



The SpringDale Messenger



October 2017
Volume 27 Issue 9

ABN 21 404 220 267

Compiled & Published by the SpringDale Neighbourhood Centre Inc.

GEELONG SENIORS Festival 1-31 OCTOBER 2017

Coryule Chorus in Concert

Coryule presents Music from the Shows : a COGG Seniors Festival of entertainment

Thursday October 5th 2pm,
St James Anglican Church Hall, Drysdale

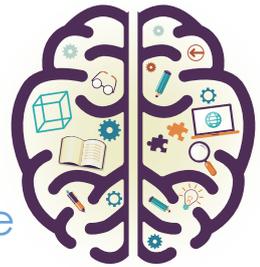
Hear this popular local community choir bring much loved musical tunes from Oklahoma, Camelot, Paint your Wagon, Going my Way, Love Actually.

*A delicious afternoon tea to follow
Gold coin donation*



Trivia for Seniors

Wednesday 11th 2pm
at SpringDale Hall



Brain training for Seniors at SpringDale

A day full of activities, puzzles and brain games. Try coding, cryptic crosswords, juggling, making samosas, jigsaws, coding, phone help, 3D printing, surviving scams and many other things to train your brain.

Friday 6th 10am - 3pm

Learn to play Croquet

Tuesday 24th 9am-12pm

As part of Seniors Month in October, Drysdale Croquet will be offering seniors the opportunity to learn to play croquet. On Tuesday 24th, 9am until 12pm, you are invited to join us at the club in Clifton Springs rd, Drysdale for a morning of croquet. We supply everything that you need and our members will teach you how to play in the first part of the morning. Around 10.30 we will have a sumptuous morning tea and after that we will play a game. Don't forget to wear flat soled shoes. We look forward to seeing you. Please book on 52512008. Just so we know how many cakes to bake.



COME ALONG FOR A GREAT FAMILY DAY OUT!

- Indoor & Outdoor Activities • Theatre & Music
- Sports Zone • Outdoor Stage & Dancing

POTATO SHED

FREE FAMILY FUN DAY

SUNDAY
22 OCTOBER 2017
11.00AM-3.00PM



See page 5
for more
details



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 NOVEMBER 2017 • Bookings/copy required by 1 October • Dist: Sat 28 October 2017 • Circ: 24,000

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

OCTOBER

	1-30	Dogtober
Thur-Wed	5-11	National Recycling Week
Tue-Fri	3-6	Little Red Riding Hood - 10.30am & 1.30pm - \$9 or \$32 (fam) - Potato Shed
Thursday	5	Coryule Chorus in Concert - 2pm, St James Anglican Church Hall, Drysdale
Friday	6	Diabetes Australia Walk to Work Day
Friday	6	Brain training for Seniors - 10am - 3pm - SpringDale
Sunday	8	Blessing of Creatures Great & Small - St. James Anglican Church - 10.30am
Sunday	8	Sing into Spring - Geelong Harmony Chorus - 2pm - Potato Shed
Sun-Sat	8-14	Mental Health Week
Monday	9	Term 4 Commences
Monday	9	SpringDale Dining Group - Drysdale Hotel - 6.30pm
Tuesday	10	Morning Showtime - Golden Hits - 10.30am - Potato Shed
Wednesday	11	Days for Girls sewing - 9am - 12.30pm
Wednesday	11	Trivia for Seniors - SpringDale Hall - 2pm
Thursday	12	Birdcage Thursdays - 8pm - Potato Shed
Saturday	14	World Diabetes Day
Monday	16	World Food Day – United Nations
Wednesday	18	Springdale Salads 1st Birthday lunch - Pikkik Restaurant
Wed-Sun	18-22	Diwali Festival of Lights
Sat-Sun	21-22	Garage Sale Trail
Mon-Sun	23-29	Aussie Backyard Bird Count
Tuesday	24	Blue Knot Day – Adult Sexual Childhood Abuse
Tuesday	24	Learn to play Croquet Drysdale - 9am - 12pm
Friday	27	National Bandanna Day - Canteen
Sunday	29	Exposing Edith - 2pm - Potato Shed

Bookings & copy required by 1 October for November issue



The SpringDale Messenger is a locally produced publication.

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All contributors are asked to provide their articles on disc, Microsoft Word document or email it for ease of processing. Contributions are still accepted as written copy but need to be submitted in the week prior to our copy deadline.
Editing of Contributors Material Contributors should note that the right to modify submitted articles is retained by The SpringDale Messenger as per our policy. Views expressed in this newsletter are not necessarily the views of the publisher, the SpringDale Neighbourhood Centre Inc.





Coordinator's News



Anne Brackley

Dear friends and friends that I am yet to meet,

As I sit to write this so many emotions wash over me. It has been an interesting month to reflect on and my life seems to be about to get a little more busy at least for a little while.

I remember as a young girl wandering through my Guide handbook and planning challenges every night so that I was always learning and doing new things that contributed to having a wide range of skills and being ready to do many things. I have continued this strategy but these days it usually involves coming up with new projects to help the whole community. These projects are based on ideas from the community that I have been told about or happen to hear in passing.

Challenges also pop up as opportunities and I am forever on the lookout for new opportunities as I never know where they may lead. Who could have imagined that an afternoon speaker at an Adult Community Further Education meeting in Colac many years ago, would lead to lifelong goal of chasing innovation and community entrepreneurship? Jason Clark inspired me with his words and with his experiences that he shared with his audience. A few years ago when I rang him and invited him to speak at SpringDale and he agreed, I was overwhelmed. When he came to SpringDale he enlightened the many people who attended that breakfast.

Over the last month we have had a number of challenges. Our long term supporter of SpringDale, Debra Winter died bravely and

courageously. Debra came through our door to gain experience as a student on placement during a Community Service certificate but we learned more from Deb than I believe she learned from us. During my husband's accident, 3 years ago, Deb was incredibly supportive of the Centre, my family and me. She has left us with a stronger centre and we would love to share some of her favourite recipes with you. We are selling her recipe book for \$3 and the money is going to support the SpringDale Messenger, to help to connect our community with each other. Thanks to Deb's family for sharing her with us and continuing to share her skills with us via her recipe book.

Many may know that SpringDale was the Evacuation Centre during a recent emergency in Drysdale. We thank City of Greater Geelong for using our Centre for this purpose and thank everyone who helped to reduce the risks during the event and during the debriefing afterwards. Thank you everyone who helped our community during this time of need. SpringDale will always try to meet community needs as they arise.

If you haven't been through our doors, I continue to invite you to come and be introduced to SpringDale and our services. Once through the door don't be surprised if you find something that might interest you into the future.

Yours sincerely

Anne Brackley

Coordinator SpringDale Neighbourhood Centre for the SpringDale team



Vale Debra Winter

Debra Winter started at SpringDale as a Student on Placement more than 10 years ago and quickly joined our Committee. Debra held the roles of President, Secretary and Treasurer as well as Committee Member. During this time she also participated in events, volunteered in many ways, led projects and was a tutor of a number of classes including a Paddock to Plate session. Debra showed great courage in her short battle against cancer and she will be missed by SpringDale and our community. We are selling her cookbook in her memory for \$3 and proceeds will go towards the SpringDale Messenger of which Deb was an advocate. Rest in Peace. Heartfelt condolences to Kevin and family, thank you for sharing Deb with us.

Dianne Bennett, President SpringDale Neighbourhood Centre

FRIDAY
27th October
7.30pm ~ 10.45pm
SpringDale Hall in Drysdale
Bush Dance
With The Springdale Open Dance Band
Jane Bullock and Friends
Family \$25 Adults \$10 Students \$5
All Dances Called - No Partner Required
Please bring a plate of supper to share

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

11th Edition
Businesses & Services
On The Bellarine
2017
DIRECTORY
Its all about your business
SpringDale Neighbourhood Centre
Keeping the Community Connected



Route Options Revealed For Bellarine Link.

In mid August the State Government unveiled four route options for the future extension of the Geelong Ring Rd to the Bellarine, dubbed "Bellarine Link".

