Ed' van, Geelong School's Music Festival and the annual school concert.

Amanda McPherson
(Teacher)



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Queenscliff and district Wood Workers Inc.

Hi Folk.

Well done again its time to spread the news on what is happening at your local woodworking club.

Firstly a group of us, including partners, spent a weekend at Albury to attend the Bi-annual show of Australian Scroll Saw Network who in conjunction with the Albury Woodworkers held a two day Expo featuring scroll work (fretwork), intarsia (segmented Carved wooden pieces forming a picture) and these together with a large display of turnings and sculptures made up a very good exhibition plus a good time was had by all.

After some considerable delay we have finally been advised that the Centre will under go much needed renovations. Whilst in the initial stages it will cause some disruption due to the work being conducted it will in the long term provide a more user friendly area to conduct our activities. Not only will it allow us to extend our library (for those who read Woodwork books) it will provide room and storage for other equipment that it used for Demonstration purposes.

Finally, I would like to include a poem with the kind permission of its

author, Les Howard, as I feel it typifies why we exist as a club.

THE WOODIES CLUB.

I joined a Group of oldies which is very good

They are a little different; they make things out of wood
There is Phil with his boxes and Georges 'Grand pa clock
Mind you, George is in his eighties but never seems to stop.

Then Kevin makes his tables and he is into jigs and things
Eric makes his bagpipes, but I have never heard him sing.
Lionel does intarsia, and he is really good

I won't try to do it, even if I could.

Then there is Dudley with his boaties, Thursday is when they meet
They drink lots of tea and coffee and a cake or two to eat
Occasionally they work on models, the boating type I mean
They make the planks, they rig the sails, they are really very keen

They call me 'learner turner' for want of a better name
Making clocks and bios seems to be my game

But if your feeling lonely, with nothing else to do
Come and join the 'Woodies', its just the thing to do

LES HOWARD

So why not take Les's advice and come along and see for yourself what it is all about, at Drysdale Community Centre each 1st & 3rd Monday of each month starting 1.30 - 4.30 Or ring our Secretary Ray Austen on 52513197 for further information.

Now comes the call for 'help' during demonstrations and presentations. It is very difficult to show a large audience how a particular item was made or constructed and the only practical way to do this is to show it on TV monitor via a video camera. The Club is currently investigating the acquisition of such equipment and before any decisions are made we are inquiring if anybody has such equipment that they no longer need and would consider selling at a reasonable price.

If you could help in this matter then please contact the Secretary on the above phone Number.

Kevin Cass
Public Relations Officer

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With winter well and truly with us, and many of our members having gone north for warmer weather, we are very happy with our attendance figures of between eighty and ninety turning up each month for our meetings.

One club has just recently started up another interest group, calling themselves "The Pro Arts" (very fitting). This group is doing a mixture of painting using various mediums, they have a very good teacher.

Activities coming up in the next few months are a privately conducted tour of the Melbourne Art Gallery and "Impressionist Art", "Tim McCallum" at the Potato Shed, "The Three Divas" at the Potato Shed and a tour of Silvan Dam and Treloars Tulip Farm. So there is quite a lot there to keep our members occupied.

Great speakers coming up are Noel Lindsay 'DNA and family his-

tory', Bellarine Health, Fashion Parade, Cord blood (and something different in August).

Jan Kittelty from Ballarat spoke to us in June, about Kittelty Auctions and Antiques then moving into the B&B business, and also her volunteer work with Victorian Tourism. A very busy lady.

Thanks again to the ladies who keep us very entertained and busy.

*Bye til next time
Glad Sharp*

Drysdale Senior Citizens Club

The DRYSDALE SENIOR CITIZENS CLUB extends an invitation to you to come along and visit the club. We are situated at the Town Square in Drysdale at the Corner of Wyndham and High Street.

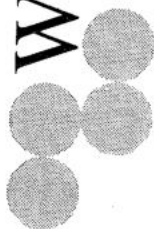
We are open every day of the week except Sundays. Our activities include:- Indoor Bowls, Card playing, Snooker, Patchwork Quilting, Craft, Gentle Exercises, with a Computer and an Art class if either is required.

We regularly have an Entertainer with afternoon tea or midday lunch to follow. Bus trips and tours Bingo is the first Monday of the month with a Trading Table on hand.

We are a warm and friendly club and we would welcome visitors and members to join in any of our activities. Our Phone No: 52512983. Ring after 12-00 noon for any enquiries.

The President and Committee of Drysdale
*President: Esther Lornie
Secretary: Ron Colborne*

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Travel Talk by Carol McCarthy

In June I took what has become my yearly trip to Bali and Bali certainly is back!

This time I took up 3 girlfriends for a week of shopping, eating, swimming, having a couple of cocktails and then starting at shopping again.

We had a fantastic time and really noticed the difference from last year.

The place was humming. The atmosphere was wonderful; restaurants and bars were full of locals and tourists alike. Last year we mainly came across Europeans but this year there was Australians everywhere.

You now need a visa to enter Bali, which in typical Indonesian fashion is a bit of a shemozzle at the airport. You need to have US\$25 and a lot of patience. But once you get out of the airport and feel the warmth and smell the frangipanis all is forgotten.

I try to stay at the different hotel each time and this year chose the Bali Padma which I really loved. The rooms are beautiful and the pool is out of this world. It's right in amongst terrific restaurants and a short \$2 taxi ride away from my favourites, Gado Gado and La Luciala, which are down in Seminyak. The food is first class with main courses only cost around \$8-10. Wine is quite expensive in Bali but as a necessity it's worth budgeting for.

A local Clifton Springs girl has a restaurant in Jimbaran Bay called Sharkeys which is well worth a visit. It's a fantastic place to watch the sunset and have a great seafood meal.

The exchange rate was fantastic; we were getting 6500 rupiah for \$1 Aussie dollar. It's a good idea to change your money at the hotel as the money changers tried to rip us off every time.

A one hour massage on the beach is under \$5, manicures and pedicures around \$3. For a real treat try a cream bath in one of the salons. For around \$7 you get a 45-minute hair conditioning treatment with a head, neck, shoulder and arm massage. Delicious.

To hire a car and driver for the day costs \$30. It's a great way to go to Ubud for the day. The market up there is great and there is some beautiful restaurants built down the side of the river gorge. There's always a festival or funeral happening and wonderful photo opportunities.

I checked out quite a few of the hotels and restaurants and have a list of the best places to shop, so please feel free to call in for any advice.

*Carol McCarthy,
Harvey World Travel,
6 High Street Drysdale
52511125.*

What's happening at Beacon Point Pre School?

Beacon Point Pre-school offers 3 and 4 year old groups with educational, stimulating and fun programs. An example of what is happening this month in the 4 year old program is a visit to the Post Office. This excursion will be a follow up of what we have been learning at Kinder through our dramatic play Post office corner, where the children have been 'writing' letters to each other. This is part of early literacy in Kinder and the children are able to model adults by pretending to write. The children will be posting a letter that they have made at Kinder at the Post Office and will be finding out what happens to their letter after it's posted. The 3 and 4 year old groups are currently taking enrolments for 2005. For more information, please contact the Kinder on 5253 1550.

