

ABN 21 404 220 267 >> Compiled & Published by the

SpringDale Neighbourhood Centre Inc.

Drysdale Scout Alex Fotheringham

was selected as one of two Australians to go to the World Scout re-enactment camp at Brownsea Island, United Kingdom.

No. 9

Brownsea Island, in Poole Harbour is where Scouting began 100 years ago and two representatives from each national scout organization, some 300 people, renewed their Promise to Scouting in the re-enactment camp. Throughout the world some 28 million scouts renewed their Promise at the same time.

Alex, Tania and Karl Atkins from Highton and Laura Noble of Modewarre also took part in the Australian contingent to the 21st World Scout Jamboree. Scouts from nearly every country in the world came together between 27th July and 8th August to celebrate the World Jamboree and the Scout movement's Centenary.

> Some 40,000 Scouts camped and worked together at Hylands Parkin Chelmsford, UK for 12 days of celebration.

For Alex this was one of those once in a life-time occasions that he thought was just awesome.

Further information can be obtained from Wayne Myers, District Commissioner, Geelong **Peninsula District** on (03) 5251 2210 or Alex Fotheringham on (03) 5251 3260.



Represents

Australia

Drysdale

Scout



Alex and South Australian scout Kathryn Affleck meeting friends at the 21st World Scout Jamboree



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Pam or Roxanne

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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.

Community Calendar

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

The calendar is an 'easy to see list' of **happenings** in our area. To help you to plan an event, access our website **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.

October

- 8 Term 4 begins
- 8 Neighbourhood Watch GLG 58,59, C/Springs meeting 7.30pm C/Springs Bowling Club
- 9 Country Women's Association, Drysdale business meeting 11am BYO lunch. AGM 1pm at Clifton Springs Golf Club Community rooms
- 10 Neighbourhood Watch GLG 69, C/Springs meeting 7.30pm at SpringDale
- 13 Garage Sale & Christmas Gifts St James 8am
- 19 Drysdale Ladies Day View meeting 11am Curlewis Golf Club
- 21 Drysdale Community Market 9am-1pm
- 22 Neighbourhood Watch GLG 68, Drysdale meeting 7pm SpringDale
- 24 Presentation on Home Sales 1.30pm at SpringDale
- 26 Landlord Training Session 1.30pm at SpringDale
- 28 Portarlington market 9am-2pm
- 28 Annual Pilgrimage Crimean War Veterans1.45pm Oakden Rd Drysdale

November

- 2 Fashion Parade, 7.30pm Drysdale Community Church
- **3-4** St Leonards Community Festival Celebration of Founding of St Leonards 1857
- 6 Melbourne Cup
- 10 Annual Garden & Flower Show 11am-3.30pm United Church Hall
- 11 Remembrance Day 11am
- 12 'Crazy Whist' 7.30pm C/Springs Bowls Club
- 13 Country Women's Association, Drysdale meeting 1pm at C/Springs Golf Club Community rooms
- 14-17 Peninsula Players Play
- 18 Antique Road Show \$5 valuations, Mill Markets114 Bellarine Highway, Newcomb. 10am-5pm
- 26 SpringDale Business Breakfast/Networking Event

Facilities @ the SpringDale Centre

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 Internet Access · Photocopying · Faxing
 Laminating · Room Hire · Crockery For Hire
 • Tables & Chairs for Hire
 • SpringDale Messenger in large format



- Reasonable Rates
- Concession Rates for Members







The SpringDale Neighbourhood Centre

Anne Brackley centre co ordinator

Thank you so much to everyone who helped to make our "Taste of SpringDale" such a success. We had approximately 300 people through the door. All I am sure enjoyed a little taste of what was on offer.

The Life Drawing group and some of our art students provided a gallery of works while the Bellarine Woodworkers displayed many of their skills through objects that they have made and inspired many people to have a go.

We had 12 different international dishes on offer and our chefs were nearby to discuss food styles and to help culturally with many questions. Thank you so much to all our locals who shared their culinary talents with us all.

Thank you to all the volunteers, who generously gave their time and energy to help bring the whole night together. Thank you to Hakubaku Australia, who kindly donated fettuccine and noodles for the occasion.

The Portarlington Neighbourhood House group joined in fully and asked people to complete survey forms about what they would like to see in Portarlington.

One of our new tutors demonstrated her skills as an artist using crochet as her medium and encouraged people to think about taking up crochet as a craft.

Line Dancing and Salsa Dancing all added to the flavour of the evening, with our DJ Laurent providing music to keep the evening in tune.

I have not known SpringDale to feel so alive and welcoming. To see so many different types of people of all ages and all backgrounds enjoying an evening together was very rewarding to everyone who tried so hard to bring it all together.

What's next? I hope we can have a series of special nights, maybe a sushi night. People who have enjoyed sushi and have bought a bamboo mat (but never been brave enough to use it) might come and make their own

Tax Time is Lunch Time!

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sushi and enjoy it with other like minded people. Please register your interest in this type of evening.

Maybe we could start a cultural awareness club, which encourages us to enjoy and appreciate other cultures. Maybe each get together could have a different cultural theme. Please let us know if you are interested in this type of group - I know I am!

We have also held another very successful family budgeting session which was supported by Drysdale Community Family Support, St Vincent de Paul Society, Jindara Financial Services and SpringDale Neighbourhood Centre.

We had great feedback again and look forward to our next session later this year. Please register your interest if you think you might like to attend.

Update on our groups -

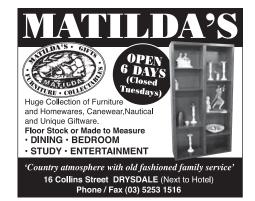
The Badminton group has started Wednesday and Friday afternoons 1pm - 3.30pm, and the Crochet and Knitting group on Friday mornings 9.30 - 11.30am. Please consider these new groups. *What's your suggestion?*

We have been working closely with Consumer Affairs Victoria and they presented a very successful Landlord session earlier this year. On Wednesday 24th October they will be presenting a session on Home Sales and on Friday 26th October they will be running another Landlord training session.Both of these sessions commence at 1.30pm. I recommend both of these sessions and ask that people do register for these sessions with SpringDale on (03) 5253 1960.

Consumer Affairs Victoria are very willing to provide guest speakers for meetings. More information available from SpringDale.

Anne Brackley

Coordinator SpringDale Neighbourhood Centre Inc





What's Happening? @ The SpringDale Centre

Computer Help Group 2nd Tuesday in the Month



4 - 5pm SpringDale Computer Room Bring along your enquiries, suggestions or example of works that you have created.

All welcome. For more information Liam Bennett 0416 429 976

NEW COURSES we are looking into for 2008 at the SpringDale Centre. Astrology, Coffee Making and Personal Development ... What else would you like to see?



50 km/h

The new speed sign of 50 km/h in High Street Drysdale, between the roundabouts at Murradoc Road and Eversley Street is working well. It will improve safety for all road users, in particular pedestrians and cyclists.



