

The SpringDale Messenger



May 2017 olume 27 Issue 4/

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Drysdale Clifton Springs Community Association

Members of the DCSCA committee participated in a meeting with VicRoads on 24th March chaired by Lisa Neville.

VicRoads still intends to present its signalized option for the Jetty Road/Grubb Road Intersection in April but have agreed to assess DCSCA's Roundabout Proposal.

VicRoads have since updated DCSCA with the following statement:-"VicRoads initial traffic modelling indicates that DCSCA's proposal can theoretically accommodate the design traffic volumes, and further design work is being undertaken to confirm this is so." Andrew Westcott Team Leader Projects VicRoads - South Western Projects

DCSCA believes that its proposal will be better in many ways.

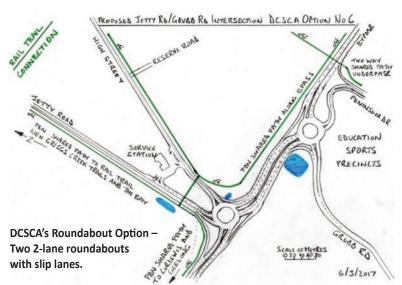
 It will be safer. Note! AusRoads Guide to Road Design Part 4B: Roundabouts" states – "A well-designed roundabout is the safest form of intersection control. Numerous 'before and after' type studies have shown that, in general, fewer motor vehicle crashes resulting in casualty crashes occur at roundabouts than at intersections containing traffic signals".

The DCSCA proposal has approximately one third the number of vehicle-to-vehicle conflict points and should have approximately one third the number of injury crashes.

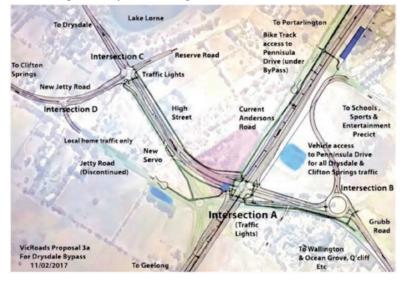
- It will provide approximately 50% quicker travel times.DCSCA understands that for its signalized option, AusRoads predicts a Peak AM travel time in excess of 4 minutes for Jetty Road to the Geelong Road and a Peak PM travel time in excess of 3 minutes for Geelong Road to Jetty Road. DCSCA believes that, with its two-lane entry roundabouts with slip lanes option, these travel times will be at least 50% less and actually quicker than provided currently with the single lane entry roundabout.
- It will have a lower environmental impact. Quicker travel times will mean vehicles will consume less fuel and the intersection will have lower carbon emissions.
- It will not adversely impact on the ambience of Lake Lorne Reserve. There will not be a busy signalized intersection adjacent to the Reserve.
- It will be safer for cyclists and pedestrians.
 It provides off road, shared paths and has less pedestrian-to-vehicle collision points.
- It will provide safer ingress and egress for the Service Station. With VicRoads option, vehicles wishing to exit towards Geelong are required to execute a tight U turn, which will be difficult when towing a boat.

VicRoads is to actively seek community feed back on these options and the bypass, via information stands (e.g. at shopping centres). You can have your say to VicRoads by emailing drysdaletransport@roads.vic.gov.au

VicRoads agrees to assess DCSCA's Roundabout Proposal



VicRoads Signalized Option – Two signalized intersections and one roundabout.



Also, email us at dryclift@bigpond.com and give us your feedback. DCSCA is in regular contact with VicRoads and CoGG and wants to make sure our community is represented strongly.

The DCSCA committee

Drysdale Bypass

Community CAI FND

SpringDale Community Calendar is a SpringDale Neighbourhood Centre initiative to support the whole community. If you wish to place your event in the calendar and further issues of The SpringDale Messenger please email, write or call the event details to our office.

COPY DEADLINE June 2017 • Bookings/copy required by 1 May • Dist: Sat 27 May 2017 • Circ: 12,000

SpringDale Neighbourhood Centre Opening Hours Monday to Friday 9am - 5pm and by appointment.

	Sunday	7	Merry Widow Portarlington
	Mon-Fri 8	3-12	Neighbourhood House and Volunteer Weeks start – Morning and Afternoon Tea at SpringDale
	Tuesday	9	Dining Club – Tandoori Mahal Indian Portarlington 6.30pm
	Tuesday	9	Pioneers in Petticoats - the Women who Tamed Australia - 10.30am Potato Shed
	Thursday	11	Anniversary of Anne Drysdale's death 11 May 1853
	Saturday	13	Neighbourhood House and Volunteer Weeks – SpringDale Bush Dance 7.30pm Copy required by
	Sunday	14	Neighbourhood House and Volunteer Weeks 1 May for
rf-	Sunday	14	Mothers' Day
K	Wednesday	17	SpringDale Salads Lunch Clifton Springs Golf Club 12 for 12.30pm
	Saturday	20	Resolve Book Launch SpringDale 10am
	Tuesday	23	Adrian Mannix Community Service Award Presentation 5-7pm at SpringDale
	Friday	26	Hello, Beautiful - 8pm Potato Shed
	Saturday	27	Unbirthday for families
	Saturday	27	SpringDale Community Garden Open Day
	Monday	29	Community and Business Breakfast 7am

The SpringDale Messenger is a locally produced publication.

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

Editing of Contributors Material Contributors should note that the right to modify submitted articles is retained by The SpringDale Messenger as per our policy. Views expressed in this newsletter are not necessarily the views of the publisher, the SpringDale Neighbourhood Centre Inc.



SpringDale Neighbourhood Centre Inc. acknowledges the support of:

www.springdale.org.au

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Coordinator's News

Anne Brackley

Dear friends and those yet to be friends

Themes are becoming part of the Messenger structure, last month it was service and this month it is education, June will be about heritage, July will be about finding fun in what you do and August will be about Science. If you have an idea you would like to share under any of these upcoming themes – please submit it to messenger@springdale.org.au. I think a theme helps to take ideas and push them in various directions. Who knows what will happen next?

My life has had a number of different learning chapters - most of which I have written for myself some seem to have been started for me but I have finished them once I realised where I was heading. Learnings have been gained along the way and I have loved the feelings those learnings have stirred inside me making me ready for the next adventure.

When I was about 8 years old my Brownie Leader Mrs Bigmore sat with me and patiently helped me to do something I thought was impossible - tie a sheet bend knot for a Brownie challenge. Although the meeting only went for 1 1/2 hours, she seemed to sit with me for hours until I had success. She taught me patience and perseverance for success. I still use the rhyme she taught me to tie the knot and I share this with guides when I teach them. I have shared that skill with thousands of guides locally, nationally and all over the world.

When I was 17 Mrs Fawcett, the local Guide Commissioner asked me to reopen Drysdale Guides, I was overwhelmed and I was nervous, especially when the parents visited. I felt their eyes and ears on my every move and my every word - but they thanked us for the role we played in their girls lives. I realised I had the self-confidence to take risks and this was brought out by the confidence Mrs Fawcett saw in me and taught me to

entertainment

BIS.50 TICKETS

ONE REGULAR

EVENT

have faith in myself. I continue to be a Guide Leader with Drysdale Guides and this month I will complete 41 years as a leader in this voluntary role.

In my twenties I was a programmer for State Bank and believed I would be more effective as a trainer and asked to be transferred. Within a few weeks my role changed and my life became far more fulfilling. I learned to be true to my dreams and live with integrity. Once I had this role I celebrated having the best job in the State Bank and eventually in the Commonwealth Bank.

I'm so lucky to have had so many different learning experiences - during work on a child health project in Bangladesh, learning from my parents, learning on the job, learning as a volunteer - I don't think there has been a day when I haven't learned something - I love learning.

I love it when someone comes into SpringDale and I can draw on my experience to answer the question immediately but I love it even more when asked a question whose answer I don't yet know but I say "Lets learn this together" and invest some time to find out the answer.

