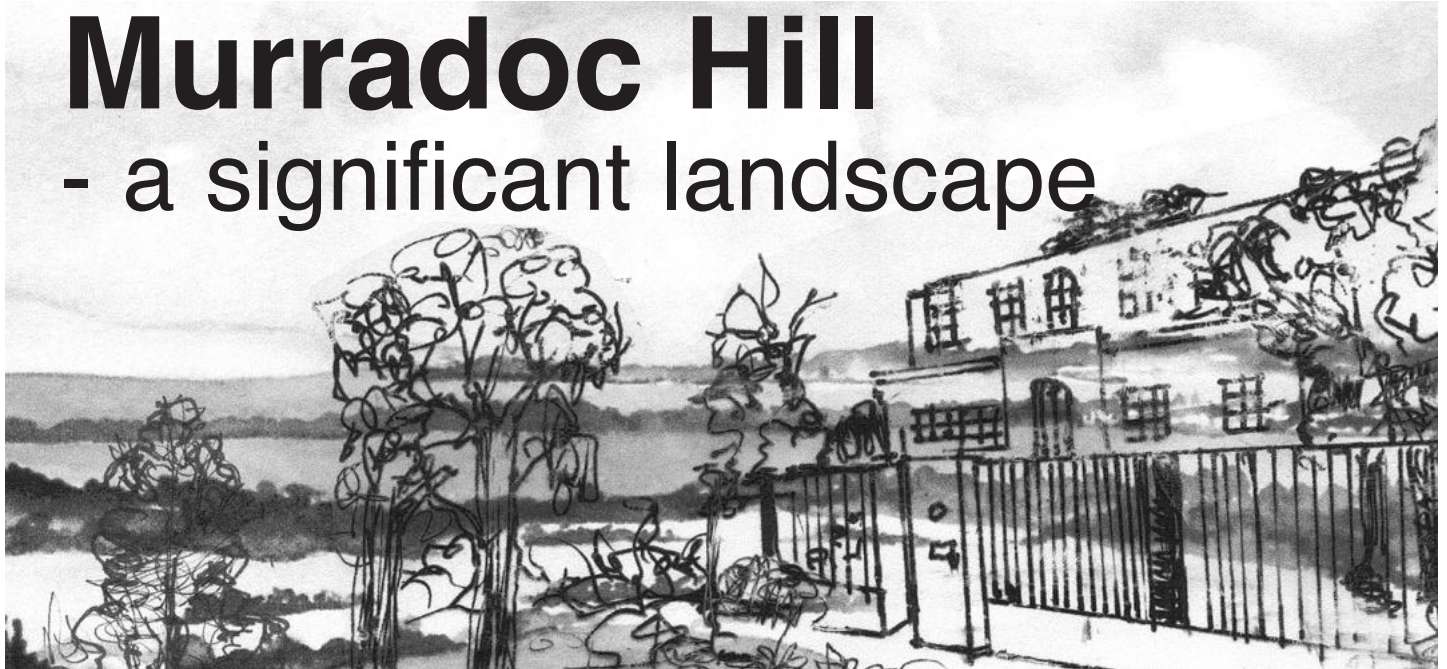


# The SpringDale Messenger



ABN 21 404 220 267 >> Compiled & Published by the SpringDale Neighbourhood Centre Inc.

## Murradoc Hill - a significant landscape



When we came to live in St. Leonards ten years ago, one of the delights was the journey down the length of the Peninsula, topping the Murradoc Hill and surveying from its high point the panorama spread out around us, to the North West, the You Yangs, across the land to Bass Strait, south to the The Heads, The Rip, Queenscliff and the Mornington Peninsula. At night time, we could see the lights of Melbourne and the Westgate Bridge as we overlooked Indented Head and St. Leonards.

Today, when I drive back from Drysdale and travel down from the high Point of Murradoc Hill, I see only 90 degrees of the former 270 degree sweep. This quadrant is there by the courtesy of the owner of the property on the south

side of the road, whose predecessor left the boundary fence clear of tall-growing trees. Unfortunately, other landowners have not been so considerate, and trees now block the views across Indented Head and beyond, while the neighbour on the western side of the Hill has erected an earthen wall, two to three metres high on his boundary, which obliterates any view of Bass Strait.

Last year, the Department of Sustainability and Environment identified Murradoc Hill as a landscape of regional significance, entitling it to be protected from unsympathetic development by an Overlay which must first be adopted by a Council amendment. A major threat to the panorama is looming in the form of an application now being considered by the

Council. If it is approved and there is still no Significant Landscape Overlay in operation, there will inevitably be development on that site.

For nearly seven years I have tried to get successive Councils to acknowledge that part of the Bellarine Peninsula's amenity is being progressively lost. It is very frustrating that despite having a mechanism available at last, Council has not acted to protect this wonderful asset for future generations.

**By Laurel Wilkinson.**


**In this Issue ...  
The SpringDale Centre  
'COURSE GUIDE' - TERM 3**

**Drysdale Village  
HARDWARE**



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HARDWARE**

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**SpringDale Community Calendar is a SpringDale Neighbourhood Centre initiative to support the whole community.**

The calendar is an 'easy to see' of **happenings** in our area. To help you to plan an event, access our website [www.springdale.org.au](http://www.springdale.org.au) to view events.

If you wish to place your event in the **website, calendar** and further issues of the **SpringDale Messenger** please email, write or call the event details to our office.

### Inside this Issue



Murradoc Festival  
Page 6



Hey! Kids ...  
Help me on  
my way.  
See PAGE 8 ...



Technology@Drysdale  
Page 9



Coming Soon ... Thomas  
Page 14

Deadlines for **August** Issue  
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#### SpringDale Neighbourhood Centre

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**17-21 High Street Drysdale**  
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**PO Box 80 Drysdale**

#### The SpringDale Messenger

Designed by **Lyn Ingles - blue pencil publishing**

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

#### Views

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

### July

- 9 Neighbourhood Watch GLG 58,59, C/Springs meeting 7pm C/Springs Bowling Club
- 10 Drysdale Branch Country Women's Association meeting 1pm at Clifton Springs Golf Club Community rooms
- 12 Drysdale Branch Country Women's Association Follow up Information Evening Meeting 7.30pm Clifton Springs Golf Club Community rooms
- 11 Neighbourhood Watch GLG 69 C/Springs meeting 7.30pm SpringDale
- 16 Term 3 starts
- 20 Drysdale Ladies Day VIEW meeting 10.30am
- 23 Neighbourhood Watch GLG 68, Drysdale meeting 7pm SpringDale
- 25 Drysdale Ladies Probus visit The Johnston Collection

### August

- 21 National Seniors AGM 1pm SpringDale
- 13 Neighbourhood Watch GLG 58,59, C/Springs meeting 7pm C/Springs Golf Club Dinner meeting
- 14 Drysdale Branch Country Women's Association meeting 1pm at Clifton Springs Golf Club Community rooms
- 15 Neighbourhood Watch GLG 69, C/Springs meeting 7.30pm SpringDale
- 27 Neighbourhood Watch GLG 68, Drysdale meeting 7pm SpringDale

## Facilities @ the SpringDale Centre

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- Concession Rates for Members



# The Springdale Messenger







# news

from

The SpringDale Neighbourhood Centre

Anne Brackley  
centre co ordinator

Dear Everyone

Many new people have been in to visit this month – its exciting to see the first reaction of people to our wonderful facility and when they hear everything that happens here their eyes shine and commit to coming back soon.

