

## Adrian E Mannix OAM COMMUNITY SERVICE AWARD 2021

*Congratulations*  
Rick Peacock

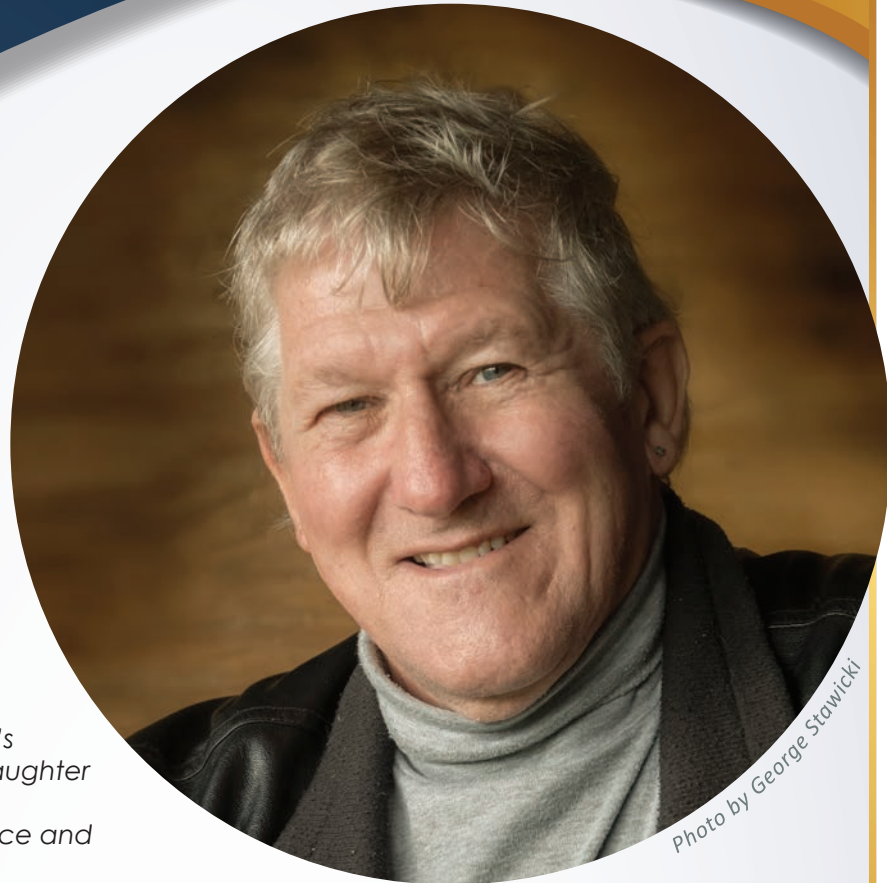


Photo by George Stawicki

Congratulations Rick Peacock winner Adrian Mannix OAM award 2021. Rick is the 19th awardee and embodies the values held by Adrian and the 20 other awardees (2 joint awards have been given). This award is presented by Portarlington / Drysdale Lions, Rotary Club of the Bellarine North (previously Rotary Club of Drysdale) and SpringDale Neighbourhood Centre.

The Mannix family was represented by Adrian's daughter Michelle Hutchins, Adrian's granddaughter Samala Mannix and Adrian's cousin Verna McLennan. We are grateful for their attendance and support.

Portarlington / Drysdale Lions Club and Rotary Club of the North Bellarine presented Rick with \$500 towards the charity of his choice which is Bushikori Christian Centre. Rick was also presented with a certificate and a trophy.

Rick has held roles such as music director for Bellarine Community Health Christmas event, member of Portarlington Carols Committee, Portarlington Kindergarten Treasurer and Committee Member, St Johns Café Music Coordinator, Portarlington Toy Library Committee, Portarlington Community Deb Balls, Bellarine Agricultural Show Society roles including Treasurer and Secretary to name a few.

**Congratulations Rick.**



Rotary Club  
of Bellarine North



Lions Club  
of Portarlington/Drysdale



SpringDale  
Neighbourhood Centre Inc

# JULY 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 National Pet Desexing Month JULIYE (Get your Eyes tested this Month)
Saturday	3	Harvest Basket Produce Swap 9-10.30am at SpringDale SpringDale felt & Textile Artists 10am-3pm at SpringDale Free replacement anti-theft number plates screws at SpringDale Car Park 9-11am (weather permitting)
Monday	5	Kinship Carers 10-1pm at SpringDale
Tuesday	6	Friendly cuppa and chat 10.30-11.30am at SpringDale World Zoo Noses Day
Tue-Fri	6-9	Goldilocks & the 3 Bears - 10.30am & 1.30pm - Potato Shed
Thursday	8	Days for Girls Sewing 9am-1 pm at SpringDale
Sunday	11	World Population Day Diabetic Week (ends Sat 17)
Tuesday	13	Dining Group - The Drysdale Hotel at 6pm If I Had A Hammer - the IWW songs of Woodie Guthrie, Pete Seeger, Joe Hill - 10.30am - Potato Shed
Wednesday	14	Bastille Day
Saturday	17	World Day for International Justice Memoirs and Mullets - 8pm - Potato Shed
Sunday	18	International Nelson Mandela Day
Wednesday	21	Lunch Bunch - Queenscliff Bowling Club at 12noon
Wednesday	28	World Hepatitis Day
Thur-Sat	29-31	The Addams Family School Edition - 7pm - Potato Shed

**Reminder Bookings & copy required by 1 July for the August 2021 issue**



**SpringDale Messenger**

Compiled & Published by the SpringDale Neighbourhood Centre Inc. A0024916V.  
17-21 High Street, Drysdale Vic 3222.  
Postal Address PO Box 80 Drysdale

**COPY DEADLINE AUGUST 2021**  
**Bookings/copy required by 1 July.**  
**Dist: Approx. 26 July 2021**  
**Circ: up to 20,000**

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**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



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 Elders past and present, and emerging leaders.**





# Coordinator's News



Anne Brackley

Change is definitely the constant at the moment - each day trying to

understand what you can do now and what you still have to wait to be able to do. Luckily I like change - but it's easier if I am part of the change, helping it happen not being done unto.

That's why staying in contact with so many in our sphere via email / webmail to enable as many as possible to be part of the decision making that we could make over the last 18 months especially. Once again I'll put a call out to everyone to please sign up for webmail via the SpringDale Neighbourhood Centre website - top right hand corner of the home page please click on subscribe and it's a reasonably easy process - if you need help please phone SpringDale office and we'll walk you through 5253 1960 or email office@springdale.org.au and we'll send you the instructions.

Over the last month we have still been able to hold a couple of special foody events. A Sri Lankan lunch - which became a banquet and instead of being in the kitchen we had to welcome people into our very quickly set up café space in the Art Room. Luckily people were very happy to help and be part of the team making this event such a success. We will be holding a workshop so people can learn Marie's curry making techniques and methods.

