

The SpringDale Messenger

Your Free
Community
Newspaper

Compiled and published by the SpringDale Neighbourhood Centre Inc A002916V

Circulation 4,500

ABN 21 404 220 267

Vol 16 No. 9, October 2006

Ph: 5253 1960 Fax: 5253 3050 email: messenger@springdale.org.au www.springdale.org.au

Portarlington Pelargonium and Geranium festival

Portarlington & District Garden Club Inc. will be conducting a one-day festival to celebrate beautiful Pelargoniums and Geraniums. This festival day coincides with the International Pelargonium and Geranium conference, which is to be held in Geelong between 30th October and 2nd November.

History tells us that Portarlington has a long association with Pelargoniums and Geraniums. The Bellarine Peninsula was the home of enthusiastic growers of these fabulous plants. In 1904 Queenscliffe Floral Society held a show and growers from Portarlington scooped the pool. Later in the century in 1958 Portarlington held a Pelargonium and Geranium show thought to be the first in Victoria and only the second in the country. The first was held in Sydney the week prior to the Portarlington show. Twenty-eight members of the Pelargonium and Geranium Society travelled from Melbourne to attend the Portarlington show.

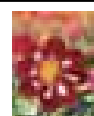
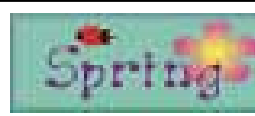
Portarlington Garden Club has a small but enthusiastic membership and we will be endeavouring to make this a special day for visitors and locals to help celebrate and promote these sometimes despised and tolerated species, but with proper care and attention they can make any garden special. We are also being assisted by members of the History group in Portarlington.

The date of the event will be Thursday 2nd November in Portarlington with a flower competition and the schedule will be available soon and can be obtained at the SpringDale Neighbourhood Centre in Drysdale and locally at Portar-

lington. Arrangements are being made to have entries at the Old Mill on Wednesday 1st November between 4 and 6 p.m.. A special Junior section for gardeners under 15 years of age will be a feature and also a colouring competition involving primary aged children and preschoolers.

The venue will be the Old Mill in Turner Court Portarlington and Portarlington will be hosts to this one day event and people can relax in one of the many restaurants and cafes here in Portarlington on the Bellarine.

Further information phone Rita 5259 3436 or Evelyn 5259 3301 or email keithritaoliver@optusnet.com.au



SPRING FLOWER SHOW

Annual Flower and Garden Show.

Clifton Springs/Drysdale Garden Club
Presents.

Their **Lovely Annual Show** on
Saturday November 4th in the Uniting Church Hall.
Rear .U.C. High St., Drysdale.

Open 11 am – 3.30 pm Admission includes refreshments.

All are invited to Exhibit and to attend.

Enquiries. Wendy Phone: 52505545 Mob: 0438332767



**DRYSDALE
VILLAGE
HARDWARE**
(03) 5251 3267

YOUR HANDY
HARDWARE
STORE

THE ARCADE
HIGH STREET
DRYSDALE, 3222.

Westpac

- OPEN SATURDAY
- HOME LOAN CENTRE
- GOOD TERM DEPOSIT RATES

CONTACT: WAYNE, LISA,
BEV, PAM OR MICHELLE
5251 1624

**SHOP 9, SUPERMARKET
COMPLEX, DRYSDALE**

The SpringDale Messenger

The SpringDale Messenger is compiled by the SpringDale Neighbourhood Centre Inc. A0024916V,
17-21 High St. Drysdale.

Postal: P.O. Box 80, Drysdale, 3222.

All editorial and initial advertising enquiries to SpringDale Neighbourhood Centre

Phone: 5253 1960

Fax: 5253 3050 or email

messenger@springdale.org.au

www.springdale.org.au

All contributors are asked to provide their articles on disc (Microsoft Word) or email it for ease of processing. Contributions are still accepted as written copy but need to be submitted in the week prior to our copy deadline.

Next Publication – Nov. 2006

Copy deadline:

2nd October, 2006

Distribution:

27th October, 2006.

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

Advertising:

To ensure publication in a specific issue, copy must be submitted prior to deadline.

This includes both new adverts and alterations to an existing advert.

Layout and Design of this issue by Pagination Design Services, Geelong. Contact at Pagination Design Services, Geelong is Anthony Zavaglia.

Max Simmons PhD (Flinders)
Health and Counselling Psychologist

- * Sleep difficulties
- * Persistent pain
- * Anxiety & depression
- * WorkCover and TAC injuries
- * Substance use
- * Life skills

27-29 High Street, Drysdale, Vic. 3222
Phone: (03) 5251 2958 Mobile: 0414 833 290
email: max.simmons@datafast.net.au

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.

2006

As the Messenger is delivered on this weekend we have advertised these activities just in case you get to read this in time.

- Sept** 23-24 Friends of Thomas
23-24 Visual Festival of Quilts, Portarlington Mill
30 Visual Festival of Quilts, Portarlington Mill
- Oct** 1 Visual Festival of Quilts, Portarlington Mill 12-4pm
1-8 Seniors Week
2 SpringDale Messenger copy deadline
7 World's Greatest Pram stroll 10am-1pm
Rippleside Park North Geelong
7-8 Visual Festival of Quilts, Portarlington Mill 12-4pm
8 2007 Adrian Mannix Community Award nominations close
9 Mannequin Parade, Clifton Springs Bowling Club, 12pm
14 Palmerston Court Annual Fair, 10am-2pm
15 Waterwise Gardening Expo at the Geelong Botanic Gardens 10-4
15 Drysdale Market
6 Cliché Clothing 1.45pm Drysdale Senior Citizens
21 Drysdale Fire Brigade Monster Garage Sale at the Fire Station
21 Robbie Williams Tribute Show at Clifton Springs Golf Club
22 Annual Pilgrimage Ceremony to Crimean War Graves,
Drysdale 1.45pm Oakden Rd
27 Drysdale Ladies Day View Club lunch at
Clifton Springs Golf Club Function Room, 10.30am
- Nov** 2 Pelargonium & Geranium Festival, Old Mill, Portarlington
4 Clifton Springs/ Drysdale Garden Club, Spring Flower Show,
Drysdale Uniting Church Hall
7 Melbourne Cup Luncheon at Clifton Springs Golf Club,
supporting the Drysdale Fire Brigade, 10.30am
12 Summer Junior Sport Coaching Forum. Information available
from City of Greater Geelong Family Services Department 5227 0741.
24-26 Queenscliff Music Festival

2007

- Feb** Adrian Mannix Community Service Awards Dinner
Mar 17 Bunyip Festival at Drysdale PS

.....There's room for your club's information night, membership drive day, special event to be listed here - please send the information to SpringDale for inclusion in this section.



The Drysdale...

COFFEE • LUNCH • DINNER

OPEN 7 DAYS

Lunch and dinner
Reservations: 5251 2301
Sports bar • TAB
• Kids Playground
• Alfresco beer garden

DRYSDALE HOTEL High Street, Drysdale.



Drysdale Physiotherapy & Sports Injury Clinic

- Spinal ■ sports ■ Manipulative ■
- Arthritis ■ Workcover ■ TAC ■ Vet Affairs ■
- Hydrotherapy ■ Exercise Rehabilitation ■

Peter Terry MAPA, MPAA
and associates

Ph. 5251 2958

27 - 29 High Street, PO Box 179, Drysdale 3222

NEWS FROM SPRINGDALE NEIGHBOURHOOD CENTRE

Dear Friends

We held a very successful Annual General Meeting on Thursday 31st August and we were entertained by a medley of songs.

Changes to Course and Opportunity Guide - Term 4

Due to community requests we have added and changed a couple of courses that were published in the 4th term course guide.

The Beginners Course for the Memory Enhancement Training has now moved to Thursday as our group of students from 3rd term would like to continue on a Wednesday with an intermediate format. Classes are proving popular, so get in quick! Ring Springdale 52531960 now.

Memory Enhancement Training – Beginners Sessions

Are you losing your keys too often? Did you forget the name of the person you were introduced to just moments ago? Did you forget a family member's birthday or an appointment you had the other day? Have you ever got to the car park only to be stung by the realisation that you couldn't remember where you parked the car? Memory Enhancement Training could be for you!