The new format for the Messenger seems to have been well received with more than 35 calls being received supporting the changes. We have heard a few comments about the change in cover colour, some people loved it and others had really enjoyed the sandy colour. We plan to have a different colour each month – a colour will be chosen that is sympathetic to the cover story. We are very interested to hear your comments and suggestions.

We have introduced a page for teenagers to support the youth of our area. It is called 'Street Thoughts' and we look forward to seeing how this evolves. We wonder whether there is a student who is thinking about journalism who might like to help with this page.

SpringDale has undergone a restructure and has warmly welcomed Julie Aylwin as the Assistant Coordinator. Julie is taking over responsibility for Courses, the SpringDale Messenger and our Groups. Julie has enthusiastically worked on the course guide and has included a few new courses for term 3.

SpringDale continues to be incredibly reliant on volunteers each day there is a small team of volunteers in the office and we all try to work well together to provide the best service possible for our community. Sincere thanks to all the people who share their time and energy including the 20 group leaders who help to facilitate interest groups.

We are having talks with people from Portarlington, Indented Head and St Leonards as they work towards having Neighbourhood House facilities located in the midst of their communities. It is exciting to see these new groups come together and define their needs and wants, consolidate ideas and work out action plans.

I am meeting with a small group of residents who have had concerns about traffic management in Drysdale. We have VicRoads and City of Greater Geelong to air concerns and to establish an action plan. Another group of people are interested in sharing the importance of the Murradoc Hill to our area. It provides an unparalleled vista for our enjoyment.

If you haven't ever taken the time to stop and look from the top of the hill, I invite you to a morning tea – come and share the vista with us and help us to push for a viewing tower on the hill – what a great place it would be to take visitors. Melways reference 457 H12. Please ring SpringDale for more details and to register your interest in working towards making this a more useable asset for our community.

I continue to talk to people about Coriyule and how important it is as an icon of the Bellarine. Many people have been interested to find out its location and to learn more about the homestead. Its Melways reference is map 456 B10 for those who haven't had the chance to ask.

We are about to print our new Welcome kits – there are still opportunities for a couple of businesses to help us with the printing by sponsoring the printing with \$100 or more. We already have \$2000 towards this project and need a new more hundred for it to be achieved.

The next step of our "Welcome to the Bellarine" program will be morning teas or suppers scheduled once a month to

## Biggest Morning Tea



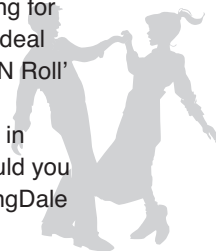
Volunteers -  
**Jo Devrome** and  
**Maureens Foulkes**  
enjoying a chat at  
**The Biggest  
Morning Tea**



The local community of Drysdale and Clifton Springs supported Australia's **Biggest Morning Tea** on 24th May 2007 at SpringDale Neighbourhood Centre raising \$206.95 for The Cancer Council. Thanks to all the volunteers, general public and groups for their support.

## Rock 'n Roll

SpringDale is looking for a tutor as there is a deal of interest in 'Rock 'N Roll' or active dancing. If you are interested in running classes, could you please contact SpringDale on (03) 5253 1960.



enable people to get together and learn about each other, the area and opportunities for involvement in our community. The first round of these will happen in August – stay tuned for the details next month and please feel free to register your interest with the SpringDale office, in helping to organize these get togethers.

Looking forward to seeing you again or meeting you for the first time.

**Yours sincerely**  
**Anne Brackley on behalf of the SpringDale team.**

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### Drysdale & Clifton Springs Mobile Office

It was great to meet with many of you at the recent mobile office we held at SpringDale for residents of Drysdale, Clifton Springs and the surrounding area.

We were fully booked and I was pleased to see that the mobile office is still such a good way of meeting and hearing from residents. I'm sorry that some of you missed out, but we will certainly hold another one later in the year. Thanks to Anne Brackley and all at SpringDale once again for their kind hospitality and assistance.

### Building Bellarine Connections Project

Our local transport is always an issue people raise with me and so I am delighted to report that new funding of \$300,000 has been allocated by the Bracks Government for the Building Bellarine Connections project. The project will help to develop ways to improve our local transport, particularly for isolated residents. It will use existing services, including taxis, school buses, community buses and volunteers to help fill the gaps in the system. It will assist older residents travelling to and from Geelong from across the Bellarine Peninsula to attend appointments or to participate in community activities. It will also help young people travelling to study or work, or going to social activities. Building Bellarine Connections will be a great local project and a partnership involving residents, the City of Greater Geelong, Borough of Queenscliffe, Bellarine Community Health, Scope, the Barwon Disability Resource Council, and commercial bus representatives. Taxi operators, Do Care, Leisure Networks, and the Portarlington Community Building Initiative will also be involved.

For further information about the project, contact my office on 5248 3462, or Terri Osburn at COGG, 5227 0748, or email [tosburn@geelongcity.vic.gov.au](mailto:tosburn@geelongcity.vic.gov.au)

### Solar Power Program

Recently I had pleasure in writing to our local Bellarine schools to urge them to apply for grants of up to \$15,000 to help them become solar powered. The grants scheme is part of the Bracks Government's election commitments and is also open to local community organizations.

As well as solar panels, the program includes educational materials and a monitoring system. The monitoring system will enable students to monitor and register how much power the panels are actually generating. Teachers will be able to incorporate sustainability into the curriculum, and students will be further educated about renewable energy sources and climate change.

This is a timely and exciting program that I know will appeal to lots of young people. Interested schools and community organisations can apply by contacting **Richard Jennings at the Department of Sustainability and Environment on 8626 8751 or email [richard.jennings@sustainability.vic.gov.au](mailto:richard.jennings@sustainability.vic.gov.au)**

**Community Arts Participation Scheme**  
VicHealth have a grants scheme that may be of interest to local artists and community groups. The Community Arts Participation Scheme provides grants of up to \$30,000 for a 12 month period to support communities to participate in arts projects in collaboration with professional artists. The aim is to create opportunities for people to get involved with their local community, to have fun, be creative and promote mental health and wellbeing.

### Eligible organisations:

- Arts organisations
- Arts organisations working in partnership with community organisations
- Community organisations working with artists experiences in community cultural development. If you are interested, please don't hesitate to contact my office or visit [www.vichealth.vic.gov.au](http://www.vichealth.vic.gov.au) for further information.