Sour Dough Bread making workshop also went ahead and we hope to be able to run another session in the next few months. At this stage Cheese making will happen soon and we will have more Korean and even a Sushi Making workshop coming up. So excited. I love opportunities to gain knowledge of how dishes are made and an appreciation for the level of effort that goes into making a beautiful, tasty, well presented meal.

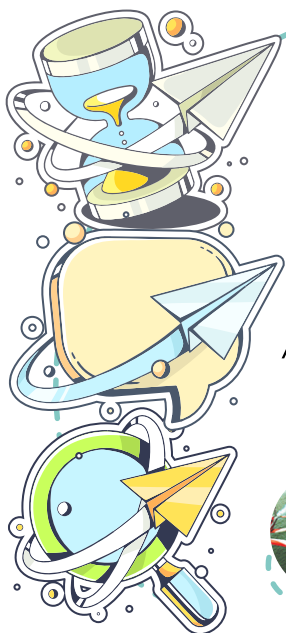
Thank you to everyone who has made so many of our activities so far this year so successful. In my 18 years at SpringDale we have never had so many activities oversubscribed so we have had to rejig or even add in extra sessions. Thank you to everyone who has coped with our reminder phone calls or calls to swap to another opportunity. It's such a great problem to have. I was worried about one of our new volunteers, Wendy, every time she comes to SpringDale - she seemed to get such a new job to perform. I was so happy to hear her say "I love coming to SpringDale because every visit is different and I never knows what I might get to learn or help with next". I think that's what I love about SpringDale too.

Thanks to everyone who helps to make SpringDale such a special place.

Yours sincerely

Anne Brackley

Chief Enthusiasm Officer for team SpringDale



## Community Development Timeline

Help us to build the timeline to show our history – from thousands of years of Aboriginal life on the peninsula to 140 years Drysdale Football Club and Bellarine Peninsula Railway on to the Roulettes flying over the Bunyip Festival...



... help us to bring the timeline to life

Please email messenger@springdale.org.au, or phone 5253 1960, or drop something into SpringDale 17-21 High St, Drysdale

# Course News

## Cards with Lizzy

let's get crafty with cards. Perfect for beginners. Come along and have a go.

**Instructor: Lizzy Free**

**Dates/times: Wed 21 July - 15 Sept 1.30-3.30pm Fee: \$5 or \$40 for 9 weeks**

## Zentangle: Mindfulness Drawing - for Grandparents with their Grandchildren aged 7+

It is a fun, relaxing art form that uses repetitive patterns of curves, lines, dots and circles, to develop beautiful designs while increase personal creativity within a calm, tranquil environment. It is so simple anyone can do it!

**Instructor: Peta Henshelwood**

**Dates/times: Sat 17, 24, 31 Jul & 7 Aug 10-11am Fee: \$70 for each person**

## 'Wonder' Journaling for Adults

A wondering journal is a visual record of words, colours, images, questions, reflections that shows what you see, think, feel and 'wonder' about the world around you. Part sketchbook, diary, journal, daily planner, dream & wishes. Let's get creative.

**Instructor: Peta Henshelwood**

**Dates/times: Sat 17, 24, 31 Jul & 7 Aug 12-1pm Fee: \$125**

## Social Card Players WANTED

Do you enjoy a game of Cards?

Then come and join us 12.30pm every Monday at SpringDale. We play Bolivia which is a form of Canasta and lots of fun! Even if you can't play we are happy to help and teach you.

For more info please phone 5253 1960



The SpringDale Lunch Bunch are going to Queenscliff Bowling Club on Wednesday 21st July at 12pm. Bookings are essential, please phone Margaret 0418 370 857.



SpringDale Dining group are going to the Drysdale Hotel on Tuesday 13th July at 6pm. Please call SpringDale on 5253 1960 to reserve your spot.

## QUOTE OF THE MONTH

**The secret of change is to focus all of your energy not on fighting the old but on building the new.**

**Socrates**



## News from *Lisa Neville MP*

*Member for Bellarine*

### **Works Commence on Bellarine Secondary College VCE Centre**

It is pleasing to report that construction has now commenced on the new VCE Centre at Bellarine Secondary College.

The VCE Centre, being constructed by Newpol Constructions, will include state of the art seminar rooms, a student lounge and administration space.

Lisa has worked in close partnership with the school, led by Principal Wayne Johannesen, on the project, including the securing of \$8.9 million of Government funding to ensure the building of a first-class facility.

The VCE Centre when complete will ensure future Bellarine students doing their important final year of study, will do in purpose built classrooms and facilities.

### **Bellarine Railway Upgrade Full Steam Ahead**

Over several years Lisa has worked with, and on behalf of, the Bellarine Railway and stakeholders the Q Train and Blues Train in having the historic railway upgraded.

The result of this work culminated earlier this month with the announcement of State Government funding of \$3.4 million to

upgrade the track and related infrastructure. This funding is in addition to an earlier State investment of \$300,000 for the installation of a train turn table at the Drysdale Station and improved passenger access.

The Stage 2 funding will include the upgrading of the 16.5 kilometres of track between Queenscliff and Drysdale, work which will secure the future of the railway and provide a smoother and improved experience for passengers.

The Bellarine Railway, the Blues Train and the Q Train have endured a hard 2020, so this welcomed news will ensure operations are full steam ahead for many years to come.

### **Clifton Springs Dell Boardwalk Opened.**

Many locals will already be aware and hopefully have enjoyed a stroll along the newly opened Clifton Springs Dell Boardwalk.

The new boardwalk has been designed to protect the historic area which was experiencing the effects of coastal erosion and

deterioration due to people climbing over the unprotected site.

As most locals would be aware the Dell at Clifton Springs was an operational mineral springs site more than 100 years ago and was very much a local attraction at the time.

The boardwalk will provide opportunities for interpretive signage that will inform visitors of the area's significant cultural heritage.

The \$200,000 boardwalk was a State Government "Pick My Project" initiative, supported by many within the community.

### **Lisa's Office Assistance.**

If you feel that Lisa can provide you or your organisation with assistance please contact her office on 5250 1987, email [lisa.neville@parliament.vic.gov.au](mailto:lisa.neville@parliament.vic.gov.au) or at Shop 66, Gateway Plaza Bellarine Highway, Leopold.

