

## ANZAC DAY 2021

ANZAC Day is an important occasion in the Australian calendar. The Drysdale Sub-branch of the RSL usually takes the local lead in Drysdale/Clifton Springs. A lot of work goes into the planning of the various activities, and we try to make the day as inclusive as we can.

We are still all living under some Government and health COVID-19 restrictions that limit what we can do, and how many people can attend both inside and outdoors. We also need to recognise many of our veterans are in the particularly vulnerable group. The area around the cenotaph will be taped off, and all attendees will be required to carry a mask, sign in on an attendance sheet, and maintain social distancing. Those restrictions do change from time to time, and can happen at short notice.

Being mindful of these considerations, the committee of the local RSL Club has decided on the following for Anzac Day 2021:

- There will be no dawn service at the cenotaph in Drysdale.
- There will be no activities in the Drysdale Primary School hall.
- There will be a limited march in Princess Street from the Eversley St intersection, up Princess Street towards the cenotaph. The march will not include school groups or scouts/guides, but children who wish to march with their family members will be able to do so.
- The march will be followed by a flag raising and lowering ceremony, a short speech, one minute silence, playing of the Last Post and limited wreath laying at the cenotaph.
- Members of the public who wish to lay a personal wreath will be able to do so after the end of the service.
- The RSL club will provide hand sanitisers, and marshals in hi-vis jackets to ensure compliance with COVID-19 rules.

The club is very supportive of the RSL's "Light Up the Dawn" initiative, in which everyone is encouraged to stand in their driveways, on their balconies or in their living rooms with candles, torches or mobile phones in hand. <https://7news.com.au/sunrise/on-the-show/australians-encouraged-to-light-up-the-dawn-this-anzac-day-day-c-2260870>

Harry Paterson - Secretary - Drysdale RSL



*Lest we forget*



Northern Bellarine Peninsula  
**Arts Trail**  
Sat 10 & Sun 11 April 2021

**Open Studios**

Discover the Art & meet the Artists in their Studios and Creative Venues

St Leonards	Curlewis
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Portarlington	Clifton Springs & Bellarine
Wallington	

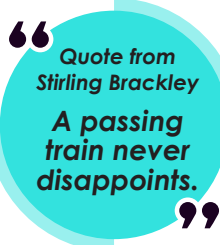
# APRIL 2021

## 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.

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

Thursday	1	Jigsaw Group 10am-12noon at SpringDale Maundy Thursday Sexual Assault Awareness Month (until 31st)
Friday	2	Good Friday Public Holiday Autism Awareness Day
Saturday	3	Harvest Basket Produce Swap 9-10.30am at SpringDale Free replacement anti-theft number plates screws at SpringDale Car Park 9-11am SpringDale Felt & Textile Artists 10am-3pm at SpringDale
Sunday	4	Easter Sunday Daylight Savings ends 3am EST Time to change your Smoke Alarm Battery
Monday	5	Kinship Carers 10am-1pm at SpringDale
Tuesday	6	Friendly cuppa & chat 10.30-11.30am at SpringDale Elvis Tribute - Potato Shed - 10.30am
Thursday	8	Days for Girls Sewing 9am-1pm at SpringDale
Saturday	10	Parkinson's Awareness Week (until 16th) Northern Bellarine Arts Trail 10am-4pm
Sunday	11	Northern Bellarine Arts Trail 10am-4pm
Tuesday	13	Dining Group - Queenscliff Bowling Club Rip View Bistro 6.30pm
Sunday	18	All Ford Day - Eastern Park, Geelong - 9am-3pm
Wednesday	21	Lunch Bunch - Clifton Springs Golf Club meet midday
Sunday	25	Anzac Day
Wednesday	28	International Guide Dog Day
Friday	30	The Merger - Potato Shed - 8pm International Jazz Day National Arbor Day



**SpringDale  
Messenger**

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**COPY DEADLINE MAY 2021**

**Bookings/copy required by 1 April.**

**Dist: 27 April 2021**

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**Online:** Use the online form to lodge an article at springdale.org.au

**Editorial:** All contributors are asked to provide their articles as Word doc, PDF, email or online 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.

**Images:** Please supply high resolution images, minimum 300dpi at print size or larger than a 1MG attachment. Images placed in Word files will **not be accepted**.

**Distribution:** Distributed throughout Drysdale, Clifton Springs, Portarlington, Indented Head, St Leonards, Ocean Grove and selected businesses on the Bellarine Peninsula.

**Art & Design by Jo Aspland Graphic Design 0438 055 679**

**The SpringDale  
Messenger is a  
locally produced  
publication.**



This copy is one of almost 2 million community newspapers printing annually by members of Community Newspaper Association Victoria



**United Nations  
Association  
of Australia  
Victorian Division**



SpringDale Neighbourhood Centre Inc. acknowledges the support of:



## SpringDale Messenger Website

We now have a website devoted to all the SpringDale Messengers from the last 30 years. Thousands of hours have been invested in helping this website come to life. We are still seeking a couple of copies of old SpringDale Messengers to help us make this website the best it can be - April 1992 and May 2007.

Please let Springdale know if we can borrow these phone 5253 1960.

<https://www.messenger.springdale.org.au/>

**We acknowledge the Traditional Custodians of the land, the Wadawurrung People of the Kulin Nation. We pay our respects to their Elders past and present, Elders in our community and our emerging leaders.**





# Coordinator's News



Anne Brackley

Dear Friends and Friends I am yet to meet

Life is moving so quickly – so many new ideas are percolating and hopefully will gain full flavour and support from those interested in our community. We have many listed on this page and many more to be listed in the Term 2 Course Guide available from SpringDale and on our website. Sri Lankan Cooking, Beginners French, Handywoman's classes to name a few. Our first bicycle maintenance class went very well and will probably morph into Confidence through bicycle maintenance. Almost everything we do helps to build confidence and we are realising how important that is and very worthy of celebration.

In between SpringDale activities I'm finding time to play cards with dad almost every night. A pack of cards can serve so many purposes. I remember playing cards with my grandparents when I was quite small. We would play cards at the Bowling Club during winter (I attended during school holidays) – I think it was progressive euchre. I don't think people liked playing with my pop as he was always playing for sheep stations – he would regularly draw himself up to his 6ft 2in height and slam the card down on the table and say "Take That!"

Dad was hospitalized in January this year and I took in some cards, when visiting, and we played patience together. These days I am playing cards with dad most nights. Neither dad nor I are good at small talk and so playing cards is a good way to spend time together – we are very present in the moment and we are

loving sharing the time together.

The game of cards seems to have so many parallels to the game of life. I recall sitting with one card left, trying to get the best card so I could go out. Dad kept picking up more cards and eventually he won and I still had one card left.

I have adapted my game over the last few weeks and now go with the cards that are played not the cards I desire. Sometimes I get a really good hand at the start and sometimes what I thought was a good hand doesn't end up that way. Sometimes I want to keep all the cards in my hand and find it really tricky to let anything go.

A quote about cards came across my desk the other day – "We cannot change the cards we are dealt, just how we play the hand." – Randy Pausch author of "The Last Lecture". I am also reminded of the song *A Soldier's Deck of Cards* by T Texas Tyler a song that I loved to listen to at my grand parents' home many years ago.

Cards have been a big part of my life and I'm sure this simple game will continue to be part of it into the future.

Anne Brackley for Team SpringDale

**Term 2 Course Guide available online or pick up a copy at SpringDale.**

## Adrian Mannix OAM Community Service Award

Come and join us to celebrate, **The 20th Adrian Mannix OAM Community Award.**

A chance for you to nominate a special person for their giving of their time freely helping others expecting no rewards and Hundreds of people have been nominated over the years, so let's make 2021 a big celebration. Nominations forms are available from SpringDale website or from SpringDale office.

Please join together with Portarlington/ Drysdale Lions Club, the Rotary Club of Drysdale and SpringDale Neighbourhood Centre to celebrate Community Service.



Nominations close Friday. 30th April 2021

**BOB**  
Business on the Bellarine

**Business Expo**  
**SAVE THE DATES**  
Friday 28 May 5-8pm and  
Saturday 29 May 9am-5pm



The SpringDale Lunch Bunch are going to Clifton Springs Golf Club on Wednesday 21st April at 12pm. Bookings are essential, please phone Margaret 0418 370 857



SpringDale Dining group are going to the Queenscliff Bowling Club Rip View Bistro on Tuesday April 13th at 6pm. Please call SpringDale on 5253 1960 to reserve your spot.

The SpringDale Messenger April 2021

# Course News

## Handywoman's Classes

Have you always wanted to change a tap washer or put up a shelf or hang a picture or mirror? Have you wanted to know some building terms or the right tool for a job. Then maybe this class is for you.