As always, please don't hesitate to contact my office if there are any issues we may be able to assist you with,

Until next time

Until next time,  
**Hon Lisa Neville MP**  
**Member for Bellarine**  
**5248 3462.**

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## Friends of the Bellarine Rail Trail



The Friends of **The Bellarine Rail Trail** volunteer group has been very active during 2007, despite the continuing drought conditions. Due to Council's provision of a limited quantity of recycled water, the planting program has been maintained with almost 4000 new plantings so far this year. Many of these plants have been grown by our own Work's Coordinator in his Leopold backyard nursery, from seed & cuttings collected on the trail. We have also received a Grant of \$750 from COGG to purchase "rare indigenous plants" from a local nursery supplier, indigenous plants that were once common on the trail. The total number of plantings by the FBRT group now exceeds 21000.

In recent weeks our volunteers have constructed and installed six new red-gum seats between Whittington and Curlewis. These new seats are provided for the use of recreational walkers, to cater for the ever-increasing number of people - both local residents and visitors - who enjoy using the trail. New picnic tables are to follow, and shortly we will be installing six bird & animal nesting boxes, having purchased materials for these projects from funding provided by a Federal Government Envirofund Grant.

We encourage all people (walkers, runners or cyclists) to utilise this natural Bellarine Peninsula asset so as to enjoy the environment whilst maintaining health and fitness. No cost to use it, nothing but benefits for all.

**Peter Cowden**

For the Friends of the Bellarine Rail Trail (FBRT)

Email:

friendsofthebellarinerailtrail@hotmai.com

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## BUSINESS *in Profile*



Hommy's Meats  
Proprietor  
**Peter Hommelhoff**

### **Award winning butchery 'Hommy's Meats' in High Street Drysdale is owned by Peter Hommelhoff.**

Peter spent 27 years in Wycheproof and Kerang before settling in Drysdale 12 years ago. Next March heralds Peter's 40 year involvement within the meat industry. He is accompanied by his son Mathew and casual staff. Hommy's Meats have won numerous awards from the 'Australian Meat Industry Council' for their Smallgoods and Customer Service. The First Prize being awarded for 'Best Ham 2005' in Victoria, was home-made on the premises.

Hommy's has learnt to cook with some of Melbourne's best chefs, and this knowledge is passed onto their customers with the advice on how to cook certain cuts of meat and their pre-prepared dishes. They pride themselves on their customer service and wholesome produce including their Award Winning hams along with stocking hormone free chickens, free range eggs and to top it off with their gluten free sausages. With the cooler weather approaching they have quick cook and serve meals.

Peter also supports the local wine industry by selling Geelong regional wines only and will match Cellar Door Sales.

**Visit Hommy's Meats, 16 High Street, Drysdale.**

**Opening hours are 7.30am – 5.30 pm weekdays, 8am – 1pm Saturdays.**

**Come in and purchase your goods from Peter, Mathew and staff or you may also phone your order in on 03 5251 2270 where you receive family service all the time.**

### **BELLARINE IDOL 3**

**The search starts again....  
who will be the 2007  
Primary & Secondary  
Bellarine Idol  
Heats start July and the final in  
September.  
For further information email  
bellarine\_idol@hotmail.com**

### **Letter to the Editor**

*Congratulations to all those involved in the revamped Messenger. The change in format and style is refreshing and impressive.*

**Claire Hopwood  
Clifton Springs**



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# Murradoc Farm Festival - *The Good Oil for 2007*

**Murradoc Farm – the home of ‘Lighthouse Olive Oil’ on the Bellarine Peninsula**

Last year Murradoc Farm held their first ‘Olive Oil Festival’ and received over 1500 visitors for the day. A very successful day indeed. This year was no exception with over 2000 in attendance to see a working olive grove with demonstrations of oil processing. Live music, district wineries and gate prizes that were donated by some outstanding companies. Local producers attended giving information and tastings of their produce and wines along with food stalls, where some were busy cooking, ready for the hungry lunchtime gatherers. The camel rides were popular with young and old alike. The weather was perfect and support was overwhelming. Philip Myer owner, and his staff were delighted with the public response, it has proved to be a popular event on the Bellarine Peninsula, and will become permanent to be run again next year.



Above - Annemarie Platt from ‘Lighthouse Oils’ was very kept busy with the customers interest in their local produce.



Photographs Lyn Ingles

A café is in the building stages and will open at the end of the year. The farm has been operating for 10 years with 11,000 trees on 165 acres overlooking Swan Bay and Queenscliff. The cool temperate climate helps to produce a distinctive character, flavour and aroma.

Murradoc Farm has award winning oils and are widely distributed throughout Melbourne and Geelong regions.

**Place this event on your calendar for next year 2008 ... well worth the visit, and your attendance will help support the local CFA.**

**NATIONAL SENIORS ASSOCIATION INC. A0049478D BRANCH NO. 100161**



Membership of National Seniors Association is available for people over 50 (retired or not) and provides many benefits for their members. Bellarine Peninsula Branch was incorporated September 2006 and meets on the second Tuesday of each month at the

Peninsula Hotel. As a group, they have at least one outing or dine out event per month. They recently received a Sponsorship from Alcoa which includes a generous donation and ongoing support in many areas. This sponsorship will greatly assist the Branch to fulfil their aim of being able to make donations to the Foundation as well as being able to assist with outing costs for members. The Branch is also sponsored by Mitre 10 Wallington who provide lucky door prizes and other assistance.

**10 July 2007**  
Branch Meeting takes place at Peninsula Hotel, Newcomb. Meeting starts with registration at 1pm for a 1.30 start. Interested persons may attend as a guest.

Kay Hearn from the Red Cross will be the guest speaker. **13 July 2007**  
Christmas in July Luncheon – Venue to be advised. Approx cost \$20-25 to be confirmed. Please feel free to come along and join us.  
The Branch will be holding their AGM at the Springdale Community Centre 17-19 High Street, Drysdale on Tuesday 7 August commencing at 1pm. Anyone interested in finding out more about the NSA is welcome to come along as a guest or if they prefer phone - **Jackie Clayton on 5251 5335** or **Joy Green on 5241 3281**.

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## CLIFTON SPRINGS PRIMARY SCHOOL

The conclusion of term 2 was busy with students completing assessment tasks and teachers writing student reports. As part of the reporting process to parents, we hold Three Way Conferences between the child, their parents and the teacher to discuss the child's report and their progress over the last semester. In addition to their report, the students also take home their portfolio which consists of examples of their work and a selection of their assessment tasks.

We have a very dedicated and hard working group of parents in our Parents' Club who have been busy fundraising with a Mother's Day Stall and selling the Entertainment books. A major project undertaken has been the purchase of outdoor seating and tables to be placed around the school which will be a fabulous addition to the school grounds.

With recent rainfalls, we have now been able to continue our grounds upgrade. The bottom oval has been re-seeded and weeds sprayed and it is now looking lush and green.



*Brandon displaying his portfolio of work*

In August we hope to start the upgrade on the top oval. The new Outside School Hours Care facility is looking great and will soon have a trough, drinking taps and covered veranda. The two Grade 3/4 classes in the portables are appreciating the fabulous new timber and laser-light wind break which has been particularly beneficial with all the recent wind and rain.

