

Meet the Candidates!

CITY OF GREATER GEEELONG

Community Associations on the Bellarine are working together to organise 'Meet the Candidates!' forums for the new Bellarine Ward, in the lead up to the October elections for our new City of Greater Geelong Council.

The ten groups represent the communities of Portarlington, Barwon Heads, Indented Head, St Leonards, Ocean Grove, Breamlea, Leopold, Drysdale and Clifton Springs, and the SpringDale Neighbourhood Centre – and Point Lonsdale is about to join.

The new Geelong Council Wards are quite different to the old system – now there are just four. Three, including Bellarine Ward, will each elect three councillors, while the fourth (in Central Geelong) will elect two councillors, making eleven councillors in total.

The Community Associations look forward to the prospect of three Bellarine councillors who will think broadly, and cater for the diversity of interests that exist on the Bellarine, rather than just one local area. The new proportional voting system means that councillors will need to win votes across the whole ward rather than from just a specific area.

Voting closes on October 27, and voting is by post. Voters will have their ballots from October 10.

With these dates in mind, the 'Meet the Candidates!' forums are being held.

Meet the Candidates

3 October
Leopold – Community Centre

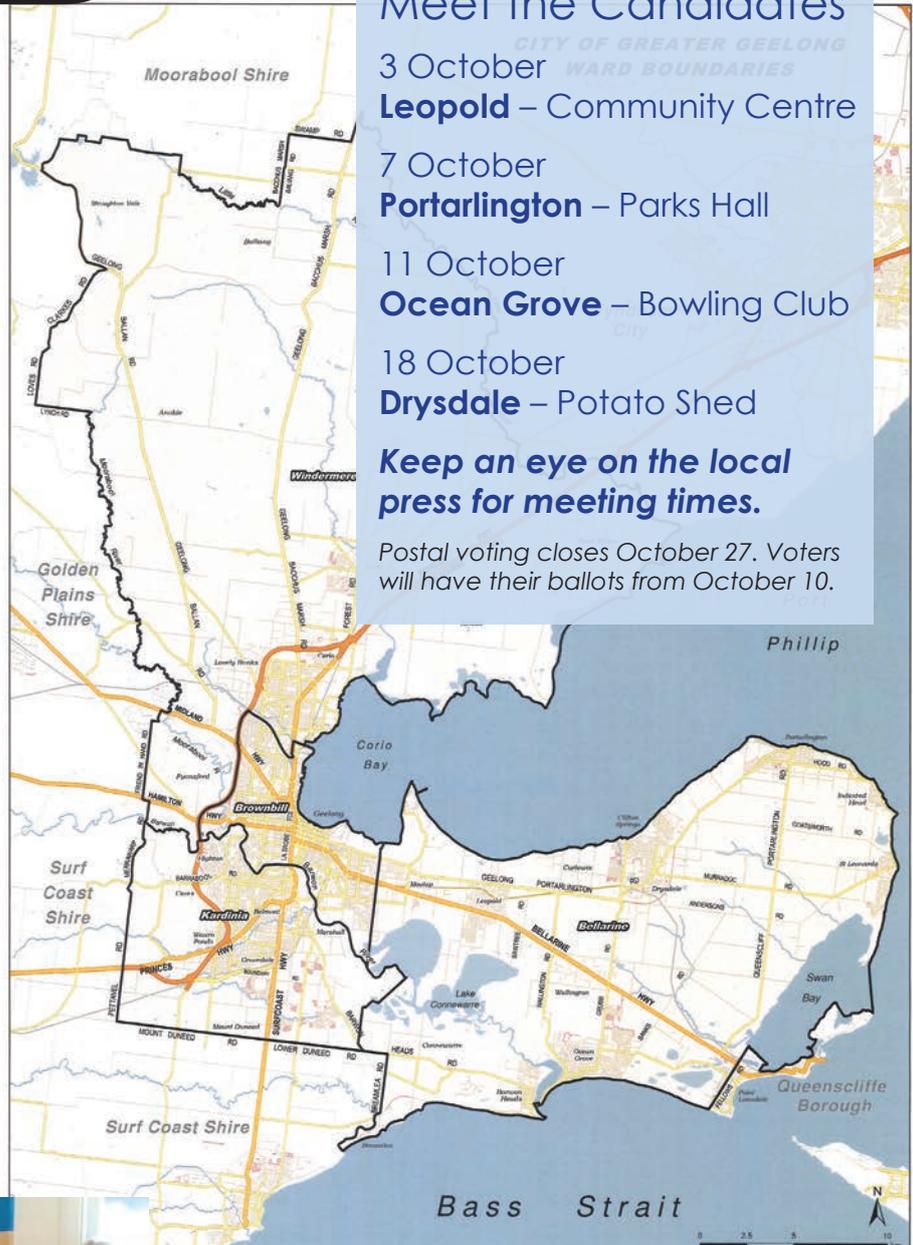
7 October
Portarlington – Parks Hall

11 October
Ocean Grove – Bowling Club

18 October
Drysdale – Potato Shed

Keep an eye on the local press for meeting times.

Postal voting closes October 27. Voters will have their ballots from October 10.



Representatives of Community Associations on the Bellarine.

City of Greater Geelong Councillor

Nominations open Thursday 21 September
Nominations close Tuesday 26 September
Postal votes returned by Friday 27 October
Election Day Saturday 28 October

Community CALENDAR

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 OCTOBER 2017 • **Bookings/copy required by** 1 September • **Dist:** Sat 30 September 2017 • **Circ:** 21,000

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

SEPTEMBER



Fri-Thurs	1-7	National Asthma Week - Asthma Foundation of Victoria
Fri-Thurs	1-7	Adult Learners' Week - Adult Learning Australia
Fri/Sat	1/2	Singing in the Rain JR - Bellarine Secondary College - 7.30pm - Potato Shed
Sunday	3	Fathers Day
Sunday	3	Fathers Day Vintage Machinery Display - 9am - Drysdale Station
Mon-Sun	4-10	National Stroke Week
Friday	8	R U OK? Day
Friday	8	Space Pirates - Bellarine Jongleurs - 7.00pm - Potato Shed
Saturday	9	Space Pirates - Bellarine Jongleurs - 2.00pm - Potato Shed
Sunday	10	World Suicide Prevention Day – United Nations
Monday	11	SpringDale Dining Group - Portarlington Golf Club - 6.30pm
Mon-Sun	11-17	National Stroke Week - National Stroke Foundation
Tuesday	12	Pictures Worth a Thousand Words - 10.30am - Potato Shed
Wednesday	13	Days for Girls
Fri/Sat	15/16	Women - Dance Initiative - 8pm - Potato Shed
Sat/Sun	16/17	Clean Up the World Weekend - Clean Up Australia
Wednesday	20	SpringDale Salads lunch at The Bungalow
Wednesday	20	Screenages - Suburban Sandcastles - Film & Conversations - 5.30pm - Potato Shed
Thursday	21	The Ballet School Concert - 7.30pm - Potato Shed
Monday	25	Save the Koala Day
Fri/Sat	29/30	Yom Kippur - Jewish

Bookings & copy required by 1 September for October issue

September is a big month of awareness and appeals - Big Heart Appeal - Dementia Awareness Month - Prostate Cancer Awareness Month - Save the Koala Month

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Distributed throughout Drysdale, Clifton Springs, Portarlington, Indented Head, St Leonards, Ocean Grove and selected businesses on The Peninsula.

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.





Anne Brackley

Every now and then I get a chance to help someone personally, be it through some knowledge that I already have, or some research that we do together or whatever is needed. These times are very special to me and I love being able to do this. The personal one to one interactions ensures that I stay very grounded and have knowledge of community needs and goals. Thank you to everyone who gives me this opportunity and thank you to the SpringDale team who also help to deliver this one to one service.

Usually I learn a great deal through helping someone else, sometimes there are very unexpected learnings but there is always learning. I love learning. I'm not sure how else to say it. Some things are easier for me to learn than others. I know I learn better through listening and conversation, then I can back it up with reading and discovery and even role play.

Mostly I need to learn in waves or layers. I need to have some initial information to outline the whole picture and then I need to build upon this initial information and keep building. Through every conversation and through every interaction helps me to build my understanding and then the next step for me is to try to inform people and I definitely learn from that. Perhaps it helps the information to engage both sides of my brain and thus make it mine.

Knowing how you learn, knowing what helps you to remember, knowing how you receive

information the most effectively, are all so important and I wish I knew all these things earlier but then I wouldn't have known how special this information is. I now carry my iPad with me – it allows me to take notes that I can print out, without retyping and they are all there in date order – it becomes my extra memory.

During September we will be celebrating Adult Learners Week at SpringDale from 1- 8 September there will be special activities happening – please take the time to ring SpringDale and register that you would like to be *informed of our special activities* – ring 03 5253 1960 or Text your name and that you'd like to be on our *keep informed* list to SpringDale's new mobile number 0416 450 534 or email messenger@springdale.org.au and we'll be in touch.

Learning helps me stay happy. I was asked the other day *Do you get 'me' time?* I reflected quickly and responded with *I'm lucky enough to do what I love.* I love focusing on vision for SpringDale and the other groups that I am involved in but I am equally comfortable looking at finances, cooking, washing dishes or taking out the rubbish. Unfortunately I don't have a bucket list – I have been lucky enough to be able to do things I've wanted to do.

I read a quote recently *Happiness is when what you think, what you say, and what you do are in harmony.* Mahatma Gandhi. This quote rings true with me, through life lessons, I have become very comfortable with its sentiment and intention. My life's motto of

Go Digi - Help with Mobile Phone / iPhone / iPad / Tablet sessions

Bookings essential. Fee: \$2

Date/time: Fri 3 Nov & 10 Nov 1pm - 2pm

What iPad or Tablet should I buy?

Dates/times: Mon 6 Nov or Mon 4 Dec 5pm - 6pm **Fee:** \$10

International Cooking

After very successful Indonesian and Sri Lankan evenings we are scheduling cooking classes to help our community enjoy these opportunities more often.

Please register your interest in learning Indonesian and/or Sri Lankan cooking sessions and we'll let you know once the dates are available.

Email office@springdale.org.au or phone SpringDale on 03 5253 1960.

finding fun in all I do is also in harmony with this quote and maybe it's a philosophy.

Looking forward to seeing you during Adult Learners' Week or at some other time.

Anne Brackley

Coordinator SpringDale Neighbourhood Centre for the SpringDale team

Slow down for emergency services with flashing red, blue or magenta lights or sirens

Road users need to slow to 40km/h when driving past stationary or slow-moving emergency or enforcement vehicles with flashing red, blue or magenta lights, or sounding an alarm.

Emergency and enforcement vehicles include police, ambulance, fire services and State Emergency Service vehicles, as well as VicRoads truck enforcement vehicles that have magenta flashing lights.