SpringDale has so many learning opportunities on offer - learning as a child or family through our Occasional Care Service, learning as a writer or advertiser in the Messenger, Directory or our Welcome Kit, learning as a student in our class or as the trainer for a class, learning as a member of one of our Groups or starting a new group as a leader/ facilitator, learning as a volunteer in the office or around SpringDale. We are all learning, the world is changing so quickly we have to keep our learning spirit pushing us along.

I love learning and I love finding fun in all I do. Yours sincerely

Anne Brackley for the SpringDale Team

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Geelong & Surfcoast Edition 17/18 The SpringDale Messenger May 2017

Morning Tea

Belonging Activities

We link people in a variety of ways and this linking is so important for reducing isolation, keeping our brains healthy and keeping us healthy. Please consider our free monthly morning tea or something else we have to offer.

> Tuesday 2 May Welcome Morning Tea 10.30am

Monday 8 May Belonging Morning Tea 10.30am

Tuesday 9 May Dining Club Tandoori Mahal Indian Portarlington 6.30pm please ring SpringDale to reserve your spot 5253 1960

Tuesday 9 May Belonging Morning Tea 10.30am

Wednesday 10 May Belonging Morning Tea 10.30am

Thursday 11 May Belonging Morning Tea 10.30am

Friday 12 May Belonging Morning Tea 10.30am

Wednesday 17 May SpringDale Salads Lunch Clifton Springs Golf Club 12 for 12.30pm please ring Joan to book your spot Ph 5251 1177

Accompanist Required

The SpringDale Singers are in need of a accompanist. The Singers meet each Tuesday at the SpringDale Hall from 1.30pm until 3.30pm during school terms.

If you are able to help, please ring Margaret Freemantle on 5253 1974.



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News from Lisa Neville MP Member for Bellarine



Bellarine bsafe Website

In previous editions of the Springdale Messenger I have highlighted the important work of the Bellarine Community Safety Group (BCSG).

The BCSG is made up of community representatives from across the Bellarine and local police. I am very pleased to co-chair the group with Assistant Commissioner for Police Tess Walsh. Drysdale and Clifton Springs is represented by Rick Paradise of the Community Association and Anne Brackley of the SpringDale Neighbourhood House.

One initiative taken by the BCSG is the establishment of the Bellarine bsafe Website which Anne is now managing and I thank her for that important work. The site allows residents to access information on a range of community safety topics including personal, road and beach safety, as well as crime prevention tips.

It also features live news feeds from a range of emergency services including Victoria Police and provides residents with a one-stop shop for all community safety advice.

This website is a great resource for residents and visitors to get important, up-to-date information on safety within their community.

I encourage all residents to bookmark the new website so they can quickly and easily access the latest information about their area.

To access the BSafe website go to https:// www.bsafebellarine.com.au/

Letter to the Editor

Dear friend,

Thank you for drawing my name to see "Marvellous Deakin" by Colin Mockett and Shirley Power, at the recent Morning Showtime held at The Potato Shed.

It was a great show and very enlightening as well as entertaining. Colin told the story in multi-media accompanied by Shirley's musical tributes. We learned so much about this fabulous Prime Minister and local celebrity. What a good man, who dreamed of and worked for a peaceful, happy and productive Australia. We think that "Drop of a Hat" should tour around the schools to show our young generation that it is possible to be an honest politician and help to make a better country. Hopefully Colin and Shirley can come up with a sequel to this.

The morning tea was scrumptious and the whole show was professionally staged as we have come to expect from The Potato Shed crew.

We look forward to the next adventure in The Potato Shed.

Yours faithfully, Dawn McCubbin

Send your letters to: messenger@springdale.org.au

LISA NEVILLE MP MEMBER FOR BELLARINE

For assistance on any issue please ring the electorate office on (03) 5248 3462

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lisa.neville@parliament.vic.gov.au



The SpringDale Messenger May 2017



State Government Sporting Grants Open

I am pleased to advise that a number of State Government Sporting Grants available to clubs have just opened.

The Community Sports Infrastructure

Fund (CISF) contributes to the provision of high quality community sport facilities. Applications for this major fund can only be made through the City of Greater Geelong and thus clubs must be working with the council on their project.

Under the CISF significant grants are made available for major and minor facilities within a community.

The **Defibrillators for Sporting Clubs** grant provides clubs with an opportunity to acquire an automated defibrillator. This grant opened on the 24 th of March and closes on the 3rd of May 2017.

The **Country Football and Netball Program** provides funding to assist football and netball clubs to develop facilities up to \$100,000 and again application is through Council. This grant opens on the 15th of May and closes on 26th of July 2017

The **Sporting Club Grants Program** provides grants of up to \$1000 to purchase uniforms and other essential equipment. In addition \$2000 grants are available to improve skills of club coaches and administration staff and up to \$5000 to allow clubs to strategically plan for the future or increase community participation. This grant opens on the 19th of June and closes the 19th of July.

As always, please don't hesitate to contact me by email or call my office if there are any matters that I may be able to assist you with directly.

Hon Lisa Neville MP Member for Bellarine

lisa.neville@parliament.vic.gov.au Twitter@Lisanevillemp Ph: 5248 3462



Recently two of our lovely kitchen ladies have retired to pursue other interests

May sees us celebrating Neighbourhood House Week and Volunteers Week. These give us great opportunities to be able to say thank you to so many in our community and in our lives that make a difference through volunteering. Thank you for everything you do.

Neighbourhood House Week Theme is Belonging and we will be holding belonging morning and afternoon teas during this week come along and have a cuppa with us.

Volunteering Week theme is Give Happy Live Happy and for those people who know me that is a regular question I ask - Are you happy? As I believe this is crucial for a wonderful life.

It is timely to celebrate the thousands of volunteer hours given by two of our lovely kitchen ladies, who have recently retired to pursue other interests. Barb Austin has been a facilitator in the Wednesday Men's Kitchen for the past ten years and Kath Bourke has been helping the men in the Thursday kitchen for the past seven years.

We will miss their smiling faces and wish them well in the future. Anne Brackley for the SpringDale Team.







A Big Thank You for Twiddle Muff Bits and Pieces

I would like to thank all of the many wonderful people who donated the huge assortment of bits and pieces of haberdashery that I am able to use for the Twiddle Muffs I am making for Wendy Webb, and others, to use with dementia patients. See the photos of both sides of the latest batch of Twiddle Muffs, now completed, after the busy months of Festival of Glass activities.

Twiddle Muffs are decorated therapeutic hand muffs with items sewn on that people with dementia can fiddle with or twiddle in their hands. Different textured and colourful knitting yarns are used with things sewn on the inside and outside, such as pom-poms, toggles, buckles, motifs, buttons, ribbons, beads and even short zips; anything that is easy to twiddle or is interesting to feel.

The concept behind the muffs is that people with dementia like to have something to keep their hands occupied. The muffs keep hands warm, and provide visual, tactile and sensory stimulation. When people with dementia are restless, the hand muff provides stimulation and reduces anxiety by having something to keep their hands occupied.

Wendy Webb, who works with dementia groups in Drysdale, has found that the Twiddle Muffs relax and calm people, and often generates interesting discussions (and memories) amongst groups of people in nursing homes.

They also work well for carers looking after someone with dementia at home. Other groups have also shown interest in trialing the muffs with children on the autism spectrum.



POTATO SHED WIN MORNING SHOWTIME - Double Pass



Pioneers in Petticoats - the Women who Tamed Australia Tuesday 9th May at 10.30am

To enter fill out the coupon, send or deliver to: SpringDale Neighbourhood Centre High St Drysdale Name: Address

Phone No: (03) **COMPETITION CLOSES 3PM FRIDAY 5 MAY**

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 Centres**

find us on f



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Drysdale R.S.L Sub-Branch & Women's Auxiliary



The Drysdale R.S.L Sub-Branch and Women's Auxiliary celebrated the club's 65th anniversary on March 31st. Members enjoyed a delicious lunch and the opportunity to catch up on the day.

