

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

SpringDale Neighbourhood Centre Inc.

You are WELCOME to 'Our part of the Bellarine'

On Friday, 27 June, The SpringDale Neighbourhood Centre invited local business people and volunteers to the official Launch of the 'Welcome Kit' prepared for new residents to our part of the Bellarine.

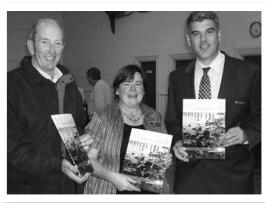
The photographs of the Bellarine Peninsula were taken by local photographer Tim Pescott and the beautiful glossy folders were printed by Presshere at Ocean Grove.

It is well sponsored by local business and will be a benefit for the new residents to utilise these businesses for perhaps building, renovations, car repairs, sports and so much more.

Anne Brackley, Coordinator of the Centre welcomed all who attended and explained the viability of such a project to introduce businesses to new people making homes in this area.

The evening was well attended and supper provided a very social atmosphere.

The 'Welcome Kits' are available at the SpringDale Neighbourhood Centre.



Top: Tom, Anne and Craig



Top: Geoff and Wendy

Below: Darren Caroline, Alex and Jonathan



No. 18

Top: Sheridan, Rayna and Barbara



Top: Anne and Kim Below: Jane, Doug, Mark and Pauline





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Bike Education Drysdale Primary School **PAGE 21**

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on The Peninsula and on our website worldwide.

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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.

Editing of Contributors Material

Contributors should note that the right to modify submitted articles is retained by The SpringDale Messenger.

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.

August 2008

- 2 Weekend Plant Sale **Geelong Botanic Gardens**
- 3 Bokashi Workshop 2-4pm
- 8 **Beijing Olympics start**
- SpringDale Business Breakfast 7am 12
- 12 CWA Drysdale meeting 1pm **CS Golf Club Community rooms**
- 16 Filipino Night SpringDale 7pm
- 24 **Beijing Olympics finish**
- 26 CWA Drysdale Craft Day 11am CS Golf Club community rooms
- 27 SpringDale AGM 2pm – all welcome
- 31 Portarlington Market 9am-2pm

September 2008

- **Adult Learners Week** 1-8
- 7 Fathers' Day
- 9 CWA Drysdale meeting 1pm CS **Golf Club Community rooms**
- Term 3 ends 19
- 23 CWA Drysdale Craft Day 11am CS **Golf Club Community rooms**
- 27 **AFL Grand Final**
- 28 Portarlington Market 9am-2pm

Facilities @ the SpringDale Centre

- · Personal use of Computers Internet Access · Photocopying · Faxing Laminating
 Room Hire
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 - SpringDale Messenger in large format
- Reasonable Rates
- **Concession Rates for Members**







The SpringDale Neighbourhood Centre

Anne Brackley

Hi Friends

Life at SpringDale is always interesting and surprising. I have recently been able to talk to many people as they visited SpringDale for the first time. Each interaction led to a new idea for the community and for our centre. That's what makes SpringDale so exciting each new person brings a whole new perspective on opportunities. This is where our community development and network skills help to get so much started and hopefully achieved.

I have to tell you. The other day while I was at the front counter, a lady was wandering around the foyer. Usually I would ask if she needed assistance, quite quickly, but this time I hesitated. As she made her way to the counter, another lady came in. I spoke to both and then as it happened a need the first lady was asking about, the second lady offered to fill. We all laughed and agreed that's the way life should be if we take time and listen.

I hope our website, which we are constantly updating could help to bring opportunities for many groups that link into SpringDale. We hope to be able to link to what's happening at the Potato Shed and in September we are working towards a combined open day and escorted tours from SpringDale to the Potato Shed – for those who have never ventured there before. I have recently attended a couple of shows and loved them. Now we are working with Rob and Lisa to open the doors for more people. As we approach the SpringDale Neighbourhood Centre Annual General Meeting on Wednesday, 27 August, we take the time to look at our achievements over the last twelve months. We have welcomed many new volunteers. We have started the Badminton Group, which regularly has 12 people playing each week. We have introduced many new courses.

The Website is now being regularly updated and the new Welcome Kit has been launched. The Business and Services Directory is about to be printed. Many physical changes have happened at the centre including the upgrade of the hall kitchen and the area for the ad hoc computers. Approximately 90% of a very ambitious Annual plan was achieved. Hope you can make it to the Annual meeting to hear more.

Once again I would like to thank each and every person that makes SpringDale such a great place to visit. All the volunteers, all the group leaders, the Committee of Management, the tutors and all our members and participants, you all help to make SpringDale the vibrant and exciting place that it is.

Hoping to see you again soon or maybe for the first time.

Warm regards

Anne Brackley on behalf of the SpringDale team.

SPRINGDALE BUSINESS BREAKFAST

If you would like a scrumptious breakfast with all the trimmings, SpringDale Neighbourhood Centre invites you and your business to come along to a BUSINESS BREAKFAST to meet other business owners in the area on **Tuesday**, **12 August**, **2008** at **7am** in the **SpringDale Community Hall**. **The cost is \$8**. If you are interested in attendingw this event, please ring SpringDale on (03) 5253 1960 to make your reservation.







What's Happening? @ The SpringDale Centre

TAX HELP

Tax Help is a network of community volunteers who provide a free and confidential service to help people complete their tax returns at tax time. These volunteers are people from the community who give up their time each year. They are not Tax Office staff, but they receive training and support from the Tax Office.

The service is free and available to people on low incomes, retirees, pensioners and students. There are set upper income thresholds to qualify for tax help.

Please ring SpringDale (03) 5253 1960 for more details or to make an appointment.

POLE WALKING Information session

Date: Monday 27 October Time: 10am conducted at SpringDale.

FILIPINO NIGHT

On Saturday 16 August 2008 there will be a Filipino evening at SpringDale Neighbourhood Centre with Filipino Culture Dancing, Filipino Food Cooking Demonstration and Food Tasting. You are all invited and welcome to come. This is a good time for you to come out and know what's happening at SpringDale. Cost \$10 adults and \$5 children. For tickets or further information please phone SpringDale on (03) 5253 1960.



ROTARY CHANGEOVER DINNER

I was pleased to attend the Rotary Club of Drysdale Handover Dinner on Monday, 30 June to congratulate outgoing President Roger Lavingdale and welcome incoming President Ken Steel. The Rotary Club of



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

GLG 68 - Doug Palmer SpringDale, Drysdale (03) 5251 2522 4th Monday • 2pm

Bellarine Police Community Support Register



"We love the Register It makes us feel secure"

Telephone our office on Join For 5255 3968 weekdays FREE

between 9.30 and 12 noon

Brochures and Registration Forms are available at Pharmacies on the Bellarine Peninsula.

From Lisa Neville's desk

Drysdale has raised over \$20,000 this year and been able to fund some very valuable projects including donating \$8000 to the Andrew Love Centre for Cancer research, \$1000 to the Uniting Care Geelong to provide interest free loans to the needy and hundreds of Medical Information booklets which can be obtained from GPss. Rotary Clubs make a significant contribution to our community and I would like to congratulate all those involved with this organisation.

DRYSDALE CLIFTON SPRINGS COMMUNITY ASSOCIATION

I was also able to attend the Drysdale Clifton Springs Community Association annual general meeting on Wednesday, 2 July. It was great to get together with all of the committee and members and to be able to see the fantastic work they have been doing through out the year.

It is always great to be able to meet local residents groups and to hear the issues that are affecting the local community.

SENIOR SPEAK UP

On Friday, 27 June I heard the concerns and ideas of Victorian seniors first hand at a community forum for older people living in Geelong. The Seniors Speak Up forum was among the last of 32 statewide consultations for seniors to share ideas on issues with members of the Ministerial Advisory Council for Senior Victorians. The forums were an opportunity for seniors to bring issues that matter most to them to the attention of the Brumby Government.

The Ministerial Advisory Council is a representative group of seniors from across Victoria, set up to provide regular advice to the Minister on issues affecting people aged 60 years and over. The results of the consultations will be used to prepare the Ageing in Victoria policy framework and will contribute to the national reform agenda, ensuring closer collaboration between local and state governments.

The Queenscliff and Geelong forum had a great response from seniors in the area and builds on the good work of the forums we have held all around Victoria.

MUSSEL INDUSTRY GROWTH

Locals and visitors to the Bellarine who have tasted the delightful Portarlington mussels will be delighted to learn that the State Government is helping the mussel industry secure its future by jointly funding a \$1.7 million collaborative shellfish research project. This will run over 5 years and includes the establishment of a hatchery at the Department of Primary Industry's Queenscliff facility.



The new Victorian Aquaculture Strategy includes a research and development agreement between the Brumby Government and the aquaculture industry to reliably produce more mussels in the future. Mussel breeders have formed a consortium - the Victorian Shellfish Hatchery which will then collaborate with researchers from the Department of Primary Industries to improve the mussel spat production.

The project will also apply the latest technology to examine mussel genetics in order to maximize the survival, growth and quality of mussels produced now and in the future.

VEHICLE MODIFICATIONS FOR PEOPLE WITH A DISABILITY

In my role as Minister for Community Services, I was delighted to announce that the State Government has allocated \$2.5 million in a scheme to assist with vehicle modifications for people with a disability. The subsidies can provide assistance with items such as specialized lifters, carriers and trailers for wheelchairs, ramps fixed to vehicles and modified driving controls to enable a person with a disability more freedom and independence. We are very aware that families of people with disabilities face extra costs and this subsidy will go some way towards alleviating the financial pressure.