From Lisa Neville's desk

FREE FRUIT FRIDAY

It was great to visit Drysdale Primary School to celebrate Free Fruit Friday recently.

Drysdale was one of 9 schools on the Bellarine to enjoy fresh, free fruit as part of an \$11 million plan by the State Government to encourage local students to adopt healthy eating habits.

As we all know, families and schools are vital in ensuring that young people understand the need for healthier lifestyles to avoid conditions such as diabetes and obesity.

Schools participating in the program have been encouraged to purchase fresh produce from local businesses as part of the Free Fruit Friday initiative, and so schools are also able to support suppliers in the community.

I really want Bellarine school students to continue to thrive in our beautiful area, and plenty of fresh fruit and vegetables is one of the ways to achieve this!

REWARDING GOOD SPORTS IN THE COMMUNITY

The 2007 Sport and Recreation Awards have recently been announced. This is a great opportunity to nominate



the "good sports" in our community - often those involved in vital, behind-the-scenes roles.

This is a chance to acknowledge those who work so tirelessly for their clubs in all sorts of ways. The Awards are open to all individuals, clubs and organisations that have made a contribution to sport and recreation in the community and cover 10 categories, and I encourage you to nominate one of our local "good sports".

For more information or to request a nomination kit, contact the Awards Co-ordinator, Shannon Stacey at Shannon.stacey@dvc.vic.gov.au or visit www.sport.vic.gov.au or call my office on 5248 3462.

BOATING SAFETY AND FACILITIES

Another exciting announcement is the \$5 million boost for boating safety and facilities in Victoria. This is a regular grants program that has assisted various projects on the Bellarine Peninsula.

Community groups, search and rescue organisations, councils and waterway authorities are encouraged to apply for funding to upgrade boat ramps and jetties and to improve navigation and safety signage.

Neighbourhood Watch GLG 58/59 & GLG 69 **Clifton Springs Bowls Club**

On Monday 12th November at 7.30pm a fun night is being organised with 'Crazy Whist' at the Clifton Springs Bowls Club to meet your neighbour. All Clifton Springs Residents & friends welcome. Bring a plate, have a cuppa !



Contact Marine Safety Victoria on 1800 337 222 or visit www.marinesafety.vic.gov.au

ELECTORATE OFFICE

The construction at Newcomb Central is progressing very well, and we hope that the new Electorate Office will be ready by early October.

As always, please don't hesitate to contact my office if there is anything with which we can assist you.

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

FIRE AMBULANCE **Dial 000 NEIGHBOURHOOD** WATCH INFORMATION

POLICE

GLG 69 - Ron Renfrew SpringDale Drysdale (03) 5253 2207 2nd Wednesday • 7.30pm

GLG 58,59 - Mark Cline C/Springs Bowls Club **Clifton Springs** (03) 5253 2717 2nd Monday • 7.30 EDST • 7.00 EST

> GLG 68 - Doug Palmer SpringDale, Drysdale (03) 5251 2522 4th Monday • 7pm

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A Garage Sale and Christmas Gifts will be held at St James' Church Hall, Collins Street, Drysdale on Saturday 13th October at 8am. Come along and buy some bargains – china, trash & treasure, plants, toys, cakes, kitchenware and more.

BUSINESS in Profile



Westpac Bank Wayne and Lisa Elliott

The **Westpac Bank In-Store Branch** has been operating in Drysdale for over 7 years after relocating from the full branch.

Wayne and Lisa Elliott had been in business in the Newsagency, Convenience and Tattslotto stores previously with Wayne's parents Jack and Alison Elliott.

After a request from **Westpac** to run an In-store Branch on their behalf, the new branch was set up in the Safeway Complex next door to the Tattslotto outlet with existing bank staff Bev Mc Sween and Pam Mason doing a magnificent job. They have since been joined by Roxanne and Colleen who are able to find the answers to the many questions asked by people regarding their banking needs.

Wespac are presently offering .7% off home loan rates on selected variable rate home loans over \$250,000 packaged with Premier Advantage. Also presently on offer is 0% on credit card balances transferred to Westpac upon approval of a new Westpac credit card on balances for 6 months. Westpac was voted to hold the Best Home Loan Package for 2007 by Money Magazine and so if we can be of any assistance in this way, please feel free to call in and see us.

Our business hours are Monday - Friday 9am to 5.00pm and Saturday Morning 9.30am till 12 noon.





Crimean War – Annual Pilgrimage - Sunday 28th October 2007



The United Services Home (Crimea House) located in Crimea Street, Drysdale was founded by Major General Sir Alexander Bruce Tulloch KCB CMG, who commanded the Defence Forces of the colony 1890 - 94.

His objective was to provide a home for "worn out old soldiers and sailors, who had done their share of work for the colony". In those days before government assistance

many found themselves homeless, hungry and helpless, surviving on a mere pittance.

Major General Tulloch's efforts resulted in the completion of Crimea House in July 1891 and the soldiers took up residence. Troops of the then Defence Force contributed one day's pay per annum for the upkeep of the home and physical wellbeing of the residents.

On Sunday 28th October there will be the Annual Pilgrimage to honour the founder and past residents of Crimea House. A procession to Crimean War Veterans Graves in Drysdale cemetery will commence at 2.00pm from Oakden Road . Afterwards afternoon tea will be served at the United Services Home by the present day owners, Ron and Maureen Green. All welcome!

Peninsula Probus

Peninsula Probus is an all male club, founded over 20 years ago, catering for men over 55 who are retired or work parttime. It meets on the first Monday of the month at 9.15am at the Clifton Springs Golf Club.

As new to the Peninsula, the club provided a perfect opportunity for me to meet a range of men with a variety of interests, to develop friendships, and to be made aware of a wide range of community activities. I met architects, engineers, businessmen, teachers, clergymen, farmers, military men and many others. From the monthly guest speaker (mostly not a member) I learned of trains, buried treasure, Vietnam, engineering feats, personal histories of a remarkable kind,



 \mathbf{s} STEWART

www.charlesstewart.com.au

6 > The SpringDale Messenger bees, GPAC, road safety and more every month something different.

The trips and tours are well planned and include Arts and culture, places of interest, organizations, crafts, museums. Prices are kept competitive and you are always dropped at the door at your destination. When we went to see 'Miss Saigon' this was a great event.

If you don't know anyone in the group, and would like to try it out, you are welcome as a guest. You will find us a friendly bunch, and if what you experience as a visitor interests you, ask for a form to apply for membership.

Enquiries: Chris Walter, President, 5251 3670; David Kerr, Secretary, 5251 1040; Percy Pyne, Treasurer, 5251 3775.





Antique **Road Show**

Bring your TREASURES to be VALUED for \$5 an item at an Antique Road Show to be held in The Mill Markets, 114 Bellarine Highway, Newcomb on 18th November, 2007 from 10am to 5pm.