Dates/times: Thursday, 5 October – 7 December, 9:30 am – 11:00 am
(10 sessions)

Tutor: Jill Gomm

Fee: \$60

Venue: SpringDale Recreation room

Memory Enhancement Training – Intermediate Sessions

**Need a Will,
Power of Attorney
or Probate for a
loved one's estate?**

Come in for a *free* chat

RISTEVSKI

L A W Y E R S

1 High St., Drysdale
(old Post Office) Ph: 5251 3453

Memory Enhancement Training – you have learnt the strategies and now you are ready to continue along the path to a better memory.

Dates/times: Wednesday, 4 October – 6 December, 9:30 am – 11:00 am

(10 sessions)

Tutor: Jill Gomm

Fee: \$60

Venue: SpringDale Recreation room

Our eBay courses didn't make it onto the course guide so it gives us an opportunity to feature them here.

eBay – Buyers course

Learn how to buy on eBay. Always wanted to try eBay and weren't sure how to start. Come along and learn from an eBay trained professional.

Dates/times: Tuesday 10th October 9.00am – 12 noon (single session) OR Wednesday 25th October 6.30pm – 9.30pm

Tutor: Angelo D'Angelo

Fee: \$45 (includes eBay manual)

Venue: SpringDale Computer room

eBay – Sellers course

Learn how to sell on eBay. Always wanted to try selling anything that isn't nailed

down on eBay and weren't sure how to start. Come along and learn from an eBay trained professional.

Dates/times: Tuesday 17th and 24th October 9.00am – 12 noon (2 sessions) OR Wednesday 1st and 8th November 6.30pm – 9.30pm

Tutor: Angelo D'Angelo

Fee: \$80 (includes eBay manual)

Venue: SpringDale Computer room

Our Introduction to Computers B is already full so we have scheduled another course.

Introduction to Computers B

The beginners class for those with some typing skills. Develop your skills that bit further and Increase your confidence. Learn how to work with programs such as Microsoft Word, Microsoft Works and similar programs to create and format documents, add attractive borders. Check your spelling and grammar and make changes and corrections to existing text. Learn the basics of Microsoft Windows and create files and folders. Find out about connecting to the Internet.

Skill Level: Beginner

Dates/times: Fridays, 6 October – 24 November 12:45 am – 3:15 pm (8 sessions)

FOOT HEALTH CARE FOR ALL AGES



**Michael A. Nicol
Sue Partridge**

General Consultations
Diabetics and High Risk
Orthotic Therapy
Nail Surgery
Veterans' Affairs
TAC and Work Cover

DRYSDALE

5251 2958

27-29 High St. Drysdale

SpringDale Facilities

Personal use of Computers

Internet Access

Photocopies

Faxing

Laminating

**SpringDale Messenger in
large format**

Room Hire

Tables and Chairs for hire

Crockery of hire

**Reasonable rates and cheaper
rates for members**

Fee: \$120 or \$70
 (\$52 subsidised tuition fee + \$18 services fee)
 Tutor: Lyn Brook,
 Lynette's User-Friendly
 Computers

Change of times for all the French classes due to popular demand

Conversational French

French - conversational – beginners

For those with little or no French. Also suitable for Years 7-8 French for comprehension and pronunciation. Learn basic conversation skills for everyday situations.

Dates/times: See dates below, 10 am – 11 am

French - conversational – intermediate

For those with basic French who want to improve their oral and listening skills. Also suitable for Years 9-10 French students. Participate in group conversation.

Dates/times: See dates below, 11 am – 12noon

French - conversational – advanced

For those with a solid grounding in everyday French. Also suitable for Years 11-12 (VCE). In-depth discussions on cultural issues.

Times: 9am – 110am

Dates: Saturdays, 7 October – 9 December (10 sessions).

Tutor: Laurent Boulanger a qualified native French tutor.

Fee: \$60 (term 1), \$100 (terms 2, 3 and 4)

Venue: SpringDale Neighbourhood Centre

We did run this course in 3rd term and needed 8 weeks to cover the content – it just wasn't possible in 3 weeks!

English Grammar

Do you wish you had listened more closely while your English teacher tried to teach you English Grammar? Here's an opportunity to catch up on what you missed!

Dates/times: Tuesdays, 3rd October – 28 November, 9:00 am – 10:00 am (8 sessions) – skipping Cup day ?

Tutor: Laurent Boulanger Fee: \$80

And we have a couple of names for the Monday morning Yoga class – we really need a few more people to meet our minimum numbers required just a reminder of the details

Yoga

For fitness, stress relief and clarity of mind.

Dates/times: Mondays, 2 October – 11 December, 9:15 – 10:45 am (11 sessions), OR

Fee: \$110

Venue: SpringDale Hall

Tutor: Glenda Breedveld

Materials: 1 rubber mat

When Wellness Matters

This is a six week course teaching the practical and theoretical components of - Yoga breathing for wellness, Meditation, Mindfulness, Mind/Body connection. The course is designed to assist people who may be experiencing any of the following conditions or any person interested in maintaining or improving their health and wellbeing. Low Immune Response, Post Traumatic Stress Syndrome, Chronic Fatigue, Anxiety, Depression, Chronic Pain, Post-Natal Depression, Grief, Etc.

Dates/times: Monday evenings 7.00pm - 8.30pm October2 – November 6

Fee: \$80

Venue: SpringDale Neighbourhood House

Tutor: Selma Tron – Nyikos, Wellness Practitioner

Materials: Notebook, Pen and comfortable clothes

Moving into Motherhood

This course gives mothers and mother to be skills and knowledge that will assist them in moving into mother-hood with confidence and ease.

The Course Includes: - Understanding the spiritual significance of becoming a mother, Coping strategies for 'the blues', post natal depression and sleep depravation, Breath control for breast feeding and maintaining balance, Personnel self help bag, Ritual, A Mothers right of Passage, Art Therapy, And simply sharing space with other mothers. This course is open to mother and baby and mothers to be..

Dates/times: November 3rd – December 6th 10.00 – 11.30

Fee: \$80

Venue: SpringDale Neighbourhood House

Tutor: Selma Tron – Nyikos, Wellness Practitioner

Materials: Notebook, Pen and comfortable clothes

Baby Massage

A fun course for parents to empower themselves through education and to enhance bonding, communication parenting and life skills. Each course is individually structured to meet the needs of you and your baby and careful consideration is given so that your baby learns at his or her pace.

Benefits for baby include – improved sleep patterns and your baby is more settled, proven relief from the distress of wind, colic, constipation, reflux and emotional stress. Strengthens the immune system functions, increasing resistance to illness, speeds up the myelination of the brain and nervous system enhancing neurological development. Heightens alertness and sociability when your baby is awake and deepens the bond in times of stress and difficulty.

Dates: 4th October – 25th October OR 15th November – 6th December (4 sessions)

Time: 1.30pm – 3.00pm

Fee: \$80

Venue: SpringDale Neighbourhood House

Tutor: Mary Wilson – Baby Massage Instructor

Materials: bring baby bag towel and oil



Quality Butcher
 PETER HOMMELHOFF

HOMMY'S
QUALITY MEATS
For something new and different

16 High Street, Drysdale 3222.
 Phone: 5251 2270

Delivering PC Solutions
 We come to you!

COMPUTER SALES & REPAIRS

BROADBAND HELP, VIRUS REMOVAL, UPGRADES,
 CUSTOM BUILT PC'S, GENERAL PC MAINTENANCE
 CALL STEVE AT 0PCS, BELLARINE PENINSULA

Ph: 03 5253 2558
Mob: 0405 523 606

TAX RETURNS
 Gerry Lilkendey, Reg Tax Agent, CPA

Mobile Service to your home
 Standard-\$78, Concession-\$72,
 2 Ret-\$140

Quick refunds, Quality Service
 Appointments Day & Evening

Ph 5259 3704 or 0414 952 906
 25 Spray Farm Lane, Bellarine, 3221

Clifton Springs Primary School

State Award for the Rubbish Free Lunch Challenge:

On the 30th of August our school was awarded first prize for our efforts in reducing the rubbish within our school as part of the Rubbish Free Lunch Challenge. Our school entered the challenge in the beginner category as this was the first year we had entered. The school was represented by the Principal, Mrs. Debra Herbertson, classroom teacher Ms Esther Costa, student teacher, Ms. Kate Wiffen and two students Stephanie Botteral and Devan Humphrey. The first prize of \$2000 will be well used to further promote the environment education program which was launched this year as part of our major curriculum organiser called "Our Precious Earth".