The State Government has invested \$4 million to investigate a future Bellarine Link extending the Geelong Ring Road from Baanip Boulevard in Grovedale to the Bellarine Peninsula.

Each option links onto the Portarlington Rd just to the east of Moolap Station Rd in Moolap.

The project aims to improve safety, reduce congestion, improve travel times on the Geelong road network onto the Bellarine and to accommodate future growth in the region.

Initial technical studies will also look at environmental impacts, cultural and indigenous heritage, current and future transport demands, land use, hydrology and geology implications, as well as how both projects might contribute to the regional economy.

Community consultation will be undertaken to shape planning for Bellarine Link, with two initial community drop in sessions having been held on the 10th of August in Grovedale and the second at Moolap on 12th of August.

Of course into the future the VicRoads project team will continue to inform and consult in with the local community.

For those interested in "Bellarine Link" more information can be obtained through my office or by contacting VicRoads' at BellarineLink@roads.vic.gov.au

All planning will be completed in 2018.

Letter to the Editor

On behalf of Samaritan House Geelong, thank you SO much for the editorial coverage, we are so grateful for the support.

Kind regards, **Rebecca**

Re the letter from Jenny Wills in the last Messenger.

Surely what matters most is that the best person for the job gets elected, not whether it is a man or a woman.

Andrea Moore, Drysdale

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

\$2.4 Million for Bellarine Secondary College

I was recently pleased to inspect works at the Bellarine Secondary College which is undergoing a substantial upgrade at its two campuses.

The College will have new general purpose classrooms, IT activity areas, general science labs, metal and related materials activity area and staff and administration areas, with work due for completion in the first half of 2018.

The State Government allocated funding of \$1.246 million in the 2015-16 Budget and a further \$1.18 million in 2016-17 for the program of works.

The refurbishment work was designed by Henderson and Lodge Pty Ltd and Rendine Constructions are undertaking the upgrade.

Over many years I have been pleased to work with the Bellarine Secondary College School community and these new works will ensure students well into the future will learn in first class working environments.

Neighbourly Networking

Due to an incident a number of years ago, that made us realise that our community could be better connected to help with emergencies, this project was created. It involves our community getting to know your neighbours better so that if you have a problem, you know your neighbours and perhaps you could ask for help. The event that started this idea was a phone call from Dubai late one Friday afternoon, a grandmother was worried about her daughter and granddaughter, who were both very ill and had no food in their house in Clifton Springs. We took food to the house a few times that weekend and they recovered but it taught me the value of knowing your neighbours.

We have created some postcards for people to put in your neighbour's letterbox to invite him, her, them to coffee/tea at a local café – I am inviting local cafés to embrace this idea and help this project be successful. In getting to know your neighbour you might feel comfortable in swapping phone numbers for use at a later time. We are also looking forward to reports of the encounters and also look forward to creating a network map of connected people to pictorially show how our community is becoming more connected through this project.

We are looking forward to hearing from people who would like a postcard or two to pop in your neighbour's letterbox please email office@springdale.org.au phone 5253 1960 or pop into SpringDale and maybe even take a photo of your encounter.

Looking forward to this project being a success.

Anne Brackley



FUNDRAISING SHOPPING TRIP 2017 Sunday 12th November



Approx \$35pp (depending on numbers)

BYO Lunch

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Bendigo Bank Drysdale

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Neighbourly Networking SpringDale

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- James the Fire Engine

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- Animal farm
- Puppet making workshops and more!

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The Bellarine's biggest Free Family Fun Day returns to the Potato Shed on Sunday 22nd October from 11am – 3pm. With over 8,000 attendees in 2016 and growing, the event has become one of the best children's events held annually in the Geelong region.

The FREE event has something for families with children of all ages including a triple bungee run, jumping castles, cubby house photo booth, face painting, live performances and interactive music sessions.

It is a hub of fun activity throughout the day with an outdoor and indoor stage filled with an array of performances, a dedicated sports zone for those who have plenty of energy to burn and everybody's beloved – the animal farm and pony rides will keep children happy for hours.

Crowd favourites the Mik Maks are back again to bring music to kid's ears and have them up and dancing along with our hosts The Funky Mummies, Dance Initiative Productions and Mini Maestros with Bumblebee.

New items on the program this year include:

- The Trash Puppets will hold puppet making workshops. Children will be able to learn and make their own puppets to take home. There will also be roving puppets moving through the crowds.
- Dazzling Dan the Magic Man will be opening in the theatre this year before the pantomime - Mother Goose, performed by Theatre 3triple2 4 Kids.
- The St John Mobile Interactive CPR Lab – an exciting way to help people learn and restore their CPR skills for FREE which will be held in the Sports Zone.
- Netball Victoria will join in the fun at the Sports Zone for the first time to teach netball activities and have information on how to get involved in local netball clubs.

This year we anticipate even more people attending and enjoying the experience, a wonderful way to kick off Children's Week on the Bellarine!

WHAT'S ON

<p>LITTLE RED RIDING HOOD TUES 3, WEDS 4 THURS 5, FRI 6 OCT 10.30AM & 1.30PM \$9 or \$32 a family</p>	<p>GOLDEN HITS TUESDAY 10 OCTOBER 10.30AM \$15 Incl. Morning Tea MORNING SHOWTIME</p>	<p>SING INTO SPRING GEELONG HARMONY CHORUS SUNDAY 8 OCTOBER 2PM \$22, 18 Con, 12 Child & Seniors Special \$15</p>	<p>BIRDCAGE THURSDAYS THURSDAY 12 OCTOBER 8PM \$36, 32, 28, 20</p>
<p>EXPOSING EDITH SUNDAY 29 OCTOBER 2PM \$36, 32, 28, 20 - Special Seniors Price \$25</p>		<p>BOOK NOW WITH YOUR CREDIT CARD ON 5251 1998 OR AT ANY CITY OF GREATER GEELONG CUSTOMER SERVICE CENTRE.</p>	

41 Peninsula Drive, Drysdale VIC 3222
www.geelongaustralia.com.au/potatoshed
 @potatosheddrysdale

WIN - Double Pass

Birdcage Thursdays
 Thursday 12th October at 8pm

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

Name: _____

Address _____

Phone No: (03) _____

COMPETITION CLOSSES 3PM FRIDAY 6 OCTOBER

2017

DCSCA AGM

This is to be held at SpringDale in Drysdale High St on Monday 13th November at 7pm.

All welcome - It is hoped to have a local interest guest speaker.

Should you wish to join DCSCA please email dryclifton@gmail.com

Membership is only \$10 per year to be kept informed on local issues and also have the opportunity to have your say.

Proposed New Road Infrastructure for Drysdale Clifton Springs Curlewis.

1. Jetty Road Intersection

DCSCA attended the Drysdale Bypass Hearing Panel and presented its concerns with VicRoads 3a proposal (2 signalized intersections and one roundabout) and presented evidence that a twin roundabout system would be safer, more traffic efficient and less disruptive to local residents and to the ambience of Lake Lorne Reserve. We are now awaiting the outcome.

2. The Proposed new Curlewis North/South Connector.

DCSCA has emailed the ombudsman requesting assistance in getting the agreement of CoGG and VicRoads to conduct a comparative safety assessment (to Ausroads Safe System Assessment Framework) on the alternative proposal to upgrade Coriyule Road to a new well-designed roundabout at the currently uncontrolled Hermsley intersection.

Upcycling in a most caring way

Around Christmas I lost a friend and neighbour as I and friends with both her daughters and support give help where we could. At a recent coffee session the conversation turned to their mothers wedding dress and the problem of what to do with it? I suggested giving it to a wonderful person.

My sister is a wonderful person for many reasons, but what she does is overwhelming. Let me explain: Geraldine is a lolly pop lady, a seamstress and loving mum. She found out about a cause that she could do in her off hours. She is given wedding dresses and deb dresses and then makes them into clothes for stillborn babies to be buried in with dignity. Little suits for boys and dresses for girls, even little nappies are made. My friends donated their mothers and aunts wedding dress for this noble cause.