The Drysdale R.S.L. was formed in 1952, after a meeting with locals to discuss the erecting or acquiring of a Memorial and Recreation Hall. After a lengthy discussion by all present, a unanimous vote led to the purchase of the Presbyterian Church in Princess Street for 450 pounds.

The Sub-Branch has two members, Geoff Wisbey and Keith Hines, from the first meeting. The Women's Auxiliary inaugural Secretary Mrs. Wilma Bath still attends our meeting. Wilma was presented with a bouquet of flowers, she spoke of the early days and the struggle to raise funds to furnish the new hall.

Past President of the Auxiliary, Mrs. Margaret Filbay, was thanked and also presented with flowers. Mrs Pam Davis then presented Margaret with a Life Membership of the Auxiliary for her loyalty to both the Auxiliary and the Sub-Branch. Margaret expressed her thanks for the Award.

Mrs. Colleen Lincoln and Mrs. Pam Davis were presented with flowers for their untiring service to the Women's Auxiliary.



The R.S.L. Ladies Auxiliary meets on the first Tuesday of the month at 1.30pm and the Men's Committee on the second Thursday at 1.30pm for 2pm.



Representatives from the Drysdale Primary School Erin and Sophie Nisbet

Commemoration Service for three Drysdale Boys who paid the supreme sacrifice in Bullecourt 100 years

A commemoration service was held at St. James Anglican Church, Drysdale for Frederick William Gray, Raymond Alfred Benham and Henry Stanley Davis, the three Drysdale Boys who paid the supreme sacrifice in Bullecourt 100 years ago on April 11th, 1917.

Rev. Robert Myers of St. James Anglican Church and Rev. Temukisa Amituanai-Vaeluaga of the Drysdale Uniting Church welcomed descendants of the boys and all in attendance.

The names of twelve local boys who also lost their lives in 1917 was noted.

Biographical details of the three boys were read by Mrs. Pat Whitford (Frederick William Gray), Mr. Raymond Jennings (Raymond Alfred Benham) and Mrs. Pam Davis (Henry Stanley Davis).

Three roses will be placed in the church Memorial Rose Garden in memory of the "Boys". Wreaths were placed on the altar by the Drysdale R.S.L., the Women's Auxiliary, Bellarine Historical Society, Drysdale Football Club, Mrs. Pat Whitford, SpringDale Neighbourhood Centre, Drysdale Guides and the Drysdale Primary School. Mr. Geoff Casey conducted the R.S.L. service.

At the conclusion of the service those in attendance were given the opportunity to view medals on display and then enjoyed the morning tea kindly supplied by the Ladies Guild of St. James.





Ernie Truman past away recently. Not long

before his death he received the French

Legion of Honour medal for distinguished

service for the liberation of France. Ernie's service was listed in the October 2015

edition of the SpringDale Messenger.

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Drysdale S

Local identity and former RAAF Sgt, I.G. Hawthorn, Esq. BEM. JP honoured with the unveiling of 30 Sqd Missile

Rtd Sergeant Ivan Hawthorn, BEM, served in the RAAF from 1952 until 1969, working in mechanical transport and posted to 30 Squadron in 1962 to help build the Bloodhound missile site.

During an operation to shift missiles from Williamstown to Darwin, the captain of Rtd Sgt Hawthorn's landing craft believed they were being followed by a submarine, and steered the ship into ground swell in the Arafura Sea, causing the missiles to lurch in the hold.

"One of the launchers started to whack its way through the wall of the ship," he said.

"I volunteered to fix it if they turned around and put the nose into the winds and lifted it and of course, being a Pommy captain, he turned the other way and nearly tipped us over."

Rtd Sgt Hawthorn found some metal braces to put underneath a target illumination radar unit and welded it to the side of the ship, preventing it from sinking.

"It's just something that's got to be done in that point in time just saving my mates most of them were seasick," he chuckled.



Rtd Sgt Hawthorn received the Commonwealth Citation for outstanding service and the British Empire Medal for meritorious service. The missile will remain a permanent fixture at RAAF Base, East Sale, keeping the history of 30

The missile will remain a permanent fixture at RAAF Base, East Sale, keeping the history of 30 Squadron alive well into the future.



The SpringDale Messenger May 2017

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An idea from Katherine

Do you have a primary school aged child who never gets invited to birthday parties? You are not alone: in fact when I recently put it out there that I wanted to organise a party for these kids, the response was huge.

In prep and grade one, often the whole class gets an invite. From grade 2 onwards things start to change a bit and kids start to notice if they have never really been part of all the party hoohaa. Believe it or not, some kids reach grade 6 and may have been to one party their entire school life.

Kids love the mere mention of a party. The decorations, the cake and the games. It's all part of an ideal they have in their mind.

So if you have one of these kids, we want to invite you and your child to come to a Party. It will be by special invitation only and is very proudly being held at Springdale hall on the 27th May. Lots of community help has already been offered to make this a special event. Who knows, this may be the start of more parties to come.

Please contact Katherine.d973@optusnet.com.au for further details.

Town Club Drysdale Weight Loss Group

TOWN Club groups meet weekly to support each other in our weight loss journey. Whilst TOWN Club encourages weight loss and we weigh weekly, we also promote a healthy, active lifestyle. In the cooler months it is easier to get active and walk. Walk and look at the wonderful gardens in your area or walk around Lake Lorne or down the rail trail. Treat yourself to a lovely walk through the Geelong Botanical Gardens. If you don't like walking, try swimming or walking in the pool.

TOWN Club Drysdale offers you?

- An affordable option. Yes, we charge fees to join and a regular weekly fee but they are lower than going and buying shakes or frozen meals and you will get the pleasure of meeting others who have the same issues with weight that you do and they will understand and not judge you.
- Lifestyle plan, not an easy fix that cannot be maintained for any great length of time
- Support, friendship, and a soft place to fall as most of us at one time or another enjoyed both fantastic successes in weight loss accompanied by phases of despair and feeling a failure when we gain.

- We love to celebrate our successes and members who lose get weekly awards with the biggest losers getting special awards.
- Regular meetings where people in small groups can discuss ideas like how many products in your shopping catalogue have sugar in them

 we were surprised to find out over 90% of products marked down were full of sugar. We discuss how we can overcome the constant battering of advertising that tells us to eat this or to lose weight. Also portion control and how it can work for each of us.

By being a member of Drysdale TOWN Weight Loss Group you will be motivated to persevere and you will be supported by people who know what it is like to take your weight loss journey.

Come along and join:

Where: Drysdale Football Club Rooms, by the Drysdale Oval. When: Every Wednesday morning What time: 8.30am to 11.00am Contact: Pat on 0408355850

Home loan deals.

At Bendigo Bank, it's all about rewarding you with greater savings on your home loan, the more you choose to bank with us.

And for you, that could include saving \$600 on home loan fees*.

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Drop into your nearest branch at 44 Newcombe Street, Portarlington - 5259 3266 or 1/13 Hancock Street, Drysdale - 5253 3192 to find out more about securing a home loan you can count on.



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Combined Refugee Action Group Geelong.

Combined Refugee Action Group (CRAG) is a group made up of representatives from organisations and church groups, plus other interested individuals and groups, who are working with Refugees and Asylum Seekers in the Region.

We advocate for the rights of Asylum Seekers and Refugees.

We work to support these people by fundraising for legal fees for those Asylum Seekers applying for Visas, and by lobbying Government for better conditions for Asylum Seekers and Refugees.

Groups such as Rural Australians for Refugees, who are represented on CRAG, also offer support with accommodation and material needs such as transport, food and clothing.

Some members of CRAG also volunteer at the Welcome Place, which is a drop in centre for Asylum Seekers, held on Wednesdays and Fridays at the Wesley Church Geelong.

We recently entered a float in the Pako Festival, with the theme

"BUILD LONGER TABLES NOT HIGHER FENCES – WE HAVE PLENTY TO SHARE."



We meet on the first Thursday of the month at the Geelong Trades Hall, 127 Myer Street, Geelong at 5.30pm.