**Starting Saturday 8 May 10am - 12noon**  
**Cost \$5 Instructor: Graham McLeod**

## Sri Lankan Cooking

Simple Curries, Finger Food, Nan, Roti etc

**Sunday 16 May 10am - 1pm**  
**(come and have lunch) Cost \$25**  
**Instructor: Marie McLeod**

## Phone Tuning Thursdays

### New SpringDale service

A young person will sit with you and help to download apps for you, tidy your phone, help you understand how to use your phone. Bookings essential. Fee \$20 and this is deductible from the course fee if you decide to attend our Smart Phone course within 6 months.

## Music opportunities

### Contemporary Musician Club

Are you a musician who wants to network with other musicians and play together? Whether you are a novice, intermediate or advanced player, join us for jams and to find other talents who might compatible with your goals and musical ambitions. Open to any age and level.

Calling for expressions of interest. Contact SpringDale office@springdale.org.au or phone 5253 1960.

## Chamber Music Group

Are you someone who has never had the opportunity or time to play in an ensemble or someone who has plenty of experience but doesn't want to travel too far to play in an ensemble? I am a recently retired string teacher with a big library of music and I want to hear it played!

If you are interested in joining in a start-up chamber group, contact the SpringDale and leave your details. **New resident Pam**

## New Bus Time Table

Available at SpringDale for Routes 60 & 61



## QUOTE OF THE MONTH

**From inspirational Captain Sir Tom Moore:**  
**Best be kind.**

Anne Brackley  
Quote curator

www.springdale.org.au



## News from Lisa Neville MP

Member for Bellarine

As readers may be aware, Lisa is currently on sick leave and therefore unable to contribute her next couple of Springdale Messenger columns.

However, in valuing the opportunity of communicating with locals through the Messenger, Lisa has asked that her office continue to provide State Government related information to the column.

Below is a statement Lisa released on the 21st of February outlining the reasons for her leave. (In reading her statement, it is pleasing to note that Lisa has been released from hospital and is recuperating.)

*"Last week I was admitted to hospital as a result of complications associated with Crohn's disease, a disease I have been living with for 32 years. This condition is an auto-immune disease that I have successfully managed throughout my life. Over the past few months I had been managing the most recent episode from home, however my condition progressively worsened and required hospitalisation last week..*

*Through the course of my hospitalisation the seriousness of these complications and the impact on my health has become more evident.*

*Following extensive treatment and after consultation with health professionals, they have formed the view I cannot return to work as planned, and as such I will be taking a leave of absence for 3 months for further treatment and recovery.*

*Crohn's is a chronic disease. Many people in the community live with this condition, and to date I have successfully managed the effects of it.*

*However, the current episode is the worst I have been confronted with. The clear advice from my doctors is if I don't take this period of rest and recovery, I will be faced with major bowel surgery and risk long term consequences to the quality and length of my life.*

*I love my job and remain passionately committed to it. Across the portfolios of Water and Police and Emergency Services I have had the honour of working with dedicated individuals who serve and protect the interests of the Victorian community. My love for the community of the Bellarine Peninsula and working hard to deliver for all my constituents remains as strong as it was when I was first elected.*

*I am working with my doctors on my recovery and will be guided by their advice on when my physical health can allow me to return to work, which at this stage they believe will be in 3 months' time. I also ask for privacy during this time as I focus solely on my health and wellbeing.*

*I want to thank the health professionals who have provided such expert care and advice to me, and who will continue to guide my recovery and return to work.*

*In closing, thank you also to the many friends who have wished me well during this time."*

As always, if you believe Lisa can assist you in any State matter please contact her office at:

**Shop 66 Gateway Plaza Leopold**

**[lisa.neville@parliament.vic.gov.au](mailto:lisa.neville@parliament.vic.gov.au)**

**Ph: 5250 1987**



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# Lisa Neville MP

**Member for Bellarine**

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my electorate office"***

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Join with us for a discussion on

## AFFORDABLE HOUSING OPTIONS FOR WOMEN OVER 55

**Morning Tea Thursday 20 May at 10.30am.**

Have you ever felt overwhelmed with too many options? In our consumer oriented world we often have too much to choose from when it comes to computers or phones or even some types of packaged foods. If we were in a position to build a house on a block of land we would be spoilt for choice when it comes to Building Companies and the dozens of house plans that are available.

However, when it comes to renting a home things are changing dramatically. Stocks are low, prices are high and often we have to be prepared to pay more than we can afford for a place that often doesn't really meet our needs.

Lately I've been involved in a lot of conversations with people who have realised that we need to be changing the way we think about housing.

We don't have a lot of choice when it comes to price, where it's situated, how many bedrooms or if it comes with a garden. Single, older women are often paying too much to live in homes that are too big, cost too much to heat and are often too far away from where they want to be.

If you have found it difficult to find affordable, practical housing options, please join us for Morning Tea at SpringDale Neighbourhood Centre on Wednesday 19th May at 10.30am, as we share our stories and ideas around finding better housing options for women over 55.

Please let me know if you would like to be a part of this discussion.  
Your input would really be appreciated.

Dianne Bennett 0422 146 604 or email [diannebennett4@hotmail.com](mailto:diannebennett4@hotmail.com)

So we are officially back in business!!! after a whole year we are happy to have touring shows back in the venue!! We've had to sell our performances already and are looking at a very exciting season ahead.

We are very happy to announce that our Morning Showtime will be returning on April 6 with the **Elvis Presley Story** -everybody loves Elvis and we thought this would be a great way to kick off the season, please note tickets are limited due to social distancing s - o we only have about half the seats available - book in early we are getting close to selling out.

On April 30 we welcome back to the shed Damien Callinan with his fantastic footy show called **The Merger**. This is also a major Australian movie; Damien will have you in stitches as he acts out dodgy Creek footy club antics

The queen of the Adelaide Cabaret Festival - Anya Anastasia returns with her new show **Cabaret Star For Hire** - if you love cabaret you will love her new show!!! This will feature some very relevant and very recent issues we have all gone through out the past 12 months in a very light-hearted and very entertaining way!

We will be presenting most of the season in cabaret style - this way patrons can stay in their personal bubble with safety and security whilst complying with the current social distancing! (and bring some nibbles along)

To stay up to date with what we have on offer please continue to check : [www.geelongaustralia.com.au/potatoshed](http://www.geelongaustralia.com.au/potatoshed) or Facebook/Instagram /potatosheddrysdale

**We look forward to seeing you back at The Shed in 2021!!!**

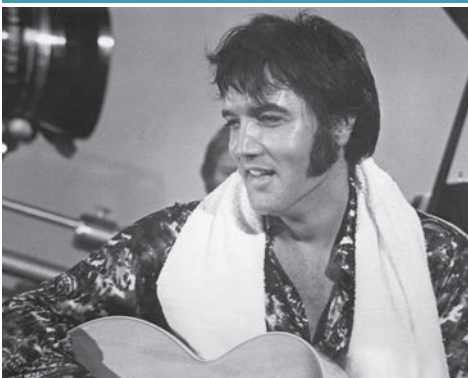
## WHAT'S ON

POTATO SHED

CITY OF GREATER  
GEELONG

### ELVIS TRIBUTE

#### MORNING SHOWTIME



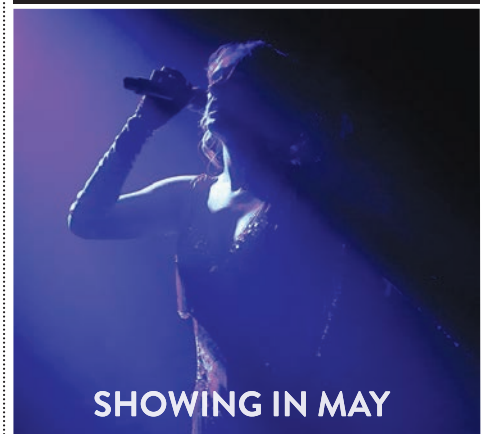
**TUESDAY 6 APRIL 10.30AM**  
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### THE MERGER



**FRIDAY 30 APRIL 8PM**  
**CABARET STYLE**  
**SOCIAL DISTANCED SEATING**  
Tickets Adult \$38 Conc \$34 Student \$22

### CABARET STAR FOR HIRE



**FRIDAY 7 MAY 8PM**  
**CABARET STYLE**  
**SOCIAL DISTANCED SEATING**  
Tickets Adult \$38 Conc \$34 Licensed Bar

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OR WITH YOUR CREDIT CARD ON 5251 1998.

By Deputy Mayor Trent Sullivan

There has been much coverage in the Victorian news cycle recently about the return of musical theatre to some of the major venues in Melbourne. I'm pleased to say that this exciting revival of live performance extends to the Bellarine's own venue, The Potato Shed!