For information about applying for the scheme, please call 1800 995 009 or email vmss@bhs.org.au

As always, please do not hesitate to contact my office on (03) 5248 3462 if there are any issues with which we can be of assistance.

Until next time, Hon Lisa Neville MP Member for Bellarine

Letter to the editor

Dear Editor,

As a newly retired person I love looking at what courses are available. I'm still in the "Thank goodness I don't have to go to work phase" and settling into tidying things that were forgotten whilst busy and preparing for this next phase of my life. I really do enjoy the publication and read it from cover to cover. I like that idea of the introduction pack for new residents of the area. Well done to you and your team. Regards

Marilyn

More Convenient Banking

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. MACSAATCH ANZ463/5/S ANZ016992

BUSINESS in Profile BELLARINE VETERINARY PRACTICE



Bellarine Veterinary Practice provides an outstanding veterinary service to Geelong and the Bellarine through its four locations – (Newcomb, Drysdale, Ocean Grove and Point Lonsdale). The highly qualified team of veterinarians, nurses and support staff ensure that your pet receives the very best in veterinary medical and surgical care. The Bellarine Veterinary Practice has modern facilities, operating suites and diagnostic equipment enabling the vets to offer best standards of practice.

special Tie

Many people have a favourite tie and amongst them is Robert Wilson-Browne, who was noticed recently dining at the Portarlington Golf Club

His tie represented Australia's win in the 1999 Rugby Union World Cup held in Wales. Australia became the first nation to win the World Cup twice, with a 35 - 12 victory over France. Bellarine Veterinary Practice delivers comprehensive and caring whole of life programs to ensure your pet maintains a long, healthy and enriched life. Services include: health care and disease prevention, grooming, puppy and dog training, Doggy Day Stay, dentistry, lifestyle and nutritional management, palliative care and euthanasia support.

For more information about Bellarine Veterinary Practice please visit www.bellvet.com.au

Clinic Hours & Contact Details Newcomb

65 Coppards Rd, (03) 5248 2009 (Newcomb Animal Hospital is Geelong's only ASAVA (Australian Small Animal Veterinary Association) accredited Hospital of Excellence).

OPEN Mon - Fri Sat Sun

8am - 6.30pm 8.30am - 4pm 11am - 12noon

Ocean Grove 42 Grubb Rd, (03) 5256 2400

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Point Lonsdale

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	Wed	9am - 6pm	
	Fri	9am - 5pm	
	Sat	8.30am - 10am	



(03) 5253 1393 Consulting by Appointment



Monday, 11 August - Fiona Patton, Talking about Crime Victim Services

Monday, 8 September

- Pat Whitford, Blessing of the Bonnets Initiative 7 pm at Clifton Springs Bowls Club as usual. See you there and please bring a plate, enjoy a cuppa.



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giggles

Bellarine Mums & Bubs

Collins Street, Drysdale.

(except school holidays)

Every Wednesday at 10am

Phone: Kellie 0425 793 510

Well Being Group. (Playgroup)

St. James Anglican Church Hall

Digital doctor making a House call

The Digital Doctor is here to help.

Classes start Tuesday 5 August, 6 to 8 pm for 4 weeks. For further information contact SpringDale on (03) 5253 1960.

Mike is an avid collector of rare swords. Claire is a young mum, enormously proud of her toddler. Marguerite grows prize orchids, and Colin loves walking picturesque lanes on the peninsula at sunset. It might surprise you to learn that these people, with their diverse interests, want exactly the same thing. They'd all love to take better photographs – of their families, hobbies, or favourite places. Next month the SpringDale Neighborhood Centre offers that opportunity. The digital photography doctor is making a House call.

In August master photographer George Stawicki will run a series of classes on getting better results from your digital camera. These classes give people the chance to learn from a qualified teacher and successful professional photographer. George has run his own busy studio for two decades in Geelong, trading as Stawicki Creative.

Even among photographers, George is unusually versatile, possessing a rare combination of technical expertise and creative flair. His studio handles assignments from technically demanding jewellery and product photography, to modelling, architecture, family portraits and weddings.

With the digital photography revolution, George has also become an expert problem-solver. He said: 'Everybody buys a digital camera expecting that their pictures will suddenly be wonderful. But a digital camera is just a new tool, and to use it successfully, you have to learn all its new features.'

George said: 'The only thing that's changed with digital photography is that people don't have to pay to develop their disappointing photographs. Now their cameras and computers are full of photographs they are still unhappy with.'

St Leonards Community Space UPDATE

St Leonards Community Space is up and running, thanks to the many volunteers who have given of their time to run activities and man the Shopfront. If you would like to drop in for a cuppa and have a chat, perhaps offer to help out in some way or become involved in the many groups and courses already on offer, we would love to see you.

At present we have a **Friendship Group** meeting every Tuesday afternoon at 1.30pm Why not come down and join in their activities. We are looking for more people to join this group – both men and women. We also have a great beading class on Tuesday at 1pm – the beading is really something different – well worth a look at and try.

On Wednesday afternoon at 1pm we have craft and patchwork – bring along unfinished





George's 'Digital photography doctor' classes will give people a good understanding of their own camera and its features, and how to take consistently good photographs.

Mike wants photographs showing detail to sell his swords on e-Bay. Claire wants to capture young Christopher's expressions and make a calendar to surprise his grandparents. Marguerite wants close-ups of her orchids. Colin wants a wall print of the You Yangs at sunset.

articles to finish off or perhaps learn a new craft from one of the many ladies who attend. Some very interesting and qualified crafties in this group and it is always a lot of fun. At 7pm on Wednesday we have a beginners art class – bring out the Picasso in you and try your hand with this one.

Beginners Mah Jong has two sessions on Thursday, one at 10.30am and the other at 1pm. This is a great game played with tiles and is similar to cards where you get pairs, runs etc. New players wanted, come and check it out to see the great fun to be had with this one and keep the brain working.

Gluten Free Cooking is about to start – room for a few more in this class if you would like to try some new healthy and yummy recipes. There will also be a mobile phone use course for the elderly/and not so elderly on Wednesday, 9 July. Demand for this should be heavy, so please get in early.

All the **Computer** classes will be up and running early in July. There are still some vacancies for Beginners Computers, Email Internet, Intermediate Computer, Photostory 3 and Picasso and Ebay sellers. There is also a course on Researching Family History to start in July.

Other groups that have been requested are:-Scrabble, PC Users Group, Typing Tutorials, Walking Group, and Art Appreciation Group. We also have evening groups requested for scrapbooking and cross-stitch. Please come in and put your name down for any of these groups if you are interested. We are looking for others to share their knowledge of C.P.R. and Digital Photography. If you can help us with any of these or have any other knowledge or interests you would love to share with others we are always looking for more groups to use the rooms.

We are open Tuesday, Wednesday and Thursday – 10am until 3pm at present, but these hours will be extended as we have more groups using the centre and more volunteers helping. Either drop in at the space or contact Terrielyn on (03) 5257 2233 or Neville on (03) 5257 3246. WE LOOK FORWARD TO SEEING YOU.



Working with and for the community

- Counselling Centre
- Foodbank Plus
- Second Chance Clothing
- Life Skills Seminars
- Smile (Support for Single Mums) 276 – 290 Jetty Rd Drysdale Ph. (03) 5253 2099

Feasibility due to start in Drysdale

Drysdale, Wednesday 2 July 2008: The campaign to open a Community Bank® in Drysdale will take its next step in coming weeks.

During July and August, the community steering committee will conduct a feasibility study to determine the level of interest in banking with a Community Bank® branch.

Steering committee spokesman Chris Reymers said more than 100 people have made indicative pledges of support exceeding \$200,000.

"Our level of pledge support has been our trigger to move to the next stage," Chris said.

"Our committee has appointed an independent consultant who will undertake the study on behalf of the community. The study will determine the level of banking interest local residents, businesses and traders would be willing to bring across to a locally owned bank branch," he said.

Thousands of survey forms will be mailed out and face-to-face interviews with locals will also be conducted.

Information collected from participants will not be available to either Bendigo Bank or steering committee members. The consultant will collate all of the data and report back to the Bank and steering committee with aggregate figures.

"This is an important stage in our campaign," Chris said.

"With the level of pledges we have received we are confident that we have the community spirit required to make a successful Community Bank® branch."

"However, the feasibility study will determine whether the people of Drysdale will be willing to transfer their banking business to the branch once it is open."

"We can have all of the community spirit in the world, but a Community Bank® must also be commercially viable if it is to be a success."

"Anyone interested in playing a role in the success of our Community Bank® campaign is urged to take the time to complete the survey when it arrives," Chris said.

In the meantime, committee members will continue to collect indicative pledges of support.



Today I did something for the good of my community. I did all my banking.

Whether revitalising our shopping strip, directing profits to community projects or supporting schools, charities and sporting clubs, Drysdale branch is proving that many hands make light work. And just by doing something as simple as your banking, you'll be helping to build an even better Drysdale & districts.

Whether you're banking for yourself, your family or your business, we know you'll appreciate our extended opening hours, genuine service and complete range of financial products and services.