This is a fundraiser for Relay For Life and will be run by the Geelong Bush Walking Club. Come and enjoy a day with lots to see, do and buy. Food and drinks available.



www.springdale.org.au

Fire Smart Gardening could save your life ...

For more information on how to prepare the best possible bushfire plan call the Victorian Bushfire Information line on 1800 240 667 or visit www.cfa.vic.gov.au



A **Fire Smart Garden** can assist in protecting houses and lives during a bushfire, and doesn't mean the end to an attractive landscape.

"Design or layout is the most important part of gardening to reduce the severity of fire. Low fuel areas such as driveways, pools, tennis courts, gravelled areas and mown lawns all help to slow the spread of fire," CFA Community Safety Manager John Mealia said.

"Many people think trees are the major threat during a bushfire. But what grows underneath them, like shrubs and tall grasses, is what really counts," CFA Mr Mealia said.

You can reduce the ability of fire to spread into treetops. Clear away debris such as loose bark, leaves and twigs (fine fuels) from underneath trees near your home. Prune shrubs to create gaps between the tops of the shrubs and the branches of larger trees.

Avoid having large clumps of plants very close to buildings. Burning shrubs close

to the house can crack windows and allow embers to enter the house.

Also keep plants moist. "If you must use pea straw or the like on your garden, lay it down as soon as the fire season is over. Then it will break down over winter and still provide good moisture retention over summer, but be less likely to ignite during a fire," CFA Mr Mealia said.

CFA does not recommend particular species of plants as 'fire retardant'. How plants burn depends on many complex and interacting features such as plant age, how well it has been looked after, where it is growing and what else is growing with it.

"Under the right conditions, all plants can burn. It is, therefore, unwise to rely on 'fire retardant' plants to improve your safety during a bushfire," Mr Mealia said.

If you live in a high bushfire risk area, you need to develop a Bushfire Survival Plan. Maintenance of your garden needs to be part of this plan. You need to know well in advance of fire if you are staying to defend your home or leaving early.

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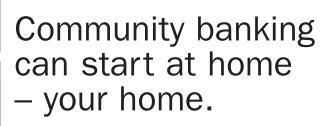




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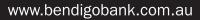
Jade's dream home has three big bedrooms, a gourmet kitchen and is a great investment.

And with a home loan from the Bendigo, Jade also got a great interest rate, the flexibility to make additional repayments, and to redraw them when she needs to.

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L-R Andrea, Vicki & Joan

Drysdale and Clifton Springs' three Opportunity shops have decided to join forces and alert community awareness by

Drysdale Ladies Probus

Guest speaker at our August meeting was one of our own local residents Dr. Rosemary Kerr. Rosemary spoke about the time that her husband David was invited to be keynote speaker for The Society of Commonwealth Studies in India. Together with their daughter and granddaughter they arrived in India to find that the conference had been postponed until several months later. They decided to relocate to Nepal for some time. Apart from sponsoring a child on the outskirts of Kathmandu they knew little about the area.

Although Rosemary's first intention was never to set foot in the country again she did return with her husband and granddaughter and this time lived there for 2 years. After writing her PhD on Nepal's education system Rosemary was in 1999 invited to commence a training program for a private school consortium, which was based in Kathmandu Valley. After Rosemary began the program it

Fashion for Charity

working together and helping each other to produce a really fun night in the form of a Fashion Parade.

It will be held at the Drysdale Community Church on Friday 2 November from 7.30 - 9.30pm.

Funds raised on the evening will go equally towards the following:

- 2CC The purchase of food parcels for Foodbank at Christmas time. Foodbank operates from Drysdale Community Church on Tuesdays and proceeds from the Op Shop goes towards the purchase for foodstuffs.
- LIFELINE proceeds are channelled to the much needed service of the Lifeline Call Centre which is run by volunteers and another service that has strain placed upon it during the Christmas season.
- **CONCERN** Funds are given to the Material Aid, which in turn provides food and food vouchers, clothing, household goods to families and individuals.

Supper will be available and the clothes, shoes and accessories are able to be purchased on the night. With all this in mind – come along and enjoy the fun and help to support these much deserving charities.

Adding to the challenges of the school is the teachers' own level of English usage and the fact that the languages spoken in Nepal come from two separate language bases. Nepali, the national language, is an Indo-Aryan language, while many ethnic languages are of Tibeto-Burmese origin. In the Nepal context children attending the many Private English medium schools are learning in English and learning English as a foreign language at the same time.

Rosemary has flown back and forth to contribute to the educational needs of the staff and children at Little Angels School in Kathmandu Valley for 17 years, slowly helping to change the system. She said that working in a Low Developing Country is challenging but somehow gives her the freedom that she never experiences in Australia.

We would like to extend a big thank you to Rosemary for sharing her valuable work with us.

Yours in Probus friendship Lesley Jones





Dr Rosemary Kerr and Friends

became obvious that many things needed to change so that training could be implemented. Her brief she said was to change the school from subject-based rote learning into a child centred approach with a strong practical base. The school operates in English medium, which is often a third language for both staff and children.



Bellarine Ladies Probus of Bellarine Inc.



We recently had a very interesting morning being entertained by David and Pauline Bice and their dog Lexy from Lions Hearing Dogs. The dogs are provided free of charge to approved applicants and are identified by their bright orange collar and lead.

The owner carries an identity card with a photo of the dog, their name and the Hearing Dogs Logo on it.

Lions Hearing Dogs are trained to let their owner know when the TV/mobile/doorbell rings, kettle whistles, baby cries or smoke alarm is triggered. Pauline David and Lexy travel to many venues and in different states to promote the Hearing Dog, and they did a wonderful job with us.

In September the club hosted a Fashion parade with our own members, either tall, short, fat or thin. It was a lot of fun.

Groups. Mahjong, Canasta and Scrabble continue in members' homes. Craft and Chat is held in the dungeon at the Springs on the first Thursday of the month from 1.30 to 3.30 pm.

Yours in friendship Iris (Liz) Tolton

Business Network - Networking in the Fast Lane!

It's always exciting to try something new, so with our own Business Network meetings in mind, Anne and I tried our hand at Speed Networking. It's not for the faint-hearted, but we found comfort in the fact that almost all who attended were first timers just like us.

Seated at long tables, thirst quenching beverage on hand, we launched into our first five minute dialogue with the stranger seated opposite. Introductions, name and business connection, looking for common ground, no time for small talk, exchange of business cards, a few quick notes that we probably won't understand next morning, and at the ear piercing sound of the whistle we move one seat to the left and begin again.

Presented by the Office of Small Business and CPA Australia, as part of the Energise Enterprise 07 (Victoria's Small Business Festival), the event was held at the Mercure Geelong.

I'm not sure how many meaningful or useful connections were actually made on the night, but Speed Networking is becoming the 'must attend' event for the small business world.