With COVID-19 safe plans in place, the Potato Shed is ready to welcome back audiences.

The 2021 Season has opened with a sold-out show, award-winning West Australian born Nicki Gillis and band presenting Nicki Gillis Sings Carole King on Saturday 13 March.

Local singer/songwriter Andrea Robertson launched her latest single on Saturday 20th of March, while one of Australia's most loved comedians, Dave O'Neil delivered laughs on stage a week later.

Check out the rest of the program and book your tickets now at [www.geelongaustralia.com.au/potatoshed](http://www.geelongaustralia.com.au/potatoshed)

Despite the challenges of the past year, the team at the Potato Shed have done an outstanding job entertaining the community and promoting local businesses, performers and artists. This included weekly performances of Bird Bath Cam and a Halloween-themed broadcast of Spookfest, which attracted about 1500 viewers.

The Potato Shed is also an important space for many local groups and community programs.

As restrictions have eased it's been great to see many of them back together in-person, enjoying this iconic community building once again.

Another building Council is proud to be providing for the Bellarine community is the new Drysdale Library. Community consultation was recently completed on the \$9 million project, planned for the town square. The proposed plans are for a green, sustainable building with a dedicated children's space, quieter study spaces and a multi-purpose space for hosting local community events and programs.

The unique circular design was presented to over 100 people who attended a Community Information session last month. A Planning Permit application has now been lodged and works are planned to start later this year.

We are continuing to work closely with the community and Geelong Regional Libraries on this project to make sure we deliver a facility that truly meets local needs.

Although engagement is closed for this project, visit [www.yoursay.geelongaustralia.com.au](http://www.yoursay.geelongaustralia.com.au) to see the artists impressions, FAQs, and timeline details for this exciting new community building.

There is plenty to look forward to on the Bellarine over the coming weeks and months!



## "UNCLAIMED"

Part 3. by John Reid and James Dennis.

**Last month as you recall, injured M.A.R.S. scientist Professor Rawson was airlifted 50 miles (80 Kilometres) from the mining camp back to M.A.R.S. Force Mining Operations Base. Under interrogation in sick bay he warns of the loss of his briefcase. Now read on...**

In Rosten's office at the base, a round table conference...

"He found what he believes to be an alien life form in a partially fossilized rock they dug up at the site. I told him to bring it back to base where it could be checked out in the lab.

Dr Sanson thought it was unlikely to be dangerous but she wanted it kept quarantined anyway. She instructed that it be sealed in a sample tube and kept in darkness until we could get the Professor back here. I was going to dispatch a unit tomorrow at dawn."

"Who else knew about this?"

Sian Sanson quietly intervenes...

"Captain Rosten asked me to say nothing about the specimen until we could work out just what we were dealing with."

"You mean you wanted it kept off the record."

"I think it would not be productive to drop this on Styker just now Lieutenant."

"Well, if it attacks anyone else at the base before we find it..."

"The security sweep boys will handle it. In the meantime Lieutenant Shannon, could you tell Mick to pass the word to them to destroy the entity immediately when they find it. Lieutenant Johnson, make an all bands transmission ordering all non-security personnel to stay locked down until further notice. Let's deal with the situation as..."

The internal emergency telephone blares and Kristen officiates.

"Johnson. I see...thank you."

"Well?"

"The three kids from No.38 were out when the lock down order came through. They're still missing."

**Next time...**

Kids in peril?

**John.**



After the very successful running of the 2019 Northern Bellarine Peninsula Arts Trail Linda Gallus and Kaye Clancy decided to run it again.

This year our trail will be bigger than last time with a total of 30 venues across the Northern Bellarine Peninsular. They include Studios, Cafes, galleries and halls. The artists are distributing trail maps and flyers around the towns so lookout for them. You can also look up the artists on our Facebook page - Northern Bellarine Peninsular Arts Trail

If you have any queries or can't find a map please contact Kaye Clancy on 0401414229.

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Contact your local friendly conveyancer Shannon for all your conveyancing needs and questions.





A quick update on my Bokashi raised garden beds (please remember I only started planting in mid-January – yes I planted very late but that was when I had time). As I write, I am continuing to harvest zucchinis, lettuce and now cucumbers. Beans are developing and I will be harvesting before next Messenger.

During this last month, on days after rain, I tested moisture content of the garden beds that were built with layers of bokashi and spaces where other veges were planted prior to developing the raised garden beds. Although I had been told that Bokashi would help to hold the moisture in the soil, I had not known how to test that. This month I tested it a couple of times. The bokashi garden beds

retained the moisture and the other spaces in the garden were dry and needed watering.

Happy to chat to anyone about bokashi - I'm excited.

**Anne Brackley**, happy gardener.



## Jigsaw Boards

In partnership with a local tradesman, SpringDale is selling boards to help you complete your Jigsaw – board to suit most 1000 piece puzzles \$30 or orders taken to meet your needs.



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This year the Northern Bellarine Arts Trail will take place in 30 venues across the Bellarine. Artists will display their work in studios, cafes, galleries and here at SpringDale.

**Saturday 10th and Sunday 11th April from 10am-4pm.**

SpringDale Artists and the SpringDale Felters & Textile Artists are both participants in the Northern Bellarine Arts Trail again this year. You can locate SpringDale Artists in the Artroom and SpringDale Felters & Textile Artists will be exhibiting in the SpringDale hall.



## SpringDale Artists



Come and meet the SpringDale artists, view some art and watch us at work in the art room at SpringDale (accessed from Princess St) on the 10th & 11th of April between 10am and 4pm.

**Flags and signs will show the way.**

Brochures showing other venues will be available from SpringDale so take the opportunity to see some great talent on our own Bellarine Peninsula.



## SpringDale Felters & Textile Artists • Botanical • Secret Gardens

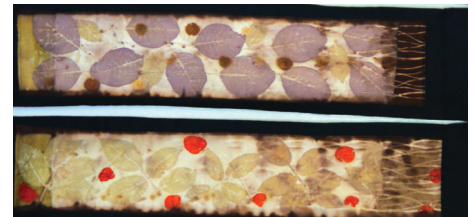


Our theme this year - Botanical or "Secret Gardens" will enchant the young & the young at heart. Come along & see the gorgeous blooms & blossoms, butterflies, birds & other creatures, all created by our talented felt & textile artists. There will also be many "one of a kind" items for sale such as scarves, wraps, hats, bags, accessories & decorative items, in a myriad of colours - plus beautiful eco dyed items for those who prefer those natural, earthy tones.

Little ones will be delighted by our 'Fairy Village' complete with lovely little felt fairy houses, some with gardens & perhaps even some fairies!

There will be various felting & spinning demonstrations each day.

Enquiries: Julie 0409368290 or Jill 0435499820



**William Sheahan**

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## I CAN'T MEDITATE!!!!!!

Do you think meditation is something you will never be able to do?

*"I can't empty my mind"*

*"I tried it once and I couldn't do it"*

*"Meditation didn't do anything for me"*

If you suffer from a "busy", "anxious" or "worrying" mind, you may find it challenging to release your grip on your thoughts, you will also feel the benefits more powerfully with practice and commitment.

Meditation and hypnosis both involve "trance". Trance is a state of mind we all practice regularly.

- Day dreaming
- Doing something on auto pilot (driving to the shop, locking the front door etc.)

- Sometimes when exercising and our mind wanders

In fact many of us use trance to improve our efficiency without really thinking about it. Do you sometimes quieten your breath to do a very fiddly bit of work? If you are driving in bad conditions, you may calm your body down and increase your attention and alertness.

**If you think you have failed because you cannot empty your mind** - you are trying to achieve a near impossible task.

Meditation is actually about learning to redirect your thoughts and focus your attention.

Osho Rajneesh describes meditation as

*"Just like someone sitting by the side of a river watching the river flow by, sit by the side of your mind and watch....Or the way someone watches the rainy sky and the moving clouds, you just watch the clouds of thoughts moving in the sky of your mind... Don't do anything, don't interfere, don't stop them in any way. Don't repress in any way. If there is a thought coming don't stop it, if it is not coming don't try to force it to come. You are simply to be an observer...."*

Let thoughts come and let them go. Explore how it could feel to let them pass you by.

**If you think you have failed because you didn't feel the effects first time** - be kind to yourself as you learn a new way of thinking.