When emergency or enforcement vehicles are displaying flashing red, blue or magenta lights, or sounding their alarm, drivers must:

- Approach at a speed that allows the driver to stop, if necessary, before passing the vehicle and give way to any emergency or enforcement

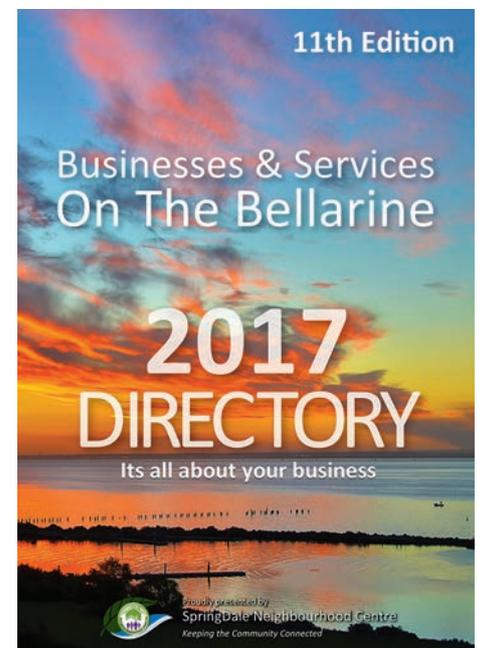
worker on foot in the vicinity;

- Not drive past or overtake the vehicle at a speed of more than 40km/h;
- Not increase speed until the driver is a sufficient distance past the vehicle to not cause danger to workers in the immediate vicinity.
- This rule does not apply on a road with a median strip, where the vehicle is on the other side of the median strip.
- The rule applies when the emergency vehicle is in a service road adjacent to a main road – if you are passing on the main road you will still need to slow down.

The rule applies to the driver despite any other road rule.



Bookings being taken for the 2018 Edition – 20,000 copies home delivered across the Bellarine





My Electorate Office has moved to Leopold.

Recently my local electorate office moved from Newcomb to the Leopold Shopping Centre, on the corner of Melaluka and the Queenscliff Roads. The move was necessary as my previous office, due to electoral boundary changes, was no longer situated within the Bellarine electorate.

Of course the location of my office may have changed but not its work. As your local member I have always placed great emphasis on not only myself being accessible to local residents, but also that of my office. And with my ministerial duties seeing some more of my time spent in the Parliament and Melbourne my local office staff play a vital role in servicing the needs of residents and organisations.

In a practical sense my office can assist with matters as they relate broadly to State Government matters. In addition services such as the witnessing of statutory declarations and arranging congratulatory messages for milestone birthdays and anniversaries are also provided.

On a day to day basis my office staff work closely with many organisations, clubs and businesses across the Bellarine and as such can also be a good starting point if you are seeking information or contact with an organisation.

So please feel free to contact my office if you have a matter that relates to the State Government or where you believe we can be of assistance.

Letter to the Editor

Women in Local Democracy(WILD) congratulates the first two women candidates for the new Ward of Bellarine – Anne Brackley and Petra Goerschel. As the convenor of WILD, I am thrilled that Anne and Petra have now joined five other women candidates standing in the October Council elections.

Jenny Wills, Portarlington

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) 5250 1987



Lisa Neville MP

lisa.neville@parliament.vic.gov.au
Funded from Parliament's Electorate Office and Communications budget

Travel Grants Available for Local Athletes

Local athletes, coaches, officials and teams can currently apply for funding from the latest round of the Victorian Government's Athlete Pathway Travel Grants Program, which closes on August 28.

Athletes, coaches and officials often need to travel long distances to competitions or training camps and the grants are designed to remove the cost barrier of travel and accommodation.

State sporting associations can apply for grants of up to \$6000 for teams, or \$2000 for individual athletes for travel to compete at national championships or selection trials.

Local clubs can also apply for up to two grants per funding round of \$750 each to assist athletes, coaches, officials and teams with the travel costs of training and competition.

The Athlete Pathway Travel Grants Program is part of the Victorian Government's commitment to make sport more accessible and inclusive, increase local participation, stimulate local economies, and build sustainable sport and recreation and volunteer opportunities.

For more information go to www.sport.vic.gov.au

I encourage local athletes, coaches, officials and teams to apply online for the next round of Athlete Pathway Travel Grants Program.



The CAP course, coming to Springdale on Monday 4, 11, 18 September, 1-3pm is designed to help you manage your money better and learn to budget, save and spend well.

Run by: Central Baptist Church

Registrations are Essential



Email: judym.taylor1949@yahoo.com.au

Bellarine Community Safety Group

The Bellarine Community Safety Group continues to meet on a regular basis to address safety and policing matters here on the Bellarine.

As I have noted in previous editions, the group is made up of local police command, a representative from each Bellarine community and is co-chaired by Assistant Commissioner for Police Tess Walsh and myself.

In recent times the group has been instrumental in establishing and now managing the Bellarine focussed "BSafe" website. (www.bsafellarine.com.au)

The purpose of the website is to "act as a community safety and crime prevention information hub to keep residents and visitors to the Bellarine Peninsula informed on matters of community safety. To do this, reputable sources such as Victoria Police Eyewatch, Country Fire Authority, Surf Life Saving Victoria and Neighbourhood Watch Facebook pages are being utilised to keep the Bellarine up to date."

If you would like more information please go to the website or contact my office.

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](https://twitter.com/Lisanevillemp) Ph: 5250 1987



Project 'Eyewatch' is a Victoria Police program with the intention of connecting with the

community to develop local solutions for local issues. This page is not designed to be a reporting mechanism to report crime. The page currently has a State High level of likes with 29,157 and a reach currently of around 70,000 people.

The page was established in the Geelong, Surfcoast and Colac Otway area around 2012 and posts articles regarding wanted persons, crime prevention and great work being done by members of the Victoria Police locally. It has a high success rate with identifying offenders from CCTV footage, and locating persons wanted on warrant.

The more persons that like the page the more the articles will be able to be shared across our communities and the greater success will be achieved thus keeping our communities safer.

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A Director's Growth



In my short life I have directed all of 4 plays. Although to be fair, I was eight years old when I directed *Who Stole the Rainbow?* so I don't believe that was the height of my creative, artistic potential.

The other three plays I professionally directed are all 3Triple2 4Kids productions - *Rapunzel*, *Jack and the Beanstalk* and one will take place this October (3rd -7th at 10:30 and 1:30pm), *Little Red Riding Hood*.

Every time I direct I learn a lot of skills that people don't discuss from the outside. The scheduling difficulties, a constant need to promote, organising people for rehearsals and the lighting. Oh the lighting!

Although I must admit working with the actors is always a joy, I'm very lucky that by the time the show starts, the actors all work together in a cohesive unit to create a truly great show.

What I would say I have learned through these

experiences is that it's the simple, valuable but inexpensive experiences that bring families together.

3Triple2 Productions doesn't claim a multi-million audience nor sell to people beyond the Bellarine. But that's why it's special.

For an hour, 5 people can ask you to look at a world that you may have seen before, but ask you why you enjoyed the work as a kid. For an hour, the housework is far away, the pressures of the kid's school group are just outside that double door. For an hour, kids are invited to love stories again.

It's not instant, it's not flashy, but it will bring smiles and just a touch of wonder.

Looking forward to seeing you at *Red Riding Hood*, at one of the daytime shows 10.30am or 1.30pm Tuesday 3 Oct – Friday 7 October at the Potato Shed.

Courtney Brackley, Director.



Drysdale Clifton Springs Community Association

Following on from last month's article, we thought this may keep new locals up to date on what DCSCA has done over the last 15 or so years. We worked for and obtained a \$15000-00 grant to clear several hectares of woody weeds from the foreshore at the Dell, the same mob who organises environmental days for both the Clifton Springs and Drysdale Primary schools at the Dell and more recently at the boat harbour. These sessions are challenging and exciting days for the students as they learn about the coast and how to care for it as well as plant indigenous plants in especially prepared beds. We have also been heavily involved over the past 15 years at the Clean Up Australia Day, as both organisers and supervisors, and are also involved in creating a new Coast Care group for the Curlewis – Clifton Springs foreshore. We also played a large part in getting \$250,000-00 to upgrade the boat harbour and have a fishing platform installed. We initiated the Festival of Glass which is held in Drysdale each February and which brings in a large amount of tourism and dollars to our area. We have around 50 members, most who want a bypass, but most of them also want the safest and best intersections along that road. In many people's opinion, two lots of lights may not be the best, in fact statistics show that roundabouts are far better. The other point is it is not just the Jetty Road intersection that is a problem, many other people in Drysdale and Clifton Springs who live in the immediate vicinity of the Bypass also have some issues, all of that having to be addressed.



SpringDale Salads next event is on Wednesday 20 Sept. This month we will be lunching at the The Bungalow 12 for 12.15. Please book by phoning Joan 03 5251 1177



Dining Group is also off for dinner Monday 11 Sept 6.30pm Portarlington Golf Club.

Please book with SpringDale by emailing office@springdale.org.au or phoning SpringDale 5253 1960.

WHAT'S ON

<p>PICTURES WORTH A THOUSAND WORDS</p> <p>TUESDAY 12 SEPTEMBER 10.30AM \$15 Incl. Morning Tea</p> <p style="background-color: yellow; text-align: center; padding: 2px;">MORNING SHOWTIME</p>	<p>WOMEN</p> <p>FRIDAY 15 & SATURDAY 16 SEPTEMBER 8PM an Original Cabaret \$32 - Table Seating Bring a basket supper</p>	<p>LITTLE RED RIDING HOOD</p> <p>'The classic returns! Journey through the woods with Little Red this October'</p> <p style="background-color: yellow; text-align: center; padding: 2px;">BOOK EARLY!</p> <p>LITTLE RED RIDING HOOD</p> <p>TUES 3, WEDS 4 THURS 5, FRI 6 OCTOBER 10.30AM & 1.30PM \$9 or \$32 a family</p>
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COMPETITION CLOSSES 3PM FRIDAY 8 SEPTEMBER



Country Women's Association

Calling all women, including young mothers, career women, and retired women - an invitation to join the Country Women's Association.

The "Coryule Nights" branch has started and welcomes new members. The group meets on the Fourth Thursday of the month. The next meeting will be September 28th at 7.30pm in the community meeting rooms at the Clifton Springs Golf Club, Clearwater Drive, Clifton Springs.

This is an opportunity to join a group which provides friendship and encourages community service, awareness of social issues, personal development, leadership skills and crafts. Your new ideas and skills are needed to keep the dream and tradition of the CWA living and growing. In return for your time, the CWA will deliver fun, friendship, and a feeling of belonging to Australia's leading women's organisation – all volunteers.

The Coryule Nights branch is sponsored by the Drysdale Branch which was formed in 1948 and continues to be very active.

Typical CWA activities enjoyed by members are craft afternoons, movie visits, afternoon teas, visits to garden nurseries, raising funds for donations for community needs, guest speakers, picnics and of course traditional cooking and baking. The new Branch, Coryule Nights have the potential to develop their own individual agenda and activities.

The CWA started in Victoria in 1928 to assist

isolated and lonely wives of the hardworking farmers. These meetings became a very important social occasion giving friendship and assistance to each other in many ways. The association has grown over the years and is now Australia wide with each State having its own group and sub-branches. The Victorian Head Office is 3 Lansell Road Toorak and assists all members. The committees at Head Office are Community Support, Agriculture and Environment, Catering, Creative Arts, Membership, Magazine and Communications. A monthly magazine is delivered to members which contains news from Head Office and a large range of information and articles from other Branches and Committees – most important. A State Annual Conference is held each year and Local Group Conferences are held twice a year. This is an important way to keep in touch.