Perhaps we can modify the concept to enhance the purpose of our SpringDale Network Breakfasts. Some prepared



questions and a few minutes with each person at our table might serve to take our relationships to the next level. We might discover common ground and shared interests that could benefit all of us. (But I think we'll lose the whistle!)

Dianne Bennett SpringDale Business Network Coordinator.







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OPEN 7 DAYS



Drysdale Senior Citizens Club

Our trip on the 14th August went very well, it was a cold day but we enjoyed it. We went to the Mill Market, there was so much to see and some of the things brought back memories. We had a lovely cup of coffee there to warm us up, then at 12.15 we left to go to the Peninsula Hotel for lunch. It was a seniors special and very nice too. Some had a go on the Pokies and the rest had a cup of coffee/tea and a chat. We were home by 3.30pm and a good day was had by all. Our next trip will be in October, so watch the Echo for more information.

Monday 1st October we have Bingo eyes down at 1.15pm, with our trading table and afternoon tea.

Seniors week is in October and on Monday 15th we will be entertained by Marcia Rae with songs from the 50s and



60s followed by afternoon tea. The cost is \$2.00 at the door, starts at 1.30. There is a board up at the club for names for catering purposes. If you can't get up to the club, please ring Mary or Esther on 5251 2983. It should be a good show. Tuesday 23rd October we are going for lunch at the Clifton Springs Golf Club at 12noon. Let us know if you need a lift.

We can't forget our sick members. Hurry up and get well, we miss you. Esther and Mary 5251 2983

Do You Do WOW?

I recently heard a man (Dr. Gordon Moore) speak about the "Wow" factor. It really challenged me in regard to how I treat other people and how I like to be treated myself.

Put simply, the "Wow" factor is when someone does something that makes you say "Wow" or you doing something that makes another person say "Wow".

It isn't that complicated really. The foundation of the factor is just doing that little bit more to make it special and to make the other person feel appreciated. Often it costs just a little bit extra but brings a large response. It is an investment in another person that makes them feel like they mean something, that they are important and that they are more than a number, a customer, or some other entity.

It can happen at home or in a business. As an example; at home you could have someone over for a meal, even a simple lunch. Something as simple as taking time to set the table, put out some nice napkins and some fresh flowers from the garden, can change the whole tone of the meal and make the other person feel special. Next time you decide to pay for a cup of coffee for a friend, add a biscuit to it as well. They will probably say, "Wow". It involves going that little bit extra and looking for ways to bless people. At

Drysdale Community Church we have been challenged about wowing people, our friends, family, guests and neighbours. We recently provided lunch for a meeting taking place at the church and the ladies involved did a few small things to make it special. The response was "Wow" and the guests felt very appreciated. We have been challenged to do even bigger things like mowing a friends lawn when they are away on holidays, when you borrow something giving it back in better condition that when you got it. If you borrow a car or trailer, wash them before they go back, even if they weren't that clean when you got them.

All of this involves looking at things with new eyes or through the eyes of someone else. It can take just a little bit extra, but it's worth it and people feel like they are worth it also. The foundation for this sort of thinking is found in the Bible, "Love God, and love people".

Imagine a community where people took time to wow others. That's the sort of community we are trying to build at the Drysdale Community Church and the sort of community we want to see in this area.

Jake Hogendoorn Pastor



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In attendance at the SpringDale Adults Learners' Week where they had their projects on display.

(L to R) Neville Pitman, Evan Sutton, Ray Austen, Steve Woodcock, Graham Thomson, Dudley Davey, David Pinney.



(L to R) Alex Eagleson, Chris Reymers, Barbara Austin, Denise Heathcote, Ted Chidzey, John McKinlay and seated Austin Harvey

bellarine memories



bellarine memories designs and conducts events to meet needs in a changing world. Established by Richard Grimmett and Philip Christian, this is a resource for all life's occasions. It may be a wedding, the welcoming of a baby, the death of a member of the community, or a 100th birthday celebration. In day-to-day life, occasions of significance arise. People marry, divorce, move house, graduate, retire, or achieve a great milestone. At such times, it is a human need to engage in meaningful rituals. When the ritual occasion is imbued with relevance and richness, it gives meaning and has a positive impact.

Philip and Richard bring their experience and inspiration to work with people across the community to develop relevant and memorable celebrations and rituals. bellarine memories helps rediscover the stories of our lives, and in the creative retelling of them, helps to enrich our life. bellarine memories ensures that every funeral, wedding, naming or party is truly moving and richly remembered. Call in if you are looking for some inspiration. How do you like your coffee?



Men's Community Kitchen Wednesday 10am - 1pm

Please call the **SpringDale** on **(03) 5253 1960** for more information





Home Loan Lender of the Year?

ANZ has won *Money* magazine's Home Loan Lender of the Year, again. That's nine times and counting. So now you don't have to spend endless hours searching for the best home loan options available. Independent researchers have done all the hard work for you. To find out more about ANZ's award-winning home loans, simply call our Mortgage Specialist, Murray on 0423 828 262 or Branch Manager, Jan on 5251 3433. Alternatively, drop into our branch at Shop 4, 3 Wyndham St, Drysdale. We've got time to listen.



Money magazine's Home Loan Lender of the Year 2005, 2006 and 2007. Personal Investor magazine's Home Lender of the Year 1999-2002, 2004 and 2005. Many of ANZ's Home Loans were awarded CANNEX mortgage star ratings in 2007. All applications for credit are subject to ANZ's normal lending criteria. Terms and conditions available on application. Fees and charges apply. Ask us for details. Australia and New Zealand Banking Group Limited (ANZ) ABN 11 005 357 522. MACSMATCHI ANZA63/5/S ANZ016992

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Proposed Men's Shed for St Leonards

The SeaChange Shed will be a place

where people can meet, work with,

and learn from each other,

experience a broad range of activities.

The aim is to provide a meeting place for friendship and access to a workshop for:

- Men who don't currently have access to a workshop and equipment
- Men for whom time in the shed contributes to isolation
- Men who are interested in working in a shed with others
- Men who want to acquire practical skills or share skills with others eg: Woodwork, Metalwork, Gardening etc
- Men who wish to meet others for fellowship a chat and a cuppa
- Men who need help and information and support on health issues

For further information contact

Evan Sutton									
(03) 5257 1319									
seachange@inbox.com									





PLEASE INDICATE YOUR INTEREST

I	icate your inte	erests
Please tick ✓ preferences WOODWORK (Tu METALWORK (We SOCIAL ACTIVITI	2 /	GARDENING ART COMMUNITY PROJECTS WALKING GROUP
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Phone Number: ()	gDale Neighbourhood Centre, Drysdale	Nobile:

CORYULE WARD/UPDATE

October 2007

The following is an update on the status of major projects and issues.