*(Please note that this column is written on behalf of Lisa in her absence, while she is on extended sick leave.)*

*Photography by Lloyd Turnbull*



Advertising

# Lisa Neville MP

## Member for Bellarine

*"For assistance with any issue, please call my electorate office"*

**T: 5250 1987**

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

Funded from the Parliamentary Budget

**"DELIVERING for the BELLARINE"**



# POTATO SHED

Hope everyone is keeping warm... this Winter sure started off mighty cold. Once again, the guys from Theatre 3222 warmed everyone with two wonderful original and locally written plays. Warm wine, fires and some beautiful and haunting sounds from Joseph on the handpan all helped to create another amazing event at the Potato Shed. We were mildly affected by the recent restrictions but managed to still present some of the shows in the May and June period - Richard Stubbs was one of the shows we needed to cancel so we are talking with him about some new dates... so please keep an eye out for that new date soon.

But onto July ... and it would not be July without school holidays and a great fun filled show from 3Triple2 4 Kids ... **Goldilocks and the 3 Bears** will have everyone entertained from the 6th to the 9th of July - with all those catchy tunes and audience participation two times a day. Always worth a visit to see the antics of those rather funny bears and the little girl with the golden locks ... Goldie.

For those looking for some serious fun - (ok not so serious) we welcome a unique Australian love story, told through music, roller skating, circus, comedy and dance. In mid-July you will be able to follow lovers Frankie and Shazza through the 50s right through to the 80s with a love affair that outlasts the ages. **Memoirs and Mullets** will not only give you the chance dress up you will get to shake all you have when we hold an 80s Disco Party after the show!!! How can anyone resist that fun - that is Saturday July the 17th at 8pm. This is sure one not to miss.

On July the 13th we have our **Morning Showtime** happening again - this month we feature the songs of Woody Guthrie, Pete Seeger and Joe Hill - when the Drop of a Hat band take you back to the era after WWII - some great folk songs and ones that will have you singing along and remembering times long gone - also includes some yummy morning tea.

Seeing out the month - Bellarine Secondary College present the **Addams Family Musical...** **School edition** - lots of laughs and fun for the whole family - when students from years 7 - 12 join together to entertain parents and friends with their annual school production - this is a great fun story and some very familiar tunes 3 shows only on the 29th, 30th and 31st of July at 7pm

Don't miss your chance to win a double pass to the big show of the year - direct from Queensland on August 1st we have **Margaret Fulton the Musical** - two shows at 2pm and 7pm.

Remember its easy now to book tickets online anytime of the day or night - just visit our website [www.geelongaustralia.com.au/potatoshed](http://www.geelongaustralia.com.au/potatoshed) or visit Facebook/Instagram /potatosheddrysdale We look forward to seeing you back at The Shed in 2021!!!

# POTATO SHED

WIN DOUBLE PASS to



## Margaret Fulton the Musical

Sunday 1st August at 2pm or 7pm

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

Name: \_\_\_\_\_

Address \_\_\_\_\_

Phone No: (03) \_\_\_\_\_

**COMPETITION CLOSSES 4PM FRIDAY 24 JULY**



# WHAT'S ON

POTATO SHED

CITY OF GREATER  
GEELONG

## MEMOIRS AND MULLETS

By Fresh Creative Entertainment

Plus an 80's  
Disco Party  
after the  
show!



PRIDE

**SATURDAY 17 JULY 8PM**

Limited Cabaret Seating Adult \$34 Conc \$30  
Theatre Seating Adult \$30 Conc \$28 Student \$22

## GOLDILOCKS AND THE 3 BEARS



It's school holidays ...

Come and enjoy the fun with the traditional story, complete with music and great fun for everyone!

**TUESDAY 6 to FRIDAY 9 JULY**  
**10.30AM & 1.30PM**

Tickets \$10.50 or Family of 4 (under 2's free) \$35

## IF I HAD A HAMMER



The IWW Songs of Woody Guthrie, Pete Seeger & Joe Hill.

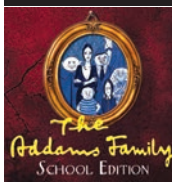
Colin Mockett, Geoff Sinnbeck, Marie Goldsworthy and Shirley Power.

**TUESDAY 13 JULY 10.30AM**

Tickets \$17

MORNING  
SHOW

## ADDAMS FAMILY | School Edition | Bellarine Secondary College



A comical feast that embraces the wackiness in every family with an original story that's every father's nightmare: Wednesday Addams. The ultimate 'Princess of Darkness' has grown up and fallen in love with a sweet, smart young man from a respectable family - a man her parents have never met.

**THURSDAY 29, FRIDAY 30, SATURDAY 31**  
**JULY 7PM** Tickets Adults \$15 Conc \$12 Family (4) \$50

41 Peninsula Drive, Drysdale VIC 3222  
[www.geelongaustralia.com.au/potatoshed](http://www.geelongaustralia.com.au/potatoshed)  
f potatosheddrysdale  
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[WWW.GEELONGAUSTRALIA.COM.AU/POTATOSHED](http://WWW.GEELONGAUSTRALIA.COM.AU/POTATOSHED)  
OR WITH YOUR CREDIT CARD ON 5251 1998.

By Councillor Trent Sullivan

Thanks to the community members who contacted the Bellarine ward councillors about the 50-metre pool for the north Bellarine this year.

Your suggestions and messages of support have been vital to understanding the community's vision for this project and the next steps to take.

Last month council endorsed the 2021-22 Budget, including a further \$4.25 million over 2021-23 to bring this long-awaited facility to life.

This funding complements the \$10 million provided by the federal government specifically for an outdoor pool, which council has enthusiastically welcomed.

In response to feedback about further aquatic facilities at the Drysdale site, council's committed to working with all levels of government to fund a future stage two of the project.

Consultation has wrapped up on a fenced dog park in Quarry Park, Drysdale.

You've told us over the years how important it is to have safe spaces to exercise pets' off-leash.

The proposed dog park would be open to the 10,000 or so registered dogs on the Bellarine.

If the community is supportive and other considerations are worked out, plans would

be finalised by October/ November and construction would start by the end of the year.

Keep an eye out on [yoursay.geelongaustralia.com.au](http://yoursay.geelongaustralia.com.au) for updates.

As chair of the Creative Communities and Culture portfolio, I'm all too aware of the toll the pandemic has had on our creatives.

So, this is my call out to support our local venues like the Potato Shed, which always has something for everyone on the program.

'If I Had A Hammer' features songs of solidarity from the early years of the 20th century, while families will enjoy 'Goldilocks and the 3 Bears' over this month's school holidays.

And if you're an artist on the Bellarine, listen up!

Council has thrown open the eligibility for the Arts Projects grant, previously named Creative Communities - Arts Projects, to now include sole traders and arts businesses.

The change follows feedback that the grant wasn't truly representative of the creative community.

The 2021-22 grants program is now open, so check out [www.geelongaustralia.com.au/grants](http://www.geelongaustralia.com.au/grants) for more information.