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What is Naturopathy?

The term Naturopath was not used until the late 19th century however the roots can be traced back to Hippocrates. Natural healing, Naturopathy and Natural Therapies are terms that have evolved as a mark of distinction from therapies in which drugs and surgery dominate. It is a system of medicine that is health orientated and stresses maintenance of health in the prevention of disease.

Naturopathy focuses on the person as a whole on all levels of existence - physical, mental, emotional and spiritual. The underlying causes of disease take precedence rather than specific symptoms. During the initial visit with your Naturopath, a life picture will be compiled, including a detailed medical history, lifestyle habits:- that is exercise and nutritional habits. From this information a program of treatment will be designed to guide you back to a state of balance and wholeness. This can be achieved using a number of modalities such as Herbal medicine, Homoeopathy, Nutritional modifica-

tion, Vitamin / mineral therapy, counselling, Remedial therapies or soft tissue therapies such as massage, neuromuscular or Bowen techniques.

In every culture throughout the world there is a wealth of folklore, the oldest, being the uses of indigenous plants. It is from this wealth that much of our western technological medicine has its roots. Most of us are familiar with the addictive problems associated with Valium and Mogadon, yet the plant Valerian, from which these substances are derived, has no such effect. It is a powerful anti-anxiety agent and a nervous system tonic. Some other familiar drugs that have plant origins are Aspirin (Willow Bark), Ephedrine (the Chinese herb Ephedra), Digoxin (Foxglove) and Taxol (Pacific Yew Tree), just to name a few. Herbal medicine is one of the oldest forms of medicine and is still used by over 75% of the world's population today and the World Health Organisation encourages its use because of its effectiveness and cost.

Naturopathy is employed by many people to treat both chronic and acute conditions but its real value is in prevention of serious health problems. By restoring vitality to the body, building up the natural capacity for health and hence a real sense of well being. Naturopathy is gaining recognition as an integral part of the Australian health care system and is now being recognised by many medical practitioners and rebates can be claimed on consultation fees by most private health funds.

Lisa Taylor (BHsc, N.D) has over 21 years of naturopathic experience and has particular interest in women and children's health issues. So whether you have a sore back, too many colds, fertility issues, menopausal moans or just feel lousy its well worth a visit just to explore your options. Lisa is now available at the Drysdale Community Health Centre, 21 Palmerston St., on Mondays and Thursdays and is happy to answer any queries.

Clifton Springs Baptist Church

Clifton Springs Baptist Church would like to announce that their Rainbow Holiday Club is running again this year during the September School Holidays. The dates are Monday 20th to Friday 24th September. The theme for this year is "The Games". This program is open to all Primary School Children. The cost is \$2.50 per child per day or you can pay for the whole week at a cost of \$10.00 per child. The time our program runs is 9.30am - 12 noon. Included in our program this year are daily games, crafts, songs, Christian teaching, snack time and again this year we will be holding a tabloid sports day. The program will be run at Clifton Springs Baptist Church, 45-51 Central Road, Clifton Springs. For any enquiries, please contact our church office on 5253 1833. Also we will be holding a registration time on Monday 20th September from 9.00am - 9.30am.

TRIVIA CHALLENGE

Compiled by Peter Sharp - (Answers on page 19)

QUESTIONS

- 1 Who played James Bond on the big screen?
- 2 Who were the two stars of the THE BLUES BROTHERS?
- 3 Who played Al Jolson in the movie 'Jolson Sings Again'?
- 4 On which date did the S.S. Titanic sink?
- 5 Who starred in 'The Virginian', 'Sergeant York' and 'High noon'?
- 6 What is the name of the first two astronauts to walk on the moon?
- 7 Whose first film was 'The Painted Desert' and last 'The Misfits'?
- 8 In which movie did Mickey Mouse first star?
- 9 Who wrote The Jungle Book?
- 10 What is the capital of Portugal?
- 11 In which fictitious town is Blue Heelers set?
- 12 Who sings Yesterdays Hero?
- 13 In Washington D.C. for what does D.C. stand for?
- 14 Who invented the revolver?
- 15 Who was the robot in Perfect Match?
- 16 In 'On the Buses' what is the destination of Stan Butler's Bus?
- 17 In which television show does David Ogden Stiers play Charles Emerson Winchester III?
- 18 In Johnny Farnhams song what keeps falling on his head?
- 19 Who starred in the movie 'Reach for the Sky'?
- 20 In the song 'Little Egypt' what is she wearing?

Naturopath

Lisa Taylor N.D. (A.N.T.A.)

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Drysdale Fire Brigade

Following the recent Brigade Elections, your contacts are:

- * Captain Des Connor
Ph: 0418 522881
- * 1st Lieutenant Jeff Stewart
Ph: 0400 121922
- * 2nd Lieutenant Robert Berrie
Ph: 0419 526596
- * 3rd Lieutenant Robert Aylwin
Ph: 0410 566121
- * 4th Lieutenant Anthony Connor
Ph: 0408 544647
- * Secretary Jenny Rundell
Ph: 0431 476311

The maintenance of fireplugs and street marker posts are critical in the event of a house fire in your street or community. The Drysdale Fire

Brigade is therefore asking you to become "a friend of the Fire Brigade".

It's easy..

Make your community fire friendly by following the easy steps listed below-

1. Make sure that the fire-plug nearest to your home has a RED and WHITE marker post.
2. Check that the plug is accessible to the fire fighters.
3. Make sure the plug is clear of built up dirt and grass.
4. Report any damaged, inaccessible or unmarked plugs to any of the Officers listed above.
5. DO NOT attempt to clean inside the lid of the fire-plug.

DATES TO REMEMBER

GARAGE SALE: The annual garage sale will be held late October. Collection and drop off times will be published in a later edition of the Messenger so keep all your saleable items for our Monster Garage Sale.

MELBOURNE CUP LUNCHEON: Held at the Clifton Springs Golf Club. Seating is limited so to avoid disappointment book early by contacting the Brigade secretary or Jeff Stewart.

BRIGADE 60th BIRTHDAY CELEBRATIONS: Our 60th will be held later in the year and notice of festivities will be published in the next edition of the Messenger.

Drysdale Day VIEW club

Meets fourth Friday of the month at 11am at the Clifton Springs Golf Club

Our 3rd Birthday meeting was a wonderful success and a great day was had by all. An extra special thank you to all those wonderful ladies who donated such delightful baby clothes which have now been sent to the Smith Family. Top Effort. Hope to see you all at the next meeting. Please book with Gloria on 5253 3256 or Christine on 5251 1127

We are a fund raising group dedicated to raising money for the Smith Family to aid in the education of Australian Children through their "Learning for Life Program. Our aim is for friendship and social contact whilst working for a worthy cause.

Our next meeting will be; 27th August 04 at Clifton Springs Golf Course at 11am.

We will also be collecting new toys for our October Childrens fundraiser. So if you have a toy you

would like to donate this month or next please feel free to bring it along. Thank you.

Hope to see lots of new faces, and any who have been away for the winter. We will give you a warm winter welcome.