Drysdale / Clifton Springs Structure Plan

In conjunction with the Drysdale / Clifton Springs Community Association, the outline and key components for the Structure plan are being circulated for early information and discussion.

Issues to be addressed are to cover township boundaries and relationship to the Rural Strategy / traffic – in and adjacent to the township including pedestrian, passenger and heavy traffic / potential commercial and industrial re-zoning / open space and recreation requirements / Jetty Road Urban Growth Plan / public transport and community service facilities.

The timescale and full details for the plan will shortly be displayed at the various notice boards in the Customer Service Centre / Springdale / High Street and the supermarket as well as the local papers.

Mossie Control

A specialised 'Community Information' sheet will be up and running within this next fortnight and distributed on a monthly basis detailing the following -

- results of monitoring and treatments around the main townships using both text and graphs/charts
- information on larvae and mosquito numbers in particular areas
- predictions of potential nuisance levels for the forthcoming month for those areas

For those wishing to monitor the activity more closely, the CoGG website will have fortnightly data updates along with the monitoring plan for the whole season.

Should any community groups require further early detail, please contact the Drysdale Customer Centre by either phone or email to make arrangements.

Clifton Springs Coastal Management Plan and Jetty Road Urban Growth Plan

Work continues at a healthy level on the Coastal Management Plan in conjunction with the very committed and active group and the CoGG Environment staff.



Cr. Tom O' Connor CoGG / Coryule Ward

A further reminder that both draft documents are out for comment - copies available either at the Customer Service Centre or the City website. Should you need further information, please contact staff at either the Drysdale Customer Centre or call the City's Information line on 5227 0270.

Water issues

As previously reported, the availability of water continues to be addressed through the CoGG Water Task Force group, in conjunction with Barwon Water, CCMA and Southern Rural Water bodies. More specific details will be advised following the group's next meeting and it is planned for release through the local media outlets and community facilities.

Drysdale Recreation Reserve

Netball – asphalt carparking has been installed adjacent to and above the existing courts whilst additional courts and alterations to the runoffs on the north side are being finalized in conjunction with Netball Victoria. These discussions are planned for this month and will help with direction and size of works required.

Football – as previously advised, the tender for upgrade to the existing kitchen & bar facilities is at last finalized and works are scheduled to commence this month.

Funding from the 2007 / 8 Budget for change facilities will shortly be handed onto the School Committee .**Clifton Springs Skate Park**

Upgrade works on the skate park are well in hand - scheduled for completion mid to end of this month.

Public Transport & Road Safety issues

A major assessment of the key issues within and around the townships was recently undertaken with CoGG Engineering. Some of the critical issues noted as requiring urgent attention were as follows –

- Murradoc Road further discussions with VicRoads for urgent improvements to the section between Drysdale and the Port / Point Lonsdale Road and especially adjacent to the Waste Receival facility in Becks Road.
- Princess Street / Andersons Road intersection – installation of STOP signs on the Andersons Road sides to hopefully slow down traffic crossing Princess Street and eliminate the potential for further accidents.
- 3. De Burgh Road / High street intersection



- with significant traffic, pedestrian / cycle / passenger and heavy traffic, this intersection has become a serious hazard and is to be reviewed in conjunction with VicRoads engineers.

- Parking this is also being further investigated and the outcomes will assist the coming Structure Plan.
- Bus timetabling / shelters as previously reported, the review of the 83 Bellarine bus shelters involving size, locations and design is underway with the local secondary Colleges, in conjunction with the Drysdale Rotary club / Interact group.

Major projects and Grants Jetty Road

Major construction work continues on reconstruction of the drop structure destroyed in the floods and the drainage from McLeods Waterholes at the Wyndham Street intersection. This is a major costly exercise and well worth taking the time to have a close look at.

Bellarine Safe Harbour – Tenders

In conjunction with the recent information sessions, Parks Victoria are running two tenders – one for refurbishment works to the existing pier / works to be completed prior to Christnmas; the other for design of the proposed Bellarine Safe Harbour – details are available from either the Drysdale Customer Service Centre and / or the Parks Victoria website.

Community Arts Grants and Community Festival Grants

Reminder that application forms are available from Customer Service Centre for the 2007 / 8 financial year.

Cr. Tom O' Connor CoGG / Coryule Ward



Clifton Springs Golf Club - New Caterers

Clifton Springs Golf Club is pleased to announce the appointment of J & P Caterer's as the Club's new caterer's commencing Tuesday 18th September. Peter Guest and John Bayliss come to the Club with a wealth of experience with John's previous history being executive chef at Buckley's for 8 years, Head Chef at the Peninsula for 5 years and his most recent appointment, second chef at the Torquay RSL.

Peter has worked the last 3 years at the Peninsula Hotel with John and prior to that worked at the Springs for 4 years under the direction of Peter Crowley.

International Food tasting at the

SpringDale Adult Learners' Week



Peter Guest & John Bayliss

Their menu has an extensive range commencing with Entrée's encompassing Chicken Satay Crepes, J&P's Caesar Salad or Sweet Chilli and Ginger Prawns plus many more with a price range from \$4.50 up to \$10.00.

Mains commence from \$15.50 up to \$21.50 and include Chicken & Cashew nut Stir-fry, Tandoori Chicken Risotto, Big Johns Mixed Grill Combo, Lamb Rump Greek style to name a few plus the old favourites Chicken Parmigiana, Surf & Turf, Homemade Lasagne and Chicken New England.

The specials board is also available every night. The Club is still offering the popular **MEAL DEAL DOCKETS** plus the lunch time specials starting from \$7.00. The Club is open for lunch and dinner 7 days a week and bookings are recommended by calling (03) **5251 2501**.



Clifton Springs Primary School

The Travelsmart Project, a joint Local and State Government initiative which encourages cycling or walking to school, was officially launched last month at Drysdale P.S. Our Grade 3/4R students, along with other local school students, performed an item for official guests, parents and students and then heard Kerry Charman discuss the importance of safety when cycling.

The 'You Can Do It' value for this term is 'Persistence' and our class awards are presented to the children who are really trying and practising this value. This value is the third we have introduced this year to ensure our students understand the keys to being a successful student.

To promote the value of 'Persistence' our students enjoyed an Arts 2 Go Performance by Llynda Nairn. As Madeline she discovers that the only way to improve, is to start with the basics and to learn from her mistakes. You Can Do It Too! was an inspired and positive performance using juggling as a metaphor for learning.

As part of the 'Go For Your Life' initiative we have implemented at the school, we have started Fresh Fruit Friday. Bella Fruitz supply us with fresh fruit weekly for our junior grades and fortnightly for the whole school to enjoy and we thank them for their support. Fraser and Ashleigh enjoy fresh fruit every Friday at Clifton Springs Primary School



Last term our Curriculum Organiser was 'How Things Work' and our teachers planned their Integrated Inquiry relating to a question they were investigating. We saw all classes involved and we hosted a whole school Science Expo on Thursday, 20th September where each student presented to peers, parents and teachers their understanding of the topic.