So why not call in and see us at 11 Clifton Springs Road, Drysdale or phone 5253 3192. We're open

Monday to Friday 9am - 5pm, and Saturday from 9am to 12 noon.



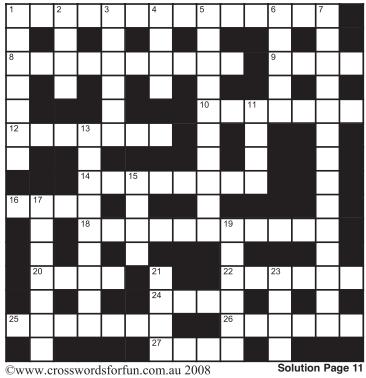
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Crossword



Mindsets make a difference

What we believe to be true and what is actually true can often be very different. We can establish mindsets or ideas on the basis of what we have heard from others, read, or by what we remember from a long ago previous encounter.

When we hear someone else's account of a trip to the dentist, or their experience of the service at a cafe, we can develop an opinion without really having been there. We can develop a fear, a reservation, an eagerness, or a high expectation. We can develop a belief that becomes our truth and will remain our truth until we have our own experience. After our own experience we can either confirm or deny what we were believing.

Again it can be the same for old experiences. What we experienced before determines what we believe now, even if there have been changes and advancements. Our memories of school create pictures of what we believe school is like now, yet there have been many changes and advancements in technology and processes.

Faith and church are areas where we may base our truth on what others have said



Across

- Scenic route through the Otways. (5,5,4)
 Belligerent. (10)
 Jane Austen novel. (4)
 Tidies. (7)
 Eight-sided shape. (7)
 Eight-sided shape. (7)
 Reflected. (8)
 Fathers. (4)
 Person's natural disposition. (11)
 Greek love god. (4)
 Provide an incentive, dangle a ___. (6)
- 24 Cummerbund. (4)
- 25 Thai capital. (7)
- 26 Dim. (6)
- 27 Tart. (4)

Down

1 Scottish city. (7) 2 Rim. (4) 3 Starting a round of golf, off. (6) 4 Point. (4) 5 Daredevil. (10) Not hidden. (5) 6 7 Exhibitions. (14) 11 Hot and dry. (4) 13 US jazz musician, Louis __. (9) 15 Tomato variety. (4) 17 English football team. (7) 19 Nautical weight. (6) 21 Inquires. (4) 23 Network of blood vessels. (4)

or what we remember from many years ago. It is quite possible that our perceived truth and actual truth are a lot different to each other. Church is boring, church is irrelevant, they sing old hymns, they judge you when you walk in the door, faith is make believe and for people who like to dream. Are you sure? When was the last time you went?

It's more than possible that church is not boring, that the music is very contemporary, even exciting, that what is

said really does connect to life today, that people are very accepting and friendly. It is very possible that faith has a real place in a real world. You could find out if you tried it for yourself today.

There is a story in the Bible, in John Chapter 4, that finishes with a group of people saying something like, "We no longer believe because of what you said, we have now seen and heard for ourselves."

Will you make up your own mind or rely on a developed mindset?

Jake Hogendoorn

Pastor, Drysdale Community Church

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Ken the Koala Keeper

Ken Wood retired to the Bellarine Peninsula in 1991, after living and working in Melbourne, and for the past 6 years has been residing in Clifton Springs. A survivor of heart surgery and cancer, Ken was looking for some volunteer work that would not aggrevate his existing condition. Approximately 2 years ago, after hearing a talk by Tehree Gordon, from The Jirrahlinga Koala & Wildlife Sanctuary at Barwon Heads, Ken decided to offer his services, although he had never experienced the "hands on" approach to Wildlife, and thought it would be a new experience.

Ken started part time volunteer work at Jirrahlinga caring for and feeding a variety of animals. It was then he developed a love of Wildlife, large and small, and after a slight hiccup that put him back in Hospital, decided that he needed to return

Combined Probus Club Clifton Springs/Drysdale

Last month the members enjoyed a visit from Taylor Rettke who spoke about his music scholarship to Geelong Grammar School and his recent year at the Timbertop Campus.

This was followed by some keyboard jazz and the annual anniversary lunch celebrating eight years of fellowship.

Our next meeting will be held on Monday, 11 August starting at 10am and the guest speaker will be Tom O'Connor who will be talking about his experiences in Papua New Guinea.

Memberships are available for new members, both couples and singles. Guests are most welcome. All our meetings are held on the second Monday of each month at the Clifton Springs Golf Club, Members' Room.

For further information please contact Brian on (03) 5253 1448.



to Jirrahlinga as he found working there was relaxing and rewarding, so different from the workplace pressures previously experienced.

One day he was asked if he would like to bottle feed a baby Joey, from then on he was hooked, and since then he has been involved with baby wombats and koalas. For the last 12 months, as a Koala Keeper, Ken has been caring for and showing Koalas to local, interstate and overseas visitors. His latest venture has been gradual handling and showing of his "little friend Andy" a 9 months old male Koala.

Ken feels that working at Jirrahlinga, its beautiful surroundings, variety of animals, birds and reptiles, and speaking to people about Native Wildlife, has been the highlight of his retirement, and also given him a new outlook on life.

Sho Biz

Further to an article published in the July edition of SpringDale Messenger, Mavis Quarrell should be credited for her formation of the musical group, Sho Biz.

Mavis Quarrell is a long standing member of Drysdale Ladies Probus Club and recently delivered them a short talk. Mavis was instrumental in forming Sho Biz in 1998 and since then the group has performed once or twice a week at Aged Care Homes, Senior Citizens Clubs and a few private venues, giving much pleasure to their audience. Mavis has done a marvellous job preparing and presenting these shows and is much admired by the Sho Biz members.





Save the Koala Month

Please do not forget that September is Save the Koala Month and Friday September 26 is Save the Koala Day. Girl Guides Australia will help koalas by selling a koala tattoo. For further information contact Anne Brackley at SpringDale on (03) 5253 1960.



Geelong Office 72-76 Ryrie Street, Geelong PH: (03) 5224 1133 FAX: (03) 5201 1222 Drysdale Office 11 Clifton Springs Road, Drysdale www.scc.net.au

- Tax Returns – Individual
 - Business
- Business Services
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 - Improvement monitoring
 - Buying or establishing a new business
 - Appraisal
 & evaluation
 - Business plans
- Self Managed Super Funds
- Wealth Creation Strategies

Drysdale Ladies View Club

A Birthday Theme -' It's not easy

being green

We recently celebrated our Birthday, seven years of wonderful growth, from our small beginnings in Drysdale in 2001. Our Club is thriving, and we meet on the fourth Friday of each month, at 10.30am, for an 11am start. So, following the usual VIEW Club traditions, our Committee chose a theme for this date, and organised a celebratory lunch party, with musical entertainment afterwards, for nearly 90 quests in our usual venue - The Function Room of the Leopold Sportsman's Club. Invited guests travelled from View Clubs around our Zone in Victoria, and were well-primed about "BEING GREEN" on this occasion - with prizes awarded, amid much good humour, for the most imaginative outfits.

Drysdale resident Glenys Stebbings was accompanied by 2 black 'greenhouse gas emissions' helium balloons, hovering above her head, (just like in those TV segments), and a sign on her back, that proclaimed 'It's Not Easy Being Green'. She was a winner, of course!



'3 PEAS IN A POD' ! The 3 'peas' Carol Seward, Yvonne Como and Mary Peters

Our green-iced Birthday cake was cut by the founder of our club, Dorothy Graham, and the party was hosted in fine style by our Vice-President, Dorothy Smith, assisted by our Committee who are old hands at the art of Multi-Tasking while enjoying themselves! All in all, as the Club members and our guests departed afterwards, the general feeling was that it had all been a happy success.

We are a valued member of The Smith Family organization, and we are proud to support their remarkable 'LEARNING FOR LIFE' program, which is proving so successful in assisting disadvantaged school children to participate fully in their school activities.



Birthday Cake - beautifully created, - in our Theme for the party, -'It's Not Easy Being Green'

We believe that encouraging these children to want to remain within the education system, does enable them to break out of the "poverty cycle of welfare dependence", by giving them the chance to gain training for a better future, in better jobs. You have probably heard of it, and seen items about this national initiative in the media, as it has a growing sponsorship base.

For more information about our Club, phone either Wendy - (03) 5257 1009 or Sonia - (03) 5253 2791.

Laurel Greenhalgh Publicity Officer

Money Problems?

Money problems? Too many debts? Can't pay your bills? Being harassed by banks, finance companies or debt collectors? Hit by illness, unemployment, or a drop in income? Jindara Community Programs, a program of Diversitat, is a community based, State government funded organization that provides a free financial counselling service to people living in Geelong and surrounding districts. We aim to assist and support



Long time Bellarine Peninsula resident and Funeral Director, Helen Trigg, can help with all your funeral inquiries and options. As Helen says, "we specialise in the different. The impossible takes a bit longer." For obligation free advice call Helen for an appointment on 5221 4788

Funeral & Bereavement Service

www.tuckers.com.au Grovedale, Lara & Geelong West

people experiencing financial difficulties, without any commercial bias.

Our team of experienced financial counsellors offers a confidential service which explains what to do if you can't pay your bills, fines or debts. We can help you work out payments with creditors, assist you to prepare a personal budget, give advice on eligibility for government assistance and inform you about your rights and responsibilities under the relevant legislation. We can also offer information about bankruptcy and other options.