You may not know them but there are some wonderful people out there!

Ken Brackley



October 18 Wednesday Springdale Salads lunch group will be celebrating their 1st Birthday at Pikk Restaurant, Queenscliff Portarlington Road. Bookings are essential by phoning Joan on 5251 1177.



Dining Group is also off for dinner Monday 9 October 6.30pm at the Drysdale Hotel. Please book with SpringDale by emailing office@springdale.org.au or phoning SpringDale 5253 1960.

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The North Bellarine is about to get its own film festival. The inaugural North Bellarine Film Festival will be screened from November 17 to 19 across three venues in Drysdale and Portarlington.

Four international films will be shown at the Black Box Theatre in the Potato Shed at Drysdale over the festival weekend along with Australian short films. Supporting events will be staged in the Portarlington Neighbourhood House including international animation short films, a display of drones and virtual reality plus a family film.

An academic film symposium will be held on November 17 at Parks Hall in Portarlington with public access from 3 to 4 pm followed by opening night at 7 pm at the Black Box Theatre when The Brand New Testament will be screened.

The film, A Man Called Ove, will be screened on November 18 at 2 pm and The Salesman at 7:30 pm. Lorne will head a line-up of free Australian short films in the same venue at 10 am on November 18.

A free family day on November 18 at the Portarlington Neighbourhood House will feature the film, Big Hero 6 at 2 pm following a display of drones and virtual reality starting at 10 am.

Free international animated short films will be shown at 10 am on November 19 at the Portarlington Neighbourhood House. Monsieur Lazhar will be screened at 2 pm at the Black Box Theatre.

Tickets for the international films are now selling at the Potato Shed box office in Drysdale and at all City of Greater Geelong Customer Service Centres. Credit card sales are also available by phone on 5251 1998. Festival information including ticket costs and screening times are available at all service centres and the Black Box Theatre or at www.nbff.live

The full program of all short films will be announced in October.

For more details contact Pearl Wilson 5259 1553 or 0418 554 128



SpringDale Occasional CARE

Occasional Care is part of SpringDale Neighbourhood Centre. It is a small childcare centre which aims to create a friendly 'homelike' environment. The centre has 16 children in total, consisting of a variety of ages and fully supports the philosophy that playbased learning is engaging and builds success for life. You are welcome to call in anytime, meet staff and get some more information whilst having a look at the variety of play spaces and experiences which are offered to the children. We will be having an open day on Friday 13th October 12.30 – 1.30, so if your looking at childcare options for 2018 the flexibility of Occasional Care might suit you. The entrance is on Princess St, adjoined to the Neighbourhood Centre. Ph - 0401 129 140.

Session Times:

Monday 8.30 - 1.30

Tuesday 9.00 - 12.00

Wednesday 9.00 - 2.00

Thursday 9.00 - 2.00

Friday 9.00 - 12.00

Fees: 3hrs - \$25 5hrs - \$40
(Pay by cash or online payment)

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Revolving Door Artists, a group of local artists coming together on Wednesday evenings to share their many different talents.

My own experience so far with "The Revolving Door" art group has been fantastic, as I have not attended art school my knowledge of different art forms is limited. Over the last 8 weeks, 6 different presenters have introduced us to techniques such as; scratchback mandalas, applying alcohol inks on glass/tiles/ and photo paper, soul collage, tessalations and I presented soft pastels, this was a first for me also and proved to be a confidence boosting experience.

A highlight was experiencing sculpting for the first time, beating copper, shaping sandstone, soldering etc. it was quite hands on and exciting, thanks to Jenny Pullen for so generously sharing. I've never had the chance to learn so many different art forms in such a relaxed and supportive environment, hopefully this new group will continue and we hope to see some more enthusiastic wanna be artists attend. All welcome.

Elly Smits



**National Seniors Australia - Bellarine Branch
Geelong Seniors' Festival 2017**

TRIVIA FOR SENIORS

To celebrate Seniors, we invite you to join us for an afternoon of Trivia for Seniors.

Date: Wednesday 11th October
Location: SpringDale Hall (High St. entrance)

Time: 2pm
Cost: Gold coin donation

Afternoon tea provided. Lots of prizes and information.

Bookings are preferred for catering purposes. Contact Jackie on 5216 9028 or 0439473244 or Email: zois16@iprimus.com.au



Refresh those "grey cells" by taking part in this fun event.

Kids Must Learn Work Skills



At almost every autism conference, I have either a parent or a teacher say "he is 21, how do I get him to stop playing video games in the basement" or "he is 18 and he is in the bedroom for six hours a day playing games." Many of these game addicts are not having good outcomes. Too many of them are ending up on social security and continue to play games all day.

In my generation, kids in middle school all had paper routes or other jobs. I remember geeks and nerds I went to school and college with, who would be labeled ASD (Autism Spectrum Disorder) today. My nerdy ASD classmates all got jobs and some own a business. In this article, I am writing about individuals who are all completely verbal and capable of doing normal school work in most subjects.

Paper Route Substitutes

Learning work skills needs to start in middle school. When I was thirteen, mother arranged a job for me doing hand sewing for a freelance seamstress. When I was fifteen I cleaned eight horse stalls every day and took care of the horses. There is a discipline and a responsibility to having a job. I was proud that I was in charge of the horse barn. Many parents may say – "but there are no paper routes today." There are lots of ways to find paper route substitutes. Parents and teachers need to set up jobs for middle school and high school kids in the neighborhood. Below are some easy ideas for opportunities for kids to learn work skills. It is never too late to start. The same principles apply to older kids and young adults.

1. The job should be outside the child's home. Kids need to learn independence and responsibility.

2. For kids under 16, volunteer jobs or jobs paid in cash work well. As soon as the child turns 16, he should get a job in the regular economy.

Jobs for younger kids:

- Walking the dogs for neighbors
- Setting up chairs at a church or community center
- Working in a farmers market
- Fixing computers and running virus scans for local people
- Helping an independent business with office work
- Volunteer tour guide at a museum. (Many museums will take 12-year olds)
- Usher at church

Jobs for 16 and older:

- Working at regular paid jobs such as grocery stores to learn the discipline of a job.
- Apprenticeships in skilled trades. If available, take skilled trade jobs at school.

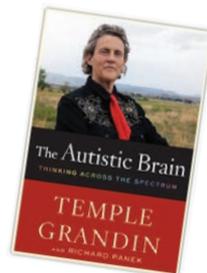
Jobs for college students:

- When I was in college, I did career relevant internships. One summer I worked in a research lab and another I worked with severely autistic children. I continued to go to my aunt's ranch where I took guests on horseback rides and did waiting on tables.

You have to stretch these kids just outside their comfort zone. Last Christmas, I took my first solo ride on the New York subway. Even I have to be willing to do new things on my own.

Temple Grandin

with permission to reprint



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- VIDEO & AUDIO PRESENTATIONS

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JEDTEC IT SUPPORT - SERVING THE BELLARINE PENINSULAR



A small team of 'Not-for-Profit' volunteers aiming to inspire with stories about Geelong and the Greater Geelong area. The stories are about everyday humans who are taking action, one way or another, and making a difference.

Our inspiration is from the Humans in Melbourne Facebook page and we value Creativity, Empathy, Connectedness, and Engagement. (Similar pages such as Humans in Melbourne and Humans of New York, are highly successful and bring the community together). We're only one year old, have more than 6,000 followers, and have told over 130 inspiring stories.

The expo is a celebration of a diverse range of locals who are taking action, making a difference locally, nationally and internationally.

- A day of inspiration, music, laughter and sharing with speakers, performances, and workshops. Free face painting and crafts for kids.
- Give the people profiled in Humans in Geelong the opportunity to network, inspire, promote and explain their services to the public.
- Raise the profile of Humans in Geelong and inspire others to make a difference.

FREE Workshops, Uplifting Speakers, Activities and Face Painting for kids, Live Music, PRIZES, Fun for all ages!