Don't forget to call Gloria on 5253 3256 or Christine on 5251 1127

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Leaving Children Home Alone.

The question of when it is OK to leave children at home alone is one that arises for most parents at one point in time. There is currently no law in Australia that gives clear guidelines as to what age a parent is legally allowed to leave their children alone.

Parents however, are obligated by law to make sure that children are properly looked after. This means that food and clothing are provided, children have a safe place to live, and are under parental supervision. When there is an older sibling who is under the age of 18 years caring for other children in the house, the parent is still held responsible for the safety of the children.

The questions that need to be asked when thinking of leaving children at home alone are:-

How long will the child be left unattended?

How safe is the home?

Are the ground rules clear?

Does the child know?

Where the parent is going?

When the parent will be back?

How to get in touch with the parent or main carers?

How to use the telephone?

Where the emergency numbers are listed?

Their own telephone number and address, (For emergency services)

Telephone numbers of trusted friends.

Where to find the first aid kit?

How to deadlock the doors,

(And be able to access the key)

What to do in case of fire?

What to do if someone knocks on the door?

Whether to answer the phone?

How to contact the doctor, hospital, police or fire brigade?

Family rules?

If a child can leave the house?

A special password or phone ring?

How to get a drink and a snack?

Before leaving children home alone, investigate any other choices.

If the child is being left under the

care of someone else, choose this person cautiously. Check that the home is safe and make sure the children have an understanding of what to do in an emergency and what the ground rules are. Most importantly, make sure the child feels safe about being left alone, phone regularly to check that they are OK and return home on time. It is not advisable to leave a baby or toddler home alone at anytime, even if they are sleeping. It is also recommended that children are never left unsupervised in the car.

Parents wishing to know more on the topic of 'Leaving children home alone' and who have access to the internet are encouraged to visit the Child and Youth Health Website www.cyh.com.au and search for 'Home Alone'.

Reference- HOME ALONE - PARENT AND CHILD HEALTH INFORMATION - CHILD AND YOUTH HEALTH.

Kindergarten is not just 'child play'!

How will you know if your child will be able to cope with their first year of primary school?

For many of us, we won't be able to answer that question until after our child starts school. However, kindergarten/preschool would present an excellent opportunity for some guidance as to how well your child will cope.

Kindergarten is a gentle introduction to the school system for your child and any problems that may arise, can be overcome before they start primary school, so that there is minimal interruption to your child's progress in prep.

Recently the staff at Drysdale Preschool attended a seminar about school readiness and preparation. The staff were reminded that there are many things we can all do to prepare our children for school, like teaching them to count and recite the alphabet, etc. However, a child's readiness for school is based on emotional and social maturity. Parents need to understand that there is absolutely nothing that they can do to speed up the maturity process. IT IS BIOLOGICALLY/GENETICALLY PREDETERMINED!

The staff at Drysdale Preschool are very experienced, have expert

knowledge in this field and through the use of specific guidelines, are able to evaluate each child's readiness for school. This is yet again another important reason why kinder must be used as a testing ground for your child before they start a formal education. How would you feel if your child had to go through the traumatic experience of repeating grade prep?

At Drysdale Preschool we believe play is the basis of all future development. Through play and guided activities we aim to:

* Respect the uniqueness and potential of each child

* Enhance each child's strength, competence and self esteem

* Ensure that work with children is based on their interest, reflects consideration of each child's perspectives and needs and lets children know they have a contribution to make

* Create opportunities for each child to use imagination and creativity.

The children at Drysdale Preschool have great respect for their kinder teachers. Judith, Belinda and Rachael all have a calm, warm and

friendly nature and the children just thrive from their enthusiasm.

The session times are as follows:-

4 yr old groups.

Red group

Monday 8.30am - 12.00noon

Tuesday No kinder

Wednesday 9.15am - 2.45pm

Thursday 1.00pm - 4.00pm

Friday No kinder

Blue group

Monday 1.00pm - 4.00pm

Tuesday 9.15am - 2.45pm

Wednesday No kinder

Thursday 8.30am - 12.00noon

Friday No kinder

3 yr old group.

Friday 9.00am - 12.00noon

There is currently only 1 position available for the 3yr old group in terms 3 and 4 of this year. We are now taking enrolments for next year and there are limited places available, so it is advisable to enrol early. Please contact our enrolment officer - Lorraine Evans ph: 5257 3339 for more information on enrolments.

Drysdale Preschool

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Friday 13th - Ramble Tamble
Friday 20th - Colin Wells
Sunday 22nd- Jinx



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

BEE GEES - WHAT A SHOW

On Saturday July 3rd the club hosted the Bee Gees Stayin Alive Tribute show and their performance was one of the best seen at the club. Over 130 members and guests stepped back in time enjoying a great 2 course meal and danced the night away. The band is now off on a three month tour of Europe.

KYLIE COMES TO THE SPRINGS

The next big show is on Saturday October 16th and we are proud to announce for the 1st time the 100% Kylie Tribute show complete with the Kylie dancers. This show has been playing to full houses where ever it performs and at only \$40.00 per person, which includes a 2 course meal, you will need to book early. Bookings are being taken at the Club.

MCDONALD CUP SINGLE MATCHPLAY

Qualifying rounds of the McDonald cup have been completed

with Brian Lawrance out to defend his title. The top 32 qualifiers will now meet in matchplay with Brian Lawrance meeting John Farnell with other key matches being Robert Gunn up against Dale Storer and Rob Wright playing Mark Little. Matches are to be played by August 8th.

TRIVIA NIGHT

On August the 21st a trivia night will be held at the Club in aid of Peter Cockburn's Tour for a Cure Bike Ride with funds raised going to Cancer Council of Victoria. The night is limited to 15 tables of 8 with an entry fee of \$15.00 per person. The night commences at 8.00p.m. and will end with a major auction. Bookings can be made at the club.

GREEN FEE AND SOCIAL GOLFERS

The club is currently running a great deal for green fee players, with payment of \$20 for 18 holes, you receive a free golf ball. All bookings please phone 52531488.

SUPER FRIDAY NIGHTS

Join us at the Club on Friday Nights by the open log fire listening to the free live entertainment whilst the mega members draw is conducted. In between all of this pay glass prices for your pots of beer from 5.30p.m. till 7.00p.m. The popular raffles are conducted throughout the evening and to complete the evening select an appetising meal from the extensive evening menu.

LUNCH ~ DINNER

We are open for lunch (12 till 2.00p.m.) and dinner (6.00p.m. till 8.00p.m.) with our fantastic \$4.70 evening meal deals from Sunday to Thursday evenings on presentation of the meal deal coupon. Lunch has not been forgotten with the \$6.50 specials board available.

*David Milne
Manager*



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Super shake-up may change your retirement plans

In the May Budget, Federal Treasurer Peter Costello proposed far-reaching changes to Australia's superannuation and retirement rules.

The changes are intended to encourage older people to stay in the workforce longer, extend their superannuation savings and become more self-sufficient in full retirement.

The regulations have now been gazetted and are in force, subject to their survival in the next parliamentary sitting. How will they change your retirement income plans?