Now the 2006-2007 market season has finished, we would like to thank all our volunteers for their dedicated commitment to running the van on Market Day and in particular Kerrie Condon, for all her organisation behind the scenes. We would also like to thank the community for continuing to support the Market Van by purchasing our goods and hope to see you all again next season. The money raised from the Market Van will go towards upgrading the Information Technology equipment in the school.

The staff and students at Clifton Springs Primary School would like to wish everyone a safe and happy holiday and we look forward to seeing all our students back safe in Term 3.

## CLIFTON SPRINGS PRE SCHOOL



'OOHHHH!'

Huge thanks to all families who contributed to the kinder working bee. Thanks to the Baylis Family (Bellarine Fencing) and the Simmons Family (Mick Simmons Plumbing) for

We had fantastic fun and a frantic few weeks at kinder last term! The four year olds had a visit from a fire truck and fire fighters, an excursion

to Geelong Hospital, an exciting session with some reptiles and animals from Wild Action and a lovely Mother's Day presentation. All this in addition to everyday activities. The fire truck visit enabled the four year olds to learn more about fire safety. We chatted to the fire officers and found out everything to do if we see a fire. The reptile visit was lots of fun, some of us were a little unsure about getting too close.

We made wonderful Mother's Day cards for mum who were welcomed to kinder and presented with their cards just before Mother's Day. The Geelong Hospital visit took place on May 30. We spoke about what would happen if we went to hospital, dressed up as doctors and nurses and got to go inside a real ambulance – so exciting. The three year olds settled into the kinder routine and enjoyed their sessions.

their donations of tan bark and sand. Our fundraiser last term was a fab cookbook with all families in the 4 year old group and most in the 3 year old group contributing a recipe. The children drew wonderful pictures to accompany the recipes. It was very professionally presented, special thanks to Katrina and Linda. We have copies available if anyone would like to purchase one for \$10.00.

Thanks to all parents who contribute in any way to the running of the kinder. We are fortunate to have lots of families at Clifton Springs Pre-School who want to be involved in making kinder a positive and fantastic experience for their child and to be the support to Lisa and Julie.

If you are thinking about kinder enrolments for next year or 2009, please enrol as soon as possible. If you have a pre-schooler who turned 3 before April 2007, we may be able to accommodate your child now. **Contact the kinder on 5253 3158 to enquire about vacancies or to see our kinder in action.**

### Inaugural Portarlington Short Story Competition 2008

As part of the 2008 Portarlington Mussel Festival program, a short story competition will be held. Entries must be no more than 500 words in length, unpublished and must be the entrant's original work.

Entries must include the words; Portarlington, Mussels, Bellarine Peninsula, and can be any genre. The fee for each entry is \$5.00.

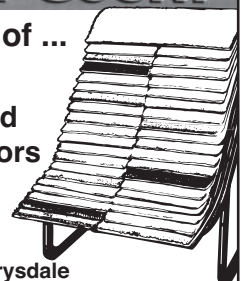
**For more information and an entry form please contact Portarts, PO Box 188 Portarlington, 3223 or phone 5259 1593.**

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# Springy's Club

Dear Springers!!!  
 Thank you to all my new friends who have said that you like 'Springy's Club' ... also to the young people that coloured in my picture to have a chance WIN tickets to the movies. I hope that we will have more competitions in the future.

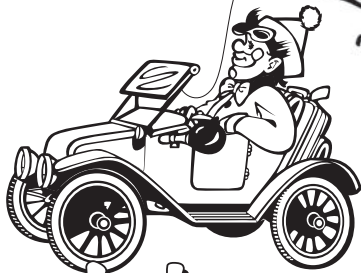
Springy

To contribute, send your stories, pictures, jokes and recipes to: 'Springy's Club' SpringDale Neighbourhood Centre, PO Box 80, Drysdale 3222 or email messenger@springdale.org.au and place 'Springy' in the subject line.

**Come on Kids!**  
 Send in your puzzles, drawings, jokes, photo or a recipe  
**Join in the fun!**

**Hey! Kids ... Can you help me to find my way to the Carnival?**

Puzzle designed Tayla Loveday



'Cheeky Monkeys' Netball Team went to Mel's for a Milkshake

## Jokes



1. What do you get if your cross a monkey with a skunk?
2. When a robot dies what do they write on its' gravestone?
3. What do witches do best at school?



## Kids

### Cooking Corner

#### Crunchy Milo Biscuits



#### Ingredients

- 1 Egg
- 6 ozs Sugar
- 7 ozs Plain Flour
- 2 Tablespoons Milo
- Pinch of Salt
- 4 ozs Butter Melted

#### Utensils

- Mixing Bowl
- Wooden Spoon
- Baking Tray
- Egg Beater

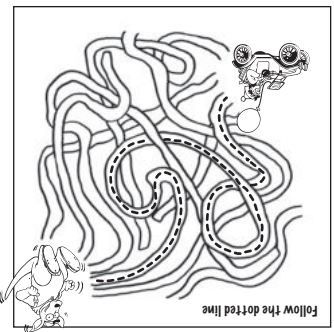
#### Method

1. Beat the egg till fluffy and add sugar beat the mixture again till creamy.
2. Add salt, flour, Milo and butter blend well.
3. Mix into a stiff dough then roll into teaspoon size balls.
4. ASK YOUR parents to make sure the oven is pre-heated to the right temperature. Bake in moderate oven 170° - 200° C for approximately 10 minutes.

Happy Cooking ...

Do you have a favourite recipe that you would like to share?  
 Send it to 'Recipe' SpringDale Neighbourhood Centre PO Box 80 Drysdale 3222 Please send your name and contact details.

Recipe from Shauna Watson Clifton Springs



ANSWERS to the Jokes  
 1. King Pong 2. Rust in Peace 3. Spelling

## SNOLI10S




## Technology @ Drysdale Primary School

Drysdale prides itself on the integration of learning technologies in the classroom. From the fantastic computer lab boasting 30 flat screen computers, the 4 computers in each classroom, the several extension activities offered to the students to the successful implementation of the new digital whiteboards. The Drysdale Primary students are constantly exposed to different teaching and learning styles that incorporate technologies. The children always look forward to their weekly session with our full time computer teacher Mrs Black. The reason our technology program works so well is because the computer programs compliment the topics and themes we cover within our classrooms. Below are some examples of the programs and activities that are being implemented in the various grades at Drysdale.

This term the Preps have been working on a program called Wiggle Works. In this program the children are able to read along with books and make different words on a magnet board.

Next we travel underneath the sea with the Year Ones. The students have been using the Intranet to research whales and sharks. They have been able to colour in pictures of whales and read about some of their favourite sea creatures.



Exposure to the latest technology is preparation for their futures.

Dangerous dinosaurs are the hot topic in the Year Two classes. They have been using a program called MaxWrite to create wonderful Dinosaur Stories.

This year, the Year Three students have been learning how to use Microsoft Word and have been learning how to save to the network while doing Book Reports and Flight Projects.

The Year Four students have created reports about their excursions using photos and speech bubbles. They have been using the internet and Encarta Kids to research Space projects.