Playground Upgrade:

Our school has also seen many improvements in the playground as we have now completed the installation of our fitness track, fitness stations, new vegi patch and rain water tank, frog pond and rebound wall. The netball and basketball courts have also been resurfaced with new rings installed. Over the September holidays we will have the bottom oval reseeded with drought resistant grass. The school grounds have also seen the planting of about 300 native trees along the walking track which edges our school. These improvements have been made possible

by the funding we received through the Investing in Schools Federal Grant.

Visit to the local Drysdale Shopping Centre:

Our grade Prep -2 classes boarded the local bus and travelled up to the local shopping centre to visit the various businesses. Prior to this visit the students wrote letters to friends and these were posted at the Post Office and were eagerly received back at school. This visit was part of the new integrated curriculum topic called. "The World Around Us". We sincerely thank the businesses for their warm welcome as

the students were able to learn a huge amount about their local community.

Additional Events:

Over the next few weeks our school will be participating in:

- Interschool chess competition
- Interschool golf competition at Bacchus Marsh Golf Course
- Visit by the Australian Theatre of the Deaf
- Prep – 2 Swimming Program
- Year 5 /6 mentoring program at Bellarine Secondary College
- Study of McClouds Water Hole
- Zone Athletics

James and Cody tree planting around our school grounds.



Painting?



Wallington
MITRE 10
Home&Trade
All the help you need

For the
BIGGEST Paint
and Accessories
store on the
Peninsula.....

Corner Grubb Road
and Bellarine Highway
Wallington
Ph: 5250 2855

OPEN 7 DAYS



OPEN 6 DAYS
(Closed Tuesday)

- Dining
- Study
- Bedroom
- Entertainment

Huge collection of furniture and homewares,
cane-ware, nautical & unique giftware.

Floor stock or made to measure.

'Country atmosphere with old fashioned service'

16 Collins Street DRYSDALE (Next to Hotel)
Phone / Fax: (03) 5253 1516



Weddings
Commitment Ceremonies and
Special Family Occasions

Local & professional Videography
and Post-production Services
0407 531 764

Drysdale Ladies Probus club Inc.

The August meeting of the Drysdale Ladies Probus saw the induction of 3 new members. Welcome to all new members this year. Existing club members extend a warm welcome to you. We are sure you will enjoy the club meetings, entertainment, outings and many friendships you will make.

Our 5 minute biographer for August was a club member, Alison Payne. Alison spoke to us about her very happy childhood in Rushworth in the Goulburn Valley where she was born. Later on in her life as the wife of a country police officer she told of many happy

and interesting experiences. A trained nurse, Alison was always a valuable asset to the community in which she and her family lived, which made her life very busy. When her husband, Jack became Sergeant in charge of the station, life became a little less hectic for their family as he was able to watch over the children whilst Alison was nursing.

Another important time in her nursing career was when Alison could see the need for a District Nurse and fulfilled this important role. In 1988 Alison and Jack moved to Clifton Springs. At this time Jack had retired but Alison

worked at the Geelong Hospital for a time. Alison also said she loves living in Clifton Springs as it reminds her of the many happy times she and her family spent living in the country.

Thank you Alison for your very interesting recollections. Drysdale Ladies Probus has been very fortunate to have many other members who have told us about their lives and interests and we thank them all for their time.

Yours in friendship
Lesley Jones

Books Books Books

The next annual book sale at St. James Anglican Church, Drysdale will be held on the 6th and 7th January 2007. However, we accept and collect donations of unwanted books all year.

We need new and old books, fiction and non-fiction, hardcovers and paperbacks (but please no school textbooks or reader's digest condensed books).

If have any books that you would like to donate to our sale, please ring any of the following numbers and we will gladly collect them.

5251 2594 (Tom & Betty Wilson) 5251 3702 (Dorothy & Robin Chase)
5253 2322 (Pat & John Marks) 5251 2256 (Maggie & Gordon Burns)

Thank you.

Drysdale Ladies Day VIEW club

Our next lunch meeting is due on Friday 27 October, in the Clifton Springs Golf Club Function Room, at 10.30am. If you would like to join an active & entertaining club that is part of a nationwide network, meet interesting people, listen to a varied range of guest speakers, & help support The Smith Family's work in assisting disadvantaged school children with its Education For Life Program - then come along! For more information contact Christine on 5251 1127 or Gloria on 5253 3256



Drysdale & Peninsula
Funeral Services

Now incorporating
William Sheahan Funerals - 5251 3477
All hours
Murradoc Road, Drysdale
"Committed to Caring"

DRYSDALE GARAGES

- Garages • Carports • Workshops
- Barns • Machinery sheds • Cubbies
- Water tanks • Garden sheds
- Fowl houses • Aviaries • Green houses

Quality Products and Service
Concreting and erecting as desired. All permits as required

Ph: 5222 7838 Fax: 5222 7839 Mob: 0407 550 467
382 LaTrobe Tce, Newtown 3220

Wiett Home Maintenance and Handyman Service

Qualified tradesman,
35 yrs experience
quality work, competitive price.
No job too small. free quotes

Ph: 5251 5061
Mob: 0408 324 804

Bellarine Woodworkers Inc.

Our new name is now official, with approval for the change having been received from Corporate Affairs Victoria.

As sun-seeking members return from up north and days lengthen and become milder, we can expect an increase in workshop activity for the next few months.

The club has recently purchased two new machines, a scroll saw and a portable lathe. These will be used to

instruct members in their use, and will also be used for demonstrations at our annual exhibition at Queenscliff on 11-14 January 2007.

Group activity is very popular, with the turning attracting big attendances as does the boat builders. Scroll sawing and furniture making have good followings and box making will be revived. Anyone interested is welcome to attend

our meetings, held on the first and third Mondays in each month at SpringDale Neighbourhood Centre at 1.30 p.m.

We are presently updating our website, there is still work to be done but recent issues of the club newsletter may be downloaded. Just enter "Bellarine Woodworkers" into Google and click on to the first entry.

Ray Austen

Beat the spring sneezes

Welcome once again to Hayfever season. Spring can be a bittersweet season for many of us, as along with the resurgence of growth and blooming of dormant buds, come the troublesome sneezes and itchy eyes. These are just two symptoms of this annoying immune disorder, characterized by an allergic response to seasonal pollens from trees, grass and weeds. Other symptoms may include a stuffy or runny nose, congestion in the head, ear pressure, itchy and or painful nose, throat and roof of the mouth along with lethargy, sleep disturbances and insomnia.

Conventional medicine has provided sufferers with relief via anti histamine tablets or injections, but there are also a number of alternative or natural therapies which can help. So, if you would rather not be filling your system with synthetics, try some of these suggestions. Please always consult a qualified natural therapist before beginning any new natural treatments.

Aromatherapy

To ease sinus irritation, combine 5 ml

Niaouli, 0.5ml German Chamomile and 3 drops of Peppermint essential oils together, moisten the face and spread ONE drop of this blend over the skin.

Herbal Therapies

To reduce inflammation mix 2 teaspoons of grated ginger into 2 cups of boiling water and let simmer for 20 minutes. Place mixture in a heatproof bowl and inhale the steam for five minutes. The same tea can be reheated and used again throughout the day.

Eating parsley is thought to reduce the body's production of histamine and may, therefore be helpful in treating the symptoms of Hayfever.

Bathe irritated eyes with compresses soaked in chamomile tea diluted by half with water.

Nutrition and Diet

Refined sugars and dairy products are mucous producing and may aggravate your symptoms. A diet high in fruits and vegetables containing vitamin c and bioflavonoids along with a prepa-

ration of chelated calcium and magnesium may help to regulate histamine production.

Acupressure

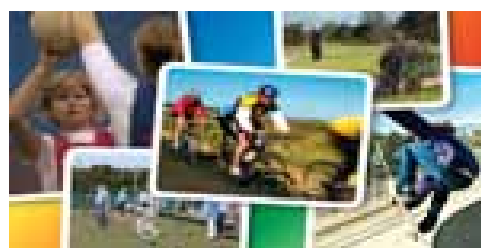
Place the tip of your middle finger at the top of the bridge of your nose, between your eyebrows. Press lightly for two minutes and breathe deeply. Repeating this process three to five times, at least twice a day, may help relieve the symptoms of Hayfever.