More flexible super contributions

From 1 July 2004 those under 65 can contribute to super with no work requirement. This will give you longer to build your retirement savings tax-effectively. To contribute from age 65 to 74 you will need to satisfy an annual work test but, with limited exceptions, from age 75 you must stop contributing and start taking payments.

Reduced flexibility in redundancy

If you are made redundant and choose to "roll over" your employer eligible termination payment (ETP) into a superannuation fund, currently you can take it out at any time and spend it. However, from 1 July 2004, you must retain the ETP in a super fund until retirement.

Market-linked income streams

From 20 September 2004, you will be able to purchase a "market-linked retirement income stream" also referred to as a "growth pension". These will have an investment portfolio that can rise or fall in value according to market conditions, like an allocated pension, yet 50% of its assets will be exempt from Centrelink's assets test. You will no longer have to settle for a fixed interest annuity to have a Centrelink-friendly retirement income.

Tightening the assets test

Complying (lifetime, life expectancy) annuities purchased from 20 September 2004 will also become only 50% assets test exempt; currently they are fully assets test exempt. As a result, future retirees may need to place more of their assets in Centrelink-friendly income streams or accept a reduced Age Pension entitlement.

Annuities already in place are not affected, so if you can purchase before this change you can lock-in a 100% exemption and possibly a higher Centrelink benefit.

Combining super income and salary

From 1 July 2005, provided you have reached your preservation age (now 55), you may take retirement

income from your super fund without first having to retire. This may give you the option of supplementing a continuing part-time income and keeping more of your super for later years.

These changes should provide us all with more flexibility in making retirement decisions, but they also signal the Government's continuing determination for more of us to become less Government-dependent and more self-sufficient in retirement.

Don't leave your run too late

If you are retired and want to improve your Centrelink benefit, or soon to retire and looking to maximise your retirement income, why not talk to one of Bridges professional financial planners, Mark Palmer or Andrew Dowd well before the September 20 deadline.

They will be able to help you review your position and advise you how to achieve the best possible financial outcome throughout your retirement and may be contacted on 03 5241 2266.

This is general advice only and does not take into account your objectives, financial situation and needs. Before acting on this advice, you should consult a financial planner.

Bellarine Community Health Service

Better health self management program

This is a 6 week program suitable for people suffering any form of Chronic Illness. It enables you to get more out of life and not let your Chronic Illness rule your life. Over the 6 week period there are sessions on:

* How to manage your symptoms * How to communicate more effectively with your doctor * How to lessen frustration * How to fight fatigue * How to get more out of life * How to make daily tasks easier.

WHEN: Next Program begins Wednesday August 18th. Until Sept. 22nd. **TIME:** 1.30pm until 4pm.

VENUE: Drysdale Community Health Centre. **Cost:** \$5 per session or gold coin donation.

For more information and to book please call: Margaret Ahern/ Primary Care Nurse/ Portarlington Community Health Centre/ 52592537.

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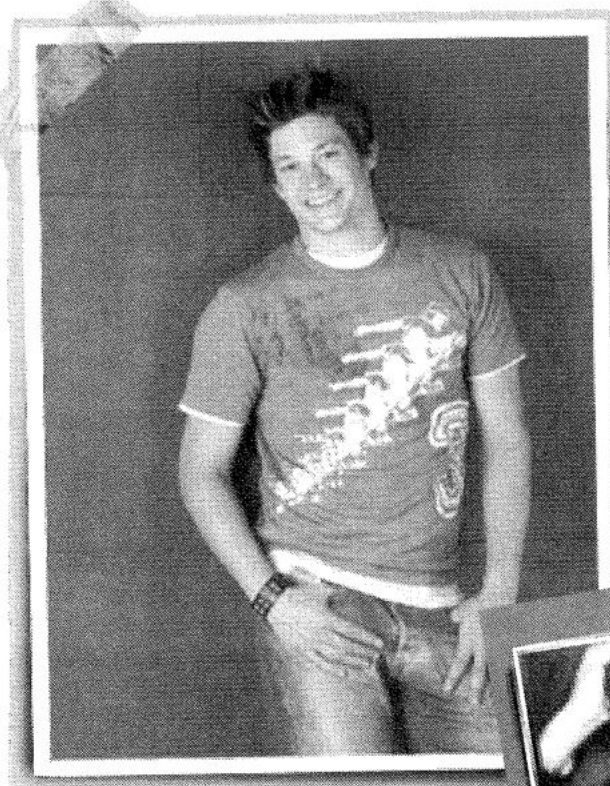
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Exclusive: Staying 'Up All Night' with Millsy



great to get away from the city life and have a good time."

'Every Single Day' is expected to be another huge hit after his first single 'Miss Vanity', released on May 31, debuted at number six on the Australian charts. Millsy said it is a dream come true after a series of knock-backs including from reality series Popstars

life to the songs he had in his head all those years. "I wanted the album to be my own and to have a real Melbourne feel about it. I wanted to stay away from pop because I love performing with a band," he said.

The usual tongue-in-cheek Millsy teamed up with the likes of former Southern Sons frontman Phil Buckle and Boom Crash Opera's drummer Peter 'Maz' Maslen - which transformed Millsy from Australian Idol's new kid on the block to being on the Australian charts with a brand new fan base around the country.

Millsy, a passionate Hawthorn supporter, said he is delighted with the support of local radio stations and his ever-growing fan base. "K-Rock and FoxFM have been fantastic playing 'Miss Vanity' and really promoting the song. The fans have been great and it's really encouraging to go to from one place to another and have loads of fans," he said.

The album explores the world of a typically hot blooded young male diverting into the land of girls, good times, relationships and break-ups. It's Robbie Williams combined with Matchbox 20. It's honest, candid and just pure Millsy.

Despite his rise to fame, Millsy says he will never forget where he began and has some advice for aspiring Australian Idol contestants. "Australian Idol was terrific and I wouldn't be where I was today without the influence of that show. There's a lot of grueling tests that you have to go through but that's why there's so much talent in there," he said.

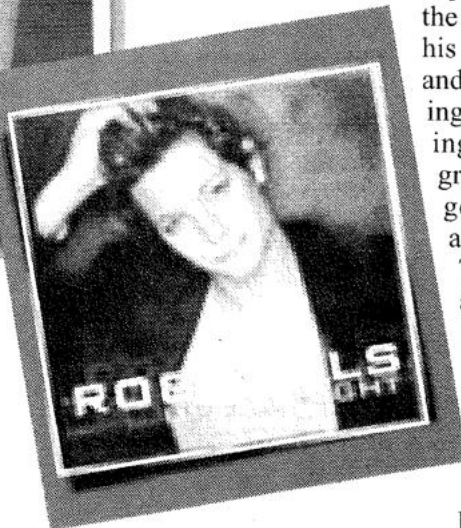
"You just have to stay strong and believe in yourself and just enjoy yourself. You take their (judges) advice but you just keep going and don't let them stop you."