The Year Fives have been learning how to scan photos and save them to the network. They also use Photoshop on the computer to make the photos look funny.

Our amazing Year Sixes have been blogging with Korea. In the first week they learnt all about the program and then Mrs Black gave them each a Korean e-pal. The Korean e-pals are in secondary school but their English is very basic.

**Danielle Thompson**  
Prep Teacher at  
Drysdale Primary School

### Information Night - 25th July 007 – 7.30 pm for 'BAYSIDE ENTERTAINMENT & THEATRE' (BEAT).

For a new show opening at BLAKISTON THEATRE (GPAC) Geelong 25th October 2007.

Auditions for those interested will be held at St. Andrews Hall cnr Sydney Ave and Sydney Parade, Geelong 2nd & 7th August 2007 at 7.30 pm

### THE SHOW "PORTER, JOLSON AND BEAT"

Music written by Cole Porter

Songs made famous by Al Jolson.

Performed by the cast of "BEAT"

Also people interested in working back stage and being involved in wardrobe will be made welcome.

**For further information phone**

**Alan or Lorraine Wilson (03) 5251 2563.**

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## Drysdale Senior Citizens Club

Here we are half way through the year and it's starting to get cold. So now is the time to come up and see our warm and cosy club. We have cards indoor bowls and snooker and lots of fun, there is always a nice cup of tea as well. Just come and watch, it's better than sitting at home. You will be made very welcome.

There are a number of activities in July. Monday 2nd July is Bingo starting at 1.15pm. We don't have big prizes but we have fun. There is a trading table, and afternoon tea. Monday 16th July is our Annual General Meeting at 1pm. and we would like to see as many members as possible. Tuesday 24th July will be lunch at Clifton Springs Golf Club at 12noon. If you need transport, let us know, and we will arrange something. Please make sure your names are on the list at the club or ring us on 5251 2983.

Best wishes to all our sick members and hope it won't be long before you are well enough to come back.

**Esther: President**  
**Mary : Secretary**

## CWA Report

Ladies ... would you like to belong to a friendly group interested in social occasions and activities such as craft, public speaking, photography, choir singing, outings and trips as well as supporting your community? Well the Drysdale Branch of The Country Women's Association may have the answer for you.

### We are holding a follow up INFORMATION EVENING

on Thursday 12th July at 7.30 p.m. in the Community Rooms of the Clifton Springs Golf Club, Springs Street, Clifton Springs with the view to establish an evening branch of the Association here in Drysdale/ Clifton Springs. For further information please contact:

Shirley Rogerson (03) 5253 2757  
Dorothy Chase (03) 5251 3702



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Clifton Springs GLG58/59.

## *Teddies that Care*

A wonderful team of ladies spend hours knitting for NHW and we are extremely grateful for their time and energy. Emily, Jan, Jean, Gwen and Win are these special ladies and Lorna who is 89 has knitted more than 700 bears over the past few years.

Our special thanks also goes to all those who donate wool and filling and cash donations to purchase same. Special thanks to Geelong Fidelity who has donated substantially to our purchases.

The Bears and Rugs are distributed through NHW head office in Geelong and they go to all Emergency Services and places we know they will do some good. Over the past few months more than 180 Bears and Rugs have been delivered to NHW head office from NHW Clifton Springs. "We are very proud of our organisers and hope our little Bears and Rugs can make some traumas somewhat less".



*Trauma Bears and Rugs getting ready to go to their new homes and assist in their own special way. With the bears is knitters coordinator Margaret and NHW Secretary Pauline.*

## Tax Help -

Once again volunteers will be available to give advice and help with the preparation of tax returns for individuals at SpringDale. The service is free and available to people

on low incomes, pensioners, retirees and students.

There are set upper income thresholds to qualify for tax help. **Please ring SpringDale on 5253 1960 for more details or to make an appointment.**

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# Men's Shed St. Leonards

Men's sheds aim to address the issues of isolation, loneliness and depression which are faced by many men.



A small group of local residents is investigating the possibility of establishing a Men's Shed in St. Leonards.

The name may conjure up a vision of a workshop where men have the resources to participate in handyman/DIY activities.

While this is a major function, they also allow men to regularly meet and socialise in a safe, familiar, shared workspace. There are approximately 150 Men's sheds in operation across Australia (30 in Victoria). They provide a place for men – especially those who have retired or are unemployed – to use their skills (such as woodwork and gardening), learn new skills and mentor each other and younger members of the community.

Men's sheds aim to address the issues of isolation, loneliness and depression which are faced by many men when they cease full-time employment or are looking for work by providing them with a space, equipment and support.

Generally, those who use Men's sheds have been found to respond positively to environments that allow them to feel at home and learn by doing, in group situations with others.

Along with providing opportunities for social interaction and activities, Men's sheds also focus on men's health and wellbeing, encouraging and assisting users to gain access to relevant services and information available to them within the community.

**If you would like further information on this new initiative at SpringDale please contact Ann Brackley, or telephone Mal Carlson 5257 1479.**

## Ladies Probus Club of Bellarine Inc.

The Club meets on the 3rd Monday of the month. The venue is the Clifton Springs Golf Club where we meet at 10.00am. President is Norma Bushby, Secretary Caryl Robson, postal address is PO Box 257 Drysdale 3222.

Anyone wishing to attend a meeting to find out more about Probus would be made welcome. Visitors are allowed to visit up to three times before they sign the membership form. At this juncture, they are required to pay the annual subscription of \$25.00, or pro rata depending on when they join. We currently have a reduced membership. The Club has been running for 20 years and many of the original members are still present albeit many of them are now Honorary, that status comes after reaching 85 years of age.

Each month a Guest Speaker is invited to talk on a subject of particular interest to members. The club also has activity groups where members play Mahjong, Canasta and Scrabble in members homes.

Craft and Chat is held in the Dungeon at the Springs. All the groups have fun and enjoy the companionship of other members.

I did say in the last Messenger that we were to have a speaker at our next meeting named Stan Woolard. He gave a very interesting talk of his experiences, since school days, of which he has had many occupations, including Army, International Harvester, 30 Years with the Police Force, then onto Motorhoming for 20 years. His talk was about Motorhoming all over Australia with his wife Margaret. He was entertaining with his many outback stories and ended saying he was still under 75.

The Luncheon Group will be meeting at the St. Leonard's Hotel on the waterfront after the next General Meeting.

**Yours in friendship  
Iris Liz Tolton**

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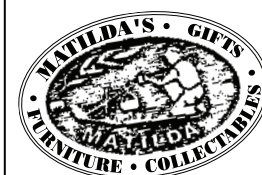
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## What is Naturopathy ?

Naturopaths use a range of non-invasive diagnostic techniques to assess the causative factors of a patient's health problems. It is not necessary for the Naturopath to name a disease as the

wholistic approach looks at the physical, mental and emotional aspects, the function of the various systems of the body as well as external influences.