New members are always welcome.

If you are interested in finding out more information about CRAG you can email your details to combinedrefugeegroup@gmail. com or find us on Facebook. Alternatively if you would like to leave your details at the SpringDale office, a member from CRAG will contact you back.

E: combinedrefugeeactiongroup@gmail.com Like us on Facebook

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The Road Home – a project to end homelessness locally

The Road Home aims to raise awareness of homelessness and to provide means to assist people to turn a house into a home, by providing dignity, warmth and identity to people experiencing homelessness.

To achieve this result, the Road Home is working with other services and initiatives to best facilitate the distribution of blankets and hygiene products to ensure that people who are experiencing homelessness have access to the basic essential items that we all utilise on a regular basis.

Did you realise that over 105,000 Australians are recognised as homeless and of these 45% are youth under 25 years old. There are many reasons for people becoming homeless and they may not be what you think,

- Domestic Violence
- Financial stress
- Unemployment
- Lack of affordable housing
- Mental health issues
- Relationship breakdown

One key to supporting is stability in their lives. Yours Sincerely

Richard Walter

The Road Home Project Coordinator Executive Member Lions Club of Corio Norlane

www.theroadhome.net.au



Tuesday 9 May Dining Club – Tandoori Mahal Indian Portarlington 6.30pm please ring SpringDale to reserve your spot 5253 1960



Wednesday 17 May SpringDale Salads Lunch Clifton Springs Golf Club 12 for 12.30pm please ring Joan to book your spot Ph 5251 1177



The Bellarine Camera Club



The Bellarine Camera Club meets at the SpringDale Centre the first and third Mondays of the month at 7.30pm. At the first meeting of the month we have either a workshop or speaker to show us ways of improving our skills, and the third Monday of the month is our competition judging night. We have monthly competitions on a set subject or open, which are professionally judged. This is another way of learning how to improve our images and skills. We pride ourselves on being a very friendly and open club with a wide range of skills and interests. For further details see www.bellarinecameraclub.com.au or pop into a meeting.



B Grade Prints Section First Place - Well heeled - Anne Tyrrell



First Place - The Seaweed Fisherman - Lynne Bryant



A Grade Prints Section First Place - The Forge - John Gallichan







The SpringDale Messenger May 2017



DRYSDALE FAMILY SUPPORT

- 276 290 Jetty Rd Curlewis P: 5253 2099
- Second Chance Clothing
 5 Mortimer St. Drysdale

OK... Oh Kale!

If, like me, you enjoy gardening programs then you may remember Peter Cundall from the ABC, Gardening Australia. He recently celebrated his 90th birthday and he swears-by growing and eating your own food. One of his favourite foods is kale.

KALE is easy to grow with many varieties. It is beneficial cooked or raw, in salads and juice. Just like spinach it can be steamed or blanched then sautéed or added to quiche or served as a side with meat or fish.

When I was living in Portugal I learned about Caldo Verde, a delicious broth recipe using kale thinly shredded. Traditionally it was served at weddings and special occasions as a starter. Today this soup is known and loved around the world as Portugal's national dish.

Kale is available in ready-to-use packets or in bunches. This recipe serves 4 adults.

Kale & Chorizo Soup

4 potatoes, peeled, cut into small cubes

about 400g kale, shredded very thinly

- 1 onion (optional)
- 1 or 2 cloves garlic (optional)
- 2 chorizo, sliced thinly

1/2 cup extra virgin olive oil

1½ litres chicken or vegetable stock (note the salt)

salt and pepper to taste (depending on taste)

Add the chorizo and onion/garlic mix.

Roughly mash the potatoes.

are soft and mashable.

until ready to use.

Bring to the boil.

Stir well and allow to simmer for 10 minutes. Taste for seasoning.

Serve with a drizzle of olive oil and fresh bread.

Boil the potatoes in a large pot until the potatoes

Stir fry the onion, garlic and chorizo in ¼ cup oil.

Stir gently and fry for about 3 minutes. Put aside

Add the stock and shredded kale to the potatoes.



NOTE:

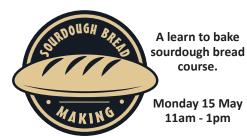
- This soup may be like a broth add extra water. Thick depending on the potatoescreamy, waxy and starchy.
- Cut the thick stems out of the kale first. Roll up the leaves tightly to finely shred into thin strips as they do in Portugal.
- Add an extra potato per person. Extra kale about 100g per person.
- Vegetarians omit the chorizo add capsicum if desired.

Recipe by Agata Commisso



The internet is a wonderful invention, which has rightly earned those who thought of it some serious dough, but there are some doughs which need a more hands on approach, and I have found sourdough to be one of them. If you already know the basics, reading a recipe, or looking it up online can help you produce some culinary masterpieces, but often actually seeing an expert or tradesperson work makes all the difference.

I have baked my own bread for years – I was taught by my beloved's father who was a Vienna baker for over fifty years, and seeing him work dough was an education. Unfortunately he died before I could ask him about sourdough, so I have muddled along by myself, with mixed results – sometimes getting close but not quite there. I even minded Hugo for a month while his owner was overseas – Hugo being the sourdough starter. Minding someone's sourdough starter is a commitment like minding their budgie or pet rabbit – you have to lavish care and attention on it, feeding it at regular intervals and generally treating



Mix up your own loaf to take home, and enjoy a lunch with some freshly baked sourdough bread. You'll leave with your own sourdough starter and instructions to bake further loaves.

Sourdough Bread

it like a valued member of the family. Hugo survived and I was presented with the son of Hugo in return for my diligence, but I fear Hugo was not of good breeding – a bit of a mongrel in fact. The bread he produced was OK but not what I craved, and so I kept searching for the Holy Grail of sourdough. Enter Springdale and the sourdough class of Clare Reilly.

There were four of us in the group, which was great – too many in a class means not enough individual attention, but Clare was able to answer our questions as we worked. She guided us through the process of making our own dough, which we then took home with instructions for baking same. Clare had some dough she had prepared earlier so we were able to see exactly what to do. I discovered I had been mistreating poor Hugo when I kneaded him as one does for normal bread, and Hugo just couldn't cope – no wonder he didn't produce great bread!

After a delicious lunch of soup and sourdough bread, we were given an envelope of



The SpringDale Messenger May 2017

instructions to take home – better than a bag of sweets from a birthday party! Not only were there detailed instructions, but some sourdough starter from Clare's precious four year old starter Maggie. Of course it's all in the breeding and obviously Hugo came from a different strain of starter – it wasn't his fault, I was expecting too much of him – a bit like expecting my Jack Russell Barney to herd sheep. No doubt he'd approach the task with enthusiasm, but the results would not be pretty.

This morning I arose, baked my sourdough bread, and fed my starter Gregory - son of Maggie. Gregory is now resting comfortably in the fridge as per Clare's instructions. I'll wake him in a few days when I want to bake another loaf of sourdough. In the meantime I shall heat the soup and cut into my loaf! Thank you Springdale and Clare. Now if only Anne can find someone to teach me how to make French Macarons I shall be in culinary heaven.

Claire Sierakowski.



EASTER DISPLAY

Drysdale Uniting Church this year provided a display during Holy Week both in the church and outside. On the grass area next to the church there was a display of crosses with reflections to consider. One cross was laying down (it didn't fall over) to signify the stumbling of Jesus carrying a cross to his death and reminded us of the stumbling we all encounter during our life's journey.

Inside the church there was a display of Easter paintings, by artist and church member Marg Macgillivray. Again these had messages of reflection. They depicted the main events in the Easter story - the triumphal entry, the agony of Jesus, the crucifixion and the empty tomb.

We trust you all had a wonderful Easter recognising the reason for the holidays.



IR CONDU

-Rejuvenated Lake Lorne-

Our recent rains have rejuvenated the wetlands and Lake Lorne is full of birdlife. Good numbers of Coots, Moorhens and Swamphens and almost all our local ducks are represented. Several Pink Ears have come back and it's great to see the very attractive Blue Wing Shovelers, their bright orange legs are a stand out.