Accept that this takes practice. You will need to try more than 2-3 times. The best benefits are realised after a month of regular

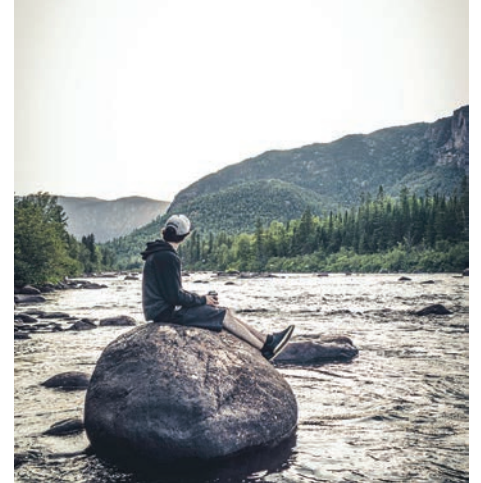
meditation. Remind yourself that you have been practicing a busy mind for many years, so it will take some time to change the habit.

Meditation is a powerful tool you can practice to support your movement towards less stress, deeper sleep, less pain, improved concentration and better physical health. With time and patience you will feel the benefits.

If you are having some difficulty quietening your mind, you may find some guided meditation apps useful (Insight Timer, Smiling Mind). A mediation workshop (the Geelong Meditation Centre has some great courses) or a session with a hypnotherapist can teach you ways to find your calm.

**Kim High**

Clinical Hypnotherapist@FamilyHypnotherapy



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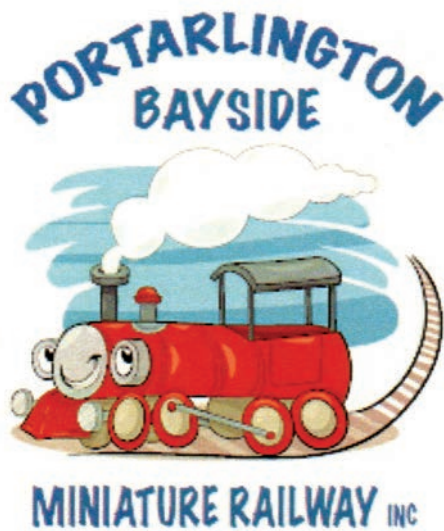
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## Easter & Holiday Fun

A big hi to all our supporters - better bring the family down to the Mini Railway during Easter Saturday, 3rd April & Sunday 4th April, 2021 from 11.00 am to 4.00 pm.

The great news is that everything on Saturday 3rd will cost only \$2.00 - Train Rides, Food, Drinks, Ice Creams.....Now that's not going to break the family budget.

On Sunday 4th April, there will be lots of Train Rides, an hourly Lucky Draw and Easter Eggs - of course !! (Normal fares will apply.)

On Wednesday 7 and 14 April 11am-4pm the trains will run.

This miniature railway situated within the grounds of the Portarlington Bayside Family Park, Point Richards Road, Portarlington. (Melways Map Ref No. 444 C5.) New Members always welcome !!.

Further details can be obtained from the Portarlington Bayside Miniature Railway Inc at P.O. Box 419, Portarlington. 3223.

Or Call Helen on our Telephone Info Line No. 0476 124 598.

Also visit our Facebook Page  
Or [www.miniaturerailway.com.au](http://www.miniaturerailway.com.au)



# Developing Thoughtful & Mindful Children!

*'Mindfulness is the simple practice of bringing a gentle, accepting attitude to the present moment.'*

To help your children become more aware of their inner thoughts and outward reactions, there are various picture books, apps, and mindfulness video resources you can use. They are useful tools to support your child, identify and understand their feelings and emotions, during often challenging daily situations.

There are numerous benefits for children engaging in 5 to 10 minutes of mindfulness each day, as it:

- allows them to live in the 'present moment',
- reduces their stress and anxiety,
- calms their minds,
- helps them identify their emotions and feelings,
- fosters empathy,
- helps build positive relationships,
- improves their focus and concentration,
- enhances problem-solving and decision-making skills
- increases the quality of their sleep.

### Picture Books:

- What does it mean to be Present? by Rana DiOrio
- I am Peace by Susan Verde
- Wild Mindfulness by Laura Larson
- Matt's Swirling World by Madeleine Matthews

### Apps:

- Sleep Meditations for Kids: Great to include in your kids bedtime routine.
- Breathe, Think, Do with Sesame: Have fun laughing and learning as you help a Sesame Street monster solve everyday challenges and calm down.
- Smiling Mind: Offers sensory exercises, breathing meditations, and hundreds of mindfulness activities for kids of all ages.

### YouTube videos:

- Mind in a Jar – Planting Seeds of Mind (1:14) – A great way to start the day. Simple, quick and helps children sort out their feelings and have a fresh start to their day.
- Guided Mindfulness for Children, by Barbara Lester, (3:12) – If your child has had a bad day at school, this video story talks about owl's bad day at school. How she is having angry thoughts and feelings, and how to use her breathing to process her day more calmly.
- Be the Pond Cosmic Kids Zen Den – Mindfulness for Kids (5:36) – This mindfulness meditation will help children to let go of negative feelings as they: relax, sort out their feelings, and calm their mind.

Once you and your child become more familiar with the mindfulness process, there is an abundant of mindfulness activities you can try, including 'Back-to-Back' Breathing, or 'Spidey Senses' to notice the here and the now.

*If you require further assistance don't hesitate to contact me. I hope to offer some mindfulness classes for children at SpringDale, in the near future.*

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Registered teacher with Victorian Institute of Teaching (VIT)  
and Australian Tutoring Association (ATA)

Ph: 0447 950 004, [henshelwood.peta@gmail.com](mailto:henshelwood.peta@gmail.com) and [facebook@TIME2Active8](https://www.facebook.com/TIME2Active8)

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0427 923 934 or [f](https://www.facebook.com/ccbanno@bigpond.com) or [ccbanno@bigpond.com](mailto:ccbanno@bigpond.com)



## SAVE THE ROTARY ROTUNDA

History and progress go hand in hand. We know this only too well with acknowledging where our own history comes from and how easy it is to destroy that.

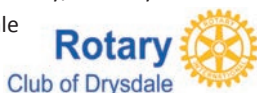
Drysdale has truly progressed from the historic village it was to the warm, friendly town it is now. The most recent changes have been housing developments and the Bypass behind the town, etc. The latest news is that we are to get a new architecturally designed Library that will be built on the Drysdale Village Green.

The new library is however at the expense of the Rotary Rotunda that was financed and built by the Rotary Club of Drysdale in the early 2000's. There's major history right there. Many volunteer hours by many service minded local members have been responsible for many projects here in your local town. The Lake Lorne walking track is one such project that took ten years of Council and Rotary collaboration to get completed. Our esteemed past member Roger Lavingdale was instrumental in both of these projects. I for one genuinely enjoy my walks around Lake Lorne as I am sure many people do.

Council have agreed to relocate or construct another Rotunda. I see a lot of people enjoying the Rotunda to have lunch or meet with friends. As we will not be able to leave it where it is can I ask you to drop us a email to [admin@drysdalerotary.org.au](mailto:admin@drysdalerotary.org.au). or write to P.O. 123, Drysdale 3222 and suggest where you might like to see another Rotunda erected.

We as a Club do have some ideas but after all it is your town. It would be good to see if your thoughts align with ours of what you picture in your own locality.

**Caroline Rickard** - Secretary/Publicity Officer  
Rotary Club of Drysdale  
0408 989 221



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## Portarlington Police

This is my first piece of hopefully many with the SpringDale Messenger. As an introduction, I am the recently appointed Officer in Charge of Portarlington Police Station. I have been working in the Geelong region since 2009 and have a career spanning 31 years.

The Bellarine Peninsula was fortunate to receive State Government funding for an additional eight staff at Portarlington. The station received an upgrade and we opened for business on the 22nd of December 2020. We are responsible for policing the northern part of The Bellarine and will work closely with Bellarine Police Station.

Portarlington Police Station will be staffed Monday to Friday 9am to 5pm. This is in addition to a response vehicle. My hours are generally 8am to 4pm Monday to Friday and sometimes working shift work and weekends. We should have a day and afternoon shift response vehicle 7 days per week. Friday and Saturday should see us extend our hours later in the evening. This may change, due to other commitments and roster according to crime data. If there is no response vehicle from Portarlington, there will be a proactive patrol provided from Bellarine Police Station. Staff there have access to Portarlington and can work from the northern part of the peninsula for the shift. Drysdale will have a staff member from Bellarine rostered for counter enquiries on Tuesdays 9am to 3pm. I will also work from there ad hoc, completing administrative duties and also there for counter enquiries. I endeavour to get this information out via the DCCS Community Group. Please call before you come down to make sure we are there.

If you see something where you think you need police immediately, call 000. For non-urgent enquiries, call 131444. We have dedicated staff answering calls on 131444 who can take reports of crime on our behalf. These are then forwarded to police members to investigate. This service takes away data entry for police members, allowing us more time to proactively patrol and investigate crimes.

Over the next few months, I am planning on having "Coffee with a Cop" at various locations around the Bellarine Peninsula. Keep an eye on "Eyewatch - Geelong Police Service Area" for when this will happen in your area.