Naturopathy comprises a range of modalities such as Nutrition, Herbal Medicine and Homoeopathy. As part of the treatment plan the Naturopath will also educate the patient about the cause of their health problems and how to alter such things as diet and lifestyle to assist in the healing and recovery process. The Naturopath may also suggest nutritional supplements, herbal medicines or homoeopathic preparations when designing a patient's individual treatment program.

Naturopathy is gaining recognition as a part of the Australian health care system and the wholistic approach used by Naturopaths to the prevention and treatment of all disease states is now being recognized by many medical practitioners.

### A Naturopathic Consultation

During a naturopathic consultation it will be necessary for the patient to answer many questions in order for the practitioner to establish a history about the presenting complaint as well as any other health problems. Each question will help establish a picture to ascertain the underlying cause of the patient's health problems.

The patient history along with aids such as Iridology or iris diagnosis will assist in assessing the current state of health as well as the progress of a patient's treatment. The Naturopath can tell from the markings or signs in the iris, the condition of various organs and systems of the body. These markings or sight give a detailed picture of the integrity of the body indicating its constitutional strengths, areas of congestion or toxic accumulation and inherited strengths and weaknesses.

Information supplied by **Maggie Gove**



### The healing

#### POWER OF REIKI

Reiki is a form of spiritual practice, often compared to faith healing, proposed for the treatment of physical, emotional, mental and spiritual diseases.

Mikao Usui developed Reiki in early 20th century Japan, where he said he received the ability of 'healing without energy depletion' after three weeks of fasting and meditating on Mount Kurama.

Practitioners use a technique similar to the laying on of hands as well as gestures in the air, which channel "healing energy". Practitioners state energy flows through their palms to bring about healing.

'Reiki uses universal energy,' says Reiki Master and teacher Laurent Boulanger, who teaches all levels of Reiki at the centre. 'It's the same energy that is used by Christians when applying hands-on healing.'

Universal energy doesn't discriminate religion, gender, age or race. It cannot hurt and only promotes wellbeing'.

It is important to note that Reiki is an alternative therapy and not a replacement to medical treatment.

Laurent explains: 'Reiki can help accelerate the healing process, but it's best used as a prevention treatment. It has an incredible calming effect on those who receive it'.

**SpringDale Neighbourhood Centre offers the three levels of Reiki: Level 1, Level 2 and Master Level.**

Laurent has been working with universal energy for twenty years and is an accredited member of the International Association of Reiki Professionals. All students are given plenty of practical experience and are awarded a recognized certification at the end of each level.

**For further information contact the SpringDale.**

## Nothing Better Than Home Made

Have you recently become single and found yourself as the primary household cook? Are you a young person who has left home and struggles with cooking and kitchen management? Planning ahead can make buying and preparing food a joy and not a chore. Cooking should not promote dread at the end of your working day forcing you to opt for takeaway or fried egg on toast. Winter is one of the best seasons in which to learn to cook wholesome casseroles and enjoy simple meals with the satisfaction of preparing each one yourself. Learn what cookware and utensils are essential in the kitchen.

Stock your pantry to prevent a last minute dash or nightly trek to the supermarket. Become familiar with a series of recipes, which you can perfect, adapt and make for your family and friends. Enjoy a small glass of Merlot with each sample shared after each lesson. If you are keen to improve your culinary skills and become kitchen savvy, these classes have been designed for you. Spend one night a week making new friends and getting reacquainted with some old favourites. **Classes start on Tuesday 31st July and run for 7 sessions from 6pm to 9pm. To register your interest please contact SpringDale Neighbourhood Centre. Barbara Godlewski / Tutor**

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## ROTARY REPORT



Sue Reyment, Ann Nicol,  
Acting Inspector Gary Coombes,  
President Ron Peacock

In its ongoing quest to improve the quality of life of people in our local area, the Rotary Club of Drysdale, at its meeting on Monday 4 June, presented the community with a Meditrac unit. These units are designed to track and locate missing

persons, in particular those suffering from dementia, Alzheimers and intellectual disability.

This has been a year-long project, headed by current Rotary Club President, Ron Peacock. Sue Reyment from Best of Care, a service that provides nursing, personal and respite services across the Geelong region, gave a talk and

demonstration of the Meditrac unit (valued at \$2000), which was then presented to Acting Inspector Gary Coombes of the Bellarine Police Station. Acting Inspector Coombes thanked Ron and the Rotary Club on behalf of the community, saying that the Meditrac unit will be a significant asset to the station's resources in locating missing persons more easily.

Also present at the meeting was Ann Nichol, founder of the Bellarine Police Community Support Register. In her second address to the Rotary Club in recent months, Ann gave an update on the workings of the register, reporting that 563 people have now signed up. More are encouraged to do so. Ann was then presented with a cheque for \$1000 to assist in continuing to fund the project.

## BELLARINE RAILWAY

### DRYSDALE

www.bpr.org.au 5251 3725 (24Hr Info)



Winter has finally arrived, albeit with a very low water level in Lake Lorne. The famous Blues Train ended it's 2006/07 season late May successfully with most trains being fully booked. The Blues Train will commence it's new season in October. Loco's & rollingstock - Our ex Fyansford tank loco "No 4" continues to largely carry the weekend load of the B.R, with occasional assistance from ex Queensland loco 'Klondyke.

Progress on the ex South Australian loco 'T251' is continuing with a re entry to service likely in the first quarter of 2008. We look forward to the return of the 'T', which has not run since 1992!. The "Seaside Explorer" - Tassie railmotor 'DP29' continues to delight our mid week passengers and is proving very reliable. DP29 is approaching 60 years of age and hopefully her sister ship, 'DP28' will be back in service shortly to help shoulder some of the mid week loads.

**Coming events - "FRIENDS OF THOMAS" will again visit Queenscliff for a weekend of fun & games & most likely very bad behavior from those troublesome trucks!**

**Some of the engines misbehave too - thankfully the Fat Controller will be there to keep them all in line! This weekend will happen rain hail or shine on JULY 7th & 8th,**

**Bookings are required for this event - call Emma during b/h on 5258 2069.**

#### WHERE:

Queenscliff Railway Station beside Swan Bay on Victoria's scenic Bellarine Peninsula. (The normal 12.15pm & 3.45 services from Drysdale to Queenscliff run as scheduled- NO service from Drysdale on the Saturday).

#### HOW TO GET THERE:

Just 60 mins from Melbourne down the Princes Highway to Geelong then only 26kms to the end of the Bellarine H'wy.

#### TICKETS:

This is an ALL DAY ticket with unlimited access to all rides and attractions. Adults \$18; Children (3 -12) \$12; Toddlers (1-3) \$6.00; Family \$65 (2A & 3C or Toddlers) No Concessions or Seniors discounts.

#### BOOKING INFORMATION

Advance Purchase your tickets either: By phone, or place an order via our Online Ticket Office. See the Main Menu on the Home Page. Limited Tickets will be available for all trains at the gate.

**For Phone Bookings and Enquiries call: (03) 5258 2069**

#### TIMES

Gates open at 10am and close at 4.30. Thomas Trains depart Queenscliff Railway Station at: 1030, 1130, 1230pm, 1.30, 2.30, 3.30. Troublesome Truck rides operate all day between trains. Bertie the Bus & Henry operate continuously during the day.