Those interested may contact:

Sue Percy,
04183 10302 or
Tamara Harris
04285 09476



RUOK Day 14 September 2017

Is an annual national day of action that aims to get Australians, right across the entire spectrum of society, connecting with friends and loved ones, by reaching out to anyone doing it tough and simply asking "Are you ok?" Talking about suicide with someone at risk actually reduces the changes of them taking their life. R U OK? Day is about prevention, preventing little problems turning into big problems.



ASK, LISTEN, ENCOURAGE ACTION, CHECK IN
For more information go to www.ruok.org.au where there are lots of suggestions and tips.

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You are not alone

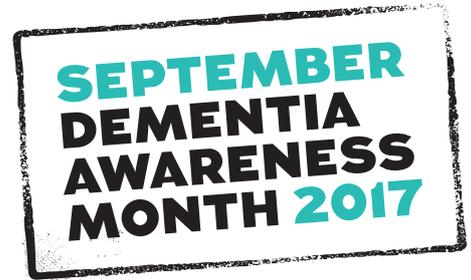
The purpose of Dementia Awareness Month is to encourage Australians to become dementia-aware, have a better understanding of what it is like for a person to live with dementia, and ultimately be encouraged to create communities where people with dementia are supported to live a high quality of life with meaning, purpose and value.

The theme You are not alone will be a series of seminars with international and local dementia experts and key note speakers. Under the Universal Declaration of Human Rights, the purpose of the UN Convention on the Rights of Persons with Disabilities is to:

‘Promote, protect and ensure the full and equal enjoyment of all human rights and fundamental freedoms by all persons with disabilities, and to promote respect for their inherent dignity.’

‘Throughout history, persons with disabilities have been viewed as individuals who require societal protection and evoke sympathy rather than respect. This convention is a major step toward changing the perception of disability and ensures that societies recognize that all people must be provided with the opportunities to live life to their fullest potential, whatever that may be.’

A dementia-friendly community can be described as: ‘A city, town or village where people with dementia are understood, respected and supported, and confident they can contribute to community life. In a dementia-friendly community people will be aware of and understand dementia, and people with dementia will feel included and involved, and have choice and control over their day-to-day lives’ (Alzheimer’s Society, 2013).



Dementia and your Community

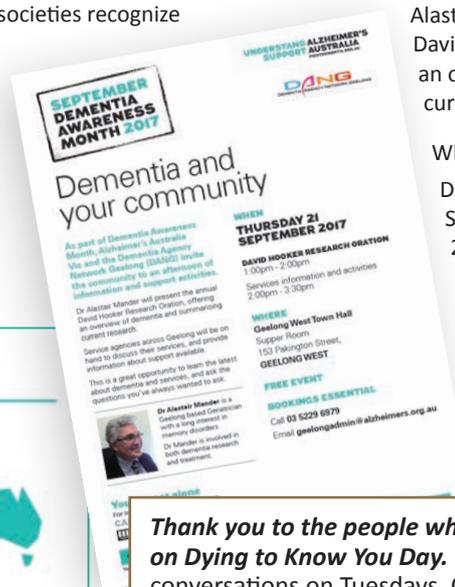
Dementia Agency Network Geelong (DANG) invite the community to an afternoon of information and support activities. Dr. Alastair Mander will present the annual David Hooker Research Oration, offering an overview of dementia and summarising current research.

When: Thursday 21 September

David Hooker Research Oration 1-2pm.
Services information and activities 2-3.30pm

Where: Geelong West Town Hall, Supper Room, 153 Pakington Street, Geelong West

Free Event though Bookings Essential Call 03 52296979 or email: geelongadmin@alzheimers.org.au



LONELINESS AND PEOPLE LIVING WITH DEMENTIA COMPARED TO THE GENERAL PUBLIC

- 2x more likely NOT to see friends**
- 2x more likely to experience loneliness**
- 3x more likely NOT to have a friend to call on for help**
- 1 in 2 carers report high loneliness**
- 3x more likely NOT to have a friend to confide in**

High levels of loneliness: General public 31%, People with dementia 57%

High amounts of friend and family relationships: General public 16%, Carers 8.5%, People with dementia 7%

Thank you to the people who came to our inaugural session on Dying to Know You Day. Glenda will present monthly conversations on Tuesdays. On Tuesday 12 September the session will be **What is the difference between a Hospice (Palliative) Nurse and an End of Life Doula?** Time to be confirmed – please let me know if you prefer mornings at 10am or evenings at 7.30pm.

Glenda Valentine-Grace - End of Life Counselling and Caring

- www.endoflifecounsellingandcaring.com
- 0411438507
- endoflifecounsellingandcaring@gmail.com

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Rotary Club of Drysdale



Exchange Students Inbound/Exbound

On behalf of the members of the Corio Norlane Lions Club and our Road Home project we would like to thank the community centre for its support and we appreciate the generosity of your community members who have donated many items for the needy.

Items donated including blankets, jackets, hats, scarves, warm socks and toiletries are very valuable and appreciated commodities for those living on the streets.

The items that your community have donated are distributed to Salvos connect who look after the homeless in Geelong; they send the items out with their outreach van,

Uniting Care in Norlane and Warrn Ponds

The Outpost

Bethany

Lara drop in centre

Barwon Child Youth and Family

Wellways

Minerva Family services

Your contribution is much appreciated.

Kind Regards

Richard Walter

Coordinator "The Road Home" project
Corio Norlane Lions Club 0402409895

Part of what we do at our Rotary Club is encourage international Exchange. This can be in the form of groups visiting from various countries just for a short stay or more recently we have been sharing an Exchange Student with the Ocean Grove Club from Taiwan.

Tiffany is on the tail end of her stay in Australia and has had many and varied experiences meeting koalas, going on safari to the centre and trying vegemite (which she did not enjoy!!) She has been making the most of learning as much about our different culture and she has been very happy to share about her countries culture too.

Tiffany definitely has an infectious personality and been a great ambassador for her home country. We know that when she returns home she will also be a great ambassador for her time here in Australia.

While Tiffany has been an inbound student we also have sent an outbound student to the USA. Izzy Bonner a local Drysdale girl who has been enjoying her time in Wyoming. She has visited Disneyland, Santa Monica and attended school making new friends. She appears to having so much fun she may not want to come home.

These two girls will create memories for a lifetime and also expose the diversity of what Rotary International does throughout the world.

Do you know a student that may be keen to be an Exchange Student? We would love to chat to you about that.

Caroline Rickard Publicity Officer 0408 989 221

L: Tiffany with her parents. R: Izzy with friends made.



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Bellarine Support Group for Kinship Carers



Jeanette Hanley-Heath founded the Bellarine Support Group for Kinship Carers in 2015. Jeanette is recovering from double knee surgery and I wish her a speedy recovery.

I would like to share my involvement with the MIRABEL foundation which was established in 1998 by the vision of Jane Rowe, Founder/CEO who identified a vulnerable group of children & took action to make a positive difference. In her work as a drug & alcohol councillor, Jane witnessed the devastating effects that drug use has on the children of drug users and the cycle of abuse that repeats itself through generations if action is not taken. It is the only organisation in Australia specifically addressing the needs of these children 0-17 y.o. and its Mission is to break the destructive cycle of addiction in just one generation.

I was very fortunate to be invited to THE LORD SOMERS MIRABEL family CAMP with my grand daughter, on the Mornington Peninsular for a weekend getaway.

We were greeted and welcomed by Angelina from MIRABEL. Hope and I unpacked our bags then we went to explore the Camp. Hope went off to play with other children enjoying the bubble gun which she loves, playing ball and running on the grass oval.

Hope made a tie-dyed tee shirt which she took home and I socialised with other carers. I booked in for a pampering: a full body massage, face and head massage and nail treatment. It was so relaxing - just what the doctor ordered. After lunch Hope went off to the beach. After tea we joined in for some line dancing and went to bed feeling very happy and tired.

Next day Hope went off to activities and after lunch a Movie, whilst I got a foot massage, hair-cut and made a shoulder bag out of old denim jeans.

We left the camp so very grateful to all the wonderful volunteers that made our stay so relaxing and enjoyable. Photos of our very precious memories were put on a usb stick for us too!

Best wishes Lorraine Cattani

Next meeting is Monday 4th September @ SpringDale Neighbourhood Centre 10am to 1pm. It will be our 2nd Birthday. All new and present members welcome.

Jeanette Hanley-Heath 0414308 257

Grand Opening

Locals are invited to attend grand opening of the Community Centre at Bellarine Springs Retirement Village.

- **When:** Thursday 21st September 2017 from 11am to 2pm.
- **Where:** Bellarine Springs, 101 Central Road, Drysdale
- **More info:** www.bellarinesprings.com.au/cc

Geoff Reeve, CEO of Pinnacle Living – the independent, family-owned company behind Bellarine Springs – said locals are invited to attend the opening for a first-hand look at the cutting-edge Community Centre, which has been purpose-built for village residents to undertake all the activities with utmost versatility that they dare to imagine. After many years of design, planning and construction, we are excited to be opening the doors for the local community to come and meet with village residents, experience our friendly and welcoming community and the stunning new Centre, which I believe is one of the best facilities of its type in Australia. Located at the heart of the welcoming village, this striking building of enviable style and quality features a wide range of facilities and amenities to help village residents foster friendships and stay active.

PINNACLE LIVING

An invitation to the **Grand Opening** of the Community Centre at Bellarine Springs



Join us to celebrate the opening of the beautifully appointed Community Centre in the heart of our welcoming retirement village.

When:
21 September 2017,
11am to 2pm

Where
Bellarine Springs
101 Central Road, Drysdale

RSVP
By calling **5253 0111** or email
rsvp@bellarinesprings.com.au

BELLARINE
SPRINGS

So many reasons. One place.

101 Central Road, Drysdale **03 5253 0111** bellarinesprings.com.au/cc

Our most recent competition was a set subject of 'Blue', where at least 50% of the image should be the colour blue. This produced some wonderful entries, and you can see below the first place images of A and B Grades in both Print and EDI (Electronic Digital Image). Our competition subjects coming up include 'Night Photography' and 'History of the Bellarine', which will lead into our Annual Exhibition.

The Bellarine Camera Clubs Annual Exhibition will take place 14 - 15 October at the SpringDale Centre Drysdale. There will be a diverse range of fantastic images on display, including a special section on the History of the Bellarine:

Annual Photographic Exhibition

On Saturday the 14th and Sunday the 15th of October, 2017 between the hours of 10am to 4pm the Bellarine Camera Club will hold its Annual Photographic Exhibition at the Springdale Neighbourhood Centre, Main Hall situated in High Street Drysdale just opposite the Shopping Centre.

Images from local photographers will be on display for your viewing pleasure. Meet the photographers and possibly purchase one of their works. (Cash Sales Only)

This club has been together for the past 7 year and is always seeking new members. This exhibition is to show the local and outside public the beauty of photography and how it never ceases to amaze people with images that portray life as it is today and in the past.

GOLD COIN ENTRY.

For more information please contact Shane on 0413607370.

With membership fees now due, there couldn't be a better time to join the Bellarine Camera Club! We have had an influx of new members and always happy to welcome more. We pride ourselves as being one of the friendliest Camera Clubs around, with a wide range of skills and interests. 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. For further details see www.bellarinecameraclub.org.au or come to a couple of meetings without obligation to join.