The Freckled Ducks have also returned to the waterholes along with several Australasian Grebes.

Little Pied Cormorants are coming in to roost in the evenings. Ibis, Stilts and Yellow Billed Spoonbills are still to be seen. There are often flocks of Red Browed Firetail Finches seen feeding on grass seeds. The Latham's Snipes have departed on their long flight to their nesting sites in Japan. Hopefully they all make it safely trying to avoid so many hazards, humans or others along the way.

The rains have also brought out the frogs, all are very vocal trying to attract a mate. The loudest are the Eastern Banjo Frogs or Pobble Bonks. Also the "Crick crick crick" of the Southern Froglets and the "Clack" of the Brown Striped Marsh Frog (Brown Striped Frog). The rain has certainly stirred up the local wildlife. Gordon McCarthy.





Blue Wing Shoveler

Swans - Photos by Gordon McCarthy

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TONING

That is the Question!

More than ever, people are wanting to make sure that their specific wishes are known and carried out at the time of their passing.

The advantages of pre-paying a funeral are two-fold.

Firstly, you are locking in the cost of your preferred funeral choices based on today's prices

Secondly, it provides opportunity for you to document things that reflect who you are and what has been of importance and value throughout your life, in order to create a meaningful funeral ceremony.

- Where a service is to be held? •
- Burial or cremation?
- Who will speak? .
- Choice of coffin/flowers/music?
- Is there an organisation to which you belonged that you might like to play a part in the service e.g. RSL, Sporting or personal interest Clubs etc.
- Do I actually want a full funeral service, or would I prefer to be privately cremated without any fuss?

Your pre-paid funeral funds are securely invested and held in trust by a Friendly Society as a Capital Guaranteed Investment.

NB: If you have already pre-paid your funeral and have moved, or simply want to have another funeral company look after your arrangements when the time comes, your investment can easily be transferred. Funds are not released to a funeral company until proof of service can be provided.

Importantly for some, pre-paying your funeral costs will not affect your Centrelink payments, as funeral costs are not classed as an asset by Centrelink.

If you would like more information, please contact us on 5251 3477 and one of our friendly and professional staff will be able to meet with you to discuss further.

Bill Sheahan

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Friday 12th May 10am-11am Springdale Neighbourhood House 17-21 High Street Drysdale RSVP Marlene 0407843501 or Renee 0423218557

To Pre-Pay or Not to Pre-Pay The Boadshow Latended last week definitely ticked all the hores regarding LGBTL voicing their

The Roadshow I attended last week definitely ticked all the boxes regarding LGBTI voicing their concerns from a regional Victorian town. For those not in the know the letters stand for Lesbian, Gay, Bi-sexual, Transgender and Intersex folks. By bringing this Roadshow to Geelong they hoped to find out in the forum such things as what the current state of awareness, cohesion and communication between differing governmment, non-government agencies, groups and or individuals was occurring and awareness of the state government's inclusion and equality agenda.

What became apparent from words offered by the group was a sense of isolatioin, invisibility, discrimination and judgements etc. What was needed and wanted was greater education via media, social platforms, social and political events such as Marriage Equality, direct support and communication, communication and more communication.

Given the age-range represented in the discussion was that some services were moving more rapidly towards inclusion for example aged-care services for the older LGBTI, than other agegroups, with a distinct gap in knowledge of and services for those over 25 where the funding and/or groups seems to just stop with a bang.

This left that very large group feeling out of touch, unsupported and disenfranchised.

Fortunately and synchronistically a newly formed group Geelong Rainbow Inc. established in January saw a need and is calling on those wanting a voice, a place for their passion regarding issues confronted by any of the groups in the LGBTI family, and a place to meet and have fun, social times as well as promoting 'our' concerns through local, state and federal government.

If you are a recent or long-time resident of the Geelong area, you can listen to Joy FM by podcast or live streaming.

And this is not the end of it! Ro Allen, Victoria's Gender and Sexuality Commissioner, promised that they would be back in three months to see how the posivity engendered by the Roadshow is continuing.

Geelong Rainbow Inc. can be found on FaceBook.

Joy FM 94.9 or joy.org.au to find ways to listen to the station.

Manika Conning



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Bellarine Support Group for Kinship Carers

Does anyone know the difference between Foster Care and Kinship Care.

Let me explain in Foster Care children are placed with fosters carers in either short or long term placement. Generally Fosters Carers are not related to the children they are caring for.

In Kinship Care the children are generally related to the carers, in most cases grandparents are called upon to step in and 'parent for the second time'.

But Aunts and Uncles and even older siblings are taking on the role of carers, for children that need a loving and caring family to care for them.

On the other hand Kith and Kin carers - can be family friends or known to the children involved and again Kith and Kin carers take on the role of stepping in to care for children that need someone to look after them.

At the current time children living in out of home care, are mainly living in Kinship Care arrangements. The numbers of Kinship Carers now outnumbers Foster Carers over 53% of children living in out of home care resided in Kinship Care placements.

If you are a Kinship Carer we would love to support you in your journey as a kinship carer.

Our meetings for 2017

Meetings are on Mondays from 10am - 1pm May 1st, June 5th, Aug 7th, Sept 4th, Oct 9th, Nov 6th & Dec 4th. We meet at SpringDale.

Please bring a snack to share.

For inquiries please contact

Jeanette Hanley-Heath 0414 308 257

Easter has pasted but this message from my grand daughter age 12 years is for other children living in Kinship Care all vear round.

Easter is a great time of the year. The Easter Bunny comes and treats children with chocolate eggs and other trinkets. Although Easter is not just about chocolate, it is also about the time of forgiving others.

One Easter somebody said to me, "I wish you an Easter that touches your heart and lives in your thoughts as a sweet reminder of just how special you are". Now everybody is special, but for kinship carers and the kids they are caring for, this really means something.

Personally, I have shared this message with many people and it has come back to me.

What I am trying to say is that Easter is an Amazing time so even if it is not going as planned, think of how special you and you family are.

Wishing you an Easter with new joys, new promises and love & happiness!

- Elizabeth



"Education is the most powerful weapon which you can use to change the world."

Nelson Mandela

Education Week is a great week in schools. It allows a break from routine for both students and teachers and gives schools the opportunity to promote the creativity and success of their students, and to highlight the great programs they have in place.

Education week this year will be held from May 21 – 27 with the theme 'Healthy Mind, Healthy Body.' Schools will have the opportunity to showcase the work they are doing to help ensure healthy minds and bodies. In order to develop healthy minds and bodies it is necessary to provide programs that build resilience and increase physical activity in our children and teenagers. The week aims to profile and celebrate everything from sport, dance, mentoring, yoga, meditation, reading, and art, to camps, excursions, breakfast clubs, healthy canteen menus, stress management and more.

Each school will develop their own Education Week program to meet the interests and needs of their students. There is usually at least one open day where parents and other significant adults can visit the school and observe and participate in all sorts of activities. One very popular activity I remember from my teaching days was when all the students were grouped in multi age groups and all the teachers were asked to develop an activity on the current theme. During the course of the day the groups would move from teacher to teacher and experience art, music, dance, science, cooking, games and so on. The kids loved it! They loved going to different rooms with different teachers, they loved the multi age groups with the big kids helping the little kids, they loved making things to take home, and they particularly loved it if a family member came to visit!

Parents, never under estimate what your visit to your child's school means to your child. The anticipation and delight on a child's face when mum or dad show up is something to see. The sorrow when a child says no one is coming takes some very thoughtful words to ease. Find out what your school is doing this Education Week and try your best to visit. You and your child will be the better for it!