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## Working Together

One of the biggest criticisms of the modern Church is the lack of unity between the Churches. We often hear people say things like... "If you Churches can't get along with each other how do you expect people to come along?" Fair comment!

Recently however it has been most satisfying to see the relationship between two of our Bellarine Peninsula Churches flourishing and really going to the next stage. Church by the Bay in Portarlington has come alongside Clifton Springs Baptist Church to offer leadership and help this Church become a vibrant presence in its community. The Church in Portarlington has even gone to the extent of inviting some of its members to change their membership to the Clifton Springs Church to help its growth. Clifton Springs Baptist Church is already a great place

offering a wonderful family environment for people to come, but now looks forward to being a place where people will be attracted as a place of peace, comfort, and discovering God's plans and purposes for them.

Church by the Bay in Portarlington enjoys a positive presence in its community through contacts in all areas including sponsoring and supporting the Portarlington Football Club. We trust that this attitude will permeate the community in Clifton Springs and want all to know that this is a Church who practically demonstrates God's love amongst its people. Clifton Springs Baptist Church in Central Rd. not only offers great worship on Sunday mornings at 10.00 but also has programmes to suit all including craft, youth, aerobics, playgroup, walking and other special interest groups.

**If you would like to know more about this Church please contact Pastor Greg Illingworth on 0414 396 877**

## BOOKS & MORE BOOKS PLEASE!



The St James' Annual Secondhand Book Sale will be held on 5th – 6th January 2008. Why the advance notice? Putting on a book sale as large as this means that books must be collected all year round, because that's how much work is involved in this annual fundraising event – all books are categorised and individually priced so that when you walk into the sale you can go straight to any section of your choice (children's, DIY, cookery, novels, art & antiques, film titles, sci-fi, to name a few), pick up a book and see immediately how much it will cost you.... and with thousands of books on offer, that's quite a task.

The weather has turned much cooler at last and it's even been raining – the perfect excuse for you to find an indoor job! If you have any books you can spare or you just need the space, please ring any of the contacts listed below and they will gladly collect from you. If you are planning to downsize and can't take all

your books with you – please think of St James'.

New and old books, fiction and non fiction, hard covers and paperbacks, are all most welcome, but please no encyclopaedias, except E. Britannica, and no Readers Digest Condensed books – there is no demand for them. Also, current school text books or library books cannot be sold, but if any are donated by mistake, the organisers always attempt to reunite these with their rightful owners – quite a time consuming task in itself. Recent copies of good quality magazines are also included in the book sale – a whole range of women's magazines on family, home, fashion and handicrafts are very saleable. Special interest issues (e.g. cars, boats, trains, sport and collectables) and National Geographic are always popular and if you have a complete set of copies from present day back for several/many years, they are always in demand. Even old copies of sheet music will sell provided they are in good condition.

**So if you can help please contact any of the following: Tom & Betty Wilson (Organisers): (03) 5251 2594  
Dorothy & Robin Chase: (03)5251 3702  
Pat & John Marks: (03)5253 2322  
Maggie & Gordon Burns: (03) 5251 2256**



As the weather begins to turn cold, it is important to ensure that all heating appliances are checked and maintained.

Important things to remember:

- **Make sure that all appliances are professionally installed to Building Regulations and Australian Standards especially flues.**
- **Flues/Chimneys need to be cleaned once a year.**
- **Never leave an open fire alight when you leave the house or go to bed.**
- **Make sure that all flames and embers are extinguished and cold before you discard them.**
- **A mesh guard should be placed in front of open fires.**
- **Wet clothing should not be placed any closer than one metre to the fireplace or heater when drying.**
- **All heating appliances should be inspected and serviced according to the manufacturers' requirements.**

For additional information please visit the CFA Website at [www.cfa.vic.gov.au](http://www.cfa.vic.gov.au) or call Brigade Support Officer Niki Habibis on 0408 571 914

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# from the garden gate



"Planting the indigenous species will encourage native birds and insects into the garden". These significant words were spoken to the Drysdale Garden Club recently by conservationist and plant specialist, Graeme Stockton from Bellbrae. Graeme has lived on his isolated property for six years and is dedicated to preserving local flora. It is, in the words of one reviewer, a "Utopian Paradise, native bird boxes adorn the high trees and marsupials have the run of the land". He has pioneered the restoration of indigenous plants through his own nursery which is situated at Coppards Road and is available by appointment on (mobile) 0425 752 648.

Graeme is a founding activist of the Surfers Appreciating the Natural Environment (SANE) which operates under a mantra of respect for the ocean, the Earth and for each other. Graeme pointed out to gardeners that through land clearing for farms and more recently, housing developments, much native plant life has disappeared. Birds need tall trees

with hollows for nesting kookaburras and owls, medium and low shrubs for blue wrens, yellow robins and honey eaters and ground cover for insects for them to feed on. A bulldozer in half a day can wipe out entire habitats.

## 'Birds need tall trees with hollows for nesting'

Much as we might like the pretty flowers of exotic trees and shrubs, they encourage non-native species of birds, such as Indian minas, blackbirds, sparrows and thrushes. The native birds lose their food and habitat and gradually die out or are eaten by the immigrant birds.

It was interesting to learn that Ocean Grove has the last stand of indigenous yellow gums on the Bellarine Peninsula. Some recommended trees for those with garden space large enough are: red gums – eucalyptus camaldulensis, moonah – melaleuca lanceolata, drooping sheoak – allocasuarina verticillate and his specially recommended one – bursaria spinosa. This is a smallish tree, growing about 4 metres and at Christmas time it has lovely sprays of white flowers on lime-green leaves.

**Meetings – Clifton Springs/Drysdale Garden Club Inc. meets on the third Monday night of the month in the Uniting Church Hall rear Uniting Church, High Street, Drysdale at 7.30pm. The July meeting will take the form of a meal at the Clifton Springs Golf Club at 6.30pm. On Monday 20th August please bring along a pair of secateurs and learn how to sharpen them. Any enquiries please phone Rae 5251 2600 or Suzie 5251 3481. Wendy Hebbard (President)**

## Tree Planting Day



About 20 people turned up on the day but that was the right number of people for the number of trees that we had. The only thing that didn't go as planned was the barbeque which failed to start. So Mum went and got a little gas cooker and that worked just the same.

I'd just like to thank my volunteers for the day,

Mortimer Petroleum for providing the sausages and bread for the sausage sizzle, Matt Jackman from the City of Greater Geelong for helping organize the day and Tony Veitenheimer for contracting the day for me.

**Winston Brackley**

### Dear Readers,

I'm recalling my project down at the Dell. We planted an odd 200 plants which was a good result. People started coming 9 o'clock on the dot and there was work to be done.

## ALINGA

### LANDSCAPE DESIGN

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I want to introduce you to a new segment in your magazine.

This section is devoted to getting to know the many youth of our community, and helping everyone to understand who they are, what they are doing and why.