We were fortunate to hold a very successful Inter-House Athletics Carnival on Friday, 3rd August. Our Grades 3-6 competed in a number of track and field events and were awarded points for their Houses, Coriyule, Dell, Springs and Bayshore. The newly prepared bottom oval stood up very well with various track events and we hope to begin work on the top oval in the near future.

Clifton Springs Pre - School

What a busy term we've had at Clifton Springs Pre-School! The theme for our third term was Outer Space, so we did lots of fun activities like making rockets, space pictures, listening to space music and stories and acting out space adventures.

All children in the four year old group made body paintings of themselves, very carefully drawn, cut out and painted with the same clothing they were wearing on the day they did the body painting. We have lots of fantastic artwork displayed around the kinder!

We've also enjoyed painting with regular brushes and shaving brushes, dress-ups, tea parties, Lego, blocks, puzzles, drawing & pasting, music, sand play, games, singing, dancing and stories.

We had dress up days for both groups, with some creative costumes being shown off – you may have seen the pictures in the Echo.

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Lynette's

Computers

The children made wonderful gifts and cards for Father's Day, followed up by a Dad's night for us to show our Dad or other special friend around our kinder and see the things we like to do. Our term finished with a special breakfast day which was enjoyed by all.

This term our fundraiser will be a Walkathon/Wheelathon to be held at a local venue, followed by a picnic lunch – a great chance for families to enjoy the day together.

We held an Open Day on September 3rd for the community to come and see our facilities. We are very proud of our kinder at Clifton Springs Pre-School and love to show others around.

Thank you to our fantastic teacher, Lisa Seekamp for giving up her time on the Open Day to set up and speak to parents and their children about enrolments.



Your family are always welcome to view the kinder, please ring (03) 5251 3158 to arrange a time.







Une

Send in your

puzzles, drawings.

jokes, photo

or a recipe

17

Dear Springers!!! We have a great 'Codeword Puzzle' to try out your word power. Congratulations! to all the winners for the Angus & Robertson Book Coupons. We will have more competitions later on. Keep entering and you to could be a winner. Happy Hopping! Spränery

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

> Do vou have a favourite recipe that you would like to share? Send it to 'Recipe' SpringDale

Neighbourhood Centre PO Box 80 Drysdale 3222

Cooking Corner acaroni Cheese

- · 1/2 cup freshly grated Parmesan Cheese
- 1. Ask Mum to help here to prepare the oven 180°C
- Melt the butter in the saucepan, add the flour and stir for 1 minute until bubbling and slightly golden brown. Combine the milk and cream, add to the saucepan in small quantities until all mixed. Bring to the boil and simmer uncovered for 2 minutes.

Utensils

Grater

Spoon

Casserole Dish

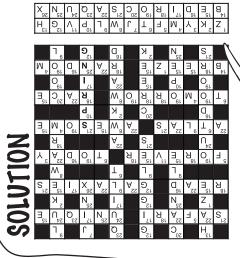
- Remove from the heat and add half the cheddar and Parmesan cheeses. Stir till melted and smooth. 4 Meanwhile cook the Macaroni in a large saucepan in boiling water until just tender. 5.
- Drain well and return to the saucepan.
- 6. Add the cheese sauce and stir till melted and smooth.
- Spoon into the Casserole Dish. Sprinkle with breadcrumbs and remaining Cheese. 7.
- Cook for 15-20 minutes until golden brown. Serve with a salad or just on its own. 8.

Please send your name and contact details. Medium Saucepan Large Saucepan

SPRING INTO ACTION WITH SPRINGY'S SPRING CODEWOR

Codewords are a great way to help build your vocabulary by playing 'Detective'. All letters of the alphabet have been used. A might be 26 and z might be 1. It's up to you to crack the secret code. Don't forget to keep your trusty dictionary handy incase you are not sure what a word means. The letters of the word SPRING have been given to start you off.

Have fun working out the other letters...



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Making it fun to learn to spell!! Source: Crosswords for Fun ©Crosswords for Fun 2007. All rights reserved.														
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www.crosswordsforfun.com.au														



Drysdale Primary School

Grade Two's Trip to The Werribee Park Mansion

On Tuesday 28th August the Grade Two's headed down the highway on a bus to Werribee Park Mansion. The Werribee Park Mansion excursion is part of the Grade Two's studies of 'The Past'. The Werribee Mansion was built between 1874-1877 by two brothers Thomas and Andrew Churnside who were sheep farmers from Scotland.

Extreme wealth is still obvious today in the mansions features such as its elegantly decorated entrance covered in gold, its extravagant original furniture, excessive amount of mirrors and the quality of the workmanship. Whilst at the mansion the students were able to visit some of the rooms looking at clothes, shoes, furniture and other items from that time. The students were also explained the difference in roles, responsibilities and rights between men and women that is vastly different from today.

This message is clearly explained through a video the students watched outlining the females under desirable jobs such as wash day and the types of conditions that the maids were forced to work in. Whilst at the mansion they also had a farm walk. Here they learnt how to make rope, look at old stables, using an old horse and cart and visiting a black smith. The children were also able to dress in traditional clothing.

At snack time and lunch time the children are able to participate in Colonial Games such as hopscotch, quoits, skittles and hoops. The Grade Two's had a fantastic day at the Werribee Park Mansion.



The Werribee Park Mansion

"We got to experience what it was like to do the washing in those days, I thought that was cool! " **Tom McKenzie 2D**

" Did you know that if your boots got wet in the olden days you had to put them in the oven ". **Patrick 2S**

" Did you know that ladies in the olden days that were rich wore dresses with bustles. I'm glad I'm not living in the olden days because the ladies waists would hurt ". **Skye 2S**

" If I was an important person in the olden days I would enter the mansion at the front. There was more than 20 rooms at the mansion ". Lach 2I

" Go and see all the brilliant furniture in the drawing room it was splendid. Go and see the light switches and lanterns ". Jake 2C

" The Ha Ha wall used to keep the animals out of the mansion. It was made out of blue stone. You can get your photo taken in front of it ". **Michael 2C**

" If I was a laundry maid in the olden days I would be working all week except Sunday afternoon! One of the laundry maids invented a dolly, it's like a pole in the washing machine except you have to turn it around ". **Evie 2**





from the garden gate

A Visit to Lawn Hill National Park at Adel's Grove

From our recent travels in far north Queensland we stayed near Lawn Hill National Park at Adel's Grove. The place gets its name from an old botanist from Argentina, Albert deLestang - hence the Adel's Grove. In the 1920s, Albert built a dwelling on the land, with the help of aborigines, using native materials. He started cataloguing and growing plants, forming a Botanical Garden and Orchard.

He listed over 1000 plant species, collected seeds and also helped the aborigines collect seeds of a rare white water-lily. These were sent to Kew Gardens in England and the plant was named after him. Sadly, this was later altered to another name.