I wondered how I would know when my broccoli was ready to harvest - but the leaves opened up showing the broccoli head and it now looks ready to pick. The peas are growing well and I'm wondering why I didn't name the rows better - wondering if one of the rows is snow peas or green peas (not sure whether to pick them yet?). These are some of the questions running around my gardening mind. About to plant some more broccoli and cauliflower seedlings hoping they will grow as well as the first batch have. Still waiting for broad beans and Brussel sprouts to form.

I love watching and learning from the garden. Getting my planning better. Getting my preparation better. Getting my tending to each plant correct. Taking the time to enjoy the growth happening around me. Working out a menu to suit what is in the garden, ready for picking and eating.

Thank you to everyone who seems to be enjoying hearing about the garden. I love writing about it.

**Anne Brackley**



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# House, unit, acreage or land, Lee is here to lend a hand.

Call Lee Martin on 0400 957 839





# Bellarine Support Group for Kinship Carers

In my writing of this monthly Messenger article, I have raised several issues that affect us as kinship carers.

The issue I would like to bring a further awareness to be homelessness.

Several of the carers in our group, are basically looking at being homeless in less than 6months.

That is carers with children in their care facing of having nowhere to call home.

The reasons for this vary from case to case, in one particular case - two grandparents currently living in an over 50's resort.

This couple were living very comfortable in their two bedroom unit, life was treating them well. They enjoyed going out for lunch once or twice a week, their social circle of friends was keeping them busy.

But within a few days everything changed for them.

This lovely couple received a phone call from child protection, to say that their precious four grandchildren were being removed from their parents care immediately.

This lovely couple agreed to care for their grandchildren all four of them. They would not have it any other way. So now there is 6 people living in a two bedroom unit.

The couple managed the best way they could. Child protection had informed the couple that this placement could be for a few years.

The couple decided to sell their unit in the over 55's resort and rent a house with 3 or more bedrooms.

So the couple signed a lease for 12months.

Everything has been going okay for the past few months, now the owner of the rental property needs to sell the property.

With a very short time left on their lease, this lovely couple along with their four grandchildren are facing being homeless for the first time in their lives.

With the increase in demand for a rental property along with the increase in rents required this couple are facing a situation they have never been in before.

I have tried to assist this couple but to no avail there are just no rental properties available. This lovely couple were leading a very comfortable life in their over 55's resort, they opened their home and wallets to their grandchildren.

Now they are looking at being homeless in a very short while.

Thank you for reading this very sad and real issue.

**On a happier note I would like to thank a few organisations for their support -**

WACA's from Drysdale - thank you for your donation.

Town Club of Drysdale - thank you for your donation.

To the many people who have left donations at SpringDale a huge THANK YOU.

If you are a kinship carer sitting at home, thinking that you are alone in your kinship journey.

Please come join our group.

We meet the first Monday of every month (not during the school holidays) at SpringDale Neighbourhood Centre from 10am to 12noon.

Thank you stay safe everyone.

**Jeanette Hanley Heath - 0414 308 257**



DRYSDALE  
REMEDIAL  
THERAPIES

Shop 4, 15 Hancock Street Drysdale

T: 5251 3410

[www.drysdaleremedialtherapies.com.au](http://www.drysdaleremedialtherapies.com.au)

## What is Bowen Therapy?

Bowen Therapy is a very gentle technique that brings the body into a deep sense of relaxation to offer pain relief and promote healing to mind and body.

Bowen may help with

- Muscular Skeletal issues
- Headaches & Migraines
- Anxiety & depression
- High Blood Pressure
- Posture & body realignment
- Asthma & allergies
- Symptoms of IBS
- Symptoms of menopause
- Tinnitus, sinus & jaw issues
- Symptoms of arthritis
- Infertility
- Pregnancy discomfort



**Remedial Massage**

**Bowen Therapy**

**Babies, Children & Adolescent Therapies**

**Sports Massage**

**Trigger Point Therapy**

**Deep Tissue Therapy**

**Relaxation Massage**

# SPRINGS TOWN CLUB



Have you put on weight over the Covid lockdown and are now finding it very hard to take off? Have you considered joining a self-help group like TOWN? **Take Off Weight Naturally** is a group that meets weekly to discuss ways to aid weight loss. We cover things like portion control, exercise, relaxation, sugar or no sugar, fats in our diets and many other topics. There is a fee to join but it is smaller than any other weight loss group and a small weekly fee that covers a variety of things like yearly fees, printing etc.

We weigh in every week but try not to focus on just the amount of weight we lose. Living a healthy life is our main aim.

Take off Weight Naturally is a uniquely Australian program established in 1968 and each club has been formed to help members to lose weight sensibly with the aid of group therapy and mutual encouragement. Members are encouraged to change not only what they eat but alter the patterns that will enable them to lose weight, then having lost their weight and having reached their goal, maintain their weight loss.

*"TOWN aims to provide information and skills to our members to enable them to make healthy lifestyle changes that can result in lifelong, healthy, weight control and to prevent many of the lifestyle diseases common in Australia today."*

Come along to Springs TOWN Club and participate with our group. We welcome visitors. We meet each Monday morning from 8.30am to 11.00am with weigh in from 8.30am to 9.45am, although if you are late, you can still weigh in.

We meet in the Drysdale Uniting Church Hall which is behind the church at the end of Wyndham Street off Palmerston Street. There is plenty of parking as you enter from the car park.

You are all welcome and we enjoy meeting people of any age, so come along and see what we do and join our happy group. Regardless of how much weight you want to take off, we look forward to meeting you and encouraging you to Take Off Weight Naturally.

Contact: **Jill** (Secretary) Phone: 0474268105

(1) Reference TOWN Clubs of Victoria Member Information Book p.7

# RECIPE OF THE MONTH



## CLASSIC CHICKEN & NOODLE SOUP

- ¼ cup Olive Oil
- 1 large Onion - chopped
- 3 large Carrots - sliced
- 4 stalks Celery - chopped
- 3 cloves Garlic - chopped
- 8 cups Chicken Broth (2lt)
- 8oz Pasta or Noodles (25gr)
- 4 cups Shredded or chopped chicken (500gr)
- 2tbs Flour or Rice Flour
- ½ cup Fresh parsley - chopped
- 1 Juice of a lemon
- Parmesan cheese
- Salt and pepper to taste

### METHOD:

- Heat the oil over medium heat in a large soup pot. Add the onion, cook till transparent. Add chicken in large pieces (or whole chicken).
- Add the flour and cook for two minutes. Add carrots, celery. Cook stirring frequently, until the vegetables are very soft - about 15 minutes.

Serves 4

*Our Cooking with Confidence Classes continue to be well attended and has become a very supportive group our two presenters Agata Commisso and Marie McLeod have nurtured the environment for everyone to shine. One of their delicious recipes that you might like to try is the Chicken Noodle Soup - feel free to let us know how your version goes and maybe even send us a photo.*



3-YEAR-OLD KINDER

**Best Start  
Best Life**

## Kinder teachers help our kids dream big.

The Victorian Government is rolling out Three-Year-Old Kinder.