**Sunday 8th October 10am-3pm
Deakin Waterfront, Geelong
CAFE OPEN, Gold Coin Entry**

Sponsors:



Stephanie Woollard

Speakers include:

- Stephanie Woollard, Founder of Seven Women
- Sarah Kenworthy
- Roxie Bennett
- Peter Roberts, Music thanatologist who will also play his harp for a 'Time for Time Out' relaxation session

Live Performances:

- Imogen Brough
- Rach Brennan
- Which Which is Which
- With One Voice Choir



Roxie Bennett - Photo by Sara Taylor Photography



www.humansingeelong.com

An event that will make you proud to live in Geelong.

Thank You

Mortimers would like to thank the community and, in particular, our neighbours, for their care, patience and support following the recent events at our storage facility.

We would also like to thank our incredible emergency services personnel for their tireless support of both Mortimers and the community.



PETROL STATION & CONVENIENCE STORE



Night Photography

A recent club competition was entitled "Night Photography" and our members submitted some very interesting shots taken in many different places from Europe to NZ, exotic Singapore, big city lights in Melbourne and in our own backyard on the Bellarine. The pictured images are some of the place getters for this competition.

Congratulations to Alex Valkenburg on "Red Alert" being awarded 1st in the print section and also the image of the night. Thank you to Brendan Waites of Ocean Grove Camera and Photo for judging this competition. Our next competition subject is "History of the Bellarine".

The Bellarine Camera Club meets at SpringDale Centre at 7:30pm on the first and third Monday of the month; the first is either a workshop or guest speaker while the third is our competition judging night.

We have monthly competitions of a set subject or open, which are professionally judged. This is a great way of learning how to improve your images and skills.

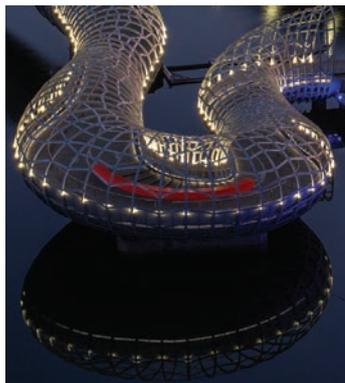
We pride ourselves on being a very friendly and open club with a wide range of skills and interests.

IMAGE OF THE NIGHT: Red Alert by Alex Valkenburg



For further details see our website www.bellarinecameraclub.org.au or pop in to a meeting.

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Bellarine Support Group for Kinship Carers



Little did I envisage when I walked into SpringDale over 2 years ago, with an idea of starting a support group for kinship carers that the community would get behind us and support us as kinship carers caring for children placed in our care.

Over the past three months I have had the pleasure of receiving numerous donations of clothing, toys, books, games and the list just goes on and on.

These donations believe me have made many children happy. From the little girl (and Nana as well) we can now have as many tea parties as they like - thanks to the donation of a lovely kids table and chairs, from the girl 8 who proudly wears those special pink shoes and the lovely pink knitted cardigan, from the boy 5 who just loved all the Thomas the Tank books and his spider man PJ's.

From the grandparents who rang me desperate for help for their two grandchildren both aged under 2 years of age. I was able to assist them with clothing, toys, books and even blankets for their two little ones.

So on behalf of all the children and carers who have or will benefit from the generous donations from the following people:-

Collen from Clifton Springs, Lyn from Clifton Springs, Helen, Mel and baby Thomas from Portarlington

I thank you from the bottom of my heart.

Every day kinship carers are being asked to care for children (mainly family members) on a long term basis. The number of kinship carers in Australia is now double the number of Foster Carers, caring for children under the age of 18 years.

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

Our meetings are held monthly at SpringDale - Mondays 9th October, 6th November and 4th December.

Feel free to contact me if you have any concerns.

Jeanette Hanley-Heath

04 14 308 257



A NEW playgroup based in Drysdale.

Catering for pre-school children

Wednesdays 9.30am - 11.00am

at St James Church Hall
47-55 Collins St, Drysdale

Morning tea provided

Gold coin donation

Enquiries 52512571 or Jenny on 0435149969.

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except ANZAC Day, Good Friday, Christmas and Boxing Days

18-20 HIGH ST DRYSDALE P: 5251 1605

Diabetes Australia Walk to Work Day

Friday 6 October 2017

To support and participate in Diabetes Australia Walk to Work Day, all employers and employees are encouraged to register at www.walk.com.au and clock your walk or donate.



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Promoting Mental Health Week in October

This year Mental Health Week will run from October 8th to 14th with World Mental Health Day on October 10th. This week is marked with many events across Victoria inviting individuals and communities to think about the importance of looking after our mental health. Please join us for the Walk for Wellbeing Event in Portarlington on Sunday October 8th to launch this special week. The aim of the walk is to promote positive attitudes towards mental health and to celebrate good health and wellbeing. Our mental health message is 'a problem shared is a problem halved'. It is our shared hope that mental illness will become no more difficult to talk about than other health issues free of stigma and that support services are there when needed. Entry is a donation with funds raised going to Bellarine communities mental health and wellbeing activities.

Green is the Walk for Wellbeing's signature colour to represent growth, renewal and the importance of balance in our lives. Participants will receive a green ribbon and wristband and we ask you to also wear something green. Dogs are welcome to walk with their owners and please note they need to be on lead. Look for our large green flags along the foreshore at Pier Street Portarlington with registration from 10 am onwards. You will be able to enjoy some local entertainment while greeting friends and family ready for an 11 am walk start. The walk is 3km along our beautiful foreshore trail with the turn-around at 4 Boat Ramps. At a relaxed walking pace time to complete the walk is about 40-60 minutes. Fresh fruit and bottled water will be available for you at the completion of the walk. We hope to see you on Sunday October 8th. For enquiries about this event you can contact the organisers on 5259 3138.

If you or someone you know is experiencing mental health concerns please talk about it with someone you trust. Professional support is available through speaking with your doctor a professional counsellor or services such as Beyond Blue (1300 22 4636).

THINKING POSITIVELY ABOUT 'GIG' WORK

by Sarah Carroll



I've been a gig worker for about 20 years, or most of my working life. After spending the first couple of years in more conventional boss-worker relationships, with all the obligations and protections those entail, I cast myself into the sea of self-employment as a musician after having my two children, at about age 30.

I'm aware that the definition of 'gig' is expanding to encompass all short-term, low-security, contract-based employment, often procured online. When I started, gigs were booked on the phone or in person, and depended upon a professional, assiduous approach where taking 'no' for an answer wasn't an option. Aside from my reputation as a performer, I put the success I had down to the quality of the service I offered, the excellent musicians I worked with and the friendly but firm way I dealt with publicans, festival promoters and other industry professionals.

I now enjoy a degree of self-sufficiency due to the work I've put in over the past two decades but the effort never stops. I've had to take on teaching work to supplement the low income I receive, and most musicians I know have to do similarly, as the rates of pay for entertainers are generally lower now than they were when I started!

Low pay is one of the pitfalls of gig work: another is the complete absence of conditions such as sick pay, compo and superannuation. Due to these factors, music industry workers are particularly prone to physical and mental ill-health, sometimes chronically. This is currently being studied to try to address the inequity that exists between music's enormous contribution to our economy, and the parlous state of the actual workplace for musicians, roadies etc.

Despite all the difficulties I've outlined, I love being a gig worker, and envisage continuing until I can't pick up my guitar any more. I am paid to do what I love. I travel and meet people and have experiences beyond my wildest dreams. I'm proud of my work and receive constant affirmations from fans and colleagues; I operate in a tremendously supportive, loving environment most of the time. I'm always learning; I'm adaptable, resourceful and unafraid to back myself. These qualities have been awoken and strengthened in me due to the nature of my work.

Society and the nature of employment are changing fast. I believe that readiness to embrace change and the courage to try new ways are the two basic requirements we need to deal with this. Of course, these changes must also be adopted by those of us doing the employing! All work has value, and all workers deserve to have their rights protected and their health and long-term security factored in to agreements.