Late in his life, Albert was beset by a series of misfortunes. His home was burnt down and all his notes, specimens and lists were destroyed. Floods came & spoiled his garden and rats ring-barked trees in the orchard, which had been his only means of gaining an income.

Albert deLestang died in Cloncurry in 1959 a disappointed and broken man. We looked for signs of his Botanical Garden and found some over grown lemon and mango trees.







Fresh Herbs are so easy to grow and great to have them on hand to use as you need them.

Green beans are a very versatile vegetable for both cooking and mixing into salads raw.



Vegetables fresh from the garden



Natural pest control methods in your garden.

Chilli Spray

Puree ½ cup Chillis with 1 litre water, strain, add a little detergent and spray.

Molasses Spray

For caterpillars, cabbage moths and chewing insects. One tablespoon molasses dissolved in 1 litre of warm water. Add one teaspoon detergent. Spray regularly.

Garlic Spray

For use on most insect pests, moulds and other fungal diseases. 1 tablespoon vegetable oil, 3 large crushed garlic or 3 teaspoons minced garlic. Leave overnight, strain, add 1 litre water and 1 teaspoon detergent.

PLANTING

If you have regained your confidence about water, you can plant shrubs and trees and summer flowering bulbs.

FLOWER GARDEN

aster, chrysanthemum, cosmos, dahlia, impatiens, marigold, nasturtium, nemesia, phlox, salvia, snapdragon, sunflower and zinnia.

VEGETABLES

beans, carrots, chilli, cucumber, capsicum, silver beet, squash, sweet corn, tomato, zucchini.



WHAT'S ON

Clifton Springs/Drysdale Garden Club meetings. **Monday October 15th, Monday November 19th.** All welcome. Meetings commence at **7.30 pm** in the Uniting Church Hall, Drysdale. Speakers every month.

ANNUAL FLOWER AND GARDEN SHOW.

This lovely Show will be held in the UC Hall, Drysdale on Saturday November 10th from 11 am. till 3.30 pm. Free afternoon tea with admission. Schedules for intending exhibitors available from Suzie – phone (03) 5251 3481 Wendy Hebbard (President)

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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!

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Clifton Springs Writer Shorlisted for Best First Novel



Clifton Springs novelist Laurent Boulanger was short-listed for the Crime Writers' Association of Australia 2007 Ned Kelly Awards from a list of eleven nominations.

'I was hoping for a nomination,' says Laurent when his novel *Better Dead Than Never* was submitted for consideration. 'I ended up being on the short list of only four novels for the Best First Novel prize'.

Better Dead Than Never is also Laurent's Ph.D. research project at Swinburne University, where he also works as an academic tutor in the postgraduate writing programs. The novel is set in several suburbs of Melbourne, including St Kilda and Broadmeadows, and in Clifton Springs. 'I wanted to use locations I have lived in for authenticity. So there are about five or six chapters in the novel that are set in Clifton Springs'.



PETROL STATION & CONVENIENCE STORE 97 High Street Drysdale Phone 5251 2603 Petrol, Autogas, Bait & Fishing Supplies CAR WASH

Open 6.00am -10.00 pm

Caroline O'Donnel, one of the Best First Crime Fiction CWAA 2007 judges, says, 'There are a lot of things to like in this novel; it speeds along at a cracking pace, the chapters are short and sharp and facilitate the action sequence effectively without ever getting too bogged down in descriptions. The denouement ...is still satisfying as the sustained tempo means that there is no time to lose interest'.

Last month, the Geelong Advertiser declared Laurent as 'one of Australia's top four criminal writers'. The winner was announced on 29th August, and although Laurent did not pick up the top prize, it is still a considerable achievement since he was born in France and came to Australia without any English.

Better Dead Than Never is available for purchase at the Angus & Robertson and Collins Booksellers online stores, and through Amazon stores throughout the world.

To celebrate the CWAA shortlist achievement, a limited numbers of *Better Dead Than Never* novels will be released on hardcover numbered 1-100 and signed by the author. Only one hundred of this special first edition will be released worldwide at a price of \$50. Drysdale and Clifton Springs residents can reserve a copy now through the SpringDale Neighbourhood Centre and will have priority on copies available.



A New House in Portarlington

An enthusiastic group of volunteers known as the Neighbourhood House Project Team has been meeting over the last 3 months with the aim of establishing a Neighbourhood House in Portarlington. The NH Project Team had its origins in the Community Opportunity Workshop, held at Parks Hall in May. The Neighbourhood House was one of five activities prioritized by the group in implementing the Bellarine Strategic Plan in Portarlington.

Initially SpringDale Neighbourhood Centre will act as an auspicing body for community activities until we can operate independently.

So far the Project Team has started the process of incorporation which is necessary to attract independent funding from the Department of Victorian Communities. We are now looking for community input and will be recording your views by way of a survey.

We are seeking your ideas about

- the value of a Neighbourhood House (NH) in Portarlington
- the activities and programs the NH could offer
- the groups and individuals who would be most likely to use a NH
- whether you have any skills or knowledge that would be an asset to the NH.

If you are interested in knowing more or have ideas to share, the Project Team would love to hear from you. Please contact the Project Team through Rob Fleming, Portarlington Community Building Facilitator at rfleming@geelongcity.vic.gov.au or telephone (03) 5259 3861.





Rotary

There are many people in our community who would like to contribute more to the wellbeing of society. But often things seem to conspire to forbid the issues and the well-intentioned contributor ever getting together. To this end, Rotary provides a great design... it is a template, a facility and an infrastructure that can provide support, opportunities and solutions to a myriad of societies' problems. With the network and structure of Rotary, the opportunity is provided to do something worthwhile.

Time has become one of our most precious commodities as being a declared Enemy. The effective management of time is elusive and yet has become so important as we try to jiggle the demands of family, business and the countless other activities that seem to come our way. For Rotarians, Rotary is one of those.

What then motivates these people to take on the extra workload and commitment? Is it some sort of work-related masochism, or is there a deeper, more meaningful reason for embracing these additional responsibilities?

I subscribe to the 'deeper, more meaningful reason'. I believe that people who join a Rotary club – who plug into the expansive Rotary infrastructure – consider that they have put themselves into an environment where they can make a positive difference to their wider community.

Rotary certainly does provide our motivated members with opportunity to



focus their ambitions, to help others by providing programs, projects and activities and to channel those ambitions into action....sometimes with stunning outcomes. The old proverb 'you receive in satisfaction, twice the effort you put in' is particularly true in the case of Rotary.

If you speak to any Rotarian who are committed to their projects you can't help be mightily impressed by their enthusiasm and their zeal. These people have seized the possibilities that Rotary provides and have, very likely, started to see the fruits of their inspirations and their activity.

It's local. It's the wider community and its international...it's health, it's education, and it's infrastructure. It can be as large as the Polio Plus program or as concentrated as donating a few school footballs.