And that means **6,000 new teaching jobs** across our state.

To find out what it means for a career in early childhood - including financial support - visit: [vic.gov.au/kinder](http://vic.gov.au/kinder)

FSA/DET0020-01





# Timeline.... Drysdale Day View Club



VIEW Clubs were initiated in 1960 by the Smith Family's General Secretary, George Forbes. He saw the potential for an organisation to allow women to develop interests while supporting the Smith Family and disadvantaged children.

VIEW stands for Voice, Interests and Education for Women.

By 2001 there were more than 300 clubs throughout Australia and the VIEW development team realised that there was a need to progress beyond cities such as Ballarat, Bendigo, Geelong and it was decided to commence a club on the Bellarine. Drysdale was chosen and advertisements were placed in local newspapers and notices in shops, cafes, medical clinics etc. In June 2001 Drysdale Day VIEW Club commenced with 37 members and a committee was quickly formed. They sponsored 2 students each year and donated additional funds to the Smith Family for their Winter Appeal, Christmas Book and Toy Appeal and other educational components. Our Club is now sponsoring 5 students each year and throughout Australia VIEW sponsors more than 1400 disadvantaged students.

Our Club is actively involved in fundraising. And we meet monthly for lunch and meetings, which include informative guest speakers and fun activities. Each month a social outing is organised for members, and we have several interest groups such as gardening, craft, book club just to name a few.

For further details about our club and our activities visit us on Facebook or phone Diane on 03 5251 2077. You may like to learn more general details about VIEW by visiting the website [www.view.org.au](http://www.view.org.au)



Drysdale Clifton Springs Curlewis Association

**DCSCA has organised the following guest speaker for Wednesday 14th of July.**

**Speaker: Dr Chris Groot -**

Academic Psychologist at the University of Melbourne and co-founder Bellarine Coffee Roasters and The WHOLE Bean Project.

**Venue: SpringDale Time: 7.00 - 8.00pm**

Given the ever-evolving COVID guidelines we ask that those intending to attend please email name and number attending to our email address.

Below I have included an introduction of our guest speaker and a synopsis of the night:

**Presentation title:** New Bellarine Peninsula Mental Health and Stigma Reduction Initiatives.

*Dr Chris Groot is an academic psychologist at the University of Melbourne, where he directs the Stigma and Telehealth research lab in the Melbourne School of Psychological Sciences.*

*Dr Groot has a PhD in the cognitive neuropsychiatry of auditory-verbal hallucinations in schizophrenia, and his current work focusses on understanding and reducing stigma and discrimination about severe and complex mental illness. Dr Groot collaborates with numerous national mental health organisations on research, service design and stigma reduction initiatives. You might have even heard about one of the research projects he has led in collaboration with SANE Australia - the National Stigma Report Card. He also has a background in the clinical governance, research and evaluation of large scale, national 'telehealth' mental health services. You can see Dr Groot discussing stigma, discrimination, and some of his work around here.*

*In this presentation, Dr Groot will present some of his research findings regarding stigma and discrimination about mental health problems, and how his research compelled him to establish two new Bellarine Peninsula mental health initiatives: a grass roots mental health network and a social enterprise that will provide employment to people living with mental health problems, engage in stigma reduction work, and support research and local mental health initiatives.*

This presentation will be of keen interest to community members who live with mental health problems, carers, family and friends, and anyone interested in mental health and/or the reduction of stigma and discrimination in the community.

We look forward to greeting you on the night.

**Mercedes Drummond - DSCA President**

## COMMUNITY DEVELOPMENT TIMELINE

Please contact SpringDale if you have anything to add to our timeline email [messenger@springdale.org.au](mailto:messenger@springdale.org.au) or phone 5253 1960. Thanks for your assistance in advance, Anne Brackley of the Bellarine.

## A Fresh Approach to Real Estate



**Charlotte Hunter**  
**0488 001 094**



@charlottehunterbellarine  
@charlottehunteragent



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**BOB provides like-minded business people with opportunities to connect with and support each other, the local economy & community.**

- We help & support our members.
- We pursue growth and learning.
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Contact Jo Aspland on  
0438 055 679 for more details.



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Annually the Bellarine North Rotary Club (formerly Rotary Club of Drysdale) give well deserved kudos to our local businesses and services. You, the community, tell us who has looked after you and gone beyond measure to make sure you receive the service and care you deserve.

Over the last several years this Award has become something our Community looks forward to celebrating. This year was no different. With about one hundred guests at the Portarlington Golf Club, we recognised forty-two businesses with a certificate. As you visit these places look out for them on display and congratulate the owners and operators.

It was so good to see so many people enjoying getting to know one another and join in acknowledging these special awards.

Congratulations goes to the winning business for 2021, Dimo's Mechanical Repairs from Drysdale. The winner was nominated by an eighty-six-year-old man who has been using this business for twenty years, among other things he said:



*"It is with great pleasure that I submit this nomination for the business known as Dimo's Mechanical Repairs. Chris Dimo and his son Leigh have always without fail given me excellent service. They are very competent, reliable and honest. I am 85 years old and in all my long life they have been the standout motor service people - the best I have ever experienced. Their excellent service is deserving of recognition. I wish them continued success."*

For this nomination the author received a cheque for \$200.

To the other nominations keep up the good work, we are in a small town and a good reputation is what builds business. There is truth in the saying *"It's not what you know it's who you know."*

Thank you to everyone who took the time to nominate their favourite business or service this enables us to give some recognition back for their hard work providing service beyond measure and always on target.

**Caroline Rickard** - Publicity Officer

Bellarine North Rotary Club - 0408 989 221

**Portarlington Police Report**

Hi all. I haven't written in a couple of months due to being on some well-deserved leave. I jumped straight back into it with Coffee with a Cop in St. Leonards, with thanks to Salty Cow Cafe for hosting. There was a great turn out and wonderful to meet some of the locals from both the St. Leonards and Indented Head community. Similar to Drysdale, the main theme of the day was 'hoon drivers', along with speeding motorists.

As a result, I have targeted our traffic focus in identified areas not only in the St. Leonards/Indented Head area, but the entire Northern Bellarine Peninsula. Hopefully you see us out and about or have seen our results on the Geelong Eyewatch Facebook page.

Next month will see us teaming up with the Geelong Highway Patrol, later in the evening, targeting the hoons. This will be run over several days. I have also placed a request for assistance from the Police Airwing. We recently had one driver have their car impounded for 28 days at a great financial expense. For all residents who may have information for us, please report to Crime Stoppers on 1800 333 000. For those who witness or hear any hoon driving, please call 000 and the nearest police unit will be dispatched. It could be the nights we are targeting hoon drivers!