These are just a few remedies to get you started. A reputable naturopath specializing in herbal and homeopathic treatments should be able to assist you further so that you can actually enjoy the fruits of spring.

Good Luck and good riddance to sneezing!

Kellie @ Soul Revival Natural Therapy Centre Portarlington ph: 52591815

Naturopath available every Tuesday



Summer Junior Sport Coaching Forum

For Beginner Coaches and Parents

If you are new to coaching, working with a school team, a parent helper in a junior program, or studying in sport or physical education, the **Summer Junior Sport Coaching Forum** is for you.

Learn about:

- Warm-ups, skill activities, drills and games for your sport
- Tips for working with children and their parents
- Safety considerations
- Where to go for more help

It only **costs \$10 per person**, which includes the forum, lunch and notes.

The forums will be conducted by local sporting coaches, representatives from Sports Medicine Australia, Sport Education Victoria and some State Sporting Organisations.

Enquiries: Caroline Jordan 5224 9927 or jordie@leisurenetworks.org

This forum is NOT an accredited Coaching Course. If you are seeking accreditation, contact your state / regional association.

Forums will be held at:

Colac

Date: Sunday 5th November
Time: **12.30pm Registration**
1.00pm – 5.00pm sessions
At: Bluewater Fitness Centre

Geelong

Date: Sunday 12th November
Time: **1.30pm Registration**
2.00pm – 6.00pm sessions
At: The Linc (Leopold Indoor Neighbourhood Centre)



Soul Revival
Natural Therapy Centre

Naturopathy	Reiki healing
Massage	Weight Loss
Kinesiology	Therapeutic touch
Crystal Healing	Ear Candling
Organic Skin Care	Tarot Readings

And many, many more...
Yoga
Meditation
Workshops

Newcomb Street, Portarlington
52591815

arQ Studios & Gallery
Quality works by Local Artists

Classes commencing term 4:

* Life Drawing	}	small classes
* Yoga - Relaxation		experienced
* Meditation		teachers

52591123
40 Geelong Rd, Portarlington 52571073

Beacon Point Pre-School

We have had a wonderful Term 3 at Kinder with the children participating in many different themes including Australian Animals, Space, Different Cultures and Nutrition.

The children have had a visit from the local fire truck, a dental nurse, Wild Action Reptiles and they have shared a healthy breakfast at Kinder in their p.j.s. Grandparents are coming for a visit this week.

We have been on a bus to Barwon Health to visit the Children's Ward and looked inside an ambulance and we took a trip to Narana to hear wonderful Aboriginal stories from Norm.

Our recent theme has been Nutrition and we have learnt and discussed healthy foods and exercise. The culmination of all these activities has been a Walk-a-thon which the 3 and 4 year old groups participated in. The children collected sponsorships from family and friends and then followed Mrs Pip the Apple and her friend the Clown around the kindergarten block. The children received Certificates of Participation and show bags with lots of goodies inside.

Thank you to the many organizations including Safeway, cbus, Barwon Water, Romp and Chomp, COGG, Mitre 10, just to name a few, for their donations of items for our show bags. Kids always love a showbag!!! A big thank you also, to Clare Goodier and her helpers for organizing the event.

Finally, thank you to our fantastic Kindergarten teachers and assistants,

Alison, Sue, Jane and Robyn. Without them our children would not be immersed in such a great learning environment. There is always something fun and exciting to do at Beacon Point Pre-School!!!

Kerryn Skuza

Committee President



Drysdale Senior Citizens

The year is marching on and we are glad to be experiencing some warmer days at last. The club is going very well but we still have room for a few more new members. We would like to remind you that some of you haven't paid your annual fees, so if you can pay them as soon as possible we would appreciate it. Don't worry we all have senior moments occasionally and forget things.

The 1st to the 8th of October we have Seniors Week, so there should be plenty to go and see. On Monday 2nd October we have Shirley Powers com-

ing to entertain us. She is a well known entertainer and very good. Following the show we will have afternoon tea, which will cost \$2.00 at the door. Because we have the show on the first Monday in October our Bingo day will be on the second Monday the 8th with our trading table and afternoon tea. Please come along and join us.

Monday 6th October we have Cliché Clothing back again starting at 1.45pm and afternoon tea will follow. The cost is \$2.00. Come along and bring your friends.

In November we are planning a trip

to the Victoria Market, then the Royal Nut Company and Sweet Success, where you can stock up for Christmas. The cost will be \$17.00 per person and you buy your own lunch. Watch Town by Town in the Echo for more information.

We still have a few very sick members, so we send our love and best wishes and hope you all get well soon. Everyone is thinking of you.

President Esther Lornie.

Secretary Mary Hose.

Bellarine Window Clean

Why spend hours of backbreaking hard work trying to clean your windows?
Let Phill from Bellarine Window Clean give your windows the professional touch.

Our unique cleaning system with attention to detail,
Guarantees you a "Crystal Clear" finish every time.

***Special Spring Clean OFFER!**

Whole House Outside Window Clean for \$69.00*

Phone Phill Harty today on 0412 19 55 22

*Offer applies to single story homes only.

FIREWOOD

SPLIT RED GUM

DELIVERY ONLY;

BELLARINE PENINSULA

LOCALLY SUPPLIED

JUST WOOD

0400 572 861

Local Bees - Local Honey

The swarm has settled with the queen in the middle of the mass. This is the start of a critical period in the life of the new colony. Bees will be sent out from the swarm, these are the oldest bees and they are known as scouts. Their job is to find a new home and depending on the size of the swarm as to how many scouts are sent but 200 is average.

Meanwhile the swarm stays together by holding onto each others legs, keeping the queen in the middle of the swarm, at a constant temperature and secure. If anything happens to her, the colony will be doomed as they will be unable to return to their former home. To maintain temperature the bees are constantly rotating from inside to outside. This constant movement allows

the whole colony to work together to maintain the queen and also to keep as many workers strong.

The scouts have been sent out in all directions, the first one to return with a good site for a new hive will signal the other bees giving directions and references. The swarm will then take to the wing and move towards the new proposed site. The scouts that have not yet returned to the swarm will be lost to the colony. They will come back to where the swarm had been resting. These bees are left and die over the next 5 to 10 days.

The swarm has arrived at the new site. I have seen some very interesting places for bees to take up residence, fuse boxes, holes in walls, old kitchen cupboards in sheds, a favourite of mine

is the compost bin. The swarm is only interested in one thing and that is to get a good spot and to start creating the new hive.

The queen will check the proposed site and if she likes it, the whole swarm will disappear in minutes into the new home. The queen will start to get ready to lay eggs again to ensure the survival of the colony and now the bees must build the honey comb that the queen will need to lay her eggs. This usually happens within 3 days.

Mark Cornell, Leopold Honey, Apiarist C593

Mark is thinking about starting a new group at SpringDale for those interested in bees and honey. Please register your interest with SpringDale Phone 5253 1960.

A Complementary Health Approach

We are excited to announce a series of Health and Wellbeing Seminars that are being held at The Springdale Neighbourhood Centre. There will be two programs offered. The first being 'When Wellness Matters' and the second is 'Moving into Motherhood'.

When Wellness Matters is a course that teaches both practical and theoretical components of, Meditation, Mindfulness, Yogic breathing for Maximum Health, Understanding Stress and Mind/Body Connection (in Medical terms known as Psychoneuroimmunology). The philosophy underpinning this course is that we can influence our own immune system and general health and wellbeing by changing how we respond to stress.

This course would assist people experiencing any form of stress or other health challenges. These could include: Low Immune Response, Post Traumatic Stress Syndrome, Chronic Fatigue, Anxiety, Depression, Chronic Pain, Post – Natal Depression, Grief, Cancer.

Course runs each Monday 7pm – 8.30pm from October 2nd til November 6th.

Moving into Motherhood. This is a six week series of workshops that are fun, creative and life enhancing for any new mother. It teaches Mothers the philosophy that to continue to be effective, confident parents they need to look after themselves and increase their own self awareness about who they are in this amazing time of transition.