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Improve your skills - Expand your mind

COURSES @SpringDale

Courses are designed and presented according to requests and ideas from possible students or possible trainers. If needed and possible we try to schedule extra courses. We are also facilitating one on one sessions where requested and possible. Subsidised childcare may be available for people attending Learn Local funded classes, conditions apply.

Term 4
Oct - Dec
2017



Welcome to Term 4 Course and Opportunity Guide.

SpringDale Neighbourhood Centre offers classes as part of our mission and the purpose of our organisation. We do this in conjunction with many partners including all our tutors, a number of businesses and some Registered Training Organisations.

The Course and Opportunity Guide has four distinct sections: SpringDale Classes, SpringDale Groups, SpringDale Services External and Classes and Groups. Then each section has sub-sections that categorise like activities together to hopefully allow you to easily find the activities that interest you. I believe all our activities include a brain training component, an interpersonal component, and even a practical component. We would appreciate any feedback you have at any time to help us improve our offerings and the experience we offer to our community.

Anne Brackley - Coordinator SpringDale Neighbourhood Centre Inc

COMPUTERS

What iPad or Tablet should I buy?

This session will focus on the issues for purchasers to consider before making a decision about which iPad or tablet to buy. The positives and negatives of each will be discussed.

Dates/times: Mon 6 Nov or Mon 4 Dec 5pm - 6pm

Fee: \$10

Tutor: Jonathan Harris, JNH Software P/L

Introduction iPad/iPhone or iPad like device

Just bought or been given an iPad or an iPhone and not sure how to use it – this could be the course for you. Learn how to use basic iPad functions, practice scrolling, learn about iPad apps and much more in a fun supported environment.

Skill Level: Beginner

Dates/times: Wed 18 Oct - 6 Dec 1pm - 3.30pm

Fee: \$165 **Conc:** \$75

Tutor: Jonathan Harris JNH Software P/L

Advanced iPad or iPad like device

Having used an iPad or an iPhone or like device and having attended our Introduction Course – now you are ready to build more knowledge around this device. This course will be for you.

Skill Level: Must have attended SpringDale Intro to iPad or iPad like devices.

Dates/times: Mon 16 Oct - 4 Dec 1pm - 3.30pm

Fee: \$165 or **Conc:** \$75

Tutor: Jonathan Harris JNH Software P/L

Computer Performance & Maintenance

Wanting your computer to run faster, needing to know how to avoid traps like ransomware, viruses and other computer problems and how to improve your computing experience. These 8 sessions will hopefully change your computing life.

Skill Level: Advanced

Date/time: Mon 16 Oct - 4 Dec 10am - 12.30pm

Fee: \$165 or **Conc:** \$75

Tutor: Jonathan Harris JNH Software P/L

Word & Excel for your life and Small Business

Small Business owners and staff never have enough hours in the day. This course will fix that by improving your efficiency, productivity and profitability. Learn how to format a personalised mailout to your customer, an eNewsletter, use style sheets in Word, add an automatic Table of Contents, include hyperlinks to other websites. Time permitting and interest requiring other Office products will be investigated in the class as well.

Date/time: Wed 18 Oct - 6 Dec 10am - 12.30pm

Fee: \$165 or **Conc:** \$75

Tutor: Jonathan Harris JNH Software P/L

Introduction to Computers

This is the course for those who have not used a computer much or are nervous. Use this supportive environment to gain confidence in using your laptop or desktop, using your mouse, setting up folders and files, using email, downloading free anti-virus and other software and setting up your computer the way you want it.

Skill Level: Beginner

Dates/times: Tues 17 Oct - Tues 12 Dec 9am - 11.30am

Fee: \$165 or **Conc:** \$75

Tutor: Brenda Richardson, Iteracy

Exploring the Internet

An introduction to what is possible on the Internet. Perhaps you have just been connected to the NBN and want to make the most of it. Aimed at those who have basic level of computer skills and would like to know more about useful things they can find on the internet. Explore the possibilities. This course will provide an introduction to the internet - including reading the news online, setting up a MyGov account, using social media, buying online, and finding local information.

Skill Level: Beginner +

Dates/times: Thurs 19 Oct - 7 Dec 1pm - 3.30pm

Fee: \$1605 or **Conc:** \$75

Tutor: Brenda Richardson, Iteracy

Easy Introduction to Coding

Think that computer coding or programming is scary? Don't be intimidated, come along and see the fun side. This course takes a light hearted and introductory look at computer coding using the programming language Scratch. Aimed at those who just want to de-mystify computer programming and get a sense of achievement from creating basic programs.

Skill Level: Beginner +

Dates/times: Tues 17 Oct - 12 Dec 1pm - 3.30pm

Fee: \$160 or **Conc:** \$75

Tutor: Brenda Richardson, Iteracy

Buying and Selling on eBay

Does eBay confuse you? Would you like to be able to buy and sell on eBay with confidence? Then this course will navigate you through the process of getting started and using this worldwide facility to buy or sell your chattels. Please bring email address and password and bank details for Paypal. This runs over two evenings – first evening devoted to get you started buying on eBay and second evening getting you selling.

Dates/times: Fri 20 Oct & 17 Nov 4pm - 6pm

Fee: \$50 **Tutor:** Ken Brackley.

CREATIVE

Photography Sculpting with Light

Confused by all the settings on your new digital camera? Learn how to get great results from a qualified teacher and master photographer. Understanding shutter speeds, ISO, aperture, different file formats, downloading images, red eye reduction and lighting techniques.

Dates/times: Tues 14 Nov - Tues 5 Dec 7pm - 9pm

Fee: \$110 or **Conc:** \$100 **Tutor:** George Stawicki

Foundation Art Course

Discover the Artist Within - Level 1

An Introductory or Refresher Art Course using Drawing media for Adults. No previous knowledge required.

This course increases the skills of seeing and drawing and then introduces colour and various drawing media.

Dates/times: Tue 17 Oct - Tue 5 Dec 1pm - 3pm

(8 sessions)

Fee: \$130 or **Conc:** \$70 **Tutor:** Annette Playsted

Media Art Course

Discover the Artist Within - Level 2

An art course in Painting and Drawing for Adults who have completed a foundation course. This course aims to increase media knowledge in the techniques and processes of painting and drawing, improving skills and confidence.

Dates/times: Mo16 Oct - Mon 4 Dec 10am - 12.30pm

Fee: \$135 or **Conc:** \$75 **Tutor:** Annette Playsted

Advanced Workshop Program

Develop the Artist Within - Level 3

This program is for hobbyist artists or art students who have studied at the intermediate level and want to further develop their knowledge and broaden skills and perceptions. A challenge is set for each term to encourage the building of ideas to improve conceptual development and to encourage experimental media use to broaden and develop unique approaches to media. The course is designed to increase self-expression and perceptual awareness.

Dates/times: Mon 16 Oct - Mon 4 Dec 1pm - 3.30pm

Or Tue 16 Oct - Tue 5 Dec 10am - 12.30pm

Fee: \$135 or **Conc:** \$75 **Tutor:** Annette Playsted

Ukulele Beginners

A class for those who will learn to play the ukulele quickly and easily and those who have started with us but need some more support before moving to the next class - no experience necessary but you will need to bring a Ukulele.

Date/time: Thurs 12 Oct - 30 Nov 11am - 12noon

(8 sessions)

Fee: \$85 **Tutor:** Sarah Carroll

Ukulele Advanced Beginners

Date/time: Thurs 12 Oct - 30 Nov 10am - 11am
(8 sessions)

Fee: \$85 **Tutor:** Sarah Carroll

Ukulele Intermediate

The intermediate level is for those who are part way along the path to learning how to play the Ukulele and improve their skills.

Date/time: Thurs 12 Oct - 30 Nov 9am - 10am
(8 sessions)

Fee: \$85 **Tutor:** Sarah Carroll

Writing Workshop

Do you have a written story, a novel or a script, but have no idea how it stacks up against published works. Bring your writing along to this workshop and gain constructive feedback from your fellow writers and solid advice from your tutor on how to bring it to the next level. Facilitated by multi-award-winning author and Swinburne University writing teacher Dr Laurent Boulanger.

Date/time: Sat 28 Oct 9am - 1pm

Fee: \$75 **Tutor:** Dr Laurent Boulanger

Beginning Article Writing

If you like the idea of seeing your work in print in newspapers and magazines, then come to this class to learn how to do research, conduct interviews, find ideas and write for a specific market. Taught by Dr Laurent Boulanger, Swinburne University writing teacher, and writer of over 30 published articles in Australia, the USA and the UK.

Date/time: Sat 25 Nov 9am - 1pm

Fee: \$50 **Tutor:** Dr Laurent Boulanger

Book of Me Workshops

Your story encourages you to reminisce and search your past.

Tutor: Lyn Clough

Dates/times: Thurs Group 26 Oct, 23 Nov 1pm - 4pm

Saturday Group 21 Oct, 18 Nov 1pm - 4pm

Fee: \$10 per month plus monthly kits (between \$10 to \$15 per month) Please book at SpringDale or if you have any queries call 5251 3008.

LIFESTYLE COURSES

NEW - Mindfulness Meditation Group

This group will be structured around the practice of Mindfulness and will appeal to those who have already completed the SpringDale Mindfulness Meditation course with Max Simmons and who are looking for regular on-going practice.

Date/times: Wed 18 Oct - 6 Dec 1.30pm - 3.00 pm

Fee: \$50

Venue: The Guild Room, St James Anglican Church, Collins Street, Drysdale

Tutor: Dr Max Simmons

Cheese Making with Corinne

Interested in making your own cheese? This is a very relaxed way to spend a day. You may like to bring lunch to share and make new friends and make conversation. You will be asked to bring some kitchen equipment.

Let us know if this is to lead you to a new career path.

Dates/times: Sat 14 Oct Cheddar 10am - 3pm

or Sat 21 Oct Camembert 10am - 3pm

Fee: \$100 per session

Tutor: Corinne Blacket - Drysdale Cheeses

Espresso Coffee Making Workshop

Looking for employment in the Hospitality Industry? Improve your knowledge, skills and techniques, understand the workings of the Espresso machine and the coffee culture. Small groups, so enrol early.

Dates/times: Sat 11 Nov or Sat 2 Dec 10am - 12noon

Fee: \$40 **Tutor:** Jordon Smith

Introduction to Sustainability

A series of sessions to assist people along the path to sustainability through planning, recycling, sustainable energy and other topics.

Dates/times: to be confirmed

Fee: \$100 **Conc:** \$70

Tutor: Experts in each field

Innovations for Would Be Entrepreneurs

An entry level course for would be Entrepreneurs.

This course looks at the skills and mind sets necessary for people to develop the skills to become an innovator or an entrepreneur.

Dates/times: Friday 10 Nov - 1 Dec 10am - 12.30pm

Fee: \$100 or **Conc:** \$50 **Tutor:** Anne Brackley

Focusing on the Future

A taster course which allows people to try a variety of classes to understand what is available locally at SpringDale. This is especially for anyone who is looking for a new direction in their life.

Classes will be tailored for each participant.

Dates/times: Mon 9 Oct 10am 12 noon

7 more sessions. As individually scheduled.

Fee: \$100 or **Conc:** \$75

Tutor: Anne Brackley

Yoga - Monday

For fitness, stress relief and clarity of mind. New students are warmly welcomed.