Lastly, Victoria Police are embarking on a major program of reform to how we deliver policing services. We are interested in your views. If you go to the following webpage: <https://engage.vic.gov.au/transforming-victorias-police-services> complete the survey and let us know what you think.

Regards, **Sergeant Dean Parrello**

## BACA is Back!



Bellarine Aged Care Association has been resting during 2020 due to the Covid 19 lockdowns. Now we are up and about again - Hooray!!

Our Association represents the ideas and concerns of ageing people living on the Bellarine. For example, BACA instigated and organised the FAB Expo (Friendly Ageing on the Bellarine) at Christian College, Drysdale in October 2019. Over 400 people attended and there were 60 plus exhibitors, commercial and from the community. All attendees found the information valuable.

BACA is planning a gathering at SpringDale Neighbourhood Centre Thursday 22 APRIL, 10.30am - 12.30pm. A lovely morning tea will be provided, and we will be asking you all to give us ideas as to what you would like the Age Friendly Group to look like in 2021. This could include, frequency of meetings,



information sharing and topics of interest etc..

We would love you to come along and let us know what you like or don't like about what is happening in your area and what topics you would be interested in and what speakers you may like to hear from.

We are hoping to have guest speakers, which may include a representative from the Bellarine Community Support Register and a representative from the City of Greater Geelong's newly formed Aged Care Wellness Advisory Committee. This is not yet confirmed.

This meeting is about YOU and US ageing well together on The Bellarine. So please do come along, it will be a fun and informative gathering of likeminded members for the Bellarine Peninsula community. Hope to see you there!

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A community safety and crime prevention information hub

**bsafebellarine.com.au**

***Did you know that the Bellarine has its own community safety website - [bsafebellarine.com.au](http://bsafebellarine.com.au)***

The purpose of this website is to act as a safety and crime prevention information hub to keep Bellarine Peninsula residents, business owners and visitors informed on matters of community safety.

The website provides a wealth of relevant information from reputable sources including **Victoria Police, SES, CFA, City of Greater Geelong** and **Crime Stoppers**.

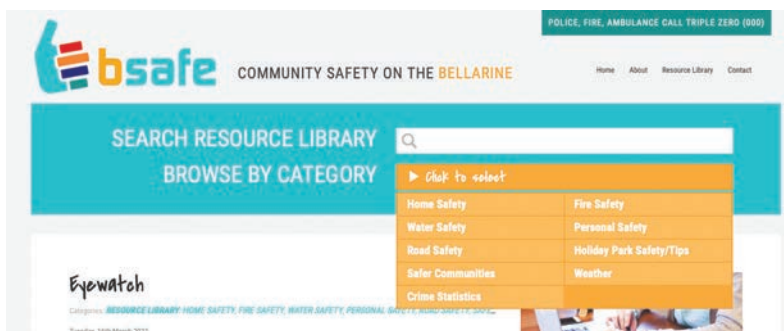
It is updated regularly with new articles and quarterly crime statistics for the region.

The Bellarine Community Safety Group\* urge you to have a look at the website, bookmark it and make it one of your favourites.

The BSafe website is a locally founded and managed resource for the whole community which is both informative and useful.

If you would like to make contact with the Bellarine Community Safety Group, please utilise the 'Contact' tab on the website.

*\* The bsafe website has been developed and is managed by the Bellarine Community Safety Group. Membership of this group is drawn from the various community, civic and progress associations on the Bellarine; as well as local and State government representatives.*



# MEN'S HEALTH needs our attention!

**What's the big deal?. The stats are not good,  
nor getting better in Australia.**

1. On average men die 6 years younger than women
2. 95% of people who die at work are men.
3. Men under 65 are four times more likely than women to die from heart disease
4. Suicide kills 7 men out of 9 a day.
5. 75% of people who die in transport accidents are male.
6. 7 out of ten people aged 15-24 who die each year are young men and boys.
7. 2 out of 3 victims of fatal assaults are male.
8. Men under 75 are twice as likely as women to die from preventable causes.
9. Around 40% of men die prematurely (before the age of 75)

(Source: Australian Men's Health Forum 2017)  
Then there is the obesity epidemic, domestic violence and increased addictions.

## Why is this happening?

As a Wellbeing Trainer and Coach, I have observed some middle aged to senior men, don't seem to take good care of themselves.

## What's the Answer?

According to the latest research for living long, healthy and happy is:

Live like the 'Blue Zones' men of Sardinia which is the oldest community of men in the world, over 100 years old and who are living long, healthy and happy by:

1. Staying connected to family, hobbies/ interests. Living with purpose and meaning.
2. Eating a mainly plant/veg based diet eating meat occasionally.
3. Natural daily exercise that gets the heart working.
4. Almost no added sugar to their diet.

At home we have the SpringDale Men's Kitchen, our local Men's Shed for the handy, the Shedding The Blues music and Men's Wellbeing group. We have our local sports, for physical and social health. Bowls might not get the heart rate up, swimming or walking, riding bikes. I will be playing golf on my 100 birthday. What about you, or your man?

**Derek Rogers**

The Thrive Movement Australia



# VALID

## Geelong & Bellarine Peer Action Group

VALID Peer Action Groups provide peer support for people with disabilities, their families and supporters, benefitting from access to VALID's self-advocacy support to develop skills, increasing opportunities for recreation, work and community participation.

The group meets at SpringDale on the third Friday of each month from 10.00am-12.00pm.

More information can be found by contacting Jana on Facebook or email: [bellarinepeeractiongroup@gmail.com](mailto:bellarinepeeractiongroup@gmail.com)

## Supporting Ways

**I provide Individual Support for NDIS  
and My Aged Care Plans  
Helping you live more independently**

**I can support you in getting out & about:**

- Going to social activities • Taking a class
- Getting to appointments • Going shopping

Contact me, **Laural Welsh 0411 895 207**

[laural@supportingways.com.au](mailto:laural@supportingways.com.au)

*Located on the Bellarine Peninsula*

**YOUR PLAN, MY SUPPORT, YOUR WAY**

# YOUR LOCAL GP'S

The Bellarine Community Health GP Clinic is open Monday to  
Thursday 9:00am - 5:00pm.

Online bookings available. Services include:

- Children's Health
- Chronic Disease Care Plans
- Family Planning
- General Medical
- Immunisations
- Men's Health
- Pathology
- Preventative Health
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Our first competition for the year was to be held at SpringDale for the first time in over a year, but as we had a 'snap lockdown' we held it via Zoom. Our judge for this Open competition was Michelle Stokie, who gave some great feedback to members on their images.

## Open Competition Results

**A Grade: PRINTS** - 1st Magic Forest, Robyn Curtis;  
2nd Banksia, Stan Coath; 3rd McKenzie Falls, Robyn Curtis

**EDIs -1st & Image of the Competition** - Behind St Pauls, Ian Chalmers;  
2nd Sisters, Jim den Ouden; 3rd Serene, Kevin Robley; Merits: Absailing Corella, Daryl Haywood; Seen Better Days, Lynne Pearce

**B Grade: PRINTS** - 1st Hi There, Debbie Hallows;  
2nd There She Goes, Debbie Hallows

**EDIs** - 1st Easy Glider, Michael Carne; 2nd Restless, Debbie Hallows; 3rd Into the Honey Jar, Geoff Evans; Merit: Oh Deer, Debbie Hallows

Bellarine Camera Club usually meets at SpringDale Neighbourhood Centre, Drysdale, at 7:30pm on the first and third Monday of the month (except January), but due to the current circumstances our physical meetings are subject to Victorian Government guidelines, but we hope to meet at SpringDale for future meetings. For information on our club please visit our website: [www.bellarinecameraclub.org.au](http://www.bellarinecameraclub.org.au); email [info@bellarinecameraclub.org](mailto:info@bellarinecameraclub.org)

**Lynne Bryant** - President



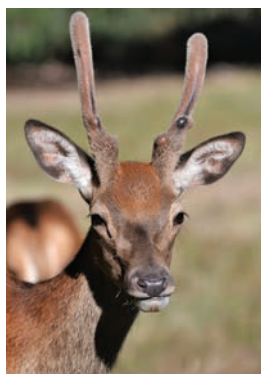
*Behind St Pauls, Ian Chalmers*

*Bellarine Writing Competition*  
**SHORT STORY COMPETITION 2021**  
(AGE 16 AND ABOVE)

**TOPIC 1**

**THE GIFT**

- 750 words max
- Entries close 9th April 2021.
- Entries to [barrysproull@gmail.com](mailto:barrysproull@gmail.com)
- Winner notified via email on Wednesday 14th April.