Financial counsellors are not solicitors, however they have a sound knowledge of the appropriate legislation which may assist you in addressing your particular issue.

Financial counsellors will not take over your finances, deal directly with money, offer investment advice or make decisions for you. We won't judge you on how you manage your money. However, a financial counsellor will present information, discuss options available to you, provide you with knowledge to regain control over your finances and refer you to more appropriate services where applicable.

If you have a problem which you think a financial counsellor can help with, please contact Diversitat on (03) 5221 6044.

Sometimes we can give enough information over the phone to fix the problem quickly. If not, we can schedule an appointment at our Geelong West office. The agency gives priority to individuals and families on low incomes and to those individuals who are most vulnerable.





GEELONG'S FIRST DOGGY DAY CARE

Situated at the rear of 65 Coppards Road, Newcomb and managed by qualified and caring staff. DOGGY DAY PLAY has been especially designed for the fun and safety of your beloved pooch.

Open times: Monday - Friday from 7.00am - 6.30pm. By appointment only

IS YOUR BEST FRIEND

- Home alone all day? · Bored?
- Needs company? · A Digger?
- Destructive? · Hyperactive?
- Suffers from separation anxiety?
- · Barks and barks all day long?
- · Jumps on people? · Overweight?
- Doesn't get out much?

· Misses out on daily walks and exercise? Then give your pooch a social life!



DRYSDALE FIRE BRIGADE

SATURDAY **25 OCTOBER** 8.30 STAR1 DRYSDALE FIRE STATION Sausage Sizzle

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

CROSSWORD SOLUTION

ACROSS: 1 GREAT OCEAN ROAD, 8 AGGRESSIVE, 9 EMMA, 10 NEATENS, 12 OCTAGON, 14 MIRRORED, 16 DADS, 18 TEMPERAMENT, 20 EROS, 22 CARROT, 24 SASH, 25 BANGKOK, 26 OBTUSE, 27 SOUR. DOWN:

1 GLASGOW, 2 EDGE, 3 TEEING, 4 CUSP, 5 ADVENTURER, 6 OVERT, 7 DEMONSTRATIONS, 11 ARID, 13 ARMSTRONG, 15 ROMA, 17 ARSENAL, 19 ANCHOR, 21 ASKS, 23 RETE.

A LITTLE BIT OF TRIVIA!

- 1. What is the driest continent in the world?
- 2. What are arthropods?
- 3. Does a peacock lay its eggs in a nest or up a tree?
- 4. Which year followed 1BC?
- 5. Which planet looks blue when viewed from space?

4. AD1 5. Earth segmented body ie: insects and crustaceans 3. Neither. The peahen lays the eggs on the ground. 1. Antarctica 2. Creatures with jointed limbs and a



Meet Stacey, your new Branch Manager

Stacy Klemm **Branch Manager**



CormonwealthBank

My name is Stacey and I'm the new Branch Manager at the Drysdale branch.

The team at Drysdale branch can provide access to products and services you may need including :

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To arrange a no-obligation appointment or to discuss your financial needs, simply drop into our branch and speak to Stacey or one of our friendly staff, or call us on 03 5253 1203

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SpringDale Men's Kitchen



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A familiar face around the SpringDale Centre and helping in the 'Men's Kitchen' is volunteer Rayna where she is always ready to help. She is in the company Ray (back) and volunteer Geoff.

Tasty Beef Casserole

Serves 6

1/2 kilos casserole steak
 2 cup plain flour
 tbsp oil
 medium onions cut in rings
 large grated carrot (or 1 diced carrot cooked slightly in microwave)
 sticks celery
 cup Worstershire Sauce
 4 cup tomato sauce
 4 cup plum jam
 cup stock

Roll meat in seasoned flour. Brown in oil. Cook onions slightly. Place steak, onions, carrots and celery in casserole. Combine last 4 ingredients and add to casserole.

Cook with lid on 2 hours at 180°C.

These are two of the recipes which you may use a pressure cooker for and they take 15 minutes from when cooker starts it's 'hissing'.

Turn the heat down slightly to continue the low 'hissing' noise.



www.tiffstreasures.com.au

BELOW:

Another volunteer who dares to enter the 'Men's Kitchen' is Barbara and along with Richard, David, and John, they make beautiful dishes that not only taste great but help the men to prepare their own meals.



Piquant Lamb Shanks

Serves 4

4 lamb shanks 3 rashers bacon 1 onion 3tbsp tomato sauce 2 tsp Worstershire Sauce 2 dsp BBQ sauce 1/2 cup vinegar 1/4 cup brown sugar 1 tsp prepared mustard 1 cup stock.

Trim lamb shanks. Coat lightly with seasoned flour. Dice bacon, chop onion. Fry bacon, place in casserole. Lightly brown shanks in bacon fat. Add to casserole then fry onion and add also. Combine remaining ingredients. Pour over shanks. Bake in covered casserole at 180°C for 1 1/2 hours or until meat is tender.







Entries are being sought for the 2008 Royal Geelong Show. Over 40 competitions are showcased including horses, beef and dairy cattle, dogs, sheep, poultry, rabbits, cats, prime lamb, beef carcase, fodder, pasture and woodchop.

The Homecraft section also offers an extensive line up for the community to showcase their talents including cooking, knitting, photography, art, floral arrangements, and horticulture ensuring there is something for everyone.

"The Royal Geelong Agricultural & Pastoral Society is pleased to announce that the 2008 Royal Geelong Show is also a qualifier for the 2009 Grand National Show Horse Championships which recognises the importance of the Royal Geelong Show to equestrian sport. Additionally the 2008 State Final of the VAS Ltd Dog Jump will also be held." stated CEO, Sharolyn Taylor. "Both of these achievements indicate the strategic direction the Royal Geelong Show will be taking in future years in striving to present the best in agricultural competitions." she added.

"The Royal Geelong Show provides a unique outlet to showcase individual talents and promote various rural activities and interests to the wider Geelong region, and we encourage all members of the community to support this years show by entering any of the various competitions on offer." Ms Taylor added.

The 2008 Royal Geelong Show will be held from Thursday 16 to Sunday 19 October. Entry forms and schedules can be obtained by contacting the Royal Geelong Show on (03) 5221 1707, or they can be downloaded via www.royalgeelongshow.org.au.

You can help people with cancer

Do something special this winter. Give blood. Call 13 14 95 or visit donateblood.com.au Australian Red Cross BLOOD SERVICE

a Cook's Tale



Mid Winter of Our Discontent

The Violets are blooming in the Cook's garden - filling the Cook with discontent and yearnings. The Cook thinks of violet creams, violet scented soap, great childish bunches of violets gathered kneeling in the dampness of an old country creek. So, grunts the Cook, why do we eat robust cabbages, stiff and upright broccoli, virginal spinach leaves, when we can, like deer and rabbits, nip and savour such fragrant greens? Now, the Cook is stirred, is reborn, is thrilled - the Cook's mind wanders around her garden, sniffing, fingering, fondling the flesh of the plant. How best to honour flower petals but to combine them with Winter salading - or pressed between buttered brown bread slices. Let's forget the tempting prawn sandwich with a cool glass of champagne, let's forget the chicken breast cooked in coconut milk curry, let's leave alone the finely minced pork formed into sausages containing coriander and pistachio nuts and gently poached in wine. Raise high the dried figs soaked over night in strong tea and then, plump and yielding wrapped in cos lettuce leaves and stuffed into pastry envelopes. The Cook drenches the prunes in rum. Now to the moulding and the rotation of plumping prunes in their bath. The black olives are waiting also soft and moist, their stones lying abandoned in a bowl.

Together now the Cook blends in a good twist of pink peppercorns – only the bread to be toasted and all is ready. The Cook's teeth long for some food to resist their chomping and their grinding. What is this new fleshless and clean cuisine to be used. Pears, glorious rotund, self –important pears or walnuts candied and stuffed into very fresh baguettes? The Cook, in childhood, had thought that pears, the green, the brown, the streaked, were a family of animals, and were known as Mama, (short round) the Papa (long thin-necked) and Baby (funny, squat, lumpy). Without such a sense now of their humanness the Cook rinsed, peeled and divided the fruit into their quarters.

Sara Hussen Benn trained at the Ecole Ritz Escoffier in Paris and cooked authentic French food. For more information email: thestationbandb1@bigpond.com

or call Sara & John Benn on (03) 5281 1667

The Cooks Pear Tart

Serves 4-6 Ingredients

4 to 6 pears, 4 eggs, 500/600mls cream 150 grms caster sugar

Preheat oven to 185/190°C

Prepare round baking dish by sprinkling the base with pure icing sugar.

Method

Beat eggs, add the caster sugar and add the cream slowly in a long thin stream blending as you go. Prepare pears by washing and cutting into quarters (or narrower if the pears are large). Remove tops and bottoms of slices

(but do not peel). Line the prepared tart dish with the pear slices. Carefully cover the pears with prepared egg/cream liquid. Allow 30 minutes cooking, checking at 10 minute intervals and rotating the dish in the oven. After 20 minutes be careful! The filling may become scrambled eggs! As you near 30 minutes constantly check by gently shaking the dish. While it is still wobbly remove from the oven.

The liquid settles down into the most delicate of custards. Sprinkle constantly with icing sugar because the tart will devour most of the early sprinkles.