By Brent Diamond

With the second Australian Idol series in full voice, BRENT DIAMOND caught up with Australian Idol's wild boy 'Millsy' about his amazing transformation as an acoustic performer at local pubs to his debut on the Australian charts.

Rob 'Millsy' Mills is one of the many tourists that cruise down to the Bellarine Peninsula on their day off or on the summer holidays. His childhood memories in Bellarine are endless where even his first ever kiss was under the sunset of the Barwon Heads caravan park.

There was almost a sense of irony when Millsy released his second hit single 'Every single day' at his first gig in Geelong at the Barwon Heads Hotel on July 16. "It's such a great place especially in Barwon Heads. I always go camping there with a few mates and have a few drinks and party all night," Millsy said. "It's



series II - which almost ended any chance the talented singer had of being a success. "It's really a dream come true because BMG records have given me an excellent opportunity and to be in the charts is really fantastic - you can't really describe the feeling," Millsy said.

His debut album 'Up All Night' is a good time rock album that delivers the high expectations that was booming in his idol and post idol exposure. Millsy rejected the thought of producing ready-made pop songs and hooked with some songwriters who could spark some

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Peninsula Players Inc.

We trust you all enjoyed the second play in our Australian Series, 'THE CLUB' by David Williamson.

Auditions and casting for our last performance in this series, will be held on 9th August 7.45 pm at the Drysdale Community Hall. This will be selection of 3 - one act plays, providing something for everyone, covering a variety of subjects, sure to entertain. Performance dates for these Australian plays are Wednesday 10th, Thursday 11th, Friday 12th and Saturday 13th, November 2004.

Peninsular Players always welcomes new members and you do not need experience in the world of theatre, If you think that treading the boards is not for you, then you can become involved in back stage work, set building, lighting and sound, front of house, publicity, ETC.ETC. There is always a job for you in a Drama Group.

Contact Secretary Margaret Wild on 52512359, or Dennis King on 52512431.



Brent watch

With less than six months of his journalism degree remaining - we take a look at where SpringDale Messenger reporter Brent Diamond is heading. Brent will begin his internship at the Herald Sun/MX newspaper in July and is currently in discussions with AFL Publishing about future employment.

Brent assisted with the controversial documentary 'Shane Crawford Exposed' and has been a part of the rollercoaster ride at the Hawthorn Football Club in his role as communications assistant over the past three seasons. He is also the chief GFL writer for the Geelong Advertiser and has also been writing frequent local sporting articles for Addy sport.

To add to the intensive regime, Brent also writes weekly reports for the BFL Record and monthly for the SpringDale Messenger. In other mediums, he has had a guest role on Melbourne radio station Sport927, local football commentating on CountryFM and has assisted with the production of Channel Ten sport in January 2004.

Brent has hinted a gig as a radio commentator or television sports journalist would not be out of the question in the future.

Clifton Springs Pre-school news

The children at kinder have been very excited with the activities they have been doing. Last term all the kinder children attended the Geelong Hospitals Children's Ward. There they got to have a look around, meet nurses, see how machines work and get an idea of how hospitals are run.

After this excursion Eril set up a section of the kinder room like the hospital. This was fantastic as all the

children loved role playing and felt very important playing sick people, nurses, doctors and dressing up.

Bellarine Pets came and gave a talk about pet care in particular dog care. The children were very knowledgeable in recognising when a dog should and should not be approached in a street and how to recognise if a dog is frightened, angry, etc.

We have now started a new term at kinder with lots of enthusiasm and exciting activities such as painting, playing and celebrating birthdays.

Just a reminder that Clifton Springs Pre School are now taking enrolments for 3 and 4 year old for 2005. So if you have a child ready for kinder please feel free to call Eril or Julie on 52 51 3158 for a chat.

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YOUR LOCAL REPRESENTATIVES

There have been some more very positive announcements since the last edition, which I'm delighted to share with you.

Blackspot Funding

Many of you will know the intersection of the Geelong-Portarlington, Pt. Henry and Moolap Station Roads. There have been three casualty accidents here over the past three years - these are serious crashes affecting all of us who use the busy Geelong-Portarlington Road, or turn off at the intersection.

So, I am sure you will be pleased to hear that \$20,000 of Blackspot funding has been provided to install turning arrows. Most of you will be going straight through, nevertheless it's good to know that this will now be a far safer intersection in the future.

Water Reforms - Our Water Our Future

The recently announced water reform package Our Water Our Future is Australia's most significant water reform package, with an \$800 million investment by the Bracks Government to secure our precious water supply.

As part of the package the Government will increase water and sewerage concessions for pensioners and vulnerable consumers. The cap will rise from \$135 to \$146 in

2004-05, \$150 in 2005-06, and be indexed by CPI after that.

Healthcare card holders' concession will be increased to 50% of fixed service charges, as well as volume charges.

It was also announced that the rebate program that was part of the successful water saving campaign last year has been extended from 1st July until 30th June 2006 on the following products:

- * AAA shower roses - \$10
- * Soil moisture and rain sensors - \$30
- * \$100 basket of water saving goods, such as drip irrigation systems, tap timers and trigger nozzles, for the garden or home - \$30
- * Dual flush toilet - \$50
- * Greywater System - \$500
- * High pressure cleaning device - \$30
- * Rainwater tanks - \$150
- * Water audit - \$30

Under the rebate scheme consumers receive a rebate off their water bill when they purchase the products listed.

In addition, from 1st October, non-profit organisations, such as churches, eligible sporting clubs and kindergartens, will be able to apply for a rebate of up to \$250 for water efficiency improvements.

If you would like further information, please contact my office. I look forward to working with our community groups to assist them in securing this new rebate.

IT Support for Pre-Schools and Kindergartens

Eleven kindergartens on the Bellarine Peninsula, including Drysdale, the two in Clifton Springs, and Portarlington will have broadband internet access and improved IT resources. This is part of a \$5 million state-wide IT upgrade for community and non-profit kindergartens.

Staff will also have training later in the year and I'm looking forward to visiting some of the kindergartens, meeting with staff and seeing the IT resources in action.

As always, please don't hesitate to contact the electorate office if there are issues that you think we can assist you with, or matters you'd like to discuss with me.

Until next time

Lisa Neville MP
Member for Bellarine
Shop 1 Newcomb Central
71 Bellarine Highway, Newcomb
Ph: 5248 3462

ANSWERS for TRIVIA CHALLENGER - page 10

- | | | |
|-----------------------------------------|-------------------------|-----------------------|
| 1 Sean Connery | 7 Clark Gable | 14 Sam Colt |
| 2 James Belushi & Dan Ackroyd | 8 Steamboat Willie | 15 Dexter |
| 3 Larry Parks | 9 Rudyard Kipling | 16 The Cemetery Gates |
| 4 15th April 1912 | 10 Lisbon | 17 M.A.S.H. |
| 5 Gary Cooper | 11 Mount Thomas | 18 Rain Drops |
| 6 Neil Armstrong & Edward (Buzz) Aldrin | 12 John Paul Young | 19 Kenneth Moore |
| | 13 District of Columbia | 20 A Button and a Bow |

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SPORTS REPORT

Clifton Springs Tennis Club Inc.