Due to popularity, the next Coffee with a Cop will be held in Portarlington. Date and venue to be advised. We will advertise this through our Facebook page - Geelong Eyewatch.

With the recent lockdown, along with my recent visit to QLD and S.A, my topic for this newsletter relates to COVID-19. As you will be aware, QR codes are now compulsory at businesses. Don't be afraid, just check in. It helps with contact tracing. More importantly, if you asked by a staff member to check in or provide your details, please be kind, courteous and oblige. They are only doing their job, along with what the medical experts would like us to do. I hear of so many employees being abused just for asking - don't be a bully. If you see this behaviour, call it out! My recent trip interstate had me checking in everywhere, which became the norm. I took some comfort in that if there was an exposure site I visited, I would be contacted quickly.

I would also like to remind you of the COVID-19 information hotline - 1800 675398. This is staffed to answer your questions, particularly on restrictions. We receive many calls here, which take us away from our duties.

For the Curlewis residents, I am aware of some concerns regarding Tivoli Drive. My staff, along with the Highway Patrol are working on enforcement to slow the traffic down. Hopefully, this has the desired effect. We are also looking at the possibility of having this approved as a mobile speed camera location.

Remember, if you wish to report something that is happening and need police, call 000. If you wish to report a crime that has previously happened, you can report it to the Police Assistance Line on 131444. They will take a report on our behalf and send it to us to investigate. If you wish to report suspicious activity anonymously that does not require immediate police attendance, Crime Stoppers on 1800 333 000.

Thanks for reading and stay safe,

**Sergeant Dean Parrello** - Officer in Charge,  
Portarlington Police Station



**William Sheahan**  
**Funerals**

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**Sunday 10.00 am**  
(Includes Children's Program at 10:40)

276 - 290 Jetty Rd Curlewis P: 5253 2241

**Second Chance Shop**  
40 Geelong Rd. Portarlington



# SpringDale Trivia

## 48th Edition

by Drysdale Girl Guides

1. With what sport do we associate Stephanie Gilmore?
2. Which band had a hit with the songs "You're my best Friend" and "Crazy Little Thing Called Love"?
3. What is the base unit of currency in Japan?
4. According to the Harry Potter novels, what are the colours of Ravenclaw house?
5. What is the most northerly point of mainland Australia?
6. Which Dutch painter painted the famous Girl with a Pearl Earring?
7. The word Cavy is another name for which animal, often kept as a pet?
8. Which three Australian states meet at Cameron's Corner?
9. Which is the only metal to be liquid at room temperature?
10. What does FBI stand for?

Turn to page 21 to find the answers.



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

# Women Living Well on the Bellarine

I saw an interview with Australian author Hugh McKay this week. His latest book "The Kindness Revolution" has just hit the bookstores and his belief in being able to create a better, kinder, more compassionate society seems to be resonating with many people. The theme of this book?

*"Revolutions never start at the top. If we dare to dream of a more loving country - kinder, more compassionate, more cooperative, more respectful, more inclusive, more egalitarian, more harmonious, less cynical - there's only one way to start turning that dream into a reality: each of us must live as if this is already that country."*

Without realising it, I think we became a part of that revolution in May as about sixteen women came together for the first Morning Tea of Women Living Well.

There seems to be a stirring at the grass roots level as women are bravely stepping up and telling their stories and joining others to support and encourage each other, and to get the message out into the community that it's

simply not acceptable for one in three women over 55 to be living in financial hardship.

Simply attending a Morning Tea is not going to change the world we live in, but this isn't the beginning of the journey for most of these women. Throughout the past two years we've been talking, meeting (mostly one on one due to Covid), planning, dreaming, researching and networking with other organisations, government departments on all levels, and community groups that are able to help.

We've discovered what is lacking in this area in regard to housing and support networks, and we are daring to dream and work towards seeing some of these dreams come to a reality that will make it possible for the women in our community to live in a kinder, more compassionate, more respectful and inclusive society.

If this resonates with you, I'd love to talk to you.

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

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# COURSES

## @SpringDale

We are an Autism Friendly Organisation

SpringDale is offering a number of new classes this term. The new classes have **Red Headings**.

More information and bookings can be made via our website <https://home.springdale.org.au/learning-master-guide/> or email [office@springdale.org.au](mailto:office@springdale.org.au) or phone 5253 1960.

Term 3  
July-Sept  
2021



### Course and Opportunity Guide.

SpringDale Neighbourhood Centre offers classes as part of our mission and the purpose of our organisation. We do this in conjunction with many partners including all our Instructors, a number of businesses and some Registered Training Organisations. I believe all our activities include a brain training component, an interpersonal component, and even a practical component. We would appreciate any feedback you have at any time to help us improve our offerings and the experience we offer to our community.

**Anne Brackley** - Coordinator  
SpringDale Neighbourhood Centre Inc

### Business on Bellarine Expo

Business on the Bellarine provides Business Networking opportunities for businesses on the Bellarine. This year we are presenting an Expo to enable the community time to ask questions of a wide variety of Businesses in the one place. For more information please phone Jo 0438 055 679  
**Dates/times:** Sat 28 Aug 9am - 4pm

**Free Event**

## Being Creative

### \*NEW\* - Preparing crafts for Remembrance Day

A workshop to enable you to make a lantern to sit beside your letterbox - please bring a 400g Moccona Coffee Jar or similar (if you can) other materials provided. Bookings essential (let us know if you have a jar - or if you have jars to donate!)

**Instructor:** Lizzy Free  
**Dates/times:** Wed 15 or 22 or 29 Sept 1.30-3.30pm  
**Fee:** \$5

### From Manuscript to Publishing

In this course, you will learn how to self-publish or have your manuscript ready for publication. The focus is on using print-on-demand and Ebooks-available technology to make your book available to friends, family or the world from the comfort of your own home or office. Taught by Dr Laurent Boulanger, multi-award-winning author, university academic & official Writers Victoria mentor.

**Instructor:** Dr Laurent Boulanger  
**Dates/times:** Sat 10 Jul 10am-12 noon  
**Fee:** \$50 or **Conc** \$45

### Edit Your Fiction

Learn techniques to bring your current draft to a publishable draft, including mastering the five senses, dialogue and specific details. You must bring your own fiction to class to discuss and receive advice on how to bring it to the next level. Taught by Dr Laurent Boulanger, multi-award-winning author, university academic and official Writers Victoria mentor.