Serve cool with creme fraiche.

(From Ecole Ritz-Escoffier & Paul Bocuse)

'Fifteen' inductees return to Lighthouse Oils Lyn Ingles

After the success of last years visit, Lighthouse Oils opened their doors again at the Kalamata Restaurant to Jamie Oliver's new inductees from the 'Fifteen' Foundation. They were treated to samples of the Olive Oils that are produced at Lighthouse and also delights from the districts well known goat cheese producers 'Drysdale Cheeses'. Their visit was part of an excursion to a winery and chocolate making company.

These are a group of young people that have been selected through a very intense procedure to take part in this program and have entered it through different avenues of life. The 'Fifteen' initiative is very strong and this being the third group of inductees they all seemed anxious and excited at the prospect of where this journey will lead to.

I met three of the group, Ben Wright, Stuart Parish and Ruben Love who are working hard for this opportunity to become a chef.



Ben Wright (19), is as all the group are, enrolled in a 10 week course at TAFE. He had left school, working part time and was introduced to the 'Fifteen' foundation through a Youth Support group

He was interviewed by the foundation and was further invited to a food tasting. Some of the food did not appeal but the tasting of the food was a critical part of the selection of

persons worthy of being selected. He is very proud of his efforts so far and loves the challenge.

Stuart Parish (16), has always wanted to be a chef, he too was introduced to the program through job networking. He is enjoying his new vocation and is most enthusiastic about his future.





L-R: Ben Wright, Stuart Parish and Ruben Love

Ruben Love (16), has a family member a chef and was made interested in applying to the 'Fifteen' foundation. His process was the same as Ben and Stuart and the rest of the group. He is very happy with his decision and the amount of progress so far.

For more information about the 'Fifteen' Foundation visit www.fifteenfoundation.org.au



CORYULE WARD/UPDATE Cr. Tom O' Connor CoGG / Coryule Ward

Welcome everyone to spring in our sights, some warmer weather and, hopefully, even more rainy days!

The past few months have been hibernation time for some, but not for the consultants working on the Drysdale/Clifton Springs Structure Plan. The preliminary report is now due following on from the initial community session on 29 May at The Potato Shed. The big issues were the commercial and retail activity centres and accessibility issues around parking and transport, particularly for the elderly and the disabled .

New improved bus shelters and better public transport is the major element of the upgrade to our Bellarine services . We've had very positive feedback so far on the new shelter at the Jetty Road

roundabout and the relocated and reglazed shelters in Collins Street. More are yet to come once the main collection points are completed.

Bellarine Connections is a program aimed at upgrading the transport services within and beyond the Bellarine. The program is well underway and no doubt you've read of the progress thus far. Department of Infrastructure (DOI) is now the Department of Transport and, working with bus operators and the CoGG, work on the Geelong CBD facilities are well advanced. The service improvements are aimed at greater frequency of service from more appropriate locations, as well as better linkages to the rail timetables.

World Environment Day - What a Big Day!

Evolving from the Potato Shed presentation, a group under the banner of Clean Green Bellarine, has emerged with the vision of a community farm produce group. Their aim is to establish a farmers' market. operating part weekly and weekends. Keep you eye on the local newspapers for more details.

The Bellarine Land Care group are also on a steep activity upgrade and continue their tireless and much appreciated work to keep our environment as beautiful as it should be

Discussions with VicBoads on the Grubb Boad/Jetty Road roundabout, the Drysdale Bypass, High Street pedestrian crossing, and maintenance issues on the main arterials into and out of the township are still continuing the pedestrian crossing looks like the first and we anticipate some action within the next two months.

The roofworks at Drysdale Recreation Reserve are almost completed and the renovation is starting to shape up at long last. The netball courts will be



widened during the break to make them compliant with the State Netball association regulations.

Clifton Springs Coastal Management Plan Over the past five years more than \$1 million has been spent upgrading the Clifton Springs boat harbour - now one of the best boating facilities along The Bellarine coast.

In the past two years, more than \$300,000 has been spent on adjacent foreshore improvements in Clifton Springs. The works have included re-opening our much-loved Dell to the public, significant works on coastal erosion and revegetation and development of the recently adopted Clifton Springs Foreshore Management Plan. This Plan is now the basis for an ongoing program that will result in a vastly improved coastal environment for local residents and visitors.

Money allocated in the 2008/09 Budget, under the Capital Works Program, together with an extra \$155,000 of Coryule Ward funds, will be used to complete high priority actions identified in the Plan. This means more attention and activity on the coastal erosion issues, clifftop pathways, stairways, improved beach access and significant revegetation along the foreshore

All these projects will continue to be undertaken working closely with the local Foreshore Management team. Fingers crossed for good weather and with careful programming we anticipate that all the tasks that are planned will be completed - there may even be additional funds for further works of an historical and archealogical nature.

Funding of \$300,000 per annum for the next two years has been included in the Budget and the plan is to approach State Government for further support.

2008 / 09 Budget programs - details on the roads and footpath programs will be published in the next newsletter as we are running out of space this time. Watch this space!

Congratulations and "good on you" to everyone for getting involved in our community. I'll update you again next month but in the meantime, and any other time, please don't hesitate to contact me about issues in our area - my direct line is 0439 303 537 and email address toconnor@geelongcity.vic.gov.au.



The Bus Trip

by Catherine Farthing-Knight

The bus we collected right on nine Our twelve ladies set for a happy time. The fog soon lifted as Jan shifted gears With ease, the day was going to be a breeze. The chatter hummed and laughter rang In all a very merry gang.

The road ahead beside stately trees Was smooth and curved we enjoyed the scene While in between the hill now green Flocked the sheep and new born lambs And water so welcome in the dams. Past tumbled wooden houses we drove With little traffic on the road.

Up and down the hills to Daylesford we went Packed with people, shops, cafes beckonedToo tempting to stop there it was reckoned The next stop Castlemaine and its gardens to see, Carrying our thermoses of coffee and tea. Under exotic trees at a picnic table we sat While a few steps away ducks glided on a lake. The sun tinged with warmness created delight As birds flew overhead and on trees did alight.

Refreshed, on to Bendigo Jan drove making good time

The Gallery was quietly aglow with visitors few So we all had a rather magnificent view And gazed at the paintings with wonder and Delight, often diverse, exciting and all for free Enjoying the time to take it all in

And enthusiastically endorsing the popular win.

The costume display gave us a look at the times Of the exquisite detail our ancestors sought The delicate stitching, lace and the care. And all these years later we would be able to stare At the art works the friendship and grace. It seemed a privilege to be in this place With history on show and being able to know.

A coffee we needed and a look at the shop We had time for that stop! Driving home past the Cathedral a magnificent sight The towering spire bathed in golden light. Gwen showed us her old house As we drove slowly past Ringed with proud gum trees and sheep nibbling grass.

At Daylesford we stopped for a break by the lake And brought out the thermoses and left over cake. The book shop was tempting a few of us found But it was getting late with the sun going down. So we piled back in the bus And without any fuss Arrived back about seven After a quite marvelous day

So three cheers for Jan and a hiphip hooray.



Are You all Booked Up?



from the garden gate

An August garden is the promise of the Spring yet to come. With the wonderful rains that we have had our Spring is sure to be a good one. Let us hope so It seems that everytime I say we need rain or the lack of it we appear to get some. So here goes. If anybody is listening we haven't had enough. That should do it! August days are still fairly cool in the mornings but with the days getting longer that means more time to spend in the garden. Roses should be pruned by now and many bulbs will be on display. I love the golden hues of jonquils and daffodils together with the blues of bluebells and pinks and lilacs of hyacinths. A bunch of these picked in the early morning will perfume the house for days. Nothing is more natural than nature herself. Majestic magnolias cover bare branches with glorious bursts of colour. Camellias are still blooming with colours ranging from red to pinks and whites. The pink flowers remind me of Ballerina tutus. When the petals drop they provide the garden with a colourful carpet.

In the vegetable garden onions, broccoli and broadbeans should all be growing skywards. Keep up the fertiliser and you will be rewarded with a bountiful feast. Start your tomato seeds off in small pots, add a little water then enclose them in a plastic bag. This is like a mini hothouse. When they reach to about 6 inches tall (sorry, not right into metrics) and a good rootball is established, plant into soil that you have dug over and manured over winter.

Enjoy this time in the garden as the earth slowly warms from the winters cold, so do we. Wait and see what hidden secrets appear from beneath the earth.

And I don't mean weeds!

Happy gardening, Lorraine Wikman



'Nothing more natural than nature herself





Our next garden club meeting will be on the third Monday night of the month at 7.30 p.m. at Drysdale Uniting Chuch Hall. All new faces are made very welcome, so come along and have some fun. Enquiries:

> Lorraine Wikman (03) 5251 1660 or Rae Cashmore (03) 5251 2600





Do you have cupboards or shelves full of books which you have read and don't really want any more? Do your children have lots of books they have outgrown? Could you do with some extra storage space in your home? 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 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' Anglican Church, Drysdale as they are collecting now for their next fundraising sale on 3rd and 4th January 2009. Book it in your diaries now! Entry is free, wheelchair access is no problem and the young children's area with low table and chairs is always extremely well patronised.

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. Also, no school text books or library books, but if any are donated by mistake, the organisers always attempt to reunite these with their rightful owners a time consuming task!