Dates/times: Mon 16 Oct - Mon 11 Dec 9.15am - 10.45am
(9 sessions)

Fee: \$150 **Conc:** \$135

Fee: \$20 per session if paying for single sessions

Tutor: Glenda Breedveld

Materials: Bring your own mat and blanket if required.

Venue: SpringDale Hall

Yoga - Thursday

For fitness, stress relief and clarity of mind. New students are warmly welcomed.

Dates/times: Thurs 19 Oct - Thurs 14 Dec 6pm - 7.30pm
(9 sessions)

Fee: \$150 **Conc:** \$135

Fee: \$20 per session if paying for single sessions

Tutor: Glenda Breedveld

Materials: Bring your own mat and blanket if required.

Venue: SpringDale Hall

Intermediate French for Enthusiasts

This is an on-going course for enthusiasts of the French language who are at the upper beginner or low intermediate level. The focus will be vocabulary and pronunciation, with little grammar. Not suitable for beginners - there is a beginners course at Ocean Grove Neighbourhood Centre.

Date/times: Tue 10 Oct - 12 Dec 11.30am 12.45pm

(ex Melb Cup day)

Fee: \$100 **Conc:** \$90 **Single sessions:** \$15

Tutor: Serge

Latin

The language of Catullus and Cicero. At two levels, absolute beginners and those who have some high school or tertiary Latin and would like to pursue it further. We will generally use internet resources.

Dates/times: Sat mornings 9.15am - 10.45am

(10 sessions)

Fee: \$50 **Tutor:** Neil Bell

The Joy of Volunteering

A way of getting experience is to volunteer. A way to give back to your community is to volunteer. A way to meet people is to volunteer. A way to fill in your time and share your skills is to volunteer. Many organisations and clubs rely on volunteers. This course looks into all aspects of volunteering and perhaps will help to increase your resume.

Dates/times: Mon 30 Oct 9.30am - 11.30am

Fee: Free **Tutor:** Anne Brackley

SPRINGDALE GROUPS

To attend SpringDale Groups you must be a member of SpringDale - Annual Membership \$12 - each group charges a small fee ranging from \$2 to \$12 per session.

Bellarine Community Choir

Peninsula residents are welcome to join this choir. We sing 4 part harmony to perform at functions on the Bellarine and Geelong. All welcome.

For more information phone SpringDale 5253 1960 or Jenny 5251 2676. Thur 1.30pm - 3.30pm

Friendly Cuppa and Chat Group

Call in for a cup of coffee and a chat on the first Tuesday of the month between 10.30am - 11.30am.

Card Games

Enjoy playing cards? Come and play Canasta and Bolivia. Monday afternoons from 12.30pm - 3pm.

Girls' Shed

A great activity for all year. Keep your hands busy and be creative. Bring your UFOs (Un Finished Objects) Tuesday weekly from 1pm - 3pm.

SpringDale Badminton

Wednesdays 1pm - 3.30pm weekly at The Scout Hall Drysdale.

SpringDale Artists

The SpringDale Artists meet each Wednesday.

Activities include working sessions, discussions, demonstrations and gallery visits. Wed 9.30am - 12.30pm or 1pm - 4pm.

Cryptic Crosswords Group

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.

Fun Volleyball

We play with a soft beach ball, and the aim is exercise. Other session times possible, register your interest.

Mondays from 9am - 10.30am

Venue: Drysdale Scout Hall

Genealogy

People interested in researching family history come together weekly and share tips and tricks.

Thursdays 9.30am - 12noon

SpringDale Jigsaw Club

Borrow a jigsaw from a big library, 40c each. The first Thursday of the month from 10am - 12noon.

Line Dancing

Join our group. Every Wednesday 10am - 12noon.

SpringDale Mahjong Club

This group meets Wednesday from 9.30am - 12noon.

Pole Walking Group

Enhanced walking where the arms are used to push. The movements of your arms, feet, pelvic area and the entire body are similar to those employed during a vigorous walk. Weekly Mondays 8:50am-10am (Contact SpringDale for meeting points)

SpringDale Scrabble Club

Held on Tuesday afternoon, 1pm - 3pm and caters for players of all abilities and new players welcome.

SpringDale Wheelie Riders

SpringDale membership is all you require. Would you like to get involved in cycling again? Rides vary in difficulty and start from SpringDale at 8am. New riders welcomed and shorter rides are graded to suit individual needs.

Rides: Mon, Tues, Wed, Fri and Sat or Sun.

SpringDale Singers

SpringDale Singers meets at SpringDale Community Centre on Tuesday afternoons at 1:30pm until 3:30pm.

We sing in harmony (4 parts) a wide range of music and song; enjoying good fellowship and the joy of singing; accompanied by an excellent pianist.

Several conductors (from the group) strive to enhance performance over the year. We are not a performing choir although we do have an end-of-year performance at the Community Centre. We welcome any interested singers to join us; the ability to read music is not essential, we learn as we go.

Men's Kitchen - Tuesday Mornings

Tuesday morning 10am - 1pm

Location: St Leonards Recreation Reserve

Fee: Price depends on menu

Vacancies in this group – new members welcome.

Men's Kitchen

– Wed / Thurs / Fri Morning

Wed / Thurs / Fri Morning 10am - 2pm

Fee: Price depends on menu

Men's Kitchen – Wednesday Evening

We will be running a Men's Kitchen every second Wednesday evening from 5pm - 8pm. New members welcome.

Fee: Price depends on menu

Scrapbooking Group

Would you love to organise your precious memories by scrapbooking your photos? Come along and learn traditional and digital scrapbooking solutions. Material list for beginners, tools available for you to use and products available to purchase.

Thurs 7 Sept, 12 Oct, 9 Nov & 7 Dec from 1pm - 4pm.

Write About

A group of committed Writers ranging from Biographers, Poets, Storytellers, Song and Report Writers meet on the 1st Thursday of the Month from 2.30pm - 4.30pm.

Harvest Basket Produce Swap & Edible Gardening Group

Meets 1st Saturday of every month in the SpringDale Hall. You do not need to have anything to swap to come along and forge friendships and share veggie gardening skills.

Date/time: 9am - 10.30am

Annual Membership: \$8

Felting

This is not a class but people coming together to enjoy felting. If you're not sure what felting is, just pop in for a look. For further information you can contact Julie on 0409 511 662.

Date/time: 1st Saturday each month. 10am - 3pm

SpringDale Open Dance Band

The band usually meets weekly on Monday afternoons 5pm - 7pm. Musicians of various backgrounds who enjoy making music together and sharing their love of music with others. Open to all musicians.

Contact SpringDale Office for more details.

SpringDale Community Garden: Growing Green - a Healthy and Sustainable Community.

Work in the communal area or establish your own personal plot to produce fresh food of your choice to be enjoyed at home, swapped with other members or donated to the Drysdale Community Church's Foodbank project. Membership forms, details of annual payment and other information are available from the SpringDale Office.

Kinship Carers

Meets monthly 7 Aug, 4 Sept, 9 Oct, 6 Nov and 4 Dec 10am - 1pm

Drysdale Toy Library

Meets weekly on Thursdays (during school terms)

1.30 - 2.30pm and 2nd & 4th Saturdays 9.30am - 10.30am (all year except in January).

Portarlington Toy Library

Meets weekly Wednesdays during school terms

8.15am - 9.15am

Community & Business Breakfasts at SpringDale

Guest Speaker Dr. Jude Walker. Mon 27 Nov 7am. Cost \$15

Bush Dance

Next Bush Dance will be Fri 13 Oct. 7.30pm

Come a join in the family fun.

Small Business Smart Business Session

Topics and presenters to be confirmed

Date/time: Wed 18th Oct 9.15am - 11.30am

Fee: \$20 per session – Bookings through Trybooking

SpringDale AGM

SpringDale Neighbourhood Centre Inc. AGM will be held in November with the date to be confirmed.

NON SPRINGDALE GROUPS

Drysdale Guides

Our Mission is to enable girls and young women to grow into confident, self respecting, responsible community members. We meet on Thursday evenings at SpringDale Neighbourhood Centre. Girls aged 5 - 11 years meet from 4pm - 5.30pm and girls 11 to 18 years meet from 6.30pm - 8pm. Contact Anne Brackley for more details 0407 529 205.

Small Business – Smart Business Facebook Live for Business

Learn how you can break through using your Business Page to make a real impact on your followers, and where alternative opportunities lie in Groups, Advertising and other social media channels.

Tutor: James Crook

Dates/Times: Wed 18 Oct | 9:30 – 11:30am

Fee: \$20 **Tickets:** www.trybooking.com/ROAQ

Venue: SpringDale

Pilates

Open to all ages. Improve your fitness, core strengths, posture, flexibility and sense of well being. Classes cater for clients of varying fitness levels, from beginners through to advanced. Small class sizes allow for individualised attention and direction.

Date/time: Classes on either Tue/Thur 10/12 Oct for 10 weeks.

Fee: \$135

Tutor: Monique MacLeod

Phone to book: (03) 5251 2958

Venue: Drysdale Physiotherapy & Sports Injury Clinic, 27-29 High Street, Drysdale

Karate

Art of Defence Australia teaches traditional Goju Ryu Karate with a contemporary outlook. Modern coaching principles are used to encourage the children to be the best they can possibly be. Increase your personal confidence, learn self defence and have fun all at the same time. 2 free sessions. Free uniform on joining for all new students. Martial Arts is a great equaliser, and enhances control and discipline.

Date/time: 9 Oct - 4 Dec 4pm - 4.45pm

Fees: \$175 Primary Students and High School Students \$190 per term.

Tutor: Art of Defence Australia

Phone to book: 0407 320 333 **Venue:** SpringDale

Tai Chi

Art of Defence Australia teaches traditional Cheng Ming internal Kung Fu (Tai Chi). Increase your awareness, improve your balance, learn how to deal with stress mental and physical health issues, and live longer in better health. Everyone can benefit from this gentle breathing and exercise program, regardless of age, gender or fitness level. 2 free sessions. Free uniform on joining for all new students.

Date/time: Mon 9 Oct - 4 Dec 5pm - 6pm

Fees: \$205 or **Conc** \$190

Tutor: Art of Defence Australia

Phone to book: 0407 320 333 **Venue:** SpringDale

Bellarine Woodworkers Inc.

All keen woodworkers have the opportunity to meet on the first and third Monday of the month at 1.30pm. New members welcome. Just turn up.

VALid Bellarine Peer Support Group

3rd Thursday of the month Sept 21st, Oct 19th, Nov 16th, Dec 21st at SpringDale 10am

ACCREDITED COURSES

Provide First Aid Code HLTAID003

Dates/times: Fri 29 Sept 9.30am - 3pm

Fee: \$120 **Tutor:** Stayin' Alive First Aid

Provide CPR Code HLTAID001

Dates/times: Fri 29 Sept 9.30am - 12noon

Fee: \$60 **Tutor:** Stayin' Alive First Aid

All courses involve pre-course work and you will be contacted beforehand with the course with the details. Stayin' Alive First Aid delivering nationally recognised training in partnership with, and under the auspices of, Allens Training Pty Ltd RTO 90909.

Please book directly with Raelene on 0413 513 046



Enrolment & Payment Conditions

ENROLMENT

To book into a class, **phone (03) 5253 1960**, or call in person, at **SpringDale Neighbourhood, Centre 17-21 High Street, Drysdale, OR**
Email: office@springdale.org.au

- Your enrolment is confirmed when payment is received.
- Classes must be paid for no later than ONE week prior to the commencement of class. You will not be permitted to participate in classes until full payment is made.