Healthy Mind, Healthy Body





Clifton Springs Garden Club Committee has a policy of inclusion, all Members are encouraged to participate in all aspects of the Club. They are invited to join the Committee, as well as being part of the Executive. Experience is not necessary, just a willingness to work as a team towards building a better Club. Members are also encouraged to give presentations at monthly meetings on a topic that might be a favourite or a passion, like roses, fuchsias, propagating etc. again, no public speaking experience is necessary just a desire to share your knowledge and interest with other members. In this vain, recently 3 Club members gave the meeting a presentation on a 5 day trip the Club had to Tasmania in 2016. The members gave their thoughts on the visits to Kaydale Lodge Gardens, Bridestowe Lavendar farm, Emu Valley Rhododendrons and various other private gardens that they were lucky enough to visit. Because the participating members enjoyed the trip so much, another one is in the planning stages for 2018.

Our speaker for May is Jen Carr. Jen is a local bird enthusiast who is coming along to talk to us about the birds that she has sited around the Bellarine. If you are interested in knowing what the birds are that visit your garden, come along as a visitor to our May meeting.

If you would like further information on the Club please contact our Secretary Helen, on telephone 5257 1566 or email hma3152@gmail.com









Wisteria Kaydale Lodge Garden Tasmania Ariel view Kaydale Lodge



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The SpringDale Messenger May 2017

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SpringDale Community Garden Growing Green





The Good, the Bad & the Ugly

The Good

Thanks to a grant from the Community Foundation of the Bendigo Bank, we were able to purchase our biggest water tank yet – a 10100 litre monster that almost doubled our water storage capacity. We built a new plinth and connected it to the existing water delivery system. Not being connected to the reticulated water supply, the new tank means less purchasing of additional water.

The balance of the grant purchased three new compost bins. Our Compost King, Denis, filled the bins with secret herbs and spices producing his wonderful compost helping our garden beds to flourish.

Our long-awaited under-cover area was erected providing shelter from the elements for our hard-working gardeners.

On Garden Open Day we harvested around 20 beautiful, large pumpkins and there are more yet to fully ripen!





The Bad

Recent downpours have brought huge amounts of rain – like a tropical downpour. Many local homes and businesses were flooded. Our rain gauge at home recorded 56mm within a couple of hours, following 12mm from the previous day. Why, I hear you ask, is rain bad? Well, we usually harvest rainwater from the roof of one of the church buildings. For every 1mm of rain, about 150 litres goes into the storage tanks. So we expected around 9000 litres. However a blockage in the downpipe we harvested very little precious water. This was seriously disappointing but our tanks are now about one-third full.

The Ugly

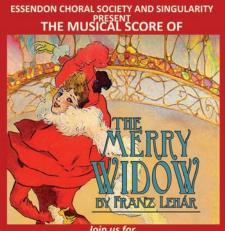
The enormous and violent run-off from the aforesaid rain carved huge holes and great big channels in our pathways. Gravel washed into far corners, together with soil and leaf material, very UGLY indeed. All morning on Open Day members slogged away and by lunchtime the area was looking, if not pristine, back on the road to recovery.

If you love gardening, and lack of adequate space is a problem why not join our Community Garden? Have fun with likeminded people, participate in our harvest, and contribute to the Church FoodBank program.

Next Garden Open Day is May 27th - we'd love to show you what we are about.

Contact SpringDale Neighbourhood Centre on 5253 1960 for details, or pick up a brochure.

Merry Widow for Portarlington



Join us for A PLEASANT SUNDAY AFTERNOON OF CHORAL MUSIC On SUNDAY MAY 7th, 2017

On SUNDAY MAY 7th, 2017 at 2.30pm UNITING CHURCH HALL, NEWCOMBE ST., PORTARLINGTON TICKETS \$15 PER HEAD, INCLUDING A CUPPA & HOME MADE BISCUITS &

www.springdale.org.au

"The Uniting Church Portarlington is bringing a musical treat to Portarlington on Sunday 7th May, 2017, in the church hall, Newcombe Street, Portarlington, commencing at 2-30pm.

The Essendon Choral Society choir, augmented by Singularity, will bring the musical score of Lehar's "The Merry Widow" for a great afternoon of choral and soloist music. Many will remember that these choirs magnificently performed the choral work for Melbourne Opera's performance of "The Messiah", presented in Parks Hall, Portarlington in December 2015. The Merry Widow is one of the most popular operettas written and this promises to be a musical treat not to be missed. Tickets are only \$15 per head, including a cuppa and home made biscuits and slices after. Tickets available at the door or from Barry Ruler on 5259 3304."

Drysdale Guide Trivia 2nd Edition

- 1. The sun sets in what direction?
- 2. In the DC comics' universe, what is the name of Batman/Bruce Wayne's butler?
- 3. Who won Australia's first ever winter Olympic gold medal?
- 4. In what year did the Titanic sink?
- 5. Which two mammals, native to Australia, are unique in that they lay eggs?
- 6. What letter is to the left of V on a standard QWERTY computer keyboard?
- 7. What is the collective noun for a group of crows?
- 8. Which Capital City is the most southerly and what country is this city the capital of?
- 9. What part of a plant is called the foliage?
- 10. How many AFL teams progress into the finals series each year?

Turn to page 21 to find the answers.





For successful year-round vegie growing, your bed needs a sunny position (at least four hours sunshine on the shortest days of the year). It's also good to have protection from strong winds, particularly hot northerlies.

Some of our beds are galvanised steel, some are made from pine sleepers (treated with non-toxic copper azole). I've also seen some great raised beds made from recycled materials. Just make sure it's a good, sturdy construction and rot-proof.

Whatever the material, 80 cm is the most comfortable height – you don't need to bend to tend your vegies. However, annual vegies only need 30 cm of growing medium for their roots, so it would be a waste to fill the bed with compost to its entire depth. My solution is to place whole peastraw bales in the bottom. They're cheap, bulky and organic.

Shove extra pads of straw into any gaps. Then water thoroughly. Then your growing medium goes on top. In the bed shown in the photos I used organic potting mix, cow manure and compost. I don't use soil in most of my raised beds – this compost mix performs much better. I would have used weed-free homemade compost if I'd had any available. Finish 5–10 cm below the rim so that there's still room for mulch. Ideally, leave the bed to settle for a few weeks before planting seedlings.

During its first year, the level in your bed will drop slowly as your peastraw bales rot down and become a thick, nutritious, moistureretaining growing medium. After your first harvest, top up the bed by adding a layer of peastraw or lucerne hay, then more compost as required.

The Harvest Basket team is running its Four Steps to Edible Gardening course again this autumn. Participants will learn how to set up a productive raised bed. I'll be running the first session on Saturday 13 May. Contact SpringDale reception to book a place on the course.



SpringDale Membership is \$12 per year or \$100 for whole of life.

SpringDale Membership allows community members to be eligible to be part of and participate fully in our SpringDale Groups. If you are becoming a member for the first time, welcome. Renewing - please ensure that your membership has up to date email address so we can easily get information to you. Raised beds are a versatile, convenient and water-wise method of growing vegies. You can put them on lawn, bare earth or even concrete.



Peastraw bales are a good, cheap material to bulk up the bed.
 Add manure and compost.
 The finished bed ready for planting.







Funeral Planning

with Alyson from Tuckers

Alyson is available to provide free information and practical advice the 1st Friday of every month from 9.30am till 12.30pm at the SpringDale Neighbourhood Centre.

For more information contact Alyson at Tuckers on **52214788** or visit **www.tuckers.com.au**

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SpringDale Update

Cryptic Crosswords

This group meets Fridays at 10am and solves crosswords from the Guardian. This is a group for seasoned cryptic crossword solvers.

We may provide workshops for beginners if there is a need.

Cribbage

Cribbage is a card game played with at least two people. Some of the calls are fifteen two, fifteen four and a pair is six. As you are making these calls you move your match stick markers along the board. If you remember these calls maybe you would like to help us start a cribbage group.

Please register your interest with SpringDale office email office@springdale.org.au or phone 5253 1960

Combined Probus Club of Clifton Springs/Drysdale



Caravan & Cabins Friends trip to Port Fairy

Our recent trip to Port Fairy was attended by a record number of people – 32! As ordered, the weather was great again over the whole period. The facilities at the park were great – with the conference centre being made available for our exclusive use, and the heated swimming pool – what more could we want? Several members utilized the pool, including doing synchronized swimming!