*Oh Deer, Debbie Hallows*



*McKenzies Falls, Robyn Curtis*



*Into the Honey Jar, Geoff Evans*

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As I am writing this article, I am wondering where we go to from here.

Our group has achieved something that no other kinship support group has achieved before, we have achieved the awesome support from our local community.

So many other kinship support groups within Victoria and right across Australia, struggle to even be recognized as carers for the children in their care.

From every carer and child/young person who are part of Bellarine Support Group for Kinship Carers - we thank you our local community for your awesome support to each and every one of us.

But we as carers now need to take the next step.

Can I please ask if any politician or anyone who knows our local politicians, would be willing to assist us as kinship carers to take our plight to a much higher level.

I have often referred to a saying 'From little things big things grow'- from our once small group, to a larger group, we hopefully can

achieve what no other kinship support group has achieved - State and Federal support.

I would like to thank the many business, service clubs and children in our local community who have assisted the carers and the children in their care leading up to the 'silly' festival season.

Due to most of the carers and children of our group being subject to court orders, I am bound by law to protect each and every carer and child. I therefore cannot publish, identify material for example photos of the children opening their wonderful presents.

But I can publish photos of the awesome presents each child receives.

If you are a kinship carer sitting at home thinking that you are all alone, in your kinship journey please come join our group.

We meet the first Monday of each month at SpringDale Neighbourhood Centre from 10am to 12noon.

Stay safe everyone.

**Jeanette Hanley-Heath** - 0414308257



## Fishy Mash in Eggs

(serves 6)

- About 400g peeled potatoes and cubed
- 3 hard boiled eggs, in half
- 4-6 cloves garlic, crushed
- About 250g cooked fish (bones removed)
- Half cup extra virgin olive oil
- A few olives (pips removed)
- Boil the potatoes until soft, drain and mash them or with a stick blender, until smooth.
- Add the egg yolks only, garlic and fish.
- Mix well gently to blend and slowly add the olive oil.
- Beat into a smooth, thick puree.

Serve in the hard-boiled whites as Tapas and top with half an olive.

The remainder can be shared as a dip with fresh carrot/celery sticks or crackers.

As a main meal serve on a bed of ratatouille or on the side with more vegetables or salad.

I am often asked what to cook that is "something different".

Well... how long is a piece of string?

One of the most versatile vegetables is the potato. I think I've said this before! If there are potatoes in the house - the answer is easy. Potatoes can be prepared ahead of time and used in lots of leftovers.

The following recipe is a favourite Tapas one to make as many or as little as required. The suggested 400g of potatoes will make plenty of mash. It's great for a kids recipe, to help make and nutritious for them to eat. But hold back some of the mash to equal with the fish for a more adult version. More eggs can be added if extra people are invited.

Use any fresh fish or salmon, cooked and bones removed. Try something different, like sardines!! As a last resort a can of tuna will save the day!!

Be creative & please let us know how it goes.

**Agata**



Business on the Bellarine

BOB is a local business group meeting weekly in Drysdale to network and help promote each other's businesses.

BOB is all about fresh ideas, sharing, building confidence and supporting each other. It's also about gaining a different perspective on where and how your business can evolve, while strengthening business connections.

Please come along. You'll get to meet new people and learn about other businesses that are part of our community.

We meet on Tuesday mornings 7.50am to 9am visitors welcome.

Drysdale Cricket Clubroom  
Drysdale Recreation Reserve,  
Granville Street, Drysdale

Contact Jo Aspland on  
0438 055 679 for more information.

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To celebrate the recent 160th anniversary of Drysdale being proclaimed a town, Drysdale Guides did a scavenger hunt around Drysdale to see if they could answer some questions using what signs and plaques they could find on notable places within the central area of Drysdale. For this month's edition of the SpringDale Trivia, we've included a selection of the questions for the rest of the community to participate in. All answers were correct/on display as of 22/2/21

## SpringDale Trivia 45th Edition by Drysdale Girl Guides

1. In what year was the Free Library opened?
2. When was the foundation stone of the Uniting Church laid?
3. What time does the first route 61 bus to Geelong leave the Uniting Church on a Sunday morning?
4. What time is the Sunday morning contemporary church service at the Uniting Church?
5. On what day and times is the Drysdale Police Station staffed?
6. Who planted a tree to celebrate Arbor week 1992 at the corner of Princess and Eversley Streets, and what sort of tree is it?
7. How many blocks of concrete separate the Princess Street footpath and the High Street footpath along the front of SpringDale?
8. What is the National Trust's classification of the old Court House Museum building?
9. When was the foundation stone of the Courthouse and Public Hall laid?
10. Which conflict is mentioned first on the Century of Federation monument at the RSL?
11. Whose name is 8th on the front of the cenotaph (facing High Street)?
12. When was the current fire station building opened?
13. Who is the current Reverend at St. James' Anglican Church?
14. What is the name of the reserve near the Drysdale Tennis Courts?
15. What other sport is played at the Drysdale Bowls Club?
16. What day and time do the quilters meet at the Drysdale Senior Citizens?
17. When was the rotunda opened?
18. When the time capsule that was concealed on 18th September 1990 due to be opened and what is special about that day?
19. What day and time is story time at the Library?
20. What is the highest P.O. Box number at Drysdale Post Office?



Drysdale Guides Meet on Thursdays during the school term 6:30pm to 8:00pm. If you are interested or have any questions please contact Anne Brackley on 0407 529 205



## Bellarine Historical Society

The Moolap School was an important community hub in 1918-19, as were schools in many small towns. During this time WW1 was raging as was the Spanish flu. The school was used for a number of community purposes, a church, and a town meeting place, a venue for welcoming returned soldiers and as a public health centre. During this time the head teacher Mr Wallace was a consultant for agriculture and horticulture to the local school cluster which included Fenwick, St Albans and Leopold. The Moolap School won a number of state awards for agriculture run by "The Age" newspaper.



The photo below is from the 1918-19 period and is from the BHS collection.

The second photo was seen in a local collection and may be the Moolap pupils holding up their "Age" newspaper awards.



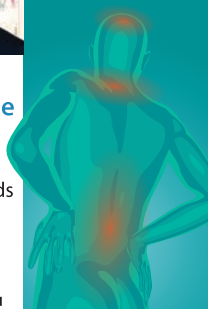
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# Memories of Yesteryear

## THE BUTCHER FAMILY



Laurie at 32 High St Drysdale



Laurie & Tommy James



Another family member who spent many happy days with his cousins at 32 High Street Drysdale was born in the front bedroom of this address on Sept. 29th 1940. His parents Allan and Margaret were living in Drysdale before moving to Queenscliff some years later, and as they already had two older boys (Graeme and Bobby), Margaret chose to stay with her in-laws at 32 High Street prior to the birth of Laurence Charles Butcher. It was here that young Laurie overheard people comment that "big noses run in the family," so from that day on he has always carried a handkerchief in case.

He attended the Drysdale Primary School and when he relocated to Queenscliff, claims he ended up in a grade above his two older brothers. At that point I asked him how his memory was holding up and he replied, "Fine, I can even remember the last thing I forgot!" As a teenager he returned to Drysdale and on Feb 22nd 1958, travelled to Melbourne's St. Kilda Rd Barracks and enlisted in the Royal Australian Navy.

His initial training was conducted at Flinders Naval Base, Cerberus in 1958-1959 and was assigned to HMAS ANZAC, then *Vampire* and *Voyager*. He was aboard HMAS ANZAC in September 1960 when she was performing gunnery exercises with HMAS *Tobruk* off Jervis Bay. A malfunction of ANZAC'S equipment resulted in a shell striking the *Tobruk* and causing so much damage that she returned to Garden Island in Sydney and was eventually scrapped.

Right - Laurie & Jack Taylor



Graeme, Laurie, Fay, Bobby & Terry on the Back step at 32 High St Drysdale



Laurence was aboard HMAS *Voyager* when naval manoeuvres were being conducted, again, off Jervis Bay, in conjunction with the aircraft carrier HMAS *Melbourne*. At 9.00am on Feb 10th 1964 the *Melbourne* struck *Voyager* amidships and sliced her in half. Of the *Voyager*'s 314 sailors, 82 were killed, most were forward of the bridge, that section sinking almost immediately.

Fortunately for Laurie, he was in the aft section in his bunk, about 10 steps from a ladder with access to the deck. He recalls the ship listing to starboard then righting itself. His half soon had life rafts launched from both ships which allowed the men to escape into the ocean. Rescue boats were lowered from *Melbourne* to pick up the survivors and transfer them to the aircraft carrier.

All survivors were granted Survivors Leave and after recovery were assigned to other ships. Laurie was to join HMAS *Sydney* 111, a majestic class aircraft carrier/fast troop transport, in preparation for transporting equipment and personnel to South Vietnam in support of the 1ST Australian Task Force, the first of many voyages made during the Vietnam War.