**Instructor:** Dr Laurent Boulanger  
**Dates/times:** Fri 9 July & 16 July 1-3pm (2 sessions)  
**Fee:** \$50 or **Conc** \$45

### Write, produce, & distribute your feature film

With digital technology, anyone can make their own feature film and find distribution. In this class, you will learn what it takes to write, produce, direct and distribute your film idea, including how to assemble a team and get the project moving forward on a shoe-string budget. You will learn about film festivals and how to become an award-winning filmmaker. Taught by Dr Laurent Boulanger, actor-writer-director-producer and recipient of over 100 international and national film and screenwriting awards.

**Instructor:** Dr Laurent Boulanger  
**Dates/times:** Fri 9th & 16th July 10am-12 noon (2 sessions)  
**Fee:** \$50 or **Conc** \$45

### Foundation Art Course Discover the Artist Within - Level 1

Art course using drawing media for adults. This is an introductory or refresher course with no previous experience required. Improve your skills learning to see as an artist "sees" through drawing exercises.

**Instructor:** Annette Playsted  
**Dates/times:** Tues 13 Jul - 14 Sep 1-3pm  
**Fee:** \$145 or **Conc** \$80 (8 sessions)

### Media Art Course Discover the Artist Within - Level 2

To help you develop further as a potential artist this course is designed for those who have completed the level 1 course. Learn about Painting and Drawing methods. Increase your media knowledge in the techniques and processes of painting and drawing.

**Instructor:** Annette Playsted  
**Dates/times:** Mon 12 Jul - 13 Sep 10am-12.30pm  
**Fee:** \$145 or **Conc** \$80 (8 sessions)

### Advanced Art Workshop Develop the Artist Within - Level 3

How to further develop your knowledge and broaden skills and perceptions. Designed for hobbyists or art students who have studied at the intermediate level of discover the artist within. Challenges are set to encourage the building of ideas to improve conceptual development and encourage the experimental use of media to broaden & develop unique approaches to media.

**Instructor:** Annette Playsted  
**Dates/times:** Tues 13 Jul - 14 Sep 10am-12.30pm  
**Fee:** \$145 or **Conc** \$80 (8 sessions)

### Art Workshops

After the success of Term 1 Print Making and Experimental Drawing, they are back again.

#### - Print Making

This course will introduce the techniques of block printmaking. We will use both traditional and contemporary approaches with lots of experimentation. No experience is needed to enrol, just perhaps curiosity and determination.

**Instructor:** Annette Playsted and Gillian Turner  
**Dates/times:** Mon 12 July - 2 Aug 1-3.30pm  
**Fee:** \$95 or **Conc** \$50

#### - Experimental Drawing

This course will offer a drawing adventure for the experienced or the brave. There will be lots of different approaches to drawing including a range of media and a variety of subjects.

**Instructor:** Gillian Turner  
**Dates/times:** Mon 23 Aug - 13 Sept 1-3.30pm  
**Fee:** \$100 or **Conc** \$50

### All Abilities Art

A studio based program for people of all abilities to explore their creative self, using a wide variety of art materials. Discover your creative language to express yourself in a safe, supported and relaxed environment.

**Instructor:** Celia Adams  
**Dates/times:** Fri 16 Jul - 17 Sept  
**Fee:** \$300 or **Conc** \$200 Bookings essential

### Cards with Lizzy

Let's get crafty with cards. Perfect for beginners. Come along and have a go.

**Instructor:** Lizzy Free  
**Dates/times:** Wed 21 July - 15 Sept 1.30-3.30pm  
**Fee:** \$5 or \$40 for 9 weeks

### Manipulate images using PhotoShop Elements™

PhotoShop Elements™ is a simpler version of PhotoShop™, and you can use it to manipulate your images and wow your friends and family. Turn your photos into just about anything - calendars, greeting cards, pictures on mugs and T-shirts, photo books, and collages. You'll get started straight away, and learn valuable short cuts. George Stawicki is a professional photographer.

**Instructor:** George Stawicki  
**Dates/times:** Tues 20th July - 10th Aug 7-9pm  
**Fee:** \$110 or **Conc** \$100

### Edit videos using Adobe Premiere Elements™

Use your home videos to immortalise your family's favourite stories, make exciting short films, or create how-to clips, that you can post on YouTube or Vimeo. Using Adobe Premiere Elements™, you'll learn how to edit, splice, colour correct, create special effects, trim, add text, titles, sound, and more.

**Instructor:** George Stawicki  
**Dates/times:** Tues 17th Aug - 7th Sept 7-9pm  
**Fee:** \$110 or **Conc** \$100

### Digital Photography - Sculpting with Light

How to get great results from a qualified teacher and professional photographer. You will learn and understand composition, using colour, posing, lighting techniques using shutter speeds, aperture ISO, Different file formats, downloading images from camera, phone or tablet.

**Instructor:** George Stawicki  
**Dates/times:** Mon 19 July - 9 Aug 7-9pm  
**Fee:** \$110 or **Conc** \$100

### Have you always wanted to play the Harp? Now you can

Join us for a fun, 6 week Introduction to the Harp program for complete beginners, exploring and playing this beautiful, ancient and mystical instrument (no prior musical skills required). Harps available for hire at extra cost of \$15 per week if required.

**Instructor:** Christine Middleton  
**Dates/times:** Wed 14 Jul - 18 Aug 1-2pm  
**Fee:** \$150 conc \$120 (6 sessions)

### Ukulele Beginners

Learn to play the ukulele for the beginner or a refresher if you already started. Support and guidance is offered during the sessions to assist with your skills.

**Note:** Your own ukulele is required  
**Instructor:** Jenny Gore  
**Dates/times:** Thur 22 July - 9 Sept 9-10am  
**Fee:** \$95 or **Conc** \$85 (8 sessions) or Single sessions \$15

### Ukulele Intermediate

Having completed the beginner course, you are now ready for continued learning of the ukulele.

**Note:** Your own ukulele is required.  
**Instructor:** Jenny Gore  
**Dates/times:** Thur 22 July - 9 Sept 11.30am-12.30pm  
**Fee:** \$95 or **Conc** \$85 (8 sessions) or Single sessions \$15

### Ukulele Advanced

Having completed the beginner and intermediate courses you can now reach your full potential with the advanced leaning of the ukulele. Improve your skills and learning at an advanced level.

**Note:** Your own ukulele is required  
**Instructor:** Jenny Gore  
**Dates/times:** Thur 22 July - 9 Sept 10.15-11.15am  
**Fee:** \$95 or **Conc** \$85 (8 sessions) or Single sessions \$15



### Banjo Setup and Maintenance

For novice players of five-string banjo (resonator or openback). This class will help you to select appropriate strings for your banjo, change strings, adjust setup, perform routine cleaning and maintenance. A practice banjo, tools, strings and cleaning materials will be available for the workshop. Bring your own banjo (and new light gauge strings of your choice) if desired. Participants must bring their own eye protection (e.g. safety glasses) to wear while changing strings.