This course helps mothers let go of the past and become totally committed to themselves in each present moment. This creates happy mothers and happy babies.

The course includes:

- Understanding the spiritual significance of becoming a mother
- Coping strategies for 'the blues', post natal depression and sleep deprivation
- Breath control for breast feeding and maintaining balance

- Personal self help bag
- Ritual, A Mother's right of Passage
- Art Therapy
- And simply sharing space with other mothers

The course is open to both mother and baby / Child care facilities may be arranged. Course runs every Friday Morning 10am – 11.30 November 3rd till December 8th

If you would like to be a part of one of these innovative series of seminars Phone SpringDale Neighbourhood Centre 52531960.

Both programs are facilitated by Selma Tron – Nyikos, A Wellness Practitioner and qualified teacher. She is the Principal / Founder of the International School of Yoga and Metaphysics with trained teachers in Melbourne, Albury and Drysdale. Her desire is to assist people in learning to cope with Life's challenges and realize their full potential.



Phone: 5253 2099

*Counselling Centre
*Life Skills Seminars
*Foodbank Plus
*Second Chance Clothing



Lynette's
User-Friendly
Computers

Personalised
Tuition & Training
Ph: 5259-3963
Serving the Bellarine Peninsula

Salvation Army Family Stores

Mortimer St. Drysdale
Ph. 5251 2475
Plenty of Bargains
The Place to Shop

Come and see us We are here to Help You

Clifton Springs Golf Club

Play by the Bay

Phone 5251 3391



GOLF MEMBERSHIPS
ONLY \$431.00 FOR 9 MONTHS



PAYMENTS BY INSTALLMENTS
AND NO JOINING FEE

Green Fee Players Welcome
\$22.00 for 18 holes
Magnificent Couch Fairways
Bookings 5253 1488



"PUSH YOUR LUCK"
PROMOTION



EVERY FRIDAY NIGHT
6 DRAWS FABULOUS PRIZES
PROMOTION ENDS OCT 20TH
BONUS 10 DRAWS OCT 13TH & 20TH

BISTRO DINERS ONLY PH 5251 3391 FOR BOOKINGS

Also All Categories Members Draw + Regular Raffles

Pots for glasses prices

Try our Fabulous Lunches
Prices from \$6.50
Monday – Friday only



Fantastic Views

Sunday to Thursday Evening



\$5.50 Meal Deal

**Buy one main meal off our regular menu and
receive another of equal value for
only \$5.50**

on presentation of this coupon

***Not valid Public Holiday or Long Weekends**

Valid until Oct 31st 2006

Conditions Apply

Bellarine Railway - Drysdale

As promised, Thomas & Friends will be making their very first visit to the beautiful Bellarine & will be running on our railway!

Our volunteers have been flat out preparing for the big day which in the railway world is the equivalent of the Queen, the Dali Lama & Confucius visiting for tea!

Please note that for a variety of reasons, the weekend will be held at QUEENSCLIFF not Drysdale as previously stated.

We think the Fat Controller prefers the waterfront so he won't miss being away from the Island of Sodor. Hopefully next time.

HOWEVER, you can ride down to Queenscliff on the train on the Sunday at the normal departure times of 12.15 & 3.45.

So, tell your friends, teachers, Grandma & Grandpa and anyone else you can think of!

Plenty of parking is available at Queenscliff Station on both days with the option of 'park n ride' from Drysdale on the Sunday.

Check out the poster, and please ring Emma to book.

KIDS - If you are catching the 12.15 train from Drysdale on the Sunday, please bring in a drawing of your favorite Thomas character & leave it with the Station Master. The 2 best efforts will be rewarded with a gift

from the Bellarine Railway when you return on the afternoon train!

So get those pencils out, get Mum or Dad to book your ticket & we will look forward to seeing you!

Other News... Our volunteers were deeply saddened to hear of our friend and colleague **Maureen Pova's** recent family bereavement.

Maureen is a wonderful asset to the railway and she is in our thoughts.

***The CoGG** continue to assist us with the old notice board from Jetty Rd being relocated to the station area for us

to share with the **Friends of the Bellarine Rail Trail**. Our thanks.

***The Bellarine Woodworkers** who are the custodians of 'Mimosa' (or the Shepherds) Cottage in the station grounds have been hard at it connecting water to the building and refurbishing the garden around it - Nice!

Until next month, Take Care

Paul & Kate

Drysdale Historic Railway Station

24 Hour Train Info Line **5251 3725**

Visit www.bpr.org.au

FRIENDS OF THOMAS

**Will be visiting Queenscliff Station
on the Bellarine Railway
Saturday 23rd and Sunday 24th
of September 2006**

Booking Information
Seats are limited,
bookings are recommended!!
Please call: 03 52582069
Mon to Fri.

Avoid the queue. Pay in advance
by credit card - pick up your
tickets at the gate.

Where:
Queenscliff Railway Station
How to get there:
From Geelong - 26kms to the
end of the Bellarine Highway



Tickets:
Adults \$20
Children (3 -12) \$10
Family \$60
(2 adults and 3 children)

**Trains depart Queenscliff
Railway Station at:**
1030, 1115 (Sun only), 1130,
1230, 1330, 1430,
1445 (Sun only), 1530.

Included in Ticket:
A 40 minute Steam Train Ride
with one of Thomas's Friends.
A Ride in the Troublesome
Trucks.
See the Magicians
Climb the Jumping Castles

Also available:
BBQ Food all day, Drinks, Ice creams
Thomas Souvenirs
Face Painting



© 2006 Gullane (Thomas) Limited. A HIT Entertainment Company

**See Thomas's Friends
including:**
Smokey the Diesel
Debbie the Railcar
Wes the engine who
knows Percy
Arthur the engine who looks like Duck
Klondyke who is a cousin of Thomas
Lots of Happy Carriages
And the Troublesome Trucks




www.bpr.org.au

DON'T LET YOUR COMPUTER BEAT YOU

We can help you:

Improve your
productivity;
Clean up and/or
prevent scumware;
Improve computer performance;
Edit your digital photos.

Have a private lesson — your
house or ours

*Contact us for assistance
with any computing concerns
or queries you may have*

Phone Joy or Barrie on 5251 2115
CLANCIE Specialised Services
www.CLANCIE.here.ws

FRANK BURGE CARS

KEITH PURCELL

Ph: 5222 1606
Fax: 5221 8608
Mobile: 0418 554 011

172 Fyans Street, South Geelong 3220

BELLARINE FENCING Co

We do
Picket & Paling,
Fences & Gates.

Phone: Andrew & Gayle Baylis
on 5251 3090 or 0417 544 887



**THE 12th ANNUAL
DRYSDALE FIRE BRIGADE**

**‘MELBOURNE CUP’
LUNCHEON 2006**

TUESDAY 7th NOVEMBER 2006

AT

THE CLIFTON SPRINGS GOLF CLUB

SPRING STREET, CLIFTON SPRINGS

10.30am START



- 🏆 **COMPLIMENTARY SHERRY or CHAMPAGNE ON ARRIVAL**
- 🏆 **THREE COURSE MEAL**
- 🏆 **TEA, COFFEE AND PUNCH ALL DAY**
- 🏆 **BAR FACILITIES**
- 🏆 **LIVE TELECAST OF RACES**
- 🏆 **RACE SWEEPS**
- 🏆 **FASHIONS ON THE FIELD AND BEST NOVELTY HAT**

\$27.00 PER PERSON

FOR TICKETS & BOOKINGS

Contact	Jeff Stewart	☎	5251 2603 (Bus. hrs) or 0400121922
	Nicole McGrath	☎	5251 1123 or 0438 511124
	Jodi Connally	☎	5251 2141 or 0409 954356

All proceeds go to the Drysdale Fire Brigade - A Volunteer Brigade serving the community

Drysdale Fire Brigade

Annual

‘Garage Sale’

Saturday October 21st
From 8.30am-1.00pm

The Drysdale Fire Brigade will once again be holding its Annual ‘Garage Sale’ including a ‘sausage sizzle’, at the Fire Station.

Any donations of saleable goods of any description i.e Good clean clothes, books, bric-a-brac, furniture, equipment, electronic goods, tools, toys etc, or cash donations would be greatly appreciated.