I'm very glad this discussion is happening. Even though I may not benefit materially from positive changes to the way 'gig' work is seen and absorbed into the economy, I feel certain that the younger gig workers of today will help to shape this particular aspect of employment to suit a different way of working, where people have more choice, mobility, flexibility and diversity in their work, without sacrificing good relationships with employers designed to entrench workers' rights regardless of the duration of the gig!



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VOTE 1



Anne Brackley Candidate for Bellarine

Over the last 5 years I have had the vision for the whole of the Bellarine working together and am looking forward to working with two colleagues to deliver for the Bellarine and for the greater Geelong region.

I invite you to give me your 1, 2 or 3 vote.

My facebook page is <https://www.facebook.com/Candidate4Bellarine/>

Anne Brackley
Building
Community -
Commitment,
Strategy, Vision

Enjoying talking to our community about aspirations and issues for the Bellarine.

Commitment -

As a guide leader for more than 40 years, with 20 years' experience in governance and leadership of SpringDale Neighbourhood Centre and many years of Governance in local, regional, state and Australian committees I will draw on this experience to meet the challenges of council.

Strategy -

Strategic thinking and planning informs my decisions, actions and conversation with the communities that I am working. With energy, enthusiasm and a plan, together we can achieve almost anything.

Vision -

Having a vision guides me. The concept of having a 30 year vision for the Greater Geelong Region excites me and I invested many hours in attending the sessions, seminars and led some discussions last year. I believe Clever and Creative is an open exciting vision and am looking forward to help govern its first year.



Star Apprentice Awards

We are on the hunt for a star

Do you know a "STAR APPRENTICE" - well then why not nominate them for our Star Apprentice Award being run by the Rotary Club of Drysdale.

The Rotary Club of Drysdale values the opportunities given to young people in the region through the apprenticeship system. The Club aims to Acknowledge, Promote, Support and Encourage completion of apprenticeships by hosting an Award Program for Apprentices employed on the Bellarine Peninsula.

The Star Apprentice Awards will be an annual event and involve cash awards that will be announced at a function on the 27th November.

Any apprentice employed on the Bellarine Peninsula can be nominated. So if you know or employ a Star Apprentice, be they in the building or other trades, hospitality, hairdressing, mechanics, bakers, arborist,

butcher, chef etc. just look for the Star Apprentice posters and nomination forms at participating businesses.

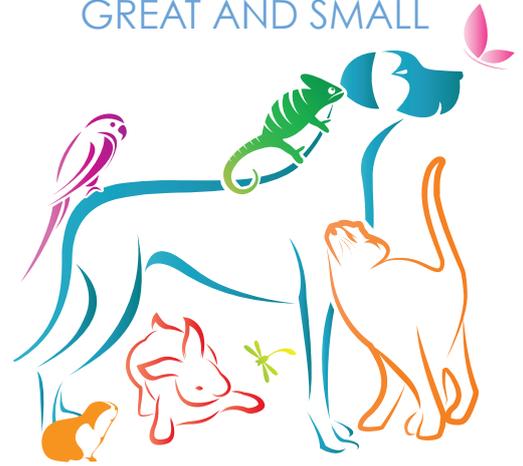
Let's get behind our future generation and show the people around that the young people of today have a lot to learn and a lot to offer.

Applications close October 6th, 2017 so don't delay - fill the form in today!!!!

We are always looking for new members to join us with their skills and abilities so we can join forces to make a difference. There is no age barrier we actually have a 20 year old whose contribution is so valued.

Caroline Rickard
Publicity Officer/Membership Chair
Rotary Club of Drysdale
0408 989 221

BLESSING OF CREATURES GREAT AND SMALL



BLESSINGS?? ME TOO.

Our pets mean so much to so many of us. They are incredibly loyal and expect so little in return. They greet us when we return home with their special language and the walking kind nudge us for their daily exercise keeping us fit as well. They truly are God's creatures. Why not bring your precious pets along to the BLESSING OF CREATURES GREAT AND SMALL at St. James Anglican Church, Collins St., Drysdale on Sunday October 8th at 10.30am. Everyone will be made welcome with or without a pet. All pets will receive a blessing certificate.



Garage Sale Trail 22 October 2017

So that might leave room for another ad re Garage Sale Trail - On the Bellarine - register your site by Friday 13 October and pick up your map by Friday 20 October and enjoy the Garage Sale Trail.

Registration of site is \$10, map is \$3. Contact SpringDale for more information



Ask a Funeral Director

Unsure about what you need to plan ahead?

Where better to start than sitting down with a local funeral director for advice. Sue Marshman and Alyson Burchell from Tuckers are available to provide obligation free advice and information relating to Funeral Care in our region.

Alyson is available at Tuckers Moolap Chapel
Wed 25th October, 9:30am - 1pm
410 Bellarine Hwy, Moolap.

For more information contact Alyson at Tuckers on 5221 4788 or visit www.tuckers.com.au

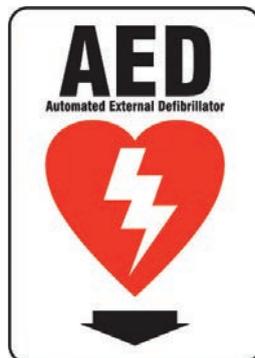


THE AED Automatic External Defibrillators on the Bellarine

Ambulance Victoria has upgraded their AED Registry to a new interactive web portal. The new portal has a number of key benefits for AED owners, public users and AV patients.

You will now be able to:

- View and edit information held about you, your AED and its location within the registry
- Upload a photo of your AED – making it easier to identify and locate in an emergency
- Utilise GPS information from your smartphone to ensure your AED is registered in exactly the right location
- Easily keep track of multiple AEDs across different locations and receive reminders for important dates, such as electrode expiry.
- Update your AEDs availability to include seasonal variations (e.g. football season), public holidays, school holidays and more.
- Share responsibility for the AED with multiple users (great for users that manage multiple sites)
- And much more!



Visitors to the website can search for nearby publically accessible AEDs and view information on their availability. Whilst not designed for use in emergency situations, this feature aims to improve awareness of AEDs available within your local community. We at SpringDale Neighbourhood House are happy to collate as many known AED's on the Bellarine Peninsula and publish them in our directory. Reading their locations may prompt you, if you ever need to help someone in such a situation to remember that an AED is nearby.

In an emergency, minutes matter. Early bystander CPR and defibrillation with an AED dramatically increases the chance of survival for people who suffer cardiac arrest. Your assistance keeping the AED Registry up-to-date will help save lives in cases of cardiac arrest.

What Next?

Registration is free, Saving a life is priceless

TAX HELP

Tax Return Help will be available beginning in August and going through to 31 Oct 2017.

Please ring to make an appointment on 5253 1960 or email office@springdale.org.au

SpringDale Trivia 7th Edition by Drysdale Girl Guides

1. Halloween is celebrated on what date each year?
2. Giant Pandas are native to which Country?
3. The Chemical symbol Mn refers to what element of the Periodic Table?
4. Which is the longest river in the world?
5. How many points is a Try worth in Rugby League?
6. What colours are on the flag of Uzbekistan?
7. What is the collective noun for a group of wombats?
8. What nationality is author Di Morrissey?
9. In which state or territory would you find the municipality of Birdsville?
10. What is the unit of currency in Mexico?

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

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Sardines

So, when I cease to be I want to go back... to the sea! Oh, for the life of a sardine! That is the life for me!

- Charlie Chaplin



Stuffed Sardines using fresh sardines

Make a simple tomato sauce starting with onion, garlic and a little olive oil.

If preferred add vegetables like grated carrot and sliced celery to stir fry together with the onions, garlic.

- Add a jar of tomato sauce. Simmer about 15-20 minutes so all the flavours blend.
- By the time the sauce is ready, the sardines have been cleaned, cut and stuffed.

Prepare a simple stuffing:

- 1 cup breadcrumbs
- Chopped parsley or basil or dried oregano
- Crushed garlic or chopped chives
- A little hot chilli (opt)
- Thinly sliced/chopped chorizo or salami (opt)
- Half cup full of the sauce to help the stuffing combine and stick together.
- Combine all the stuffing ingredients together and form balls the size of a walnut.
- If the sardines are butterflied use more mixture.
- Take half a sardine and place some of the mixture in the middle.
- Fold the sardine over to meet the other end and use a tooth pick to join together gently.
- Place them all into the sauce at once and cover with the lid.