**Instructor:** Steve Williams  
**Dates/times:** To be scheduled later in year - expressions of interest invited.  
**Fee:** \$55 or **Conc** \$50

### Banjo L1 (Complete Beginners)

This is an introduction to playing the five-string banjo and it is suitable for complete beginners. We will be using the 'Scruggs' or three-finger picking style which is the basis of bluegrass banjo. This style can also be easily adapted to country, pop, folk and blues styles.

**Instructor:** Steve Williams  
**Dates/times:** Tues 13 Jul - 14 Sep 3.30-4.20pm  
**Fee:** \$200 or **Conc** \$160

### Banjo L2 (Post Beginners)

This is an elementary course in playing the five-string banjo. It is suitable for beginner players with a little prior experience (e.g. completion of Level 1). We will be using the 'Scruggs' or three-finger picking style which is the basis of bluegrass banjo. This style can also be easily adapted to country, pop, folk and blues genres.

**Instructor:** Steve Williams  
**Dates/times:** Tues 13 Jul - 14 Sep 4.30-5.20pm  
**Fee:** \$200 or **Conc** \$160

### Banjo L3

This is an elementary course in playing the five-string banjo. It is suitable for novice players with a few months' experience. We will be using the 'Scruggs' or three-finger picking style which is the basis of bluegrass banjo. This style can also be easily adapted to country, pop, folk and blues genres.

**Instructor:** Steve Williams  
**Dates/times:** Tues 13 Jul - 14 Sep 5.30-6.20pm  
**Fee:** \$200 or **Conc** \$160

### Espresso Coffee Making

How to make your coffee taste like a café using your home or work machine. You will also learn how to get the most out of your coffee machine.

**Instructor:** Sam Chait  
**Dates/times:** Tues 10 Aug OR 14 Sept 10am-12noon  
**Fee:** \$50 or **Conc** \$20

### Teenage Sewing Classes

Learn to sew. Learn how to complete small projects with new and different techniques in each class. Learn to make your own personalised gift. Short projects you can take home on the same day. Utilise sewing machines, accessories, and haberdashery. Sewing machine provided or if you prefer to bring along your own.

**Instructor:** Denise Kent  
**Dates/times:** Sat 10 & 24 July, 14 & 28 Aug, 11 & 25 Sept  
**Fee:** \$20 per session

### The Language of Sewing Patterns

Learn to enjoy it. All brands of sewing patterns include a great deal of useful, mostly vital, info. Plan ahead of actually cutting/sewing - sit with a cuppa and read the inclusions, as if it were a book or magazine. Let's have a look at this together.

**Instructor:** Denise Kent  
**Dates/times:** Thurs 26 Aug 10-11.30am  
**Fee:** \$10 per session

### Things I wish my Grandmother taught me

Draping my hankies and tea towels over the lavender bushes to dry in the sun, having Distilled lavender water in the steam iron. Sewing buttons on-with a thread 'shank' when needed, darning a hole, rather than tossing it out - All these and many more hints and tricks to discuss and make life easier and better.

**Instructor:** Denise Kent  
**Dates/times:** Thur 12 Aug 9.30-11am  
**Fee:** \$10 per session Bookings essential

### Sustainable Wardrobe Workshop

Learn how to update or upcycle a garment. Update something you found at a recycle shop or blend with something from your wardrobe. Upcycle or re-purpose items you already possess. You will learn how to replace a button, to mend a 'worn spot', to repair fallen hems, shorten (or lengthen) a garment or even a sleeve, to enjoy more wear from a favourite garment.

**Instructor:** Denise Kent  
**Dates/times:** Thur 26 Aug 9.30-11am  
**Fee:** \$20 per session Bookings essential



## Languages

### French for Beginners

Many people have asked for a class to start or renew their love of the French language and start to prepare them for our Intermediate class or for travel to France and / or French speaking countries (in the future).

**Instructor:** Dr Laurent Boulanger  
**Dates/times:** Thur 22 Jul - 16 Sep 12noon - 1pm  
**Fee:** \$100 or **Conc** \$90

### Latin

The language of Catullus and Cicero for the beginner or for someone who has some previous Latin learning. A range of internet resources are used in the course. Enquiries to Neil email: neilbell@ozemail.com.au or phone 0419 037 147

**Instructor:** Neil Bell  
**Dates/times:** on request  
**Fee:** \$20 per term

### Intermediate French

Designed for enthusiasts of the French language. The course focuses on vocabulary, comprehension, pronunciation and some grammar. This course is designed for those with an intermediate level of knowledge of the French language. Join a friendly and supportive group with ongoing lessons.

**Instructor:** Serge Botans  
**Dates/times:** Tues 13 Jul - 14 Sep (10 weeks) 11.30am - 12.45pm  
**Fee:** \$1540 or **Conc** \$135 or Single sessions \$20

## Wellbeing

### \*NEW\* - Zentangle: Mindfulness Drawing - for Grandparents with their Grandchildren aged 7+)

It is a fun, relaxing art form that uses repetitive patterns of curves, lines, dots and circles, to develop beautiful designs while increase personal creativity within a calm, tranquil environment. It is so simple anyone can do it!

**Instructor:** Peta Henshelwood  
**Dates/times:** Sat 17, 24, 31 Jul & 7 Aug 10-11am  
**Fee:** \$70 for each person

### \*NEW\* - 'Wonder' Journaling for Adults

A wondering journal is a visual record of words, colours, images, questions, reflections that shows what you see, think, feel and 'wonder' about the world around you. Part sketchbook, diary, journal, daily planner, dream & wishes. Let's get creative.

**Instructor:** Peta Henshelwood  
**Dates/times:** Sat 17, 24, 31 Jul & 7 Aug 12-1pm  
**Fee:** \$125

### Women Living Well

Continuing to progress discussing on what we can achieve together, how we can help and support each other and what does Living Well mean to you. For more information contact Dianne Bennett diannebennett4@hotmail.com or ph: 0422 146 604

**Instructor:** Dianne Bennett  
**Dates/times:** Fri 30 Jul, 27 Aug, 2pm  
**Fee:** Free

### Massage - With Frank

Massage therapy is centred on reducing muscle tension to an even tone for each area to ensure a balanced and holistic treatment of the body. The mind and the body are intrinsically linked, and when the body is healthy, your mental health can easily follow suit. Massage therapy is focused on both aspects of your wellbeing!

Join Frank each month to learn new skills.

### Massage - Connective Tissue Massage

**Dates/times:** Sat 7 Aug & 28 Aug (2 sessions) 9-10am **Fee:** \$10

**Instructor:** Frank Prskalo

### Yoga

Hatha yoga promotes wellbeing by bringing the body, mind and spirit back into harmony. Yoga classes enable people of all abilities and ages to gently work at their own level to improve their movement and bodily awareness through a range of yoga techniques. These include moving