Goods can be dropped at the Fire Station on Sunday mornings or Monday nights from October 8th or the Brigade will collect saleable items. Please phone one of the following to organize collection:

Bev Serle on 5251 2576 Robert Aylwin on 5251 2263 or 0410 566 121

Jenny Rundell on 5253 3257 or 0431 476 311

Egg and Bacon sandwiches will be available from 8:30am. Sausage Sizzle until 1pm

The DRYSDALE FIRE BRIGADE is always interested in additional members, especially those like shift workers or parents with children at school that would be able to enhance our daytime response capabilities. So if you are male or female, over the age of 16 years and would like to make a valuable contribution to the community in times of need, then we would like to hear from you.

To inquire about membership please contact:

Jeff Stewart	Captain	5253 2240	0400 121 922
Robert Aylwin	1 st Lieutenant	5251 2263	0410 566 121
Anthony Connor	2 nd Lieutenant	5251 1487	0401 836 240
Jenny Rundell	Secretary	5253 3257	0431 476 311

The brigade meets every Monday night at the fire station at 7:30 or Sunday mornings at 9:00am and new members are welcome.

Emergency number (Fire calls only)	000
Brigade Business number	52531444

SpringDale Business Network meeting

At the recent Drysdale Business Networking Breakfast Nigel Lane, the Teen Coach, outlined "Nine Networking No No's" and it was felt a good idea to publicise them more widely.

1. Don't use the time as an opportunity to sell your services to people. Rather see it as a time to train a sales force and encourage people to refer you to others that they know.
2. Don't stay in your comfort zone of only talking to people that you already know. Branch out, be bold,

take a step and talk to a stranger – you never know what you might find out about our town.

3. Make sure you don't forget that you ever went by following up with people you meet. I use a thank you card system but do whatever works for you.
4. Don't just think you are talking to one person at a time. Each of us knows between 100 and 200 people – many of which might benefit from your services.
5. Business cards are an essential item but don't approach a networking event as a poker game where all you need to do is deal from the deck. It is better to receive many cards than to hand them out. Even better is to take time and talk to people rather than exchange cards.
6. Relationships and trust take time to develop so don't come occasionally – schedule the event in your diary.
7. Don't only come when you want something. If you need extra sales then a networking event isn't like a tap you turn on but more like digging a well – it takes time.
8. Small talk has its place [so they tell me], but the event is established to encourage you to listen and talk at a deeper level. Learn and be educated about the businesses that are out there.

9. Finally, don't come just for breakfast. Have an aim and a point of being there. Set targets – maybe to talk to 2 people you have never met before and find out about their business. They are sure to ask you about yours.

Networking events are a great way to meet people and get them to the point of knowing and trusting you. I hope to see you at the next one!

This was our best morning so far and the next Business Network event will be breakfast on Monday 13th November 7am kick off.

Also we currently have 106 businesses that have signed up for the Business and Services Directory which will be distributed to homes in the North Bellarine and available in the Welcome to the North Bellarine kit which is available from SpringDale and through Real Estate Agents.

I have found more than 400 businesses that operate in the North Bellarine it would be great if a few more would consider being in the Business and Services Directory its \$25 for an entry and each entry helps to make the directory an even better document for our community. The deadline for entries has been extended to Monday 16th October, to ensure distribution prior to Christmas and so it will be available for the holiday season.



Portarlinton Mill
Turner Court
PORTARLINGTON
Melway 239 E2
Open Saturday and Sunday
from 12 noon to 4 pm

Bellarine Quilters present

20th Anniversary Quilt Exhibition

Enjoy a Visual Feast of Quilts

at the
Portarlinton Mill

3 weekends:
Sept 23 & Sept 24
Sept 30 & Oct 1
Oct 7 & Oct 8
from 12 noon to 4 pm



Watch quilters demonstrate their craftsmanship and help us celebrate this milestone!



chartered accountants

scott cleary & co



- ▼ Tax Returns
- ▼ Small Business Advice
- ▼ BAS Returns
- ▼ Investment Advice

Belmont office - 5244 1622
1st FLOOR, 35-37 THOMSON ST, BELMONT

Drysdale office - CNR. OF SPRINGS RD. & HIGH ST, DRYSDALE
www.scc.net.au



Drysdale Tyrepower

Say 'Hello' to your Tyrepower Pro.

- Tyres (Car, 4WD, Tractor & Truck)
- Wheels/Packages
- Brakes
- Exhausts
- Lube services
- Wheel alignments
- Mobile service unit
- Batteries
- Suspensions

Locally owned family business
25 Murradoc Road, Drysdale 3222
Ph: 5251 5232 Fax: 5251 2074

Annual Fair

Palmerston Court Aged Care Hostel

Saturday 14th October - 10am until 2pm

- Sausage sizzle
- Yummy cake stall
- Plant sale
- Raffles
- Crafts
- Devonshire tea
- Jellybean guessing competition

No secondhand goods sale this year.
16-22 Palmerston st., Drysdale
Come on down and have a cuppa, cake and chat with us.
Everyone welcome.

From the Garden Gate

It took me some time to realise that the new stringent water restrictions had come into place, with only watering on alternate days. It didn't matter because I hadn't been doing much watering. This Summer my plants are going to have to manage with less.

The dahlia bed has been lying dormant with its cover of hay, so it's time to dig it over and get ready for planting. A friend and I have swapped tubers and it will be a nice surprise when the flowers come to see what new colors he has given me.

WHAT YOU CAN DO NOW.

Begin a mulching program to reduce moisture loss and to prevent weed growth.

Use plenty of animal manure, blood and bone or compost. I have been lucky, as cow manure is free on my place. It only needs shoveling up and placing in a large tub of water for a while.

Ensure careful use of snail pellets. Look for signs of aphids and black spot on roses and shrubs. Spray with Pyrethrum, Folimat or a combination

insecticide/pesticide. Repot patio and indoor plants, regularly feed citrus and fruit trees.

Weed, feed and regularly mow lawns, adjust the height of the mower so that lawns are not mown too close.

Planting: Please make your selection carefully.

VISITING OPEN GARDENS.

Spring is a wonderful time to take a look at what others are doing even if you are a bit disheartened yourself. It might give you a lift to visit the following soon:

October 21-22

"Birchwood" 6 Mt. Helen Drive. Mt. Helen near Ballarat. Mel 611 A1

"Cameron House" 514 Humffray St. South Ballarat. Mel 609A12

"Carlton Gardens" 11 Carlton St. Ballarat. Mel 609 A12

October 28-29

"Ercildoune" 973 Ercildoune Rd. Burumbeet. Mel. 626 J3

November 5th

Anglesea. Lewis garden. 2 Bronwyn Court. Anglesea. Mel. 196 D9

Perry garden. 13 Clairville St. Anglesea. Mel 196 C7

November 11-1

Mt. Duneed. "Ashford." 55 Whites Rd. Mt. Duneed. Mel 479 E

Daylesford district "Burnt Hill Farm" 132 Brandy Hot Rd., Eganstown. Mel 609 C9

Stuart Rattle's garden. 11 School Rd., Musk (via Trentham) Mel 609 D10

COMING EVENTS.

Clifton Springs-Drysdale Garden Club, Meeting, Monday October 16th 7.30pm. Uniting Church Hall .High St. Drysdale. ALL WELCOME speaker Anita Evans "Looking after cool climate orchids".

Wendy Hebbard (Garden Club President..(ph; 03 52505545)

Adrian Mannix Community Service Award 2007

We are now calling for nominations for the Adrian Mannix Community Award 2007. If you know of someone who has given years of service within the Bellarine area – you might think of nominating her / him for our community service award. This will be the sixth year of the award and so far more than 40 people have been nominated and recognized for their contributions to our community. Nomination forms are available from SpringDale Neighbourhood Centre and nominations close on Monday 8th October and the award dinner will be in February 2007.



Drysdale Motors

FOR ALL AUTOMOTIVE
TUNING AND SERVICING

Specialising in LPG DYNO TUNING

Have your LPG vehicle Tuned on a "rolling road". If your car runs on LPG And hasn't been dyno tuned Then it hasn't been tuned.