Recent copies of good quality magazines 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 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 (in good condition) can be sold.

If you have any queries, please do not hesitate to ring the organizers, Tom & Betty Wilson (03) 5251 2594 who thank you all most sincerely for your support!

If you have books to donate, please contact any of the following: (00) 5051 0700 D

Dorothy & Robin Chase	(03) 5251 3702
Pat & John Marks	(03) 5253 2322
Maggie & Gordon Burns	(03) 5251 2256





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"Take me to hospital, this Headache is killing me"

"These were some of the last words my darling wife spoke to me". That is why Glenn, a loving dad and a man of great courage, wants to tell his story so that our supporters can help stop stroke and support the Stroke Foundation work.

"Only nine days after giving birth to our second beautiful boy - Nicholas, Maria collapsed at home with severe bleeding to the brain. Unfortunately this was a fatal stroke. For the next twelve days my life was completely focused on Maria as she lay in a coma close to death. I waited at the hospital, hanging on to every possibility that my beautiful wife would come back to me. Three weeks after giving birth to Nick, Maria passed away. Ben, now eight and Nicholas, now three, are my reasons for living. I wish that Maria was here to see her boys grow. She was such a wonderful and dedicated mother.

It hasn't been easy this past three years. I had to take a year off work while Nick was a baby, and I couldn't have coped without the support of friends and family. It has been hard, incredibly hard, especially for Ben, my older son.

I can't imagine anyone going through what I have, yet I'm told that there are an astonishing 350,000 survivors living in Australia. There are more than 50,000 new strokes every year –that's about one every ten minutes".

Anyone wishing to make a donation or find out further information the Stroke Foundation can be contacted at www.strokefoundation.com.au or on (03) 9760 9300.



Get rid of those winter blues and come to ...where meets FITNESS LIVING LONGER... LIVING STRONGER. • Weight Loss • Reshaping Rehabilitation Toning & Firming • Group Exercise • Personal Training We will **Classes to suit all Fitness Levels** advise and guide you to a strong Working to create a fun environment and healthy where people from all backgrounds new you can workout to their hearts content. Don't wait. Join today to make a difference for tomorrow. **U2 FITNESS CENTRE** PH (03) 5253 **33 MURRADOC ROAD DRYSDALE**



Your Feet – They made you Human

Evolutionary scientists agree that the ability to walk upright on two feet - known as bipedalism - is one of the most important defining characteristics of the human species. It is also accepted that bipedalism preceded and was the stimulus for the subsequent enlargement of the human brain. Precisely when the ape-like animals from which humans evolved commenced upright walking has yet to be determined, but we've done it for at least three million years, which still makes us relative novices at it in the evolutionary time scale.

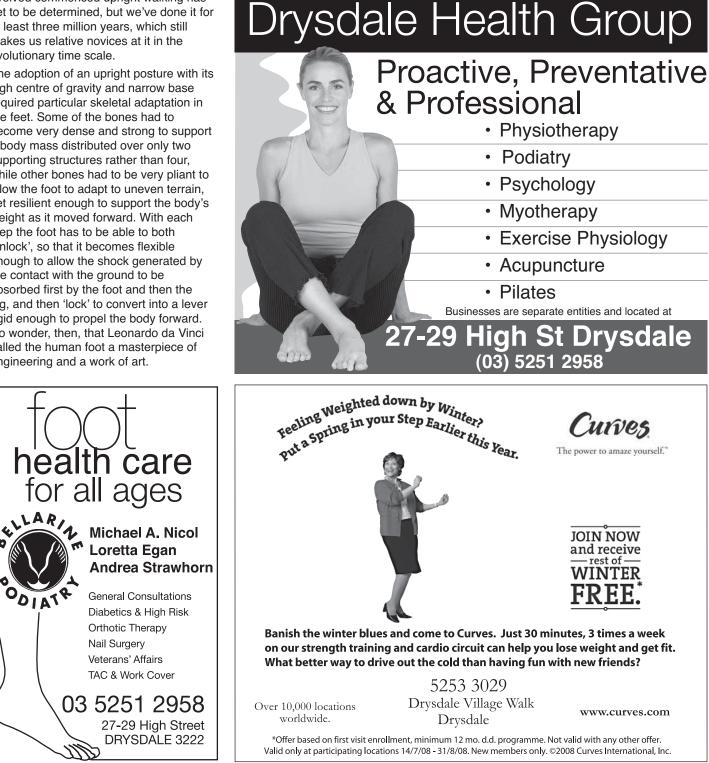
The adoption of an upright posture with its high centre of gravity and narrow base required particular skeletal adaptation in the feet. Some of the bones had to become very dense and strong to support a body mass distributed over only two supporting structures rather than four, while other bones had to be very pliant to allow the foot to adapt to uneven terrain, yet resilient enough to support the body's weight as it moved forward. With each step the foot has to be able to both 'unlock', so that it becomes flexible enough to allow the shock generated by the contact with the ground to be absorbed first by the foot and then the leg, and then 'lock' to convert into a lever rigid enough to propel the body forward. No wonder, then, that Leonardo da Vinci called the human foot a masterpiece of engineering and a work of art.

Our bodies, including our feet, are a work 'in progress', still in the process of physically and physiologically becoming accustomed to an upright posture, and some foot problems and those affecting other parts of the body are the result of this unfinished adaptation. Such problems can be exacerbated by the stresses of modern life, such as footwear designed for the dictates of fashion rather than functionality and the hard flat surfaces we walk on. General health problems and the increasing longevity and incidence of obesity in the population also play a part in contributing to foot problems.

These unique structures are our primary method of transport yet despite that we

often show more concern about maintaining our cars than we do our feet. Prevailing cultural attitudes often mean that our feet are a part of the body we hold in low regard - until they start hurting - at which stage realisation dawns on us as to how dependent we actually are on them. If a car breaks down it can be replaced, but feet have to last a lifetime, so be humane to these most human parts of you and respect what they do. Always seek professional advice for foot pain or just to ensure they remain in good working order - they're well worth the effort!

Michael A. Nicol B.App.Sc.(Pod.), B.Ed., M.A.



Hello everyone!

It's now August, the month that wraps up winter and begins to welcome spring. The holidays are well and truly finished, meaning that school has found its way back into your everyday routine. As this can definitely bring a sense that activities to do are non-existent, I encourage you to think again. Why not engage in a particular hobby of yours? If you like writing, start a story. Is photography your thing? Get outdoors and begin snapping. More of a sports fanatic? Round up a few if your friends and play a game. All of these activities will be fun to do if you enjoy them, and best of all, they're free! A terrific way to wait out the cold weather until the warmer temperature arrives. Although if you do happen to have some extra cash in your pocket, then take a trip into Geelong and make a day of it with your friends. You could go to the movies and watch one of the blockbusters that are currently released like



always wanted to learn how to draw and paint?

Would you like to understand more about contemporary art?

Do you need an art work for your home or office?

If you answered YES to any of these, then contact Gillian on (03) 5253 2851

I am an experienced artist and teacher, and I enjoy meeting people of all ages who are interested in the visual arts.

> I can be contacted at any time via email: drgturner@optusnet.com.au, m: 0417 321 323 p: (03) 5253 2851

VCE tutoring, individual/small group tuition, or to purchase original artworks.

The Lightkeeper

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Performances

Fri - Sat 29, 30, Aug 8pm, Fri - Sat 5, 6, Sept 8pm Sat 6 Sept 2pm Matinee

Art Exhibition Curator: Gillian Turner from Fri 29 Aug to Sat 6 Sept

The Potato Shed (Bellarine Multi-Arts Centre) Tickets \$22.00 Concession \$18.00 • Groups 20+ \$16.00

Box Office: 5251 1998



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Hancock (which I'll be reviewing in this issue) or just grab some lunch and catch up with your friends. Try to stay active, and make the most out of August as you can. If you do happen to write a short story or take a few photo's then feel free to send them in, to matthew.wade@live.com.au

Music Corder

I've never met a person who doesn't like music. There are so many different styles that you're bound to adore one or more of them. Do you have some music that you can't get out of your head? Heard an album that you want to give your opinion on? Send us an email telling us what you thought, and we'll include it in the next edition of the Youth Page. For now, here are some songs that are big at the moment, and that the public seem to be enjoying.

• When I Grow Up -

- That Green Gentleman Panic At The Disco
- · I Kissed A Girl -
- Anywhere -
- · Are You With Me? -
- · Forever -
- · Kansas City -
- Don't Wanna Go To Bed Now -

Hancock (M)

Running Time: 92 Minutes Starring: Will Smith **Charlize Theron** Jason Bateman

Smart. Quickwitted, and determined to save the citizens of the city from any villain that comes their way? Those are



three things you might use to describe another superhero, like Superman, or any other hero that vou've come across on our screens over the decades I enjoyed this movie immensely, and I feel that is is suitable for almost any age group. You'll have fun escaping into the character's world, and the highs and lows that come with it. Will Smith and Charlize Theron play their roles perfectly, and I beleive that they were suited well to those parts.