Jetty Rd Reserve, Clifton Springs

Contacts

- * Seniors - Doug Ph 52511350
- * Juniors - Liz Ph 52513602
- * Night - Peter Ph 52513531
- * Ladies - Glenda Ph 52512796
- * Coach - Mark Ph 52414089
(Mobile no. 0416288956)

Winter Update

Just over mid way through the winter season and teams are jostling for finals positions.

Seniors

There has been some close tennis and even matches in the competition. Section 5 is a very even grade with only 7 points separating 1st and 4th. Our team is currently in 2nd place and look to have a good shot at a premiership if they can defeat Western Heights.

The section 6 team is undefeated and currently a creditable 10 points ahead of 2nd placed Moolap. Some of the sets have been very close and we will need to keep up the good form to be successful, however, looking good.

Section 7 are currently in 5th place and knocking on the door of a final berth. Whilst the leaders in this grade are well ahead, there is still the opportunity to make 4th position if we can string some victories together.

Section 9 are in 4th position and have been competitive in this grade. The first two teams are well in front, however 3rd to 6th place are evenly matched and you never know what will happen in the finals.

Juniors

It is very even in the section 5 girls grade. Whilst Bellbrae are un-

defeated in top position, only ten points separate the 2nd to 7th placed teams so anyone can make the finals. At present our Black team is 2nd and our Red team is 6th with some close matches to go.

Section 10 is struggling in a grade with some strong teams in opposition. Unfortunately we have had some problems with illness and this has reflected in the results although players are playing well and improving.

Section 11 had a slow start to the season, although competitive we were not taking out the sets. However, matches are now going our way and the team is in 5th position and improving.

Section 13 started strongly but has slumped a little in the middle rounds. Still in 5th position some good results will see them into the finals.

Section 19 beginner boys team have improved greatly as the season progresses. Now the boys have got the hang of it and the team is winning matches. Well done boys.

Undefeated, the girls in our section 20 team continue to show everyone how to play tennis. With Newcomb the only team presenting any opposition we look forward to a strong show in the finals.

Mid-week Ladies

Mid-week ladies winter season starts after the school holidays. We have four teams playing in the coming competition and welcome five new faces to the club. Good luck all.

Social Scene

The bowling night was great fun with some of our players showing a lot of skill with a bigger ball. Next social event is the karaoke night on 21/8. Time to display your hidden talent (or maybe bury it deeper!)

Monday morning social tennis

If you would like to have a hit but don't want to commit yourself to a regular competition, or if you would like to get back some of that old talent, then the Monday morning social tennis is for you.

Come on down at 9.30am and join in, no need to register. Call Glenda on 52512796 if you wish to know more.

Night Tennis

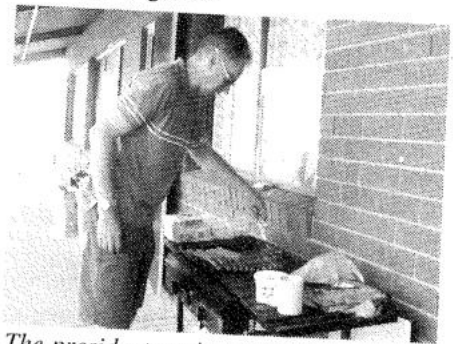
Night tennis competitions started in July and continue for the school term.

Monday night sees five teams battle it out for the "Red Wine Cup". Will Cask prove to be better than Grange?

The Tuesday night U/20s have elected to continue as a social night rather than hold team competitions. Young people are welcome to come down at 6.30 and join in the fun. Play finishes at 9.30.


Wednesday night players are looking to combine with the Thursday players if numbers aren't sufficient (a number of people are waiting for summer - don't wait, have a go!)

Thursday night players are playing good tennis & having lots of fun. There are a small number of vacancies left on this night, so give Peter a call on 52513531 if you are interested in a game.



The president setting priorities

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SPORTS REPORT

By Brent Diamond

Drysdale hits finals fever pitch

Drysdale will finish the home and away season in second position and will be quietly confident of winning their first BFL premiership since 1985.

The Hawks have blossomed in the second half of the season and coach Brian Cordy has the team playing some inspirational football.

It's been the rejuvenation of Simon Nelis and Justin Higgins, the vast improvement of the young guns including Tim Marshall, Julian Hildebrand, Mitch Cuthill and Michael Tilley and the inclusion of arguably its most valuable player this season - Luke Maher.

Maher has been sensational throughout the entire season and could be the key to Drysdale's premiership hopes come September.

Recruited from Lara at the end of the 2003 season, Maher has been the in form

ruckman of the competition with his dominance around the ground and currently leads the SpringDale Messenger Player of the Year award.

Forward Adam Richardson said he holds the talented ruckman in high regard.

"He's been fantastic, he gives us the chance to get our hands on the ball first and he has been super important to our whole structure this season," Richardson said.

"In previous seasons, we haven't had that dominant type of ruckman in our team and Luke's definitely added that to our team," he said.

Conversely, the Hawks have staggered through the season with a list of injuries that almost seems never ending.

But there could be bigger concerns for Drysdale with the reigning premiers Ocean

Grove hitting their straps at the right time and the undefeated Geelong Amateur looking to break-through to the GFL next season if they can win the premiership.

Drysdale forward Adam Richardson said he is not surprised about Ocean Grove's rapid rise up the ladder given the team's reputation as the 'sleeping giant'.

"They're the sleeping giant aren't they? You would be silly to write them off because they are so good at playing with their backs against the wall and they are probably the favourite again this year because of their finals experience. The Ammos and Drysdale don't have that winning feeling in September and they do," he said.

If you have any thoughts or story ideas for SpringDale Sport - please email Brent at btdi@deakin.edu.au

Bellarine Motocross Stars

Bellarine motocross racers Danny Martin and Mitch Cuthill were participants in the Victorian senior Motocross championships at Broadford in June.

Martin made his debut at state level in the 250cc but failed to complete the race after enduring yet another knee injury.

Cuthill is now aiming for a top ten finish after finishing first in the 150cc.

Luck has not been on Martin's side after suffering his second knee injury in his budding racing career. A motorbike accident in 2000 left the Leopold rider with a fractured knee and with little hope of following a childhood dream to motocross fame.

However, Martin gradually worked his way through rehabilitation and focused primarily on his VCE during 2001-02.

Inspired by local Pro-cycle rider Troy Dorron - Martin placed himself on a training regime that made him determined to get back on the bike. A return to the track in 2003 was nothing short of courageous and for Martin it was all about making use of his true talents.

"It (the injury) really did give me a shock and it was disappointing. But after I took six months off for rehab and then had a year off - I just really wanted to get back out there and start racing again," Martin said.

"It's really made me more aware this time and more determined and it's good to get back on the bike again," he said.

Martin will re-assess his latest injury before deciding whether to compete in the next two rounds.

The next round will be at Tralagon on August 22 with the final round at Swan Hill on September 18. The winners of each grade will be determined by aggregate points.

Foulkes: Not the ideal start

Drysdale rower Katie Foulkes experienced a hiccup in the lead-up to the Athens Olympics after the Australian womens eight rowing team finished fifth in the Lucerne World Cup in Switzerland.