Each evening commenced around 4 pm with our usual "happy hour" (or two) of drinks and nibbles at the conference centre, followed by the barbeque being used most nights and continuing fun and fellowship. During the day members did such things such as wharf or island walks, shopping and visiting the galleries around town, or going further down the coast towards Portland. Most attended an arranged tour of the Codrington Wind Farm, which was very interesting, followed up with lunch at the historic Yambuk pub. One morning, the caravan park provided (and cooked) a pancake breakfast for us – delicious!

Altogether another great and successful fun trip away!

Please contact Dick at 5251 1227 or Di at 5251 5069 for information about our social club for retired ladies and gents which meets on the second Monday of each month, 10am at Clifton Springs Golf Club.







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I HAVE a DRONE.



A father decided he was not spending enough time with his kids. Being something of a geek dad he built a LEGO remote controlled airplane. That's right using LEGO. He flew it for the kids, and it came crashing down. While picking up the pieces, he came up with the idea that he could use the LEGO autopilot to fly the airplane. He recognised that he could buy a gyro for \$20.00 and turn the airplane into an autopilot that his nine year old could program.

Drones now had become a reality. You might have noticed some drones flying around recently in community airspace. No they are not military, and yes the operator must respect your privacy.

Drones for the good of our community you might ask? They can make outstanding contributions to protecting and enhancing the values of our regions marine and coastal environment. Drones are already being utilised in the survey, forestry, precision agriculture, and natural resource management industry.

In two years companies providing drone services have gone from 35 in 2015 to 300 in 2017. Apart from collecting data, researchers and businesses around the world are demonstrating how UAVs (Unmanned Aerial Vehicles] have a serious abundance potential. Cheap drones can ferry supplies to places such as Bangladesh, where monsoons wash out roads, or to Botswana, where roads do not exist.

Orders are placed via smart phone, and that means everything from replacement parts for farm machinery to medical supplies can now be shipped in via an autonomous Quad Copter for less than six cents per kilogram-kilometre.

For us older gentry, a defibrillator coming from above like an angel would be lifesaving to say the least.

So when you observe a drone flying around and above you, if not for leisure, is performing a vital service to the community. There are rules and legislated regulations for non compliance and the public is always welcome to ask questions, to be better informed.

Lloyd Turnbull from Paladin A to Z a local business.

Lloyd will be speaking at the next Community and Business Breakfast at SpringDale on Monday 29 May 7am \$15 please book with SpringDale Office office@springdale.org.au or phone 5253 1960.

Guest Speaker -Lloyd Turnbull from Paladin A to Z

> MONDAY 29 MAY **7AM START** Breakfasts **COST \$15**

Phone SpringDale on (03) 5253 1960 to reserve a place!

Community

& Business



Drysdale Rotary 41st Easter Art Show a Great Success!

The Rotary Club of Drysdale has held another highly successful Easter Art Show. Major recipient of monies raised this year is the Barwon Health/Rotary Volunteer Patient Transport Service.

The 41st event was held at Christian College in Drysdale over the Easter weekend and was a fabulous showcase of the talents of local artists, as well as those from further afield. There were close to 450 works on display.

The Rotary Club continues to support young artists through its Bruno Callori Mentorship Program. Pictured is Laquisha Addison, one this year's mentorship recipients with Rotary Art Show Chair Caroline Rickard.

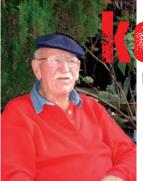






Eco Choice Heating and Cooling is a locally owned and operated business servicing The Bellarine Peninsula, Geelong and The Surf Coast.







After being in the hospital for a month and 3 days I'm so glad to be home to see Jack and

Meg and my wife. Last night I had the best sleep in ages and feel a bit better although some people tell me I look great.

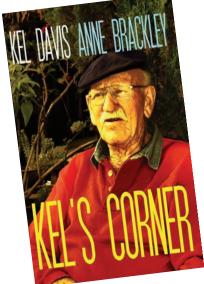
Thanks to all the people who rang and sent cards, I am positive your good wishes have helped me recover.

During this time we have heard from Heather Rose from Walhalla. She has been a family friend for many years and when here last time she bought one of my books. Since then she has enjoyed reliving yester years with each story. She has shared the book with others who have more than enjoyed it. The book might be a good idea for Mothers' Day - SpringDale uses the money to help keep us connected through the Messenger.

As I continue to get stronger, Anne has written down a few subjects that we will talk about over the next few months but if there is something you would like to know about please let SpringDale know.

Thanks again

Kel Davis and Anne Brackley scribe.





Adrian Mannix Community Service Award



Adrian Mannix Community Service Award will be presented on **Tuesday 23 May 5pm – 7pm**. This event is free and open to the community. The event is sponsored by Portarlington Drysdale Lions Club, the Rotary Club of Drysdale and SpringDale Neighbourhood Centre. This will be the 15th presentation of the award.

The idea for the award was developed soon after Adrian's passing in Feb 2001. Shane Coles, who held the Community Services portfolio with Drysdale Rotary Club at the time, aimed to develop an award to recognise those people in the Bellarine area who worked hard for their community, voluntarily and for no recognition.

The rules of the Award specify that the community service carried out must be in the area of the North Bellarine communities of Drysdale, Portarlington, Clifton Springs, Murradoc, Curlewis, St Leonards and Indented Head and the nominee must be a resident of the area.

PARKING IN A LOADING ZONE



According to the Road Safety Rules 2009 (S. R. No. 94/2009), "A driver must not stop in a loading zone unless the driver is driving— (a) **a bus, or a commercial passenger vehicle** within the meaning of section 86 of the Transport (Compliance and Miscellaneous) Act 1983 and licensed under Division 5 of Part VI of that Act, that is dropping off, or picking up, passengers; or (ab) a motor vehicle (together with any trailer, fore-car, sidecar or other vehicle or device attached to it) that— (i) has seating positions for **10, 11 or 12** adults (including the driver); and (ii) is being used to **carry passengers** for hire or reward; and (iii) is dropping off, or picking up, passengers; or (b) **a truck** that is dropping off, or picking up, goods; or (c) **a courier vehicle** displaying a courier vehicle sign; or (d) **a delivery vehicle** displaying a delivery vehicle sign; or (e) **a vehicle that is dropping off, or picking up, goods** which is constructed principally for carrying loads, and is not a sedan, station wagon or motor bike that— (i) has displayed on it a registration label or other identifying label or mark issued or approved by the Corporation or the Regulator indicating that in the opinion of the Corporation or the Regulator the vehicle is constructed principally for carrying loads; or (f) **a taxi** that is dropping off or picking up passengers or goods".

Penalty: 2 penalty units.

(See Part 12-Restrictions on stopping and parking) Division 5—Stopping in zones for particular vehicles, pp. 226-7).



A summary of Ron Medson's Seniors Week 'Road Safety' for Mature Age Drivers

Ron began by giving an overview of the Victorian Community Road Safety Council, indicating it is made up of representatives from Vic Roads, Victoria Police, Vision Australia, Motor cycle groups and Community representatives. It has four sub-groups, including Pedestrian Safety, MMDs (Motorized Mobility Devices) and Mature Age Drivers. Apart from aiming at a reduction in Road Trauma, the council also aims to keep older folk driving longer and more safely.

Refresher Lessons:

Ron referred to refresher lessons available at a reduced cost of only \$50. There is no implications whatsoever re possible loss of driving license, however, it has been proved it certainly boosts the confidence and driving capability of any mature age driver taking advantage of this valuable lesson!

The professional driving instructor is Phil Nelson ph. 5241 2210 a few dollars and 45 minutes well spent!

Ron had a number of booklets for Members, titled "The Victorian Older Drivers" handbook,

a copy of this can be borrowed from the SpringDale library, or if you want your own (free) copy, ring Ron on 0418 396 099.