I assure you that if wish to go to the movies and you're not sure of what to watch, that Hancock won't disappoint. It's an easy going movie that isn't too complex to wrap your mind around, all you need to do is sit back and eniov the film. The special effects are best to be viewed on the big screen, so if you're wondering whether to wait until it comes out on DVD. then I advise that you go see this one at the movie theatre. I give this film 4/5 stars! ***** Tom Kennedy: "It was a thrilling and exciting film to watch. Better than I expected it would be St. Josephs College

Emma McQueen: "I liked it. There was a twist in it that made me enjoy the story even more!" Bellarine Secondary College

Renee Wade: "Action-packed. It was different from all the other superhero movies, I liked it ' Bellarine Secondary College

Make a difference on the Bellarine!

The Pussycat Dolls

Katy Perry

Axle Whitehead

The Potbelleez

Sneaky Sound

Gabriella Cilmi

Chris Brown

System

Could things be better for young people? Youth Foundations Victoria - North Bellarine is a new initiative that will give you the voice to drive change.

Young people aged between 12-25 years who live, work or study on the North Bellarine are invited to join the group. This group will then come together to look at the needs of the community.

With the help of a facilitator, Rob Evans and a local partnership group (that's people who will listen to you and help), you can make grants (that's \$) to other young people to run activities to benefit the whole community.

For more information, please contact **Rob Evans, Facilitator YFV -**North Bellarine on (03) 5251 2291 or mobile 0458 013 662.

This initiative is a partnership between the Victorian Government and Bellarine Community Bank and is proudly supported by Glastonbury Child and Family Services and Bellarine Community Health.



initiative Bellarine Peninsula Community Bank® Branch Bendigo Bank

A Victorian

Government

A DOUBLE PASS AND COMPLIMENTARY DRINK EACH TO 'The First Step On a Tram Is Hell!'		
WED 13 AUG @ 8PM The Potato Shed To enter fill out the coupon below and send or deliver to: SpringDale Neighbourhood Centre High Street, Drysdale		
Address		

COMPETITION CLOSES 3PM FRIDAY 8 AUGUST

THE POTATO SHED

It may have gotten chilly out there but the Potato Shed ran hot in July and looks set for another busy month ahead!

Encore 4 kids took us on a magical journey with The Little Prince in their first school holiday show for 2008, they will return in the October school holidays with Hansel & Gretel. CCP held another well attended gig with a hard core / metal focus, see below for their next gig.

The Australian Army Band did not disappoint when they performed to sellout crowds who had eagerly snapped up tickets.

The newly formed SPUD Club is proving to be very popular with the second of the monthly jam session / open mic night's taking on an Irish Theme in July. A great night was enjoyed by all, if you would like to join in the fun come along to the next session Friday 1 August, all welcome.

Don't forget about all the great classes which run throughout the year at the Potato Shed including dance classes for all ages, karate, acting / performing classes and we are very pleased to announce that a ballet class will be joining the list in late August.

Please call the Potato Shed directly for all enquiries regarding classes and events.

The Lighthouse

By AWGIE award winner Verity Laughton. Directed by Carole Mallett With Rob MacLeod as Jack

Set in a space beyond time, the play deals with powerful themes of love, isolation and a brooding sense of loss. Jack Power has had his share of hardship and we hear tales of great tragedies and triumphs in rough, do-or-die



situations juxtaposing his life with late-found love Agnes Mary and her young son. Refer advertisement page 18

POTATO SHED MASTER PLAN

Development of a master plan is well underway to consider how best to cater for the increased usage and high demand for this popular multiarts venue. Two community forums and many interviews were held during May with people contributing their ideas and comments for the future of the Potato Shed.

In addition, 90 surveys were completed which will also be considered during the drafting of the master plan. Draft concept plans are expected to go on display for comment on Wednesday, 13 August. **Enquiries phone** Rob MacLeod on (03) 5251 1998

A Man for

The Lightkeeper

Performance Dates:

Friday 29 August

Curator - Dr Gillian Turner

Iseasons

Set in a space beyond time the play

29 & 30 August & 5 & 6 September

Lightkeeper Art Exhibition

deals with powerful themes of love

POTATO SHED COMING UP AT THE SHED IN AUGUST

MISS THE MOST OUTSTANDING PRODUCTION OF THE YEAR

2 AUGUST SATURDAY 8PM

A Man For All Seasons

Robert Bolt's compelling masterpiece that follows the life and death of Sir Thomas More in a wonderfully crafted examination of personal conscience verses political expediency. With an outstanding cast of well known actors including the brilliant Paul English as Sir Thomas More.

Show starts 8pm, bar open from 7pm. Tickets: Full \$22.50, Concession \$18.50

WEDNESDAY 13 AUGUST The First Step On a Tram Is Hell Sold out from '07 Melbourne International Comedy Festival

This hilarious show is the latest work from renowned comedian, writer and performer Sue Ingleton. Tales of speed dating for seniors, the pros and cons of prepaid funerals and the perils of the sidewalk emerge from minds that not only wander - they often leave completely!



 Show starts 8pm · Bar open from 7pm Tickets: Full \$19.50, Concession \$17.50 Morning Showtime Session: 10.30am Wednesday 13 August



SPUD Club

Open mic night / jam session number 3. Entry - \$5.00, including 1 free drink.



Peter Pan the Croc Rock Musical

Fun for all ages, Peter Pan the Croc Rock musical explores the fantasy world of Neverland. Come along to support our young talent and enjoy a fun night of singing & dancing! Show begins 7.30pm each night. Tickets: Full \$15.00,

\$8.00 for children under 12 and pensioners.

- Saturday 6 September Group Discounts available for all shows. For further information on any of our upcoming events or to book tickets call the Potato Shed on (03) 5251 1998. Tickets can also be purchased at any City of Greater Geelong Customer Service Centre.

15

CCP Gig - All ages event.

and loss.



Clifton Springs Primary School

Our school has completed a very busy term 2 where our curriculum focus has been on "The World Around Us". This has involved our students and staff inquiring into how we impact upon our environment and how we can also take action to ensure we take care of the environment.

We held an Environment Expo during the last week of term to plant out 300 trees and shrubs in our school. Other activities we were involved in were Environment Art, Science and Environment Treasure hunts. All students enjoyed the range of activities offered. We look forward to seeing our trees and shrubs growing over the next few months.

Our grade 1/2 students have all been involved in a gardening activity where they worked with Year 9 students from Bellarine SC to improve our gardens around our school. Three Secondary students gained donations of plants from Mitre 10 Wallington, Van Loons Nursery and Wombat Gully and mulch was donated by Woods Professional Tree Services. The students did an outstanding job planting out the gardens and we certainly appreciated their efforts.

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During the last week of term our Junior School Council held a Pyjama Day at school and we had many students and staff coming to school in their PJ's. The JSC also organised a movie in the gym during recess and lunchtimes and cooked and sold popcorn. Our school community raised \$356 for Melbourne City Mission and States Schools Relief, both which are very worthy causes. Our school community are invited to assist the concept of a Travel Bank to raise funds for the Bunyip Festival 2009. Anyone planning to travel and book their holidays through Harvey World Travel, Drysdale will assist in us receiving sponsorship for the Bunyip Festival. Both Drysdale and Clifton Springs schools are involved in this initiative.

Drysdale Senior Citizens Club

Our soup and sandwich lunch in June went very well especially the soup as the weather was so cold, second helpings were very popular. Everyone enjoyed themselves. Also in June we had a very nice lady, Debbie Humphries, from the Community Health Centre to give us a talk on all the facilities available to the community. It was very helpful.

On Monday, 28 July we are having a gentleman coming to give us a talk about



hearing, which should be very interesting.

Things coming up in August. Monday, 4 August is Bingo and Trading Table, followed by afternoon tea. Everyone is welcome. The prizes are not big, but we do have fun.

Tuesday, 19 August we are going to Clifton Springs Golf Club for lunch and a little dabble on the pokies. Let us know if you haven't got transport and we will arrange something for you.

We have indoor bowls, cards and snooker on Monday, Wednesday and Friday at 1.15pm. Gentle exercise class on Wednesday 11 am – 12 noon. Craft class on Thursday at 12 noon. Cards and snooker on Saturday at 1.15pm.

We still have a few members in hospital and some at home, so we wish them well and hope it's not long before we see them all back. We send our best wishes to them all.

Esther and Mary



Drysdale Primary School

Bike Education at Drysdale Primary School

At Drysdale Primary School Years 4 & 5 participate in a bike education program known as '**Bike Ed**'. The program aims to develop skills within the children which help to make them safe while riding their bikes. The program encourages personal safety and the development of responsible behaviour. Most injuries associated with falls from bicycles, do not involve other vehicles. They are caused by inexpert, unpredictable and often illegal cycling; for example, the bicycle rider's lack of skills, poor judgement and inappropriate behaviour (not wearing a helmet, lack of concentration or showing off).



BIKE ED AIMS TO ENABLE CHILDREN TO ACHIEVE

- understanding of basic road laws, the skills of safe road usage, and responsible attitudes to traffic safety.
- development of responsible behaviour, attitudes and decision-making for the safe use of bicycles.
- awareness of the need for a roadworthy bike and the skills of maintaining a bike.

Helmets & the Bike Safety Check

How do you fit a helmet correctly and know it is approved to wear on the road?

- 1. It needs the Australian sticker that says it meets design standards.
- 2. Check that it has no dents, splits or major scratches it may have been

Travel Bank fundraiser for the 2009 Bunyip Festival

Harvey World Travel – Drysdale is going to sponsor the 2009 Bunyip Festival by making a donation, by the way of a rebate, when any of our school families and friends book their holidays and personal



dropped and this would stop it from performing properly in an accident. A helmet MUST be destroyed after an accident as they are only designed to be used once!