The world cup is the biggest rowing event in the lead-up to the Athens Olympics in August and the Australian team were confident of a top-two finish after months of hard training.

A series of injuries to three team members combined with the arctic conditions severely challenged the Olympic squad.

Three reserves were given the opportunity of competing in the final race despite their lack of preparation and experience.

The United States won the womens eight world cup and were closely followed by Netherlands, Romania, Canada, Australia and Germany finished in last place.

Foulkes said she was disappointed with the result despite luck not being on the team's side. "It was actually quite a painful experience. I could not even see the end of

our boat to steer...there's not much to say about the race itself," Foulkes said.

"Lugging a boat filled with water from the rain down the course with little rhythm was needless to say, disappointing. So so far from what the Australian Olympic eight is capable of doing," she said.

Foulkes said the team will be back on the training track next week to get back to the top form they produced in Sydney earlier this year.

"We plan to get to the level we were back in Sydney by the end of this week.... then we have to keep stepping. We'll put our heads down and work hard. Maybe we should cross our fingers for a bit more luck too," she said.

Foulkes was selected as coxswain of the Australian womens eight earlier this year.

The Olympic eight squad will remain in Switzerland to train at the St Moritz Training Camp before the Athens Olympics and will return to Sydney on September 1.

Bowling through Winter

The Drysdale Bowling Club have an indoor bowls competition running every Tuesday at 1pm and every alternate Friday at 7pm.

Everybody is welcome and if you're interested in strutting your stuff on the greens - please put your name on the front noticeboard at the club.

The SpringDale Messenger

The popular bingo nights have continued to run through winter and are on Thursday nights at 7:30pm.

And if you have that special occasion coming up - the team at the Drysdale Bowling Club have all your catering needs. Phone Nelle Musgrove on 52512956 for more information.

SPORTS REPORT

By Brent Diamond

2004 SpringDale Messenger BFL Player of the Year award

Leaderboard (After Round 14)

29	Luke Maher
26	Justin Higgins
24	Joe McLean
22	Simon Nelis
11	Bruce Drake
10	Glenn Smethurst Michael Tilley

Round 10

5. Luke Maher, 4. Joe McLean, 3. Mitch Cuthill, 2. Grant Foot, 1. Glenn Smethurst

Luke Maher dominated in the ruck for the Hawks in a 33-point win over Queenscliff. Grant Foot kicked five goals in his best game for the season.

In the reserves, Queenscliff withstood a Drysdale comeback to win by eight points. David Holton and Adam Little provided the spark for the Hawks.

The Under 18 Hawks dominated against the Coutas to win by 47 points. Ryan Gatgens, John Kendall and Ben Carmichael gave the team plenty of drive.

Round 11

5. Luke Maher, 4. Glenn Smethurst, 3. Joe McLean, 2. Bruce Drake, 1. Michael Tilley

After a big week in the interleague - Luke Maher once again dominated in the ruck against Portarlington. But he wasn't the only one to dominate. The Hawks had 14 goalkickers to win against the Demons by 103 points. Bruce Drake and Adam Richardson were the main goalscorers with three each.

In the reserves, Mathew Aylwin and Danny Coleman put in a spirited performance in a 81 point win over Portarlington.

The main under 18 team had the bye this week and the Drysdale Colts under 18 team lost by 60 points against Portarlington.

Round 12

5. Glenn Smethurst, 4. Luke Maher, 3. Adam Richardson, 2. Jason Drake, 1. Justin Higgins

Drysdale kicked five goals in the premiership quarter to win against the reigning premiers Ocean Grove by 24 points. The win reignited Drysdale's premiership assault this year with Glenn Smethurst rising to the occasion with Luke Maher and Adam Richardson kicking eight goals.

In the reserves, Drysdale lost by just two points against Ocean Grove in a close encounter. Jon Clay, Gavin Humphrey and Todd Kingsbury were the three big guns blazing for the Hawks.

Conversely in the under 18's, Drysdale won by four points with Sam Holwell best on ground for the Hawks.

Round 13

5. Bruce Drake, 4. Aaron Eddy, 3. Luke Maher, 2. Michael Tilley, 1. Brent Taylor

Drysdale blew Torquay away in the first quarter with five goals to none and held on to win by 21 points. Bruce Drake was best on ground and kicked four goals along with Brent Taylor.

In the reserves, Drysdale thrashed Torquay by 89 points with Kel Bellears and Reece Holwell running riot on the field. Toby Welk kicked six goals for the winners.

In the under 18's, Drysdale were in front by one point at three quarter time - but Torquay took control in the last quarter to win a nine point thriller. Ryan Gatgens, Andrew White and Cody Gibb were the best for the Hawks.

Round 14

5. Michael Tilley, 4. Peter Preece, 3. Mitch Cuthill, 2. Reece Holwell, 1. Simon Nelis

The much improved Newcomb Power were given a power shock against Drysdale in a competitive and enthralling battle. A lazy seven goals from Adam Richardson were one of the main factors - but it was also the accentuating performances from Michael Tilley and Peter Preece in defence to get the Hawks over the line by 22 points.

In the reserves, Drysdale lost by 12 points against Newcomb despite the efforts of Brenton Flynn and Gavin Humphrey.

In the under 18's, Ben Carmichael stole the show with ten goals in Drysdale's 139 point demolition against St Mary's. The combination of Trent Foley, Cody Gibb and Ryan Gatgens was far too superior for the opposition to handle.

Don't forget to grab your copy of the BFL Record for an exclusive look at the round of matches and latest news from the Bellarine Football League featuring Brent Diamond's 'Sparkling Jewels'. Available at all BFL matches around Geelong.

Next month: Finals fever! Brent Diamond will take a look at Drysdale's season so far and their chances of winning their first premiership since the mid 80's. Don't miss Brent's full comprehensive wrap-up of the BFL finals. With his exclusive look at the young guns in the Drysdale under 18 team and we will unveil the winner of the 2004 Springdale Messenger BFL player of the Year. Brent also catches up with Fox Footy's Tiffany Cherry and Channel Ten's Christi Malthouse for a look at the rise of women in football. All in next month's bumper finals footy edition of the SpringDale Messenger - Your free community newspaper

Netball Premiership on the Cards

The Drysdale netball team are confident of winning their third ever BFL netball A-grade premiership.

Drysdale are currently undefeated and on top of the BFL netball ladder in what has been their best season for more than a decade.

President Laurelle Stratton believes the team has the personnel and the determination to win their first A-grade flag since 1989.

"Our goal at the start of the year was to finish in the top two and when that happens, we'll be taking it one week at a time," Stratton said.

"We're pleased where we are at the moment and I think we can (win the premiership)," she said.

After finishing fourth last season in a disappointing semi-final loss - the Hawks went on a recruiting spree with only a premiership in sight.

The recruitment of Honni Bergman has been pivotal to the team's success and the appointment of two new coaches - Helen Searle (Bachus Marsh) and Alan Thorne (Inverleigh) - have implemented a professional approach.