PAYMENT/ REFUNDS

We accept cash, cheque or credit card.

Facilities are available for payment in person or via mail, please see below course booking slip.

- If there are not enough enrolments to successfully run a course it will be cancelled.
- If a course is cancelled due to lack of enrolments or other reason, you will be notified and your fees will be refunded in full.
- Should you wish to withdraw from a course you must do so prior to commencement of the course. Where fees have been paid, in those circumstances they will be refunded to you less an \$8 administrative fee.
- If you withdraw from a course after it has commenced no refund will be issued. An opportunity to transfer to another course may however be available in certain instances.

PRIVACY

The **SpringDale Neighbourhood Centre** respects your right to information privacy. Information collected and held on participants, is kept in accordance with information privacy laws.



SpringDale Neighbourhood Centre Inc.
acknowledges the support of:



Australian Government
Department of Education, Employment
and Workplace Relations

LGBTI 3 months Follow-up

Three months ago the LGBTI Roadshow came to Geelong. At this follow-up the majority of attendees felt that it was inspiring, enlightening, inclusive and promising. Though for some it has been a roller-coaster ride whilst others felt an air of disappointment in connecting with the larger community. One of the items that did come up at this meeting was to remind the community of GLOs Gay & Lesbian Liaison Officer's and how they can help you or your family.

Lesbian, Gay, Bisexual, Transgender and Intersex Liaison Officers (GLOs)



Overview of GLO's Liaison Officers

The GLO Mission Statement is to contribute to the creation of mutual trust between police, lesbians, gay men, bisexuals, transgender and intersex persons so they have increasing confidence in police through the provision of fair and equitable policing service. The full time GLO appears fortnightly on Joy94.9, sharing information and updates about the work of Victoria Police with LGBTI communities.

Contacting a GLO (GLO contacts are not a 24 hour service, if you require police attendance please dial Triple Zero '000').

There are Lesbian, Gay, Bisexual, Transgender and Intersex Liaison Officers located at various police stations throughout Victoria; however, any police member is able to take a report of crime. You can contact any police station to do this. If the matter is urgent you should call Triple Zero '000'.

Victoria Police GLOs can assist by providing discrete, non-judgemental advice and assistance in the reporting of crimes.

By calling a GLO, victims can discuss the incident then work out the most suitable process for the matter to be reported. The GLO can also provide expert advice and assistance to police investigators.

Bellarine Police Hub at Ocean Grove Police Station 525 62698

Hours are 6am-10pm after this time you can ring 000 and a Divvie Van that patrols the Bellarine can assist you if the matter is urgent. There is a GLO Officer, Senior Constable Theresa Pikkert based at this station who can assist you, or any one of 4 GLO officers based at Geelong Police Complex if Senior Const. Pikkert is not available.

Geelong Police Complex

- Senior Constable Jacinta Stevens
- Constable Melissa Varker
- First Constable Bonnie Loft
- Constable David Harper-Adams

Phone: 5225 3100

This information was last updated: Fri 2 June 2017

F FACE
A ARMS
S SPEECH
T TIME
ACT FAST
CALL 000

NATIONAL
STROKE
WEEK
#fightstroke

4 - 10
SEPT
2017

Thousands of Stroke Week Activities will take place in communities across the country including information stalls, health checks and fundraising for the Stroke Foundation.

This National Stroke Week, the Stroke Foundation is aiming to ensure every Australian household has someone who knows the signs of stroke and to call 000. Share the **F.A.S.T.** signs of stroke with your friends, family and colleagues - the life you save could be your own.

Just by knowing the signs of stroke makes you part of the **F.A.S.T.** Response Team:

- **Face** - Check their face. Has their mouth drooped?
- **Arms** - Can they lift both arms?
- **Speech** - Is their speech slurred? Do they understand you?
- **Time** - Time is critical. If you see any of these symptoms Act FAST and call 000

Time is critical in treating stroke.

Paramedics, nurses and doctors can only help if you join the FAST Response Team and dial 000 at the first sign of stroke. Stroke is always a medical emergency.

Will you join the **F.A.S.T.** Response Team and fight stroke with us this September?

Three 'Time Sucks' That Hold You Back

You could be sabotaging your efforts to move forward and achieve more of your most valued goals. Here are three common "time sucks", and ways to stop them in their tracks.

Procrastination

(Putting things off until "later")

Someone once said: "Don't put off until tomorrow what you can do today, because if you enjoy it today you can do it again tomorrow." There is wisdom and humour in that, but the truth is that we usually put off the things we don't want to do: the tax, difficult conversations, asking other for _____. I have found that when I tackle the unpleasant tasks first, it frees up a whole lot of energy to be productive and creative. I use the "five second rule": if I think of it, I do it within five seconds; otherwise it can turn into procrastination.



Fear of Failure

(often excused by "it's not the right time")

Some of the highest achievers in the world also failed a lot. John Maxwell calls this "failing forward."

Drill down. Instead of focusing on the worst that could happen (I would have to start again/people would laugh/I might lose some money), ask yourself: "What's the best thing that could happen?" (It just might work/I could achieve my goal/I could very well get the girl/guy).

Doing everything yourself

(often excused by "it's quicker to do it myself")

There is a saying: "If you want to go fast, go alone; if you want to go far, go together". You are not alone, and you were not designed to be alone.

Create a team. Get a mentor. Ask a friend for some advice. Allow those people who are already in your life to help you (especially if they have been offering). Maybe it's time to discuss that idea with a trusted friend. Reach out. Be bold. Go for it!

Until next time, Les Watson

les@getmoretime.com.au 0414 489 689

Springdale Trivia 6th Edition by Drysdale Girl Guides

1. In the NATO International Phonetic Alphabet the letter M is represented by which word?
2. What is 7 X 8?
3. The First fleet arrived at Botany Bay in what year?
4. The 2020 Olympic Games will be held in which city?
5. The 18th of July 2017 marked the 200th anniversary of Jane Austen's death. Name three of her novels that were completed by her at the time of her death (they may have been published posthumously).
6. What is the chemical symbol for Lithium?
7. Who wrote the book series A Song of Ice and Fire, on which the TV show Game of Thrones is based?
8. Which two primary colours are combined to make purple?
9. What sort of animal is Eeyore in Winnie the Pooh?
10. What family of musical instruments does a trumpet belong to?

Turn
to page 22
to find the
answers.

Drysdale Guides Meet on Thursdays during the school term. 5-11 years 4:00 to 5:30, 12-18 years 6:30 to 8:00. If you are interested or have any questions please contact Anne Brackley on 0407 529 205

Broad Beans

Our taste buds change as we mature. Sometimes we hear people saying "I had to eat them when I was young" and "oh no... not going to like this" or "these taste awful – don't have them". I, on the other hand, grew up with "you will love this" and "you haven't tasted them lately" or "the way I cook them, they are delicious".

So... when was the last time you tried broad beans?? They are so good for you - full of protein and they provide lots of healthy nutrients. They are a good food source of vitamin B1, iron, copper, phosphorus, potassium and magnesium.

According to tradition, Sicily once experienced a failure of all crops except for broad beans that kept everyone from starving. Broad beans then became a popular tradition in many Italian communities and to this day people carry a broad bean for good luck believing they will never be without the essentials of life.

In Portugal and Spain a Christmas cake is baked with a dried broad bean inside. Whoever has the slice containing it, is supposed to buy next year's cake.

In France the dried broad bean (these days it can be a small trinket) is placed in the Christmas cake and the person who finds it in their slice becomes the king or queen of the meal, and is often expected to serve the other guests a drink.

Broad beans can be harvested and eaten fresh from the garden. Especially if they are small, the pod and all can be cooked or added to salads. The beans are delicious as a side vege or mixed in with peas. Some recipes call for the individual beans to be peeled, but this is

not necessary if the pods are still young and tender.

To keep it simple, a drizzle of oil and a cup of water for a cup of broad beans. Salt, pepper, dried oregano and a little garlic if required. Bring to the boil then allow to simmer with the lid on for about 10 minutes. Enjoy!

Not so fresh broad beans make a delicious dip: just blend or mash the cooked, skinned beans with some crushed garlic, a squeeze of lemon and a drizzle of your favourite extra virgin olive oil.

To make broad bean broth stir fry some garlic with a chopped onion or a leek in a drizzle of extra virgin olive oil. Add some chopped bacon or prosciutto and the broad beans. Add your favourite stock, stir and simmer for 10-15 minutes so all the flavours blend well. A small pasta shell or potatoes cooked in the base of the soup will thicken and make this a hearty soup.

- Cook broad beans with peas and artichokes to have with fish or meat.
- Shelled, serve fresh with fresh Pecorino or favourite tasty cheese.
- Broad beans go well with salami or bacon for risotto topped with fresh Parmesan cheese and drizzle of extra virgin olive oil.
- Fresh broad beans, peas, walnuts, with salad greens drizzled with a little extra virgin olive oil – serve with fresh crusty bread. Too easy.

Agata Commisso

Check out what's in season or be inspired to start cooking at www.amorecucina.com.au



Town Club
Drysdale
Weight
Loss Group



There have been a lot of articles in the press about how there is an obesity epidemic in Australia. Our diets have changed radically over the years with more food containing high levels of sugar and fat. Whilst doctors know a lot about this, we seem to have taken little notice about how our bodies react to these substances other than to crave more of them.

Fats and sugar together are potent. The taste hits our brain and we crave more and more. Strangely, in the world of dietetics, fat is not the monster we thought it was. Yes, too much fat is not good for us but low-fat products full of sugar to make it taste better are not the way to go. Full cream milk and yogurt are fine if they are not flavoured with a sugary taste. Plain is best.

In Mediterranean diets where people eat a lot of fish, fresh seasonal vegetables, fresh seasonal fruit and milk and yogurt, it has been found that there is less heart disease, less strokes and less obesity and people live a lot longer.

I know you will tell me you are too busy with family, work and other activities to shop and cook fresh and a pizza or Chinese meal is easier, but it only takes a little preparation and you can eat very healthily. Think about it. There are loads of ideas on recipe sites. Just Google them.

If you need help getting back on track and taking off that weight that has crept on over the time, why not join a TOWN group. Our TOWN group meets in Drysdale on Wednesday mornings and you can weigh in from 8.45 to 9.45am. We have group therapy too, which has discussions on what and how much we eat and exercise. Currently we are doing TaiChi once a fortnight and members are finding it a gentle way to exercise. Come along and join us.

TOWN Club Drysdale

Where: Drysdale Football Clubrooms, Drysdale Oval, Drysdale.

When: Wednesdays

What time: 8:45am to 11.00am

Come along a see what we are all about.



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Chooks in the Garden

It's a good time of year to introduce chooks to your backyard. Although commercial hatcheries can provide chicks and pullets (young adults that haven't started to lay) at other times of year, spring is the best. Birds hatched in spring will get a good start in life.



What chook?

Most people tend to go for commercial egg-laying varieties, particularly ISA Browns. I prefer a heritage breed (e.g. Barnevelder, Pekin, etc.) if you can get them. They're prettier and more interesting; character varies with breed. They won't lay eggs as regularly but they might live to twice the age. Please don't keep a single chook – they're social animals. Two is a minimum, three is better.