Although married to Lurlene on the 22nd Dec 1962 in Sydney and having four daughters, (their names all begin with "L") he still enjoyed travelling to the many overseas ports such as Singapore, Hong Kong, Ceylon (now Sri Lanka), the Philippines, Malaya and Borneo.

In 1967 he left the R.A.N. and was employed as a quality control supervisor with Pilkingtons Glass Geelong for 25 years until his retirement. He still follows his beloved AFL Magpies and since his nephew Kurt Mann signed with Melbourne Storm he has developed an interest in Rugby League and Storm.





# Timeline.... Frank and Dawn Edsall continued



He enlisted in the army in 1940, apparently fudging the eyesight test, definitely lying about his age (his actual date of birth 11th July 1921 but his attestation form which was completed on 9th July 1940, two days prior to his 19th birthday, stated he was born on 1st April 1920), he was assigned to the 8th Division Signals, sailing overseas full of anticipation in February 1941, eventually arriving in Singapore.

He participated in the Malayan campaign which quickly resulted in surrender to the Japanese.

On the 15th February 1942 he, along with thousands of others, became a Prisoner of War (POW). I am aware of the existence of a telegram sent to his mother stating that he was missing in action and presumed dead but unfortunately the whereabouts of that telegram is unknown.



I did find however the pages from the Sun News, listing the names of 593 Victorians, including my father, who were missing in action. His parents received another telegram dated 23rd August 1943 confirming that he was a Prisoner of War.

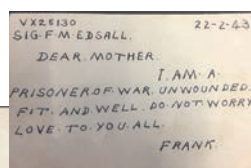
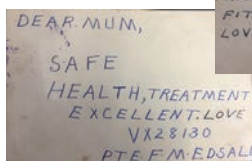
He spent time in Changi prison and worked on the Burma Railway amongst other working parties. His training pre-war with the PMG stood him in good stead as he was "recruited" to repair the radios for the Japanese, apparently only temporarily so that his services would be required again and again! He lost many of his mates and witnessed endless suffering. He contracted Malaria, Pelagra, BeriBeri and numerous other complaints.

My father never talked of his war service when I was growing up but I distinctly remember two constants now that I reflect on that period – he celebrated Anzac Day heavily each year and there was nothing 'Made in Japan' in our household – a gift of an ashtray for Father's Day, birthday or Christmas may never have been sighted again if it had been Made in Japan!

But it was not until later in my life that I found out significantly more about my father's war service.

I found some very interesting memorabilia from that time in my mother's home –

. Postcards to his mother, written under duress from the Japanese, indicating he was in good health, well fed and being treated 'excellently'



. A shortwave message was sent to his family – there are original letters from people in Doncaster and South Grafton, NSW, who heard this and wrote to his mother, although a government department wrote suggesting the radio message may well have been Japanese propaganda.

After exactly 3 and ½ years, and following the Japanese surrender, my father was liberated. At this point in time he weighed approximately 6 stone or 38Kg! There is a newspaper clipping of a group, including my father, as they arrived back in Brisbane.

(My father occasionally delighted in recounting his version of my parent's courtship – he claimed that, as he was exiting the ship upon his return from 2nd World War, where he had been incarcerated for 3 and ½ years, my mother took advantage of his fragile physical and mental state and whisked him off to the registry office! Pure fallacy of course.)



One of my regrets in life is that I did not have, or at the very least, take the opportunity to talk at length with my father about this tragic yet interesting part of his life. I understand completely why he never opened up much, although he was a member of a number of organisations – the RSL, the ex-POW Association, the Partially Blind Soldiers Association and the 8th Division Signals Associations and I know he found it very healing to share time with his ex-army mates. In later life he attended numerous reunions around Australia and travelled on a couple of overseas trips, including going back to Singapore, Thailand, Changi prison and the Burma railway.

Many of his mates from the 8th Div. Signals attended my father's funeral in 1989 and it was a privilege to meet them all. One in particular I remembered well – Jed was his name. My father had told how Jed had a beautiful singing voice and would sing to his fellow prisoners – the Japanese beat him to unconsciousness on numerous occasions to stop him. Following my father's passing, I took my mother to the funerals of a number of dad's army mates and I will always remember the sound of one particular voice as it rose above all others whenever a hymn or song was sung.

My father became very active in the local RSL for many years, serving in a number of official capacities and was awarded State Life membership for his service. He also became a legatee and gained enormous satisfaction from helping the many widows of ex-servicemen who were satisfied to his care.

I have read many books, watched movies and serials to help me appreciate and understand the hardships which soldiers like my father endured – Dad thought the actors in the TV series Changi were too fat!!

Growing up my sisters and I were regularly chastised if we did not finish a meal:-

*"I have seen grown men fight over a snail and you won't eat that lovely food"* he often said or *"There is enough food left on your plate to feed half a village of starving Indians"*



He also overheard me on the telephone back in the early 70's when I was nearing conscription age and courting a young local girl. She expressed concern that I may be conscripted. I told her I would be happy to be; my grandfather had been in WW1 and my father in WW2 so if I was called up to go to Vietnam, I would be proud to do so. I got off the phone and as he had obviously been eavesdropping, my father gave me an enormous lecture on what a fool I was and that war was abhorrent and to be avoided at all costs – I think it was the sternest he ever spoke to me.



I found many more items of interest as we cleaned out my mother's home;

- . My grandfather's bank book, his army discharge papers as well as my father's, old stamps, coins, bank notes, letters and photography;
- . The original letters my father sent to my mother whilst they were courting;
- . And the original telegrams from their wedding.

I had not known of the existence of a map of Burma and surrounding countries which my father had marked with some significant features.

There was also a document outlining the experiences of Drysdale's Bill Grigg who was shot down in WW2 over Yugoslavia and assisted to freedom by the local partisans.

I also found the original letter dated 1924 from the superintendent of the Crimean War Home gifting a table to my grandfather Ted Wisbey for his assistance to the veterans who resided there. The table and chairs became the only dining setting my parents would own and are now in the possession of David Mortimer who was happy to give them a new home, appreciating the history involved.

Written by John Edsall  
To be continued...





# Clifton Springs Garden Club

COVID has done it to us again, we had our meetings for the year all planned, our guest speaker ready to go and just days before our first meeting for 2021 a snap 5 day total lockdown was called and we had to cancel the meeting. Such is life, as they say.

Again, this leaves me with not a lot of news to report from the Club. The Committee is working very hard to engage interesting and varied speakers for the upcoming year and our Outings Co-Ordinator Keith is on the ball with some wonderful outings. We continually keep our fingers crossed that COVID will not spoil too many of our activities in 2021. If you were disappointed that you might have missed out on Carole O'Neill's presentation on Arctic plants, I have good news, Carole will be back very soon to give us her wonderful presentation.

Because we couldn't hold our February meeting, some members of the Club met in the beautiful Geelong Botanical Gardens for a picnic lunch, chat and walk around the gardens. It was lovely to see people face to face again.

Over the past few months I have had a lot of enquiries from people new to the area who are keen gardeners. Joining a Garden Club is a great way of meeting people; getting to know your new area; learning about what grows best and sharing gardening experiences.

Our monthly meetings will resume at the Uniting Church Hall Drysdale at 7.30 pm, on TUESDAY 20TH APRIL. Due to COVID these arrangements are fluid, if you would like to keep up to date with our monthly meetings, please contact our Secretary Helen, on phone 5257 2220 or email: hma3152@gmail.com



Garden Club Members at Geelong Botanical Gardens



# St Leonards Garden Club

Hello Everyone.

Our first valuable garden meeting for February 2021 was a great success and a wonderful turnout of members.

I would like to welcome new members Wendy, Jen, Jenny, Annette, David and Dianne. We look forward to seeing you each month.

Thank you to David Cass, our first guest speaker for this year. A few people mentioned to me that they thought your presentation was interesting and informative.

Our garden club is celebrating its 40 years anniversary in April 2022 and we are going to organise a celebration. Perhaps past and present members may have some information and photographs that we might be able to display. There will be more information when it has been organised.

The St. Leonards Memorial Community Hall is going to be have an Open Day in April

with a date yet to be set, there will be more information available soon. There will be displays from the different groups that use the Community Hall.

The Garden Club will be having a plant sale in November, so please plant up some seedlings or grow some cuttings to donate for sale. Now is a perfect time to start. You might see something that others have donated and would like to purchase and prices will be very reasonable.

If you have any gardening questions, bring them along to the meeting on the April 14th of April and we will do our best to answer your queries.

Our guest speakers for April are, Marie Reed, Convenor of the St. Leonards Town and Beautification Sub Committee and Kevin Carey, Secretary of the St. Leonards Town and Beautification Sub Committee. I am sure this will interest all our members and visitors.