The club also regained the services of Sarah Friend.

"We're very pleased with the two coaches; they are both very professional in the way they handle everything," Stratton said.

The team also implemented a new training strategy in February and had a full pre-season of intensive work alongside cricket coach Darren Barmby.

The hard work has produced the hunger for success and a burning desire to achieve netball's ultimate goal.

"We've taken a slightly different direction in the way we trained. It was the first time we had a full pre-season and we have some players coming up now and

SPORTS REPORT

Exclusive - A Day in the Life of an Olympic Rower

Olympics bound Drysdale rower Katie Foulkes gives an insight into the Australian womens rowing team's intensive training regime at the St Moritz Training Camp in Switzerland - in the lead-up to the Athens Olympics.

5am: Wake up. Stumble down dark corridor to doctor's rooms. Put urine sample in line with 30 others (yes, it's a lovely thing to see first thing in the morning), record heart rate and body weight. Try and get through doctor's 100 questions on how you're feeling as quickly and smoothly as possible. To stay hydrated in this environment - an absolutely ridiculous amount of fluid has to be consumed. I am often on the dehydrated "red" list. Have blood taken by physiologist.

5.15am: Attempt to open eyes and look alert by having long hot shower. Water has to be as hot as it will go to warm up your body temperature for upcoming outdoor freezing temperatures.

6am: Girls go for "warm up" run up a hill for 20 minutes. I frantically make all the seating changes in the boat that are required for the upcoming session. Each rower has an individual set up so when they are moved their feet height, feet position, feet angle, seat and height of oar to water is changed. The first session of the day is a long one consisting mostly of workloads of continuous rowing.

9am: The best part of the day! Yes, you read that correctly.... me, who hates breakfast, saying that it's the pinnacle of the day! Bowls of bircher muesli, amazing yoghurts, fresh from the bakery bread all washed down with cups of frothy coffee. The little restaurant in the hotel is cosy,

particularly with the morning sun streaming in the windows. I start to warm up!

10am: Rowing session. Seating changes are made quickly, and we're off again. By this time of the day the wind has really begun to blow up. We've attached wind breaks all along the side of the boat to try and keep some of the water out that crashes over us. We don't usually row in water this rough, however as Athens is predicted to be very windy we've decided to tackle it every time we can. For the rowers: as our rhythm is very second half orientated, we're absolutely flying into the gusty strong head winds, however we still need to work on our ability to pick up the boat in the very fast tail wind conditions. This is our main focus at the moment. After about 20km, rowing is finished for the day.

12.30pm: Lunch! After eating so much at brekkie you wander down to the restaurant thinking that you'll just have a few pieces of fruit, but the amazing buffet is just too tempting! The temperature has risen by now and we can sit outside and stare at the gorgeous mountains and lakes. Very lucky to be able to train here!

2.30pm: This alternates every third day. Day one is a 90min mountain bike ride followed by a 2hr weights program. Day two is a 90min run followed by a 2hr weights program. Day three is a hike. Sound pleasant? It's a killer!! At least 3 hours of climbing up a mountain. No flat patches!! Sweat pouring off you within the first 20 minutes, back aching from bending forward to climb up, legs killing then just feeling dead, gasping for air in the altitude, but you keep going! I guess the main incentive is that if you miss the final cable car at the top you then have to walk back down. Also, the satisfaction at the top is so worth it! Although at an altitude of 3300m your body still runs in high gear. An occasional pat on the back is all that's needed to acknowledge the training session just completed. We plonk ourselves on the floor

of the cable car and are carried back down that enormous mountain. Little notice is taken of the spectacular views.

6.30pm: Active recovery time - spa, sauna and icy cold plunge pool.

7.30pm: Dinner time! The food is superb. They import Australian meat in just for us. All food is cooked in garlic to assist with our bodies staying healthy in such full on training times. The first thing we do as we sit down for dinner is have our compulsory vitamins. Enormous jars of multi-vitamins, vit C, zinc, garlic and iron are passed from table to table. We sit with this pile of coloured pills in front of us and laugh at what people would think if they saw us. Another evening meal ritual is "Interview time". Each night one of the athletes interviews another. The idea is that we get to know more about girls from other crews on the Aussie team. Initially the interviews were filled with inspirational thoughts and tips. 11 of the 20 girls training here have been World Champions in the last 4 years. We have a lot to learn from each other. However, recently questions have deteriorated to "what's your favorite colour" and "when was your first kiss". Still quite entertaining....

8.30pm: Meeting with Harald (Australian women's rowing team coach). Video of the morning session is watched and analysed. Rowing technique is talked about until eyes can no longer stay open.

9pm: Tucked up in our cosy little beds, it's time to dream and re-energise for the next day. In the little "in between" times we are lucky enough to have fantastic physio and massage appointments available. Enough for everyone to be treated daily! Lactates are taken every third day both in the gym and on the water. Skin folds are also done every week to make sure that no one has indulged in the yummy swiss chocolate. Overall we are a happy bunch. We feel proud of the way we tackle each and every one of our training sessions. Regardless of how tired we are, we still enjoy each others company.

Netball premiership on the cards cont.

putting some pressure on our A-grade players which is what you want to see," Stratton said.


The high expectations at the start of the year have been delivered through the consistent form of Bergman, Sarah Stratton, Jess Richards and Jackie Frew.

A top two finish is well and truly in sight but Stratton knows that finals can be a different ball game.

The BFL netball reigning premiers Barwon Heads along with the Geelong Amateur are Drysdale's biggest threats this season.

"We just have to take it one week at a time. I would be really disappointed if we can't win it," Stratton said.

The grand finals will be held at Drysdale Recreation Reserve on Sunday September 5.



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Many people think that the way to ensure their property sells for a high price is to inflate the asking price.

In fact, the opposite is often the case. If a property is really overpriced, purchasers just sit back and wait to see what happens. If they've been looking around long enough to be ready to commit themselves, they've also made themselves very familiar with what they can get for their money and can recognise an overpriced property when they see one. Many even refuse to waste their time inspecting properties they perceive to be overpriced. The problem for vendors is that the buyers who don't know what market value is have usually just started looking. They are not ready to buy because they haven't done their homework.

It is common for inexperienced vendors to overprice their properties in the belief that the "right" buyer will eventually come along- someone who will fall in love with their property and pay the earth for it. In practice people buy with their pockets as well as their hearts because for 97% of Australian home owners, the family home is the biggest purchase they will ever make. No one goes into it without making comparisons and weighing up all the factors.

In a sense, there is no such thing as one "right buyer". Most people want value for money and many houses are "right" when the price matches the property. It might help first-time sellers who think that no matter what price a property is ad-

vertised at, purchasers will always make offers to put themselves in the purchaser's shoes. Buying a house is really stressful. Most people won't let themselves get emotionally committed to something they feel is never going to come down to a realistic level. It's easier psychologically to move on and make an offer on something that is more realistically priced.

It's always worthwhile to leave a negotiating factor when setting the asking price of a property for sale, but the price should be competitive so that buyers will want to snap it up before someone else does. The best price is nearly always achieved in the early stages of marketing.

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