Getting set up

Chooks need somewhere protected (warm, dry, clean and safe) to roost at night and a secure daytime run with clean food and water, large enough to exercise, peck and scratch around and dustbathe – and shelter from wind, rain and our lethal summer sun. You may be able to let them free-range.

There are plenty of coops commercially available. Not all are well designed, and most give hopelessly optimistic advice about the number of birds that can be kept in them. The run area needs to have at least 1.5 square metres per bird, preferably much more, and somewhere to hang good sized water and food dispensers (provide good quality pellets or mash, also fresh greens).

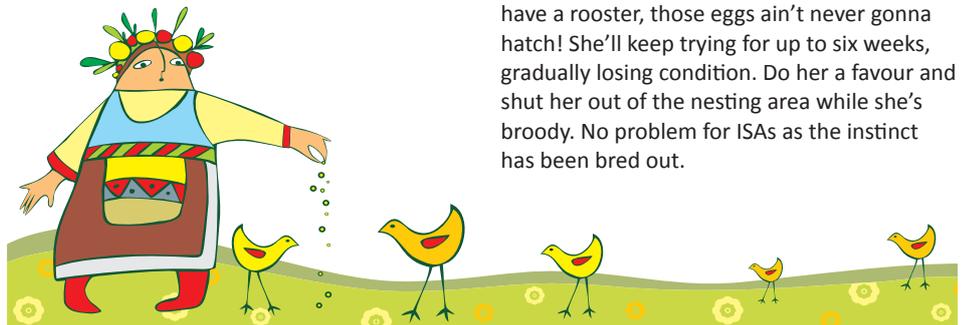
The roosting area has to have ... a roost! Adult chooks don't sleep on the ground unless they have to. They need a wooden pole (at least broomstick thickness) 30 cm or more above the floor of the roosting area.

A separate nest box, kept clean, dry and dark; Chooks always seek privacy for egg-laying. If the nesting box is full of poop or too public, they'll try to find somewhere else. Eggshells are porous, so you don't want to eat dirty eggs.

Egg laying

Their natural instinct is to lay 12–15 eggs, then sit on them (go 'broody') until they hatch. It takes 21 days, but of course, if you don't have a rooster, those eggs ain't never gonna hatch! She'll keep trying for up to six weeks, gradually losing condition. Do her a favour and shut her out of the nesting area while she's broody. No problem for ISAs as the instinct has been bred out.

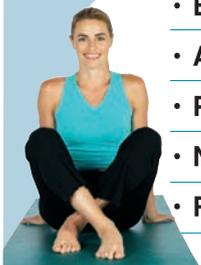
One of our Pekin bantam girls



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Clifton Springs Garden Club

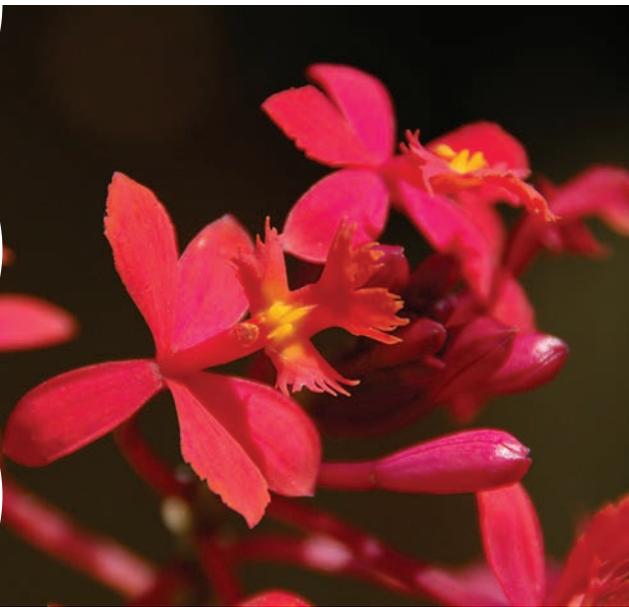
Winter is not a time conducive to being outdoors, especially at night. The Clifton Springs Garden Club tries to make being out at this time a little more inviting by having a Dinner Meeting in July. These are usually a great success and this year was no exception. 33 members had a most enjoyable dinner and evening at the Portarlington Golf Club. It is seen as a great way to get to know other members in a relaxed environment.

September is the Club's Annual General Meeting, with no guest speaker. This meeting is a very important meeting for the Club as a new Committee is formed to take the Club forward into the new year. I see being on the Committee as a way to give back to the community, others would see it differently. There is no pressure on members to join the Committee, so don't be afraid to attend this meeting.

Clifton Springs Garden Club meets on the 3rd Monday of each month, at 7.30 pm, Uniting Church Hall Drysdale. Visitors are most welcome. If you would like further information on the Club please contact our Secretary Helen, on telephone 52571566 or email hma3152@gmail.com



Pictured - Variegated Wall Flower, Peacock Iris, Freesia, Crucifix Orchid



September is Save the Koala Month

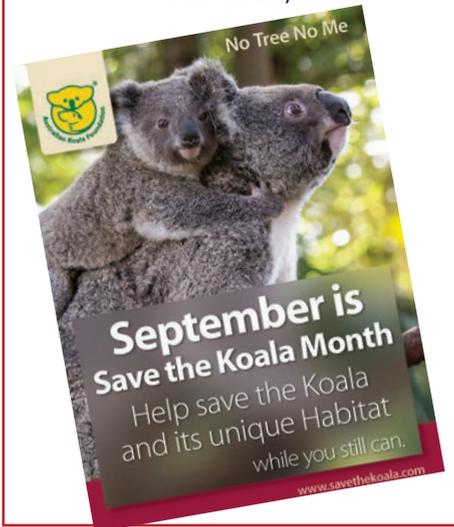
LILLY - Ballarat Wildlife Park (Ballarat, VIC)

Lilly is an independent little girl that loves to explore her enclosure each day. Her extra fluffy cheeks and ears make her easy to recognise. Although Lilly prefers to be left alone, when she wants a cuddle from her keepers she definitely lets them know.



Lilly (above left) would be \$30.00AUD a month

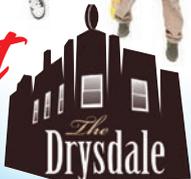
For more info go to The Australian Koala Foundation at www.savethekoala.com to find details on how to donate or 'adopt' a koala like Lilly.



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CARAVAN AND CABINS FRIENDS TRIP TO BENDIGO

Our recent trip to Bendigo was attended by 28 people evenly spread between caravans and cabins. Once again, the weather was kind to us whilst away, with sunny days and cold nights (down to - 1C on the last night!).

Over the week, time was spent at Bendigo Pottery, the woollen mills, art galleries, antique stores and of course, coffee shops. The main event was a visit to The Great Stupa of Universal Compassion, a Buddhist monastery under construction, where we took a guided tour and learnt something of the Buddhist religion. The Stupa will be the same size as the Great Stupa of Gyantse in Tibet at 50 metres square at the base and nearly 50 metres high, and be the largest Stupa outside Asia. A truly impressive building which will house a vast collection of sacred relics and holy objects of Buddhism.

Back at the park, each evening commenced around 4 pm with our usual "happy hour" or two, then followed on to include our evening meal in the conference centre which the caravan park provided for our exclusive use.

The caravan park also provided a pancake breakfast for us one morning, which was most appreciated. For the 'feature dinner', we arranged for Chinese food to be delivered to us instead of going out.

Altogether another great get-away in the Probud spirit of fun/friendship/fellowship!

Please contact Roger at 0407 456 756 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 Drysdale Bowling Club.



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How do I nominate my beneficiaries?

When it comes to specifying your beneficiaries, most super funds will give you several options.

These options are important to understand, particularly given that the type of nomination you choose could give you greater control over how your super benefits are distributed.

Binding nomination

If you make a binding nomination that satisfies all legal requirements, the trustee of the super fund must pay your super to the beneficiaries you have nominated and in the proportions specified.

Also note, there are lapsing and non-lapsing binding nominations. Lapsing nominations typically expire every three years unless you renew them. Non-lapsing nominations may never expire.

If your super's with AMP, we'll let you know when a lapsing binding nomination is about to expire, but you must make sure your contact details are up to date.

Non-binding nomination

If you make a non-binding nomination, the trustee will have the final say over which beneficiaries receive your super and in what proportions, but your nominations will be considered.

No nomination

Depending on the product if you don't make a nomination the trustee will pay your death benefit to your estate, or use its discretion to determine which beneficiaries the money should go to.

Disclaimer

Any advice contained in the article above is of a general nature only and does not take into account the objectives, financial situation or needs of any particular person. Therefore, before making any decision, you should consider the appropriateness of the advice with regards to those matters.

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Garage Sale Trail 22 October 2017

Garage Sale Trail is a National program that's about sustainability, community, commerce and fun! By organising communities around Australia to hold garage sales on the same day their aim is to promote reuse, reduce waste to landfill, enable new neighbourly connections, provide a platform for fundraising, inspire creativity and stimulate local economies.

Some months ago Anne and Ken were out and about and went through Riddell's Creek, where they saw a 'Riddells Creek Whole of Town Garage Sale' sign. Wondering what this actually was, they found a store where they paid \$3 and received a map with 45 numbers which were mapped according to their location, and next to the number were a list of the type or content they had for sale.

If you think this would be of interest to you, phone or contact the Springdale Neighbourhood Centre on 5253 1960 or email office@springdale.org.au with a general list of things that you would offer at your 'garage' sale, and your address. The charge will be \$10.

We will then map you by numbers on our Whole of Town Garage Sale map to give to prospective buyers. It will cost buyers \$3 for those keen to buy something. We hope this inaugural Whole of Town Garage Sale will be fun, revenue gathering and loads more and begin a wonderful tradition for Drysdale, Clifton Springs & Curlewis.



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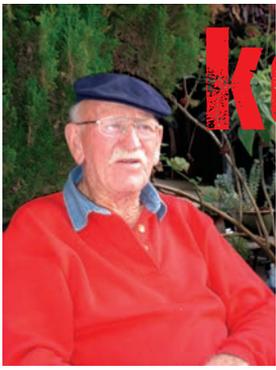
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kel's corner

September is a big month in the Davis household. I turn 90 and John turns 70 and it could even be a great granddaughter's birthday, I'll have ask Norma.

It was a wonderful month when I was born.

Just imagine, no cars or only a few on the road 90 years ago. When mother tapped my father on the shoulder and said "Its time", dad then had to harness up the horse, put mum in the jinker and drive her to the small house just before Geelong Hospital where babies were born and that's where I was born. You would have to take towels and other things with

you on the jinker just in case the delivery happened on the way.

Twenty years later when John was born it was quite different. John was delivered at Pineville, West Geelong, which was a maternity hospital and Norma was wheeled around on a trolley. John was taken to get an Xray not long after he was born as his collar bone was broken during his delivery as he was quite a big boy, 23 or 24 inches long. He came back with his arm in a sling. Visiting hours were perhaps 2 hours a day.

A mother was hospitalised for 14 days after a delivery – not like the few hours new mums seem to stay in now.

When Norma was ready to be picked up with John in arms, I picked her up in KS5 International, I had been carting timber from Winchelsea and I delivered her home to the National Bank, where we lived with my parents.

I remember when dad saved a little money, he bought a new bath heater, this meant we could have more hot water and we didn't need to bucket it from the copper in the laundry into a metal bath. It was luxury.