Have you ever found yourself passing a local gathering of youth and found yourself muttering unconstructive comments like. What are they doing? What are they up too? Where are their parents? Perhaps you have commented on the mess they are making or how idle they look. Are you saying no? Well I implore you to think again, I'm sure each and every one of us has at some time or another subscribed to a little unconstructive comment. I pride myself on being broad minded and non judgmental, and yet I have been guilty of making these useless but thought provoking comments. About people that I don't even know.

In this monthly I would like to introduce you to the youth of our community. With the local township boasting 3 secondary schools, 4 primary schools and 3 kindergartens along with numerous day care facilities all within a six kilometer radius of each other, there is no doubt in my mind that that the youth of our community are a big movement.

These youth are the beneficiaries of our community. They will inherit the outcomes of the decisions we make. I hope that through this column, we will stop asking the questions under our breath and start asking those who know the answers: the youth, and those who come in contact with them every day.

I chatted this month to local milk bar proprietors Marg & Andrew who have owned the Jetty Road Milk bar for ten years. In this time they have watched many young locals become young adults. I asked them a few questions about their observations and opinions on the youth of our community.

**Q: "Andrew, in a few words, what do you think of the local youth?"**

**A:** "I think they are great. They represent a large cross section of the community."

**Q: "You have seen the tennis facility, and Skate Park develop in your time here. What are your thoughts on the local youths' use of these facilities?"**

**A:** "I have seen that these facilities are well utilized and enjoyed, whether skating, bike riding, watching their mates or waiting for the bus. The kids seem to embrace these facilities and assume ownership with great pride. I think the facilities give the kids a sense of belonging which I think is very important. I note how the older kids look out for the younger ones. They are mindful of their language and behaviour, when they have a young captive audience. They demonstrate a real sense of community that I don't recall from my childhood."

**Q: "Marg, what do you think about the kids hanging around outside the shop?"**

"They do hang around, whether catching the bus or waiting for mates but it doesn't cause any problems. In ten years I can't remember any problems. They are well behaved and I get to know the kids very well, which is really nice."

**Q: "Do you worry about kids hanging around?"**

**A:** "No! it seems like a natural thing for adolescents to do. They are just socializing and watching the world go by. I think as adults we forget what we liked doing when we were young."

**Q: "Can you tell the people of the local community how valuable you think the local youth are?"**

**A:** "I think they are great. They are our future and who we need to grow and preserve this community for."

It's been exciting and a privilege for us to watch them grow from toddlers to adults. Going to school, getting jobs, birthdays, weddings, joys and sorrows; we have shared with them all.

The most exciting thing we have noticed is the development of a sense of community amongst the youth."



## BELLARINE VIKINGS FUTSAL CLUB



### Five-a-Side Indoor Soccer

Saturday Mornings, 10am – 12 noon in School Terms at the Bellarine Sports Centre (Bellarine Secondary College next to Potato Shed) 5 Peninsula Drive, Drysdale.

All ages welcome from Kindy to Adult. Skills, fitness and plenty of fun.

### What is FUTSAL ?

The word "Futsal" is an abbreviation of the Portuguese phrase Futebol de Salao, which in English means "Football in a large room".

Futsal is the world recognised game of indoor soccer. It has been played in Australia since 1981. It is played with rules similar to soccer, with a soccer ball filled with foam to deaden the bounce.

The five-a-side format (4 field players and a keeper) develops pace, touch and control. Futsal is the official indoor version of soccer as recognised and affiliated with FIFA.

**Futsal is affordable;** research shows that Futsal is one of the least expensive sports to play. Futsal is growing in popularity with over 14 million people worldwide playing the game.

### Bellarine Vikings Futsal Club Player invited on England Tour

The Australian Vikings Futsal Association Inc., have announced their representative team travelling to England later this year and have invited a local Bellarine Peninsula teen, Bonnie Spain a year 7 student at Kardinia International College, to join the 13 Girls team.

The touring Australian representative team play both outdoor football and Futsal - the FIFA internationally recognised sport of five-a-side indoor soccer. Victorian Country Administrator, Rosalie Hillebrand described the teen's inclusion as a fantastic opportunity and just reward for her commitment to the sport. Bonnie has proven herself to be well worthy of international touring team selection as the selection process is not easy.

(Cont page 18)

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## FUTSAL CONTINUED FROM PAGE 17

Selectors choose the best 13-year old players from the national pool.” The Futsal selection process requires players to be playing regular Club level football, from which Regional representative teams are selected. Bonnie represented Victoria over Easter in Queensland at the Viking Pacific Regional Championships. It is only through performing at consistently high standards at Regional Championships such as the recent Queensland tournament, that players are selected for international representative teams.

**For more information, phone Debra 0417 377 249 or Rosalie 0407 675 384**

## DRYSDALE FOOTBALL & NETBALL

We have hit the half way point of our season. At the time of writing, DFNC has performed well in most sections, seeing eight out of a possible ten teams sitting in top four positions on the ladder. This will pave the way for a strong showing during the finals series.

Our A grade side has been boosted by the return to the club of Honni Bergman, adding depth and strength to our attacking game and allowing our Victorian 17/U representative, Olivia Wilson to move successfully from shooting into the mid-court. Olivia together with Ashleigh Collins have been feeding the ball to our shooters, Honni Bergman and Chrissie Balm, who have been in scintillating form in the goal ring, combining well and creating havoc for the oppositions

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defence. The defence end, with such combinations including Michelle Davis, Elise Ruggles, Caitlin Pring and Jess Richards have proven to be the toughest in the league with the least amount of goals scored against them. Keep up the great work on the journey through to finals.

### Junior Disco

DFNC, Drysdale Football Club & Drysdale Netball Club have organised a Junior Disco, open to anyone between the ages of 6 to 17 as staggered times as listed below, please note non DFNC members welcome. The disco will be held on Saturday 21st July, 2007 at the Potato Shed, Drysdale.

- Ages 6-11yrs from 6pm to 7pm
  - Ages 12-17 years from 7.30pm to 9.30pm
- No smoking, no alcohol, no passouts. Refreshments & nibbles provided. Entry \$2.00. All enquiries please phone Michelle Davis on 0400 939 638.

**Baby News** - DFNC would like to congratulate Jodi and Brendan Connelli on the arrival of Harrison Vaughan and the Rebecca and Lincoln Blair on the arrival of Tiarni Elizabeth in June.

**Our Sponsors** -As with any non-profit organisation, our club is heavily reliant upon volunteers and sponsors to operate. Therefore we would like to make mention of our valued sponsors. We acknowledge and sincerely thank the following confirmed sponsors for the 2007 Season:

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## OR TAKE A WALK

... this is a great way to view your neighbourhood, walk with a friend to have company along the way, have a dose of fresh air as well as doing the best thing you can do for yourself. Walk for 30+ minutes, 3 to 4 times a week and this will help you feel healthy and alert. Keeping your body moving is all about good health ... we want to feel better about ourselves and doing some exercise daily is certainly a sensible way to feeling that way no matter what age we are, low impact exercise is very beneficial.



In August Issue ...  
**Jeff Beavis**  
- a man on a Mission



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