It's people....it's Rotary... and it can be very exciting!

The Rotary Club of Drysdale meet on Monday evenings for dinner at Curlewis Golf Club, 6:00 for 6:30 pm. For further information, please contact the Secretary (03) 5251 5381

How much can you borrow?

What lenders look for when assessing your loan application – and how to boost your borrowing capacity.

When buying a property, the amount you can borrow is based on two key factors:

- > your deposit
- > your income.

The lender will also take into account whether you own or have owned a property before, your credit history, number and age of any children, the type of property (urban or rural, house or apartment) and size of the property.

Setting your borrowing limits

In general the higher your income and lower your debts, the more you can borrow. Your lender will take into account the purchase price (including costs), your deposit and repayments at current interest rates.

For a standard residential property, the maximum loan-to-value ratio is generally 95 per cent – lower for apartments and rural properties.

Can you afford the repayments?

The lender will also consider whether you can meet the monthly repayments. The more uncommitted income you have each month (gross income minus outgoings) the more you'll be able to borrow.

How to boost your borrowing capacity:

- > save a bigger deposit
 - > draw up a budget and stick to it
 - > pay off credit cards and other consumer debt
 > consolidate debts
 - > resolve any outstanding credit issues.



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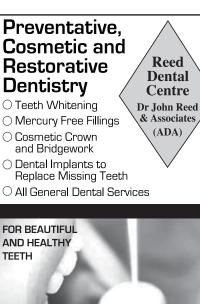
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Drysdale Health Group





New Patients Welcome

> 27-29 High Street Drysdale (03) 5251 1108

20 > The SpringDale Messenger



"Age should not be a barrier to joining a gym" says Maureen Allen 76 years of age.

Choosing a sedentary way of life over an active one is just an excuse for going into decline as you get older. Muscles wasting away from under-use, diseases and defiencies are potentially modifiable, if not completely correctable.

So, if you are going to accept just sitting in that chair, getting weaker and weaker, that's your life, but stop whingeing and hurry up and get on with dying or use your muscles, push yourself up and reap

MAGGIE GOVE N.D.

Bowen Therapist & Naturopath Member of A.N.T.A.

Drysdale Clinic [03] **5251 1188**

Opening Hours Wednesday - Saturday [Rear of Elegant Profile]

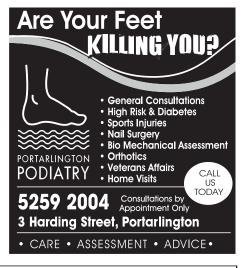


Feel fitter and more confident about yourself when undertake some physical exercise. Helps make you stronger and able to cope better.

the benefits of bench presses, leg squats and dead lifting, says Maureen, who attends the gym three times a week.

Overcome the fear of entering a gym, for your own health and well being. Your strength, balance and flexibility will improve, as will your ability to cope with pain. Learn to love the image that looks back at you in the mirror.

REMEMBER It is only too late when the lid is on the coffin!! SO USE IT OR LOOSE IT!! - U2 FITNESS





ARE YOU OVER THE AGE OF 50? DO YOU NEED TO LOSE WEIGHT?

WOULD YOU LIKE TO ENHANCE YOUR LIFESTYLE?

ARE YOU MAKING USE OF THE GYM 2-3 TIMES PER WEEK?

Research shows that weight resistance training is helpful in maintaining and improving the health of the elderly in our society. Many people with Arthritis, Diabetes, Osteoporosis and Heart conditions, benefit by working out at the gym regularly.

COME ALONG TO OUR INFORMATION SESSION

Wednesday 10th October at 2pm

AT U2 FITNESS CENTRE 33 MURRADOC ROAD, DRYSDALE

Learn how you will benefit from a fitness program. We look forward to meeting you. Please book your place on : (03) 5253 1795

Bellarine & District Netball Association

Another year has past for the Bellarine & District Netball Association as season 2007 has now drawn to a close. Congratulations to all our players who participated in finals. We finished off the season with some great results, all of which can be viewed on our new website www.netball.drysdalefc.com.au.

Season 2007 has been yet another successful year for DFNC. There are some positive signs of growth and potential shining through from some of our up and coming juniors. The junior presentation night was held on Thursday 20th September. This was a great night for our juniors to finish off the netball year.

The Senior Presentation Night is going to be held on Friday 19th October at Buckleys with the Drysdale Hawks Football Club. This should be a fantastic night as we celebrate and commiserate with our footballing counterparts.

The Drysdale Hawks Football Club had a great season in 2007 and hopes were high for premierships in both the Reserves and Seniors. But alas, our

Drysdale Tennis Club News -

A new coach has been appointed to the club - Keith Bone and for more details please contact the club. hopes were cruelly dashed for both teams in their respective Preliminary finals. Bad luck to the fellas, but the foundations for a solid 2008 season have been laid. Your support from the sidelines during our finals series was much appreciated.

We have many and varied 'thankyous' to mention. First and foremost to all our Major and Minor 2007 sponsors for their valued support, and to those who have sponsored trophies for both our senior and junior awards. We would also like to extend a big thank you to the Drysdale Cricket Club for the use of their clubrooms at various times throughout the year. It has been a fantastic resource for our club.

It's has been a huge benefit to our club to have had the use of an indoor training facility on those wet and cold nights. Our girls are most grateful to St Ignatius school for making this available.

And lastly, but the most important thankyou needs to be extended to all our volunteers, committee members, team managers, scorers and coaches who make it possible to run a successful netball club. You all know who you are. You should all give yourselves and big pat on the back and be proud of your efforts. It's because of people like you that our club is so great!

See you all back at Drysy in 2008!

'Cheeky Monkeys' thank their Coach Sandra Ash for her support

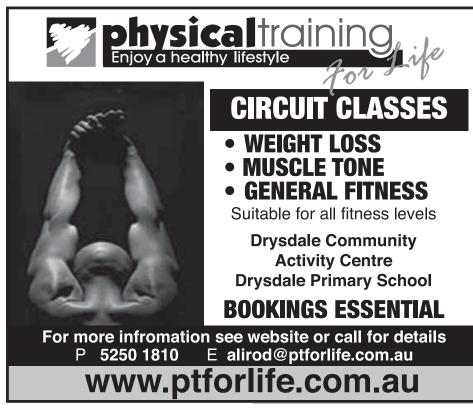


The Coach of the Netball Team **'Cheeky Monkeys' - Sandra Ash** was presented with a beautiful statue and thanked by her team at an end of season dinner at a local restaurant. Looking on are players Stephanie O'Dowd, Alana Salt.

Peninsula Little Athletics Club COME AND JOIN LITTLE ATHLETICS! Want your kids to be more active?



Enquiries: Ray Hobbs - 0428 513 920 Kathy Ball - 0414 862 658







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TABARET

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fantastic views at

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