The asparagus factory would be flat out in September. At the AJC cannery in Springs Road, the asparagus was cut, washed and packed and then taken to Melbourne for sale. Many people were employed during this time, in the paddocks cutting the spears and many other jobs.

Wishing you all the best – I might see you at the Fathers' Day Rally and some other time during September.

Kel Davis and Anne Brackley scribe.



Kel knows how to strikes a pose.

Kel outside their home (the National Bank) .



Kel, Sue, John & Norma at Adrian Mannix Wedding



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An Autism Friendly Community

Imagine a place where people with autism and their families eat at restaurants and feel welcome, employers embrace diversity. Advocates say placing individuals with autism alongside other team members helps to foster creativity and project innovation, libraries, parks, and museums open their doors to differences, shopping is a pleasant experience for all, and students know how to support their friend who acts differently than they do, (a new study finds that children with autism spectrum disorders are bullied nearly five times as often as their typically developing peers).

Individuals with autism and their families face discrimination, isolation and exclusion because of misperceptions about their behaviours and abilities. Let's change that together!

Being Autism Friendly means "being understanding and flexible in interpersonal conversation, public programs and public settings." For someone on the autism spectrum, being in an autism friendly environment means they will have a manageable degree of sensory stimuli along with adaptations that help them engage their environment better; it also means interactions with others that are supportive and non-judgmental of differences, helping them better able to relate to others.

It's a community that treats everyone with respect and dignity and values each person's unique contribution by employing people with autism and other disabilities, structuring recreational activities so all can participate, providing appropriate and inclusive housing opportunities, supporting academic and social success in schools, and empowering people with autism and other disabilities to pursue their dreams.

What is the benefit to being Autism Friendly?

Autism Friendly places embrace neurodiversity, the concept that neurological differences are to be recognized and respected as any other human variation. Studies show that diversity enriches all aspects of a community's life, including education, housing, cultural, and business opportunities. These aspects of a community's life enhance economic strengths because we all win when everyone gets to share in our nation's promises.

What do we do to become Autism Friendly?

Through educational programs, trainings, and awareness activities, we will help the community understand how to identify, interact, adapt and support individuals with autism and their families.



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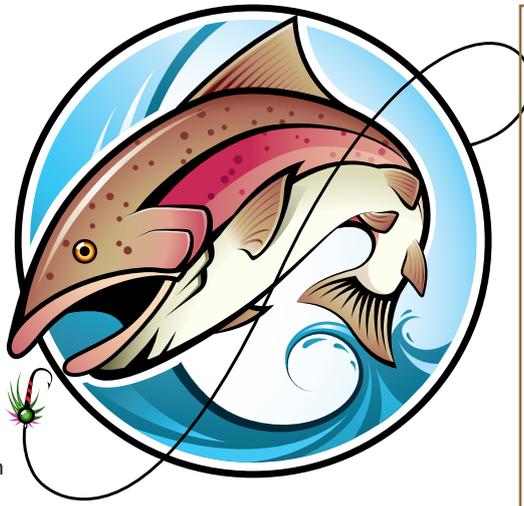
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Are you interested in

Fly Fishing?



Members of the Bellarine Fly Fishing Association often fish the Barwon River or one of the many land based locations on the Bellarine Peninsula. Interested on-lookers will take the opportunity to chat and ask questions. The conversation at some stage usually contains one of the following statements, "I have always wanted to try my hand at fly fishing but it takes a long time to master." Not true, it's very do-able. The best advice I can give is, to be a capable fly fisher you need to be a capable caster. The simplest way to do this is get some casting lessons. Some lessons with an experienced caster, or better still a Casting Course Instructor will be invaluable. Honing those skills by practicing a few times a week will have a novice throwing enough line to have a realistic chance of catching fish.

Another statement is, "I thought fly fishing was only about catching trout". Again, not true. Saltwater fish from top of the food chain predators like Marlin all the way down to Garfish have been taken on a fly. Around the Bellarine Peninsula Trevally and Salmon readily take flies. Bream do the same, but can be harder to convince. The thrill of a 2kg salmon ripping out line while you desperately try to stay connected is something that won't be forgotten in a hurry.

The Bellarine Fly Fishing Associations members have years of experience and are willing to give someone starting out a helping hand. If you've got a fly rod sitting in the shed you might want to dust it off and come along to a meeting. There is no pressure to join although the social side of a club can add a lot to the overall enjoyment.

The club holds its general meeting on the 1st Monday of the month and a fly tying night on the 3rd Monday of each month. Both meetings start at 7.30pm and finish around 9pm and are currently held at the Geelong East Men's Shed, 125 Coppards Road in Newcomb.

For more information go to www.bffa.mine.nu or look us up on Facebook.



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Trivia Answers

1. Mike
2. 56
3. 1788
4. Tokyo, Japan
5. Pride and Prejudice, Emma, Sense and Sensibility, Northanger Abbey, Mansfield Park, Persuasion
6. Li
7. George R. R. Martin
8. Red and blue
9. Donkey
10. Brass

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Drysdale Bowling Club - A History....cont'd

While infrequent and sporadic meetings were held during 1945 and 1948, much manual labour saw the beginnings of the Bowling Club and rinks take shape. A small shed was purchased for use as a Club House and another small shed was erected to house necessary equipment.

During this time a great deal of advice and assistance was given by the Officers and Councillors of the then Shire of Bellarine. At that time, many townfolk owned and milked a house cow. At a cost of 10/- (\$1) per year, the Council allowed these cows to wander along the roadsides. A metal disc (shown right) was attached to a rope around the neck of the cow to denote that payment had been made and this was some of the stock which had to be prevented from wandering on to the much valued Bowling green.



At a meeting held on 21st June 1948, it was announced that the green would be ready for play on Opening Day.

Here-in lies a lesson for all Record-Keepers and Historians. At no point throughout the Archives is the actual opening date given.

On investigation it can be supposed that the date was in October, 1948

thought to be the Saturday immediately preceding the first round of the Pennant season of 1948-49. The festivities commenced with a Ball of the eve of the Opening.

Author's digression.... On reading through old records there is a certain amount of frustration involved in finding such things as incomplete dates being noted i.e. 24th June or Monday 8th without adding the year or sometimes the month, statements such as "Present everyone except Tom Smith and Jack Black" leaving the reader to guess who "everyone" might be. Again some names mentioned can cause scratching of heads especially in small communities which may have extended family links. For example, Mr R. Smith (Robert) Mr B. Smith (?Bob) or is it Barry, Bob's brother? Even more confusing when ladies are mentioned Mrs R. Smith (Maybe Robert's wife) or is it Mrs Ruth Smith Barry's wife? Add to this Mrs R. Smith's name is Leticia and so she may be noted as Mrs. L. Smith but then she is usually known as "Tish" so she might appear as Mrs T. Smith. Any wonder the Historian turns grey at an early age! ...

Congratulations must go to the Record keepers of the Bowling Club who clearly documented and identified members of the same name by adding such things as extra initials e.g. H.E. or H.W. where necessary.more to come.....



Another Successful Year of Junior Football

Our junior football season has come to a close and it has been a fantastic one for the club with three sides playing in finals.

We were always excited by the fact that both our Under 14 and Under 16 teams were graded to play in Division 1 alongside Geelong Football heavyweights such as St Josephs and St Marys. We never expected that one of these sides, our Under 16's, would make the finals in such a strong division, but they did. Under 16 Ruggles finished fourth in a ten team competition ahead of the likes of Torquay, Ocean Grove, Grovedale and Bell Park. This result is a credit to the team, many of whom are bottom age, and to their coaches Josh Deearth and Josh Hopgood.

To add to the success in this age group we also had our second team, Under 16 Richardson, go deep into finals in Division 5. Coached by the enigmatic Mark Finnigan these boys started the season slowly but as they gelled as a team they began to play great football and finished on top of the ladder in their division.

Our Under 15 girls also played finals after finishing fourth on the ladder in Division 2 of the junior girls competition. This side has had the same core group of girls since starting as an U12 team in 2015 and under the guidance of coaches Mel DeBruin and Kees Delfos they have continued to play great football.

The Under 9, Under 10 and Under 12 divisions don't play finals and so they all finished their season in mid-August with each player receiving a participation trophy at a huge presentation day.

As we say goodbye to this season we would like to acknowledge and thank all of the parents who volunteered to assist our teams this year. It takes over 100 volunteers to run our 10 junior teams over the year, and we could not operate without their support as coaches, team managers, timekeepers and umpires.

We look forward to seeing all of the kids and their parents back for an even bigger year in 2018.

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Visit to Wat Rokar Primary School in Cambodia

Drysdale Primary School students Callum Wearne, Curtis McCoughtry, Stella Burke and Jessie Rawson raised money when they ran a pop-up restaurant at Springdale in June. A total of \$1542 was raised to provide necessary school supplies to every single student and sporting equipment to the school. We donated:

- Notebooks, pens, pencils and sharpeners
- Cambodian history books for the library
- Badminton racquets and shuttlecocks
- Volley and soccer balls and nets
- Soccer goal frames, and
- A printer / copier for the office

Set in a remote area central to 4 villages which it services. The school originally established in a room at a nearby monastery was soon outgrown. The only teacher purchased a nearby block of land to establish a new school.

Our guide, Mr. Rethy Ly is very passionate about education and is a self-appointed ambassador, ensuring attendance is possible and affordable. In Cambodia, only 55 per cent of students attend high school, and is even lower in regional areas. Rethy learned that most don't send their kids as they can't afford supplies or uniforms, or see any long term benefits.

The school has 3 main classrooms a library/ office and a Kindergarten. An additional 'shack' houses grades 5 and 6. The classrooms have a blackboard, a few posters and desks for about 40 students. Two rooms only have concrete walls and floors and plastic chairs. The school day is broken up to two parts, so each child attends a half day of school. None of the classrooms have functional electricity - no money to run, so use the door for breeze. It would have easily been 50 degrees!

The copier will enable the teachers to copy worksheets saving them from writing individually for every student.

Pumping up the balls and installing the soccer goals, a kick about was commenced; the kids were quite shy but within a few minutes a good scrap match was underway. Our own girls started a brief kick around and although quite a few of the girls got involved the giggling soon subsided and girls took to the shade to learn Tic Tac Toe clapping games. The teachers also had a great time playing badminton.

We left on a massive high. Hot, dirty and exhausted, but feeling so privileged to have had the experience and opportunity to improve the lives and education of children in Cambodia. We are very grateful to the four Drysdale Primary School students and sponsors for their generous donations. It won't be the last of our support of the Wat Rokar Primary School!



Visit to Wat Rokar Primary School, Cambodia

By Callum Wearne (age 11)

When we arrived at the school my first impression was that the school was bigger than I thought it would be. We gave every student rubbers, sharpeners, pencils, pens and notebooks. I was surprised when the students thanked me in English, when I responded the smiles on their faces were unbelievable. I think they were proud that their English could be understood. The classrooms were really hot, probably about 50 degrees Celsius, I don't know how they could work without air-conditioning or fans.

We pumped up the balls and Dad and I were beginning to set up the soccer goals when the lunch bell rang. When the students saw us setting up goals they started helping and then we played soccer together. I felt very privileged to be playing soccer with kids from the other side of the world, it was my favourite part.

I think the affects of this visit is that it will give the