Covid regulations will be followed with a QR code or manual sign in. If possible please use the QR code as it allows us to have more people in the hall. There will be hand sanitiser available in the foyer.

New residents, come along and enjoy the guest speakers, enjoy a cuppa and a chat after and meet like-minded people with an interest in gardening.

Cheers Wilma McLaren



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# GLORY BOX

I love the paper version of The SpringDale Messenger! In February, Anne's message grabbed my attention when she invited us to take part in a special project to make "Keep Sake Treasure Boxes". Just across the column under "Being Creative" there is a heading with "Things I wish my Grandmother taught me". And just like the little kid on the TV, I thought "porque no los dos?" Why not both?

While Anne was writing about her grandmother's hanky, doilies and special items we keep as treasures, I started thinking about the Glory Box my mum started for me.

My grandparents came to Australia with very little. As soon as they could they were excitedly buying new things, not only for themselves and for my mum (she was about 15) but for us (unborn granddaughters) as well. Not to use then in the 50s or the 60s or 70s. Oh no! These were going into "our" Glory Box.

In the mid-70s I remember my mum and her mum sitting together in the evenings and doing a little crochet or knitting. During the days in between cleaning, laundry, gardening and cooking (long, slow cooking) for lunch or dinner, I recall they would do some embroidery to add colour to plain, white pillow covers. They tried to teach me and my two sisters but we had books to read and other things to do.

My mum's Glory Box was filled with just a few beautiful handmade, rough linen sheets with embroidery. Before the Second World War

and before they came to Australia, some of my family grew their own linen and weaved their own blankets. The linen was grown in the fields and picked by the women and girls. It was then processed by hand, of course, and it was one, bland colour after it was boiled and bleached.

The everyday dreams my mum and grandmother had, were of seeing us all married with families of our own using the lovingly decorated plain sheets and pillow covers (they were probably cheaper). They started adding to our Glory Box for when we got married and left the family home we would have some things ready to start. It was to save us doing the embroidery while we would be busy with our little family.

These big dreams did not quite work out. Not only did our tastes differ and change over the years but the table cloths were round and we all had bigger or oval tables. The double bed sheets don't quite fit the queen size. The outrageous orange and mission brown colours of the 70s did not move on with the times in the 80s.

The Glory Box itself now sits proudly and beautiful as a centre piece of the lounge room with a vase of fresh flowers on the top. In some homes it is used for storage with extra doonas and pillows. If my Glory Box could talk it would tell of the dreams of love and "happy ever after. From my grandmother to my mum, the hopes and dreams were for peace and a



wonderful life together with the one I love.

It would be a pleasure to share some of the many items, stories and traditions of the Glory Box. This brings me back to the "Hope Boxes" project. My suggestion is to combine the project with the things we wish our grandmother taught us.

If you, or someone you know, would like to come along and join us for an afternoon of sharing stories about Glory Boxes and items lovingly made, please register your interest. If, like me, you would like to bring your Glory Box, that would be great fun too!! OH&S beware, just a photo will be ok too.

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## Bellarine Birdlife

The tern family is quite a large one with some species smaller in size, whilst others are much larger. Each species varies in colour with a diversity of white shades, some colouring in grey, others a deeper black. Perhaps if you visit the Portarlington beach front you may have seen a group of birds happily resting in amongst the Silver Gulls. Terns love settling in mixed flocks and consequently in our area they mix with the gulls.

These very visible birds are Crested Terns and a quick glance will obviously show you why they are so named. Each bird has a large black crown of feathers which at times can raise to a crest. Terns are seabirds and their short necks, short legs, very long sharp pointed bill and strong pointed wings are most adaptable for a coastal existence.

The birds are commonly seen around Port Philip Bay, also around the coastline of Australia and even in Asian areas and around the Pacific Ocean. Food is caught by plunge diving; their arrow shaped bodies submerging right under the surface with their long, narrow, pointed wings tucked to their sides. Alternatively, you can see them scooping up food from the sea's surface. Wise fisher folk would find it beneficial to notice these birds as their keen eye sight alerts them to schools of fish and they are often the first to notice the proximity of food.

Nesting tends to occur on mud or rocky islands. The colonies cluster together for security and the noisy harsh kerach or kee-eck can be quite amazing. The young are small cotton balls of feathers who are attentively cared for by their parents. Nests, indentations in the sand are closely monitored by one parent or the other. From a bird watcher's point of view it is hard to know which baby belongs to which parent as you observe the close knit community. But I guess all parents think their child is special and the Crested Terns that I have observed certainly tenderly care for their mobile, offspring. As they grow the youngsters are quite mottled in colour only gaining their distinct plumage as an adult.

Carole O'Neill



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State that you want to access an AED at SpringDale Drysdale.

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Further information and links to videos, apps and education on AED's can be found on the Ambulance Victoria website:  
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# Lady Hawks



With less than three weeks until round 1, the Drysdale Senior Women's football team have been working hard to ensure they are ready to take to the field against Torquay on Saturday the 17th of April.

With several new players joining the team this season, the Drysdale women have been giving it their all every training session to come together as a strong, united team. They have also had the opportunity to participate in unique training sessions hosted by local companies to educate them on ways to improve their health and fitness as well as tactics to ensure their safety on the field. The team also participated in an 'amazing race' style all day event, where the focus was team work and having a bit of fun in recognition for all of the blood, sweat and tears the women have put into their training the past six months. It was a great opportunity to reflect on how far the team had come and begin to mentally prepare for the 2021 season.

The team have also been busy putting their training to use, embracing the opportunity to participate in several preseason practices matches. The hard work that the players and coaches have been putting in each training session is evident based on the skills and comradery displayed during these games. The team worked hard as one unit, actively communicating with each other, and supporting their fellow teammates as well as

pushing themselves to their limits to execute the skills and tactics taught to them during preseason. Prue Davies, Drysdale Senior Women's Team captain, is excited for round 1, stating 'the team had a really great hit during the practice matches and it gave the new players the perfect opportunity to understand how we operate as a team on the field.'

Two of the Drysdale Senior Women have also been pursuing their own individual football pathways, having been selected to play in other competitive leagues. Tess Craven has taken to the field with the Geelong Falcons, fitting in seamlessly and absolutely smashing it, which was clear by the results of her first game against the GWV Rebel's with a ten-point win. Our other superstar, Tanacha Saunders has been training with the Geelong VFL Squad where we know she will be an absolute asset to the team. The Drysdale Club is immensely proud of both women and look forward to following them throughout their exciting football journeys!

Round 1 will be a unique experience for the team, as we play after the men's senior team in our first ever night-time game. Now is the time to get behind the women's team and come show your support as we take on the Torquay Tigers at the Spring Creek Reserve on Saturday the 17th of April, with kick off at 5.30 pm!

Alicia Murray



## Trivia Answers

- |                                     |  |
|-------------------------------------|--|
| 1. 1881                             | 12. 15/11/1998                                       |
| 2. 24/5/1887                        | 13. Locum Rev.                                       |
| 3. 9:09 AM                          | 14. Dr. Ronald Noone                                 |
| 4. 9:00 AM                          | 15. Wathaurong                                       |
| 5. Tuesdays, 9-5                    | 16. Croquet  |
| 6. Cr. A. Mannix, Red flowering Gum | 17. Monday 10am                                      |
| 7. 38 Blocks                        | 18. 8/10/2005  |
| 8. D grade building                 | 19. 18/9/2065, 200th anniversary of the municipality |
| 9. 4/8/1880                         | 20. Tues 10:30-11am                                  |
| 10. Boer war                        | 21. 738  |
| 11. C. Lyons                        |  |



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15 Year Product Warranty



German Engineered Q.Peak Duo. QCELLS

Was ~~\$7,000~~  
Now **\$4,200**  
INCL GST\*  
with rebates applied

\*Standard Installation Pricing. Price includes STC discount, Vic Solar Rebate \$1,850 and Vic Solar Interest Free Loan \$1,850 (Eligibility Criteria)

## QCELLS Battery Packages

\*Standard Installation Pricing. Price includes STC discount, Vic Battery Rebate \$4,174 (Eligibility Criteria)

Have an existing 5kW or above  
system and no previous rebates

Q.Home ESS 12.6kWh  
10 Year Warranty

Was ~~\$12,164~~  
Now **\$8,990**  
INCL GST\*  
with rebates applied



or  
Q.Home  
ESS 6.3kWh  
10 Year Warranty

Was ~~\$9,064~~  
Now **\$4,890**  
INCL GST\*  
with rebates applied



**All Warranty & Servicing by Eco Choice** \* Terms and conditions apply on all Solar Rebate offers. Elec 20281 - Solar A8699184