Ron spoke about the effects of ageing on older drivers and also the side effects of being on medication. Older people are more at risk of being injured in an accident because of brittle bones etc. He also made the point that driving is becoming more difficult because of increased traffic, faster cars, greater incidence of 'road rage' and more complex road systems. However, older drivers have fewer crashes but they do drive shorter distances. He mentioned that roundabouts are

Trivia Answers

- 1. West
- 2. Alfred
- 3. Steven Bradbury
- 4. 1912
- 5. Echidna and Platypus
- 6. C
- 7. Murder
- 8. Wellington, New Zealand
- 9. Leaves
- 10. Eight.

very safe but older drivers, being less alert, have more trouble with right turns, give way signs and cross traffic.

He also pointed out that a minimum of two air bags are essential in all cars we travel in!

To help us with our driving Ron gave these very important points to remember, including some good advice for pedestrians!

'Safe Driving Tips':

- Plan your trip avoid, if possible, the busy times, including school traffic. A series of left turns, if possible, are a better option than right turns.
- Avoid wet roads whenever possible.
- Be aware of the 'blind spot'. Head checks are necessary for changing lanes, U turns, pulling out and reversing. Consider special mirrors.
- The correct sequence for turning or changing lanes is: Mirrors, indicator, head check, move.
- When towing: Check van, tyres, lights, load, car capacity, tow speed and use slow vehicle turn-out lanes.
- Entering a freeway: Match speed of cars on the freeway and do a head check.
- Exiting a freeway: Maintain speed until on the off-ramp.
- Single lane Roundabout: Give way to all traffic on the roundabout.
- Multi-lane Roundabout: Choose correct lane, signal on approach if turning give way to traffic on roundabout, wait for safe gap. Do not change lanes.
- Zip merging: Take turns, first car takes lead.
- Merging (where there is a continuity line): Give way to all traffic. indicate early and check blind spot.

Ron then had some very important advice regarding our **Health and Fitness:**

SAFETY FIRST

- We need to be aware that our vision decreases as we age and it is harder to focus. Driving at night becomes more difficult, especially with glare and distance perception.
- Our movement and reaction time is slowly deteriorating. Head checks become more difficult
- Medication: Follow directions re dosage. • Will it affect driving? Ask your chemist or doctor if you are unsure. Be aware of the effect of alcohol on medication.
- Fatigue: Avoid driving if 17 hours have elapsed since your last full sleep.
- Health checks: Have these regularly if necessary.
- Undertake a self-assessment in the Older Driver's Handbook.
- Have a reduced-cost refresher lesson.

Concluding Remarks -**Planning for Change**

Ron made the point that it is every persons' responsibility to ensure that they are fit to drive. A couple on a trip should regularly swap drivers. Use public transport if possible and if convenient, look at other options such as home delivery of groceries etc.

Driving safely is not as much an issue of what age you are, but, how fit and healthy you are - be aware of any driving limitations you may have and adapt your driving accordingly.

> 'Keep healthy, plan your driving route and always be alert & careful on the road (as well as at home). This is the key message for you older or rather "mature age" drivers!

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Clifton Springs Bowling Club

Below shows the damage which swept down the gully into the carpark and onto our greens. The flooding lifted the synthetic surface of three greens with the scenario that one green maybe repairable and the second green requiring a complete resurfacing.









Drysdale Football Club

Is volunteering dying?

Last month I wrote about our wonderful volunteers and how we our club could not operate without them.

Since the that time though I have looked around the crowd at home games and have noticed something about our key volunteersthey are all getting older. It made me wonder, is volunteerism a dying? Is it a quaint tradition of years gone by?

I hope not, or organised sport and other community services will also go by the wayside.

Most of the gen x and gen y parents of our junior players don't appear to have the same sense of service as their baby boomer parents. Don't get me wrong, there are two or three from each team who are fantastic, but then it falls away after that. As an example an email to the families of 250 kids to help man a fundraising BBQ is likely to produce 8 positive responses, and it will regularly be the same 8.

This is not a criticism but an observation of changing times. I appreciate that both parents are probably working to pay the mortgage and the school fees, and that they are also taking their kids to basketball, music lessons or dance class. They are already time poor the weekends are their "me time".

A result of this is the trend towards clubs paying more people to work around the club. These days aside from paying senior coaches and players we also pay some trainers, kitchen staff and a canteen co-ordinator. As this trend continues I foresee that the time is coming where clubs will have to pay its key administrators if they are to get people to give up their "me time" to help run a community club. This will be achievable for some clubs but may sadly see the demise of others.

In light of this reflection and observation we are all the more grateful to the handful of Mums and Dads that put their hands up to be team managers, umpires, coaches and first aiders each week.

But more than ever we are grateful to the stalwarts, to the families that have been doing it for decades and some now in their 70's are still there on training nights and home games, many with their children and grandchildren by their side.

Once these pillars of the club move on, and in the absence of new faces taking their place we will move to semi professional clubs with higher membership fees and increased fundraising efforts to pay their employees.

Let's enjoy the present while we can.





The SpringDale Messenger May 2017

Fun in the sun was had by all.

Drysdale Health Group

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- Pilates
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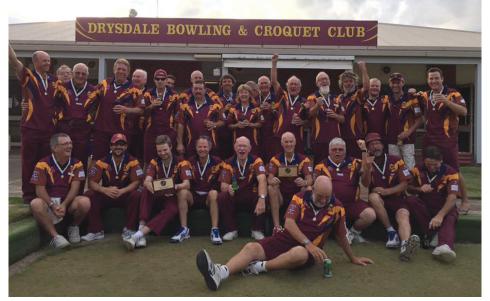
CONGRATULATIONS DRYSDALE BOWLING & CROQUET CLUB

2 TEAMS + 2 CLUB CHAMPIONSHIPS = 30 VERY HAPPY LAWN BOWLERS

2017 Premiers

Now that's what I call "Teamwork" Double victory to Drysdale Bowling & Croquet Club Winners are Grinners!

Drysdale Bowling & Croquet Club congratulate all of their club team members for a magnificent year of bowling and sincerely thank all their loyal supporters.



'Drysdale' Divisions 4 & 8 Members proudly showing off their medals and trophies

Division 4 Members

J Miller, M. Sawyer, D Hatley, D. Williams, P. Wells, L. Mortimer, G. Lane, A. Haynes, C. Mortimer, I. Wolf, E. Keranen, L. Wiffin, A. Thorne, S. Jeffs, A. Keranen, I. Wiffin, Manager - B. Harrington.

Winning score 106 to 83 defeating Point Lonsdale.





Division 8 Members

N. Lazic, J. Miltion, P. Storer, J. Baker, J. Van.P, N. Miller, W. Stephens, B. Bell, C. Scott, K. Nelson, J. Potter, F. Tarr, Emergency & Manager K. Florenca

Winning score 62 to 60 defeating Eastern Park.



The SpringDale Messenger May 2017





And the rains came... more flooding





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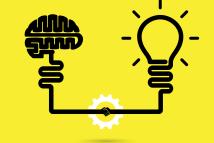








Innovation & Entrepreneurship



Over the last 2 years SpringDale Neighbourhood Centre has been working on a project in which we researched effective ways to innovate and become an entrepreneur. We have tried to find effective ways to train people in these skills. We have created the relevant course documentation for a pre-accredited Introduction to Innovation and Introduction to Being an Entrepreneur. The project has developed training materials and resources to enable these classes to be run by trainers with appropriate skills and experience. We worked with a variety of experts from all over Australia and some internationals, many community members, existing business owners, our staff and the community in general. There were more than 300 people who actively participated in this project in a great variety of ways. Thank you to everyone who has helped us along the way. Special thanks to Learn Local and Adult Community Further Education for providing some funding for this project to be undertaken. We look forward

to presenting the courses we have developed for many members of our community and beyond.



The SpringDale Messenger May 2017