- Roadworthy Testing
- Fuel Injector Cleaning
- Air Conditioner Servicing
- LPG Conversions
- New Car Servicing

44 Murradoc Rd, Drysdale, 3222.
PHONE: (03) 5253 1033.

The Bendigo way.

(You wouldn't want it any other.)

At Bendigo Bank we are here to serve you, not the other way around.

Everything we do is designed to make things easier for you. That is why we offer the convenience of banking over the phone and computer, as well as traditional friendly face-to-face service.

We also offer a full range of personal and business banking products and services.

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

Bellarine Peninsula
Community Bank[®] Branch **Bendigo Bank**



www.bendigobank.com.au Bendigo Bank Ltd, Fountain Court, Bendigo, VIC 3550. ABN 11 068 049
178. AFSL 237879. (bb22971-v3) (7/06/2006)

News from the Friends of the Bellarine Rail Trail



Hello to all our readers once again, people who have used the rail trail over the last couple of years would have seen the results of our efforts to revegetate many sections of the trail. As previously stated all our plantings are in line with the *Management Vegetation Plan* that nominates numerous species of indigenous plants.

This CoGG guideline ensures that we will eventually recreate the natural habitat for the area on the trail, **but** it has to be recognised that it is difficult to propagate, or in many cases obtain, some local plant species that are rare. To overcome this problem we have approached a local indigenous Nursery - who have agreed to grow for us some species that have not yet been planted out on the trail. The *plant unit cost* to our group will be greater than normal but we believe that it is a price worth paying.

The Tables below explain where the *Friends* access our indigenous plants: Plants from the Landcare Community Nursery Drysdale

*Plants also home grown (by the Friends Group) shown in **BOLD***

2696 Plants have been planted so far this year and the number of **volunteer hours** spent on the trail so far **in 2006** total **846 hours**. Of the 2696 plants, **1133** of those have been grown by

Friends member Fred Cook – thank you Fred for this wonderful effort! The seed for this propagation comes from the relevant trail areas. 15 different Plant species have been grown.

See you on the rail trail sometime.

Trevor Jennings

Secretary

Email: friendsofbellarinerailtrail@hotmail.com

<i>River Red Gum</i>	Swamp Gum	<i>Coast Manna Gum</i>
<i>Blackwood</i>	<i>Lightwood</i>	<i>Late Black Wattle</i>
<i>Hedge Wattle</i>	<i>Gold Dust Wattle</i>	Sweet Wattle
Golden Spray	<i>Kangaroo Apple</i>	Drooping Sheoke
Sweet Bursaria	Prickly Tea Tree	Silky Tea Tree
<i>Bellarine Yellow Gum</i>	Golden Wattle	Silver Banksia
<i>Hop Goodenia</i>	<i>Knobby Club Rush</i>	Small Leaf Clematis
<i>Boobialla</i>	Sticky Boobialla	Running Postman
Spiny Club Rush	<i>Spiny Mat Rush</i>	Tussock Grass (Poa)

Plants ordered for future:

Ruby Salt Bush	Nodding Salt Bush	Berry Salt Bush
Twiggy Daisy Bush	Creeping Bossiaea	Showy Bossiaea
Grey Parrot Pea	Smooth Parrot Pea	Smooth Parrot Pea
Fragrant Salt Bush	Hop Bitter Pea	Common Flat Pea
Thatch Saw-Sedge	Clustered Sword-Sedge	Billy Button
Common Raspwort	Silky Guinea-Flower	Common Everlasting

The Life Style promise

Simpler Caring Affordable

Life Style Funeral Company provides a simpler, caring approach with the highest level of support and understanding yet without all the extra costs. Compare the quality and value of our funeral services.

New location now open serving the Eastern Suburbs, Bellarine Peninsula and surrounds.
Call us on 5248 6500

2a Bellarine Hwy, East Geelong (Cor Boundary Rd & Bellarine Hwy)
also at 22a Melbourne Rd, Norlane

Life Style
FUNERAL COMPANY

www.lifestylefunerals.com.au

ALINGA

LANDSCAPE DESIGN

Plan your garden to make it part of your home!

- On site garden consultations
- Expert advice in plant selection
- Computer generated plans and images of your new garden!

Nail Muhlhan
Ph. 03 5253 1299 email: alingalandscape@gmail.com

**DRYSDALE
REMOVALS
& STORAGE**

Local, Country,
N.S.W. & S.A.

PH. (03) 5251 3674

Bullying

A new column that may be of interest to our parents, grandparents or care givers:

Can there be anything worse than your child being a victim of bullying at school? We have been there and had to work through that – a mixture of emotions including anger, feeling helpless, frustration and more. As awful as that is, it is worse to get the call from school informing you that your son/daughter is the one doing the bullying.

Bullying usually takes place at school – not through any fault of the school system but rather that school is the place where children congregate. Schools are equally against bullying as parents are.

Here are a few general points to consider:

8 faulty attitudes of those being bullied [things to work on!]

1. Being different is bad – everyone is unique
2. I am to blame

3. My family is perfect [often families are what is chosen to tease]
4. I can do it on my own [maybe you can, but it is still easier with support]
5. People should be fair [agreed – but as you know they aren't always]
6. Nothing works [heaps of things can help]
7. No-one can help me [oh yes we can!]
8. I think it's a waste of time [you are never a waste of time, your happiness is important to many people]

Some reasons bullies may bully

1. They believe it makes them more popular [not true at all]
2. They are having 'fun' [at whose expense?]
3. They are only 'playing' [some game!]
4. They are seeking attention [may

well be true but there are better ways]

5. They don't know how to be friends with people [this is an opportunity to help them]
6. Some were bullied when they were younger and they are just getting even [surprisingly many bullies used to be bullied – it is better that they learn from the negative feelings they had]
7. Deep down they feel angry and unhappy [this one needs working through for sure]
8. Some are just bored

Whichever end of the 'stick' your child is on there is help available. Talk to your school, to other parents or feel free to give me a call or drop me an email. Nigel Lane, The TeenCoach. You can contact him on 5256 2770 or email nigel@teencoach.org www.teencoach.org

Take Off Weight Naturally Clubs of Victoria

If you have a weight problem we may be able to help you.

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

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

Weekly meetings of the Springs Town Club are held on Monday mornings from 10 a.m. at the Drysdale Uniting Church Hall for a weekly cost of \$ 3-50. A joining fee of \$37-00 applies.

For more information ring Esme on 52593070

BELLARINE VETERINARY PRACTICE – ANIMAL HOSPITAL –

For all your pets needs
For an appointment
please phone
5253 1393

108 High St, Drysdale

• Lots of fantastic offers
and info • 2007
Earlybird savings!

FREE TRAVEL EXPO

• Local Drysdale venue
• 1-Day only, don't
miss out!

Massive
holiday
savings!

Saturday, 4th November from 10am to 3pm
at the Potato Shed, near Bellarine Secondary College, Peninsula Drive, Drysdale

From Australia
and around
the world

EXHIBITORS INCLUDE: • AAT Kings • Adventure World • ANZCRO • APT • Concorde International
• Coral Seas • Discover Asia • Explore Holidays • Globus & Cosmos • Grand Pacific
• Harvey World Travel Insurance • Harvey's Choice Holidays • Helen Wong's Tours
• Insight Vacations • Newmans Holidays • P&O Cruises • Peregrine Adventures • Pinnacle Tours
• Qantas Holidays • Russia & Beyond • Scenic Tours • Ski Express • Tasmania's Temptations Holidays
• Tempo Holidays • Temptation Tours • Trafalgar Tours • Travel Indochina • Travelex •

PLUS10 FREE 30 minute Travel Information Sessions during the event: Room 1 – Europe Touring & River Cruising (10:30); Britain and Europe (11:15); Africa and South America (12 noon), Britain and Europe (12:45); Canada and Alaska (1:30) Room 2 – Egypt and Morocco (10:30); Britain and Europe (11:15, 12 noon, 12:45); New Zealand (1:30).

Please register today to reserve your free seat, or call us to find out more about each free session.

FOR MORE INFORMATION, CONTACT US TODAY:

Harvey World Travel Drysdale Phone (03) 5251 1125

Harvey World Travel Ocean Grove Phone (03) 5256 1888



HARVEY
world travel
The Travel Professionals

A mannequin Parade to Raise Funds for the:



BONE MARROW DONOR INSTITUTE

Will be held on 9th Oct 2006 at the
Clifton Springs Bowling Club
Spring Street Clifton springs.