Allow to simmer for about 15-20 minutes.

Serve with rice or roasted vegetables or mashed potato.

If you have left over stuffing add an egg to combine and make small balls which can be cooked with the fish.

A jar of tomato sauce with capsicum or other flavours can be used and the sardines cooked in that will have a delicious flavour.

Agata Commisso

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

Sardines are packed with essential fatty acids, have high protein, low carbs and are an excellent source of Calcium and Iron. Full of goodness, as are most fatty fish, sardines help keep you healthy.

Sardines were announced as one of the "7 Wonders of Gastronomy in Portugal". In the 90s I lived in a fishing village in Portugal where the first sardine factory was founded in 1880. I was lucky to enjoy freshly grilled sardines daily all through summer. As a street food they are popular just sprinkled with sea salt, barbecued and served on fresh crusty bread rolls.

We are able to buy local fresh sardines around the Bellarine and lucky to have a variety of canned versions in the supermarkets these days.

Coming from an Italian background the following recipes are my favourites. I used to watch my grandmother and mother make these little morsels of goodness. Back then they used to be fried!! So deliciously wicked... Here is a healthy version - baked!

Fishy Fingers using canned sardines

- 1 cup mashed potato
- ½ cup bread crumbs
- finely chopped parsley (opt)
- teaspoon dried oregano (opt)
- salt and pepper
- 1 egg
- 10 canned sardines - 20 halves, bones removed
- Oven on 180C.
- Prepare a baking tray, lined with greaseproof paper.
- Gently combine all the ingredients - except the sardines.
- Take a spoon full of the mixture and form a finger.
- To check there is enough take 20 spoons full and form the fingers.
- Flatten each finger of mixture and place half a sardine in each.
- Gently fold the mixture over to cover the sardine.
- Place on a baking tray.
- Bake for 30-40 minutes - until the potato is golden.

Serve at room temperature as Tapas or with salad.



SEMINARS @ SpringDale



Facebook Live for Business

18 October @ 9:30 – 11:30am

Tickets: www.trybooking.com/ROAQ

Cost: \$20

Encouraging Customers to your Website with Simple & Epic Blogs

29 November @ 9:30 – 11:30am

Tickets: www.trybooking.com/RVAF

Cost: \$20



For further details, please contact Liz Grant on 5222 2234 or liz.grant@geelongchamber.com.au

www.smallbusinesssmartbusiness.com.au



It has been a few months since we reported on our progress.

We were bitterly disappointed when the huge downpours in April and May decimated our garden, washing away vast areas of garden soils, many of our recently-planted seedlings and destroyed our roads and pathways, leaving us wondering “what the hell do we do now?” It was a shattering experience for our gardeners, and we had to dig deep (sorry) to see a way forward to recovery.

We are exceptionally thankful for the grants that we received from Bellarine Community Health and CoGG, together with a very welcome donation from the Geelong Central Fidelity Club Inc, all of which have aided our repairs and future planning for flood prevention. We have selected Oren Gully as our main contractor to carry out the quite extensive (and expensive!) repairs and drainage remediation to our major roadway, and as you read this, the work should have been completed. Oren’s usual work is constructing gravel walking paths for Councils and organisations such as Parks Victoria. It seems that our selection of orange gravel for the road and pathways was perhaps ill-advised, containing lots of sand, and so easily washed away.



Our Grants will also cover the cost of further in-ground plots and above-ground boxes as additional flood prevention measures, and we also acknowledge with gratitude a donation from the Rotary Club of Drysdale, that will allow us to add a further three above-ground boxes.

We are now well advanced with our planning for Spring. We have been preparing our beds and plots for fresh plantings of peas, cabbages and caulis, tomatoes, bok choy, capsicum, zucchini, sweet potato, beetroot, radish,

beans, swedes, silver beet, and turnips. We continue to support the Church FoodBank program with freshly-harvested silver beet, bok choy, and pumpkins from our winter crop.

Today’s housing subdivisions allow little room for back-yard veggie gardens, so if you are a keen gardener, and would like to get your fingers into the soil, please come along to our next Open Garden Day on Saturday October 28th, to see what the Community Garden is all about. We’ll welcome you with a free sausage sizzle!



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Clifton Springs Garden Club

Clifton Springs Garden Club had another local horticultural specialist, Jason Sharp give a very interesting and informative presentation recently. Jason's speciality is succulents. Not only did he bring along his expertise to the meeting, he also brought along some wonderful samples to demonstrate his points. All Members who attended the meeting enjoyed the presentation and went away with new information about succulents.

Rod Noonan is our speaker for October. He will be talking on French roses around Lyon and South African Roses in Joberg and Cape Town.

Please put Saturday 28th October in your diary, the Garden Club will be holding their Annual Open Day at the Uniting Church Hall Drysdale. There will be a beautiful display of flowers/plants, heaps of plants for sale, a giant raffle of all things gardening, tea/coffee and delicious home made slices and sandwiches. Everything has been grown or made by members. A large proportion of the money made on this day is donated to a local charity nominated by Club members.

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



Jason Sharp and Club President Simon Schooneman



Jason Sharp demonstrating how to propagate the plant

Drysdale Uniting Church Mainly Home Made Fete & Shed Sale

Sat. 14 Oct. 8.30-1pm

Cakes, slices, home-made jams and chutneys, bric-a-brac, books, Devonshire Teas, craft, plants and small items of furniture & BBQ.

As this is our major fundraiser for the year we would love the local community to come along and support us. Our church community are busy preparing items for sale. Funds are used for the continuing need to paint and generally maintain our church and surrounds.

Lynda Smith
0417037057



The RSL was founded in 1916 to provide mateship and support to Australia's veterans and their families. That mission has never changed, but continues to evolve to meet the needs of each generation of servicemen and women.



The way we help varies greatly and is always tailored to the needs of the individual, and may include such things as:

- Relief from financial hardship
- Assistance with DVA pensions
- Crisis accommodation
- Access to employment pathways and transition to civilian life
- Combating social isolation through veteran engagement programs

The Drysdale RSL Sub Branch, with the assistance of the local community, has been able to provide funding to assist in supporting the RSL's objectives.

Since 2013, the Sub Branch has been sponsoring a successful golf day. This year's event is scheduled for Monday 13th November at the Clifton Springs Golf Club.

Last year's winners were:

Women – Margaret Freemantle & Carolyn Jinks
Men – Peter Brooks and Gary Jones

If you would like to participate or get more information for this year's event, please contact Geoff Fifer on 0428 222 984, and entry forms and/or further info will be provided.



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Est. 1986

Every year I grow my own tomatoes from seed. It's easy when you know how and gives you access to literally hundreds of heirloom varieties. You can also save seed from your own tomatoes for next year. You can also grow eggplants and capsicums the same way. Early October is a good time to get them started.

Sowing

I start off with a plastic propagator tray with a lid, a stack of biodegradable coir or paper pots and a bag of seed raising mix. Soak the pots in a bucket of water, then fill them with seed raising mix and water thoroughly: the mix will settle so that you've got room to sow your seeds. Sprinkle a thin layer of seed raising mix over your seeds, then water again gently.

Put the pots in the propagator and the lid on top. Keep in a warm place but not in direct sunlight and don't let the pots become dry to the touch. Your seedlings may take 2-3 weeks to emerge.

Seedling care

When the seedlings are up, I make sure they get plenty of light, but are protected from wind. A greenhouse or a coldframe is ideal for this, but a sunny windowsill will also do. Keep the pots moist and give the seedlings a liquid feed (e.g. Seasol or worm juice diluted to half the strength you would use on established plants) every week.

Planting out

Tomato plants establish best when the soil (not just the air) is 15°C or warmer – and that probably won't happen until November. For capsicums and eggplants, the soil needs to be even warmer – 18°C plus is ideal. They also need longer ripening than tomatoes, so pick a nice sunny spot for them.