- 3. Check that it can fit on your head and is not too tight.
- 4. Grip the helmet firmly and shake it from side to side and back to front to see if it slides around on your head.
- If it needs tightening adjust the straps till it fits firmly and the helmet and head move together.
- Do not adjust helmets by putting in more than one layer of padding otherwise, when you have an accident it could slip off your head.
- 7. Now you are ready to buy your helmet!

travel with them. It is their way of helping our local community. If you are planning a trip or a holiday go and talk to the friendly staff at Harvey World Travel and mention the Bunyip Festival.





tai chi

Most western people's impression of **Tai Chi** are those of the slow motion routines practiced by groups of people in the parks around the world but most particularly in China.

There exists a multitude of training forms both traditional and modern that trace their development from five traditional schools which have been founded on Chinese martial arts.

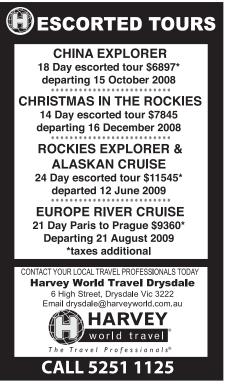
The health benefits of Tai Chi are well documented. It is said that the low impact movements burn more calories than surfing but whether this is fact or not, the low stress training is ideal for all ages and abilities. You not only exercise the body but also the mind in remembering the movements. You have a great sense of achievement when you have mastered one movement, but to put all 24 together is amazing, although I am not at that stage and can only stand and stare at the experienced class members.

Here at SpringDale Neighbourhood Centre we are very fortunate to have the expertise of the master Weng Jun Yi who teaches us Tai Chi Chuan 24.

This gives the beginner an introduction to the essential elements of Tai Chi and is the most likely form practiced by people throughout the world, so if you venture overseas you can continue to practice. *Why not give it a go!*

Friday at 9.30am.

Phone SpringDale on (03) 5253 1960 to book your place now.



Rotary Reflections

At its meeting on Monday 23 June, the Rotary Club of Drysdale welcomed Anne Woollett as its guest speaker. Anne is Director of Clinical Trials at Geelong's Andrew Love Cancer Centre.

Anne is a member of a number of professional bodies in oncology including Deputy Chairman of the Clinical Oncology Society Trial Coordinator's Group and a member of the Research and Development Taskforce to improve the quality and education and training of research staff.

The Clinical Trials unit has progressively grown under the guidance and support of Associate Professor Richard Bell. Geelong is now the fourth largest recruiting centre for oncology in Victoria (8 staff to oversee 26 clinical studies at Barwon Health and St. John of God).

Anne advised that the main focus of studies was improving the care of patients and quality of life treatments. She explained that chemotherapy is a more general treatment (often with severe sideeffects), but that more specialised targeted treatments are being developed. They target the receptors on individual cancers.

Rotary Art Show Committee Chairman Mike Rickard presented Anne with a cheque for \$8000 to assist the Andrew Love Cancer Centre in further research and development. These funds were raised by the Rotary Club of Drysdale's annual Easter Art Show raffle, conducted across the Geelong and Bellarine community.

The Club thanks you for your support.

Rotary Club Changeover Night

The Rotary Club of Drysdale along with many service organizations, welcomed a new team of leaders on Monday 30 June 2008.

The 2007/08 Changeover Night, held at Clifton Springs Golf Club was a great occasion. Eighty-two members and guests were present. Official guests included: Assistant Governor Allan Ollis who performed the changeover ceremony, the Hon. Lisa Neville M.P., Cr. Tom O'Connor and Mr Tim Page-Walker, CEO of Bellarine Bayside. Outgoing President Lavingdale thanked all those people who had supported him as President over the last twelve months.

The new Rotary Club of Drysdale Board for 2008/09 includes:

President	Ken Steel
Vice President	Jeff Binder
Secretary	Lindsay Noss
Treasurer	Geoff O'Brien
Director (Membership)	Brian Knights
Director (Community Service)	Colin Harding
Director (Public Relations)	Keith Winter

The Rotary Club of Drysdale welcomes new members. Meetings are held on Monday evenings at Clifton Springs Golf Club 6:00-6:30pm.

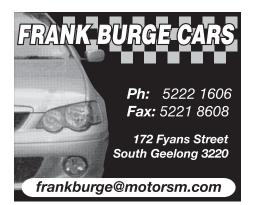
For more information, please contact Attendance Officer Alex Eagleson on (03) 5259 1788. Bookings required by midday on Sundays.

Beacon Point Pre School

Hello to one and all from Beacon Point Pre-School! For those of you who are unfamiliar with us, we are located on Beacon Point Road in Clifton Springs (just near the local milk bar). We run a three and four year old kinder program and we wanted to keep the community up to date with the goings on in our very busy kindergarten programs.

June was an exciting month for the four year old groups, with a visit from `Roaming Reptiles`. The children thoroughly enjoyed this experience with many being awestruck particularly with the snakes and the crocodile. Along the theme of animals we had a visit from the Responsible Pet Program teaching the children about dog safety, which the children are still talking and role playing about.

A visit to the Narana Aboriginal Cultural Centre allowed the children to enjoy a morning learning about aboriginal culture from Norm, who read a dreamtime story,



danced and played the didgeridoo. While all of these visits have taken place the children have done complimentary activities at kinder. It is due to the dedication, imagination and enthusiasm of the staff here that the children have explored these themes so thoroughly.

June was also the time for parent teacher chats, so parents could touch base with Alison (our four year old kinder teacher and look at what their child had achieved so far at kinder this year, viewing their portfolios and generally talking about their child's development.

The three year old group also had a very entertaining June, with a focus on the social skills of taking turns and sharing. They have also enjoyed learning the songs 'four jelly fish' and 'three naughty teddies jumping on the bed'. Early numeracy is being explored and the children concluded the term with a very exciting teddy bear picnic.





The kinder itself has had somewhat of a transformation with the installation of synthetic turf and a new digging patch for outdoor play. Our friendly staff would love to show any interested parents though the kinder and we would also like to remind those looking for kinder next year that enrolments are now being taken and places are filling up quickly. For an affordable and thorough kindergarten experience please take a look at Beacon Point Pre School for 2009. We are looking forward to a productive and happy term 3.

Kirsty Allan

(President - Committee of management)



Clifton Springs Kindergarten

TURTLES GO TO KINDERGARTEN



Grab your flippers, because the children at Clifton Springs Kinder are heading for the ocean!

Recently, one of our teachers, Wendy, went to Cairns where she swam with the Turtles. Inspired by her experience, our children have been busy discovering the world under the sea.

The children have made their own turtles, sea cave and an underwater scene.

They've read stories about turtles, including everyone's favourite 'The Littlest Turtle'. And, just like The Littlest Turtle, the children have made their own hatching turtles and helped them scurry out to sea.





12th Australian Masters Games

The **Australian Masters Games** will be held in Geelong from 20 February to 1 March, 2009 with over 70 sports participating. Archery, Basketball, Boccee, Bowls, Bridge, Futsal and Golf to name just a few.

Venues will be in and around Geelong, the Bellarine Peninsula and the Surf Coast including the Drysdale Croquet Club, Portarlington Golf Course and Leopold Sportsmans Club. Last year the Australian Masters Games was held in Adelaide and from all accounts was a huge success. Close to ten thousand competitors from Australia attended and when held next year in Geelong, it will attract more people as there are more sports on offer. Make sure you are part of this event.

For further information visit the website below or telephone 1300 725 266.

www.australianmastersgames.com





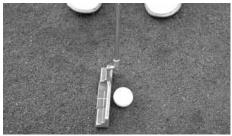
Drysdale Football Netball Club

After 9 long years our Dinner Dance Auction was held on Saturday, 28 June at the Geelong Football Club. It was a huge job to put together 61 main auction items including 2 hours in the FOX FM studio with Hamish and Andy, a signed Geelong Football Team 2007 jumper and A V8 Race Car Driving Experience just to name a few, plus 180 silent auction items, but well worth it with the auction team raising much needed funds to put towards some new facilities, hopefully in the not too distant future.

The entertainment was fantastic with comedian Martin Ralph showing off his amazing, and enormous, spinning tops along with a few other clever tricks keeping the audience laughing. The band, Trojan, had everyone on the dance floor into the late hours of the night with many wanting more. It was a shame it had to end.

The Drysdale Football Netball Club auction committee, executive committee, coaches, netballers and all other members would like to extend a huge thank-you to all the local Drysdale/Clifton Springs businesses & organisations, Geelong businesses & organisations and all others who contributed with very generous donations for the auction night to make it such an enormous success. Watch this space as we will definitely be hosting another one, only this time it won't be 9 years wait.

A big thanks to all our sponsors for 2008.



Carnival of Golf

The **Carnival of Golf** will be held again this year at Portarlington Golf Club from 30 August to 7 September, 2008. Covering nine days and with over 150 trophies on offer, this large event will attract golfers from all around the country. Social activities including wine tasting, bingo and a dinner dance are also provided for the participants. If you intend be part of the carnival make sure you book early to avoid disappointment, as entries are limited.

Entries close on Monday 18 August. For further information visit www.portarlingtongolf.com.au or telephone (03) 5259 2492.