A basket lunch will be served at
"12PM"

Followed by a parade of fashions from:

LE SHAH BOUTIQUE OF DRYDALE.

Tickets: \$6.00 per person

Tickets available from:

Bone Marrow Recycle Shop Drysdale
Le Shah Boutique Drysdale

Bellarine Secondary College students try to make a difference – can you help?

Hi,

We are Tom Pitman, Chris Bonny, Jarryn Dower from Bellarine Secondary College. We are currently doing "Moving On" as a subject. We have decided to help homeless people. We are trying to raise donations and raise awareness of the needs of homeless people. We are collecting donations of beanies, rugs or blankets and canned food. We have organised for Les Twentyman of the Open Family Foundation to work with the Year 9's at Bellarine Secondary College on issues for homeless teenagers.

If you could please donate any beanies, rugs, blankets or canned food for organisations such as Open Family will be helpful. Please drop any donations to the box in the front office of Bellarine Secondary College Drysdale Campus or at SpringDale Neighbourhood Centre and we'll collect them from there.

Hoping you can help us regards from Tom, Chris and Jarryn.

The Rocky Monster Show!

During term 3 Drysdale Primary School's students, staff and parents worked really hard towards producing a magnificent School Concert. Having our school hall means that the children had the opportunity to perform a number of times which makes all the hard work and preparation worthwhile.

The concert was held over two nights where grade's Prep, 2, 4 and 6 performed on one night and grade's 1, 3, 5 and 6 performed on the next. Each grade learnt a song and a dance to perform on the night. This year the Preps performed 'Drysdale Madagascar', Grade One 'King for a Day', Grade Two 'Food', Grade 3 'Musicals Medley', Grade 4 'Bananaless...an epic mystery' and Grade 5 'Dancing with the Stars...with a Drysdale Twist'.

The quality of the performances was again outstanding this year, which is due to the teacher's determination to

produce polished routines. The Grade 6's did another huge performance this year called 'The Rocky Monster Show'.

Their performance entails them learning numerous dances, songs and lines according to their roles. Mrs O'Connor, along with the grade 6 teacher's worked very hard in collating this year's performance. Drysdale Primary is very lucky to have such generous and clever parents that always sew the costumes for all year levels, which always look immaculate each year.

The children get a lot out of the concert each year and enjoy the process from practicing to performing on the night. It promotes a "team" approach which culminates in two celebrations that is thoroughly enjoyed by the school and wider community. We are all 'now looking forward to the Drysdale concert, 2007'.



History is alive on the Bellarine Peninsula

Are you new to the area? Do you have an interest in the history of the Bellarine area or maybe you are researching and would like to know more about ancestors who lived on the Bellarine?

Are you a member of the Bellarine Historical Society or would you like to be? We have lively meetings with guest speakers and special displays for

the museum.

If our current members can assist the society or any potential members that may be interested in offering an hour or two per week, or month, we always have lots of projects that need completion.

What are your skills? What skills can you share? We are sure to have some-

thing that will interest you. Do you have time on your hands to assist in the roster at the museum, greeting and assisting visitors and / or researchers? You will be most welcome. Please contact Lynette Willey willey@netspace.net.au or come to one of our meetings – 2nd Wednesday of each month.

BELLARINE AUTO SERVICES

Quality Mechanical Repairs
Tuning - Servicing
LPG Conversion - EFI
Tyres - Batteries - RWC
Licensed Vehicle Testers

Mortimer St. Drysdale
Proprietor: J. Pamplin

Ph. 5253 1644

CONCEPT CAMPERS

Manufacturers and repairers of Annexes,
Awnings, Tonneaus, Tarps, Horse Rugs,
Boat Covers Custom Built Camper Trailers
Caravan and Boat Storage
Discount for senior citizens

Phone (03) 5253 2569
61-63 Murradoc Rd. Drysdale.



PETROL STATION & CONVENIENCE STORE

97 High Street Drysdale Phone 5251 2603
Petrol, Autogas Bait & Fishing Supplies

CAR WASH

Open 6.00am-10.00pm

SPORTS REPORT

Drysdale Football Club – Holwell rewarded with Best and Fairest

Reece Holwell has been rewarded for his outstanding season by winning his first senior best & fairest award. His work rate on and off the field is second to none. Hours in the gym have paid off by giving him the physical strength to allow his body to stand up to the punishment his relentless, courageous style of play inevitably incurs.

A fierce competitor, Reece pushes himself to the limit every week, setting a strong example for all his teammates and will one day make a fine captain. Reece has received many tempting offers from GFL clubs but has remained loyal to Drysdale and in a disappointing season his performance has stood out like a beacon, we can only hope his loyalty will be rewarded with a premiership in the not too distant future.

Simon Nelis, the club captain, capped another terrific year by finishing runner-up in this years count. Bigger & stronger this year, his form up forward & on the ball has been exceptional. Congratulations to young gun Julian Hildebrand for coming in third place. In the reserves Gavin Humphrey won his third best & fairest, with former winner John Clay in second place and Toby Welk in third. Gav is a fantastic player & clubman with over 200 games to his credit. His three b&f's span thirteen years which is, in itself, an extraordinary achievement & testament to his loyalty & consistency. John is as tough as nails & gives his heart & soul week in, week out, while

The reserves were eventually beaten in a tough elimination final by Modewarre by 4 points, in a game they

should have probably won. While it was a great effort to again make finals, 2006 will ultimately be remembered as a season of what could have been. While most people would consider 2006 a disappointment for the Drysdale Football Club, many things were achieved, hard decisions made, & positives gained. In a club so accustomed to success, missing the finals is unacceptable. Every effort will be made during the off-season to ensure this doesn't happen again, & while there are no certainties in football I'm tipping a rapid & conclusive rise to the top for this extremely proud club. To all supporters & sponsors, players & volunteers thank-you for your efforts this year & we look forward to seeing you all in 2007.

And as always GO HAWKS!!.

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 to learn techniques so your Chronic Illness does not 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 Thursday October 5th until Thursday Nov. 9th 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. BOOKINGS ESSENTIAL.

Naturopath

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

Drysdale Community Health Centre
21 Palmerston street

Monday & Thursday
appointments ph: 5251 2291 AH: 5251 2544

Also available at Carmoor Clinic, 343 Moorabool St.

Wednesday & Friday: Ph 5223 2616

Specialising in women's and children's health using
Herbal, Homoeopathic and Soft Tissue Therapies.

MAGGIE GOVE N.D.

Bowen Therapist
& Naturopath

Member of A.N.T.A.

Drysdale: Clinic 03-5251 1188

Ah 03-5253 2230

(Rear of Elegant Profile)



18-20 HIGH ST. DRYSDALE.

OPEN 7 DAYS A WEEK

11am - 4pm

All Public Holidays except: Good Friday, Anzac day,
Christmas day, Boxing day and New Years day.

New Members always Welcome

Ph: 5251 1605

Allpoints™ @ Guyett

You'll be **SOLD** On Allpoints @Guyett.

Allpoints@Guyett is your first step to successfully marketing and selling your property. Our proven sales record speaks for itself. Whether you're selling or buying a property-residential or rural, we have the experienced staff with all the necessary local knowledge to gain you the best outcome.



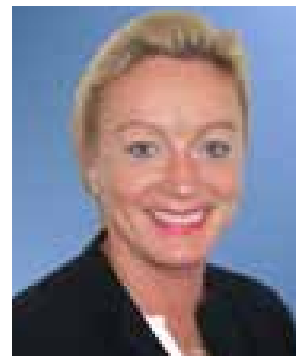
Phil Cumming
0408 599 232
Residential Sales



Jackie Webb
0417 552 456
Residential Sales



Kerry Hardy
0412 105 739
Residential Sales



Prue Street
0400 030 729
Residential Sales

Allpoints™ @ Guyett

Ocean Grove
75 The Terrace
5255 1000

Barwon Heads
84 Hitchcock Avenue
5254 3100

Drysdale
11 Clifton Springs Rd
5251 2847

Leopold
22 Dorothy St
5250 1533