When you plant out your seedlings, plant them deep – right up to the bottom leaves. The stems will generate more roots, making a stronger plant. With biodegradable pots, you don't need to take the plant out of the pot: the roots will grow through the pot into the soil.

A side dressing of sulphate of potash will help the plant to make stronger roots and juicier fruit. Plastic tree guards help to protect the little plants from sun and wind until they're well established.

Plant 'em deep



Tree guards – not just for trees



Success!

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Drysdale Health Group

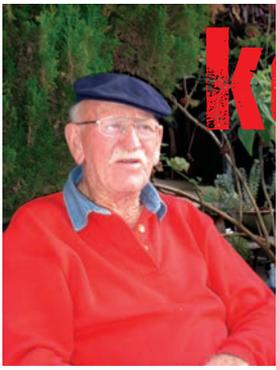
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kel's corner

At the Drysdale Bowling and Croquet Club I recently met the new owners of what was Kingsbury's Bakery. I used to cart a lot of the fuel for the bakery at Drysdale and also the one at Portarlington. The Portarlington Bakery also had an ice works that Jack Leslie ran and I would backload ice into East Geelong for Eddie Peel. But back to the Drysdale Bakery.

The first lot of fuel that I carted for them was from the You Yangs from George Nickelson, who would camp at the You Yangs. Most of the wood was cut with a hand saw and an axe because it had to be 2 foot 6 inches long at maximum to fit in the oven. I could fit 3 rows of 2"6" across the truck.

When it was winter the Bakery was a great spot to have a chat as it was always warm due to the oven going all day. The dough would rise as it proved in big pots in the warm area and then it was cut into loaf pieces prior to cooking. When it was a sandwich loaf being cooked the tin would be upside down in the oven and if a high tin was required the tin would be open end up.

Water was precious in the bakery as it was used in the dough, for washing up etc. They had underground tanks and hand pumps to bring it up, no running water. After it was cooked, George Nickelson would deliver it to Wallington. The cart was like a butcher's cart and you could put so much bread in the back and then it had a rack on top of that. Gallop's Butcher delivered meat in a similar manner on a similar cart. Both had trotters or pacers that weren't quite good to race but they were excellent for delivering. You'd never use a Clydesdale for such light work, they were only used for heavy work.

(Kel then demonstrated that a pacer uses both legs on the same side together and a trotter uses front right leg and left back leg together).

Eventually they bought a Chevy van for deliveries as there were more people coming to our great part of the world. Nickelsons were the first family to do this. Kingsburys, Nickelsons and Taylors were the families who had the bakery in Springs road during my lifetime. The ovens were always fired up early each day.

Kel Davis and Anne Brackley scribe.



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Lymphatic Massage

Hi folks,

My last article focused on how we are on our feet all day and take them for granted and don't look after them as much as we do our legs, shoulders, arms, hands, neck, etc. Tight neck muscles can cause headaches, feet with tight muscles can change our posture and the whole body can be affected. I will now turn to another experience I had whilst at the Victorian Fitness Academy.

The lymphatic system holds fluid in our bodies which passes through the lymphatic system and goes into the bloodstream. At college a colleague performed lymphatic massage on my body and it was a tremendous experience. Lymphatic massage is a very slow full hand movement over the lymphatic system which helps flush toxins into the bloodstream hence moving toxins out of the body.

I have had difficulties with my hands and wrists expanding in the heat or through extra physical demands I have placed on my body through rigorous exercise or physical work. I have consumed water that has not been delivered into my body and not been able to move it around. I am not a GP or in any way trained in health sciences though when I had the lymphatic massage I felt toxins moving down from my ear and neck, into my bloodstream and I could feel the toxins on my tongue like it was placed on my tongue with a dropper.

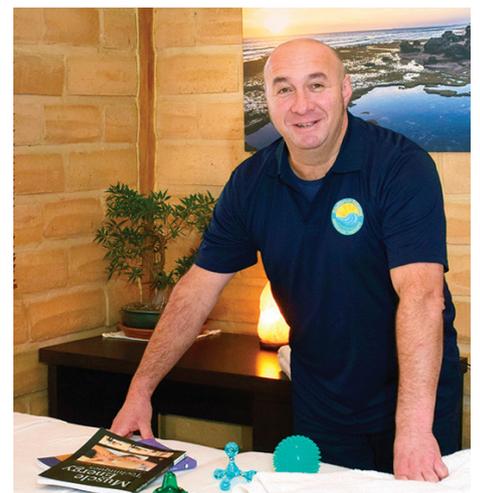
After the lymphatic massage my hands had shrunk in size and the class at College stated I was glowing and my face had shrunk! I found this amusing and felt I was a different person after the massage for a few days, my body had a glowing experience – I was smiling so hard I thought it was permanent.

Massage is not only deep tissue massage. My next article will discuss how massage helps with people that have cancer and how it can benefit the body through very gentle soft touch. If people are interested you can research oncology massage and/or lymphatic massage.

Have a happy day.

Frank Prskalo.

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Junior Ranger BioQuest program for Biodiversity Month

Its Biodiversity month, and Parks Victoria is embracing technology to encourage kids to go on 'bio quests' to discover the insects, birds and plants in our parks. Using the QuestaGame app, kids will be heading out on quests to earn points and prizes during these Spring school holidays.

The Bio Quests are being run by Parks Victoria's Junior Ranger program, and are all about fostering kids' natural enthusiasm for discovery with fun and hands-on activities in parks.

The free program will be happening at Anglesea Heath, Great Otway National Park, You Yangs Regional Park, Serendip Sanctuary and Barwon Bluff Marine Sanctuary, for children aged 6-12 years. Everything from wallabies and echidnas, to birds, lizards and native orchids will be on the quest lists.

QuestaGame takes the adventure of being in a park to new levels, allowing kids to challenge Park Rangers in the search for different plants and animals, and earn points for what they find. You don't have to be an expert, just capture what you see

If your children are interested in having fun outdoors and discovering native animals, then it's time to get involved.

For more details and booking information visit www.juniorrangers.com.au



23-29 Oct 2017

In October 2016 over 61,000 nature-loving Australians took time out of their busy schedules to enjoy the birds around them resulting in over 1,400,000 birds counted!

The Top 10 most counted bird species in Australia remained unchanged for the third year running, with the Rainbow Lorikeet once again claiming the number one spot. There were minor changes in the order of some of the top 10 birds – the House Sparrow moved down two places, from #5 to #7, and the Welcome Swallow also moved down one place. The Galah, Red Wattlebird and Silver Gull all moved up a spot.

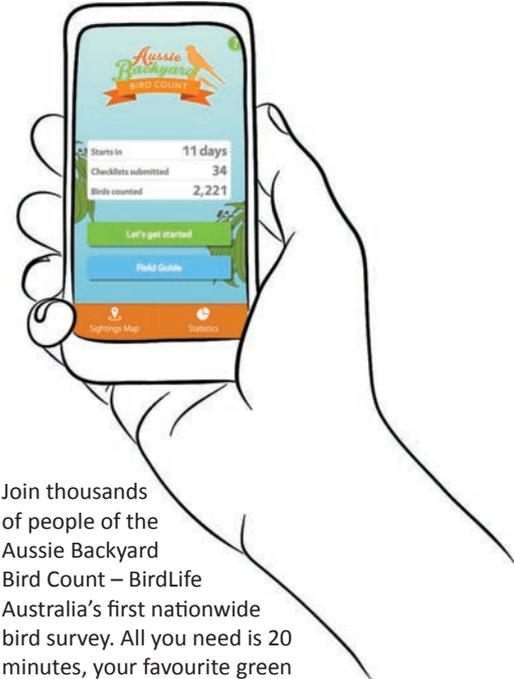
Other notable changes occurred in some of the state's Top 3 birds, with the Zebra Finch failing to make the Top 3 for the NT and being replaced by the Little Corella. The Plumed Whistling Duck lost its place in QLD to the Australian Magpie. In the ACT the Magpie-lark and the Pied Currawong were replaced with the Sulphur-crested Cockatoo and the Crimson Rosella. The House Sparrow in SA



was replaced with the Australian Magpie. And in WA the Galah had its spot in the Top 3 taken by the Silver Gull. The Top 3 bird species remained the same in NSW, VIC & TAS.

The Aussie Backyard Bird Count will be back again from the 23-29 October 2017. To register for the event go to aussiebirdcount.org.au and also get the app.

Please note: Through additional vetting of the Aussie Backyard Bird Count data we have been able to further refine the collated dataset. The figures in the above infographic and species list have been amended to match the updated dataset.



Join thousands of people of the Aussie Backyard Bird Count – BirdLife Australia's first nationwide bird survey. All you need is 20 minutes, your favourite green patch and some keen eyesight (or binoculars) Record the birds you see on our brand new Aussie Bird count app (or website) and you'll instantly see live information on how many people are taking part near you and the number of birds and species counted right across your neighbourhood and the whole of Australia!

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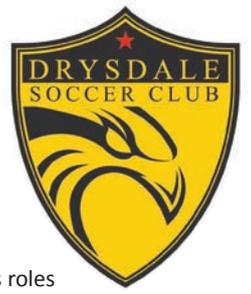
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SPORT

Drysdale Soccer Club



The last round of the MiniRoo's program has now been completed for the 2017 season, which saw Drysdale Soccer Club's Junior section exceed 100 kids for the first time in our clubs short eight year history. The club was proud to field 10 MiniRoo's teams (under 7's through to under 11's) and an under 13's team. Our under 13's team have been in brilliant form, coached by club stalwart Mark Hand and have qualified for the finals with one league game still remaining.

The season was capped off with our Junior Presentation Day held on the 27th August at Howard Glover Reserve where we catered for over 300 people. The highlight of the day was the annual Kids vs Parents games which were eagerly fought out over 5 pitches.

The 2018 season is already shaping up to be the biggest season in the clubs history, with the anticipated move to our new home ground facilities at the soon to be completed Drysdale Sporting Precinct off of Grubb Road. Numerous roles (both coaching and non-coaching) are available for the 2018 season which kicks off in February and expressions of interest can be forwarded to Marty Bluml at juniors@drysdale.com. Visit our website for more details drysdale.com

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Trivia Answers

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|-------------------------------|------------------------|
| 1. 31st October | 7. A Wisdom of Wombats |
| 2. China | 8. Australian |
| 3. Manganese | 9. Queensland |
| 4. Amazon River | 10. Mexican Peso |
| 5. 4 | |
| 6. Blue, Red, White and Green | |

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

Throughout the formative years of the club much needed advice and interest was given by members of the Portarlington Bowling club and their Greenkeeper Mr. J. Wheadon. At the Annual meeting, held in June 1948, Mr. R. Clarke was given the honour of becoming the first Life Member of the Drysdale Bowling Club "in recognition of the outstanding services he rendered."

Harry Butcher was appointed the first Greenkeeper and there was talk of lights being erected over the greens. In August of 1948 the first mention is made of a croquet lawn. A new lawn was to be laid down and the lady members were invited to form a Croquet Club. They would be offered first preference for play on the new lawn. Concurrent with the setting up of a Bowling Club a Ladies section also came into being.

Towards the end of 1949 ladies were barred from playing bowls on Saturdays. This caused some degree of angst and was later changed to allow ladies to play on Saturdays other than Pennant days.

Maroon, blue and gold were adopted as the Club colours and the Croquet club was fast becoming a reality. The Bowling Club undertook the maintenance and upkeep of the Croquet lawn for the ensuing twelve months.

During the early years of operation the Club ran at a deficit and, although it is not made apparent, some of the members must have backed the club financially in those lean years. At the end of 1953 lights were erected over the bowling rinks.

.....much more to come...



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DRYSDALE... BELLARINE'S TENNIS CENTRAL!

SPORT'S a big deal here on the Bellarine Peninsula and when it comes to motivation, innovation and enthusiasm, it would be hard to top what's happening at Drysdale Tennis Club!

There's senior and junior competition play, with upcoming summer pennant starting on Saturday, October 14th, where the 'Dale will have nine junior teams and four in seniors. Not to mention a vibrant ladies midweek competition, played on Tuesdays.

Introducing youngsters to the game is a passion of livewire junior rep., Kerry Humphrey, who has done some great work for the club, liaising with local schools and introducing the Community Play Hot Shots program for budding young tennis stars of the future. Hot Shots is a Tennis Victoria initiative and is one of the most popular sporting programs in Australia.

Club volunteers put a dozen-odd kids through their paces for close to an hour, incorporating every aspect of the game - making very sure that everyone has a great time too! This happens three times a year, once a week for four weeks and the kids love it. Parents get a kick out of it too!

Ultimately, the junior players advance to the coaching stage and this is where coaches Barry and Julie Golightly come in. They currently oversee 20+ players on a Friday afternoon.

Plenty at Drysdale Tennis Club for adults too, including the very popular fitness program Cardio Tennis. This will resume at the club in October.

With the warmer weather coming, the night tennis program will also be resuming, playing "regulation" tennis and also in the "Fast 4" format, another initiative of Tennis Victoria, aimed at making the game more about having fun. Play takes place on Monday and Wednesday evenings.

Also coming up is the junior school holidays tournament on Wednesday and Thursday, October 4th and 5th. There's singles and



Junior grade 12 premiers - champions too!

doubles and everyone is welcome. Call Kerry on 0400 078 337.

With so many sporting avenues these days, it's great that tennis is still at the forefront, with Drysdale doing more than their bit to promote the game.

Established way back in 1928 and merging with Drysdale Uniting in the mid-1970s, later moving from their original site (now occupied by a bowling club and a medical centre), to Collins Street, just behind the primary school, with St. James Uniting Church right next door.

The club has gone from strength to strength, with six courts. Three courts are plexipave and the three Modgrass courts are floodlit for night tennis, with plans to light the others in the not-too-distant future. Worth pointing out that the Modgrass courts were self-funded by the club. Amazing!

Drysdale Village (as some now call it) has come a long way from the days when the region was known as the prime potato growing area of the state and really was a village. The tennis club has grown in stature too, catering for the local community and doing themselves proud.

Want to know more about Drysdale Tennis Club? Log onto the website or give Kerry Humphrey a call on 0400 078 337. New players are always made very welcome.

Some of the Hot Shots crew - isn't it sunny?



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Increasing wetland connectivity for a healthy bay



Conservation Volunteers Australia (CVA) in Geelong have secured a grant through the Port Phillip Bay Fund that will see them undertake 'RAMSAR Wetland Connectivity and Bay Health Protection through Community Action' over the next 12 months. CVA will do so by partnering with Parks Victoria, the City of Greater Geelong and Bellarine Bayside Foreshore Committee of Management to undertake key environmental protection activities on sites stretching from Point Cook to Queenscliff.

The Port Phillip Bay Fund supports projects by community groups and organisations who work to protect and preserve the environmental health of the Bay.

CVA launched this program and are inviting eager community members, groups, schools and local businesses to volunteer in the coming months on priority environmental sites of international significance.

"The key to success of this project will be involvement of the community in taking stewardship of the Bay health and assisting with a variety of activities that will connect significant sites around the western shoreline of Port Phillip Bay," said Heidi Snow, Regional Coordinator of the Geelong office of Conservation Volunteers Australia.

"Volunteers can assist with activities including protecting existing foreshore vegetation, managing introduced weeds, enhancing species diversity and reducing litter.

"It is a great chance to see Port Phillip Bay from sites that are not always accessible to the public, with plenty of opportunities to learn about native flora and fauna, and maybe even catch a glimpse of endangered species."



If individuals, schools, groups of friends or work colleagues are interested in being involved with Conservation Volunteers Australia contact Geelong office on (03) 52210300 or geelong@cva.org.au

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Blue Billed Duck & Ducklings



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Pink Eared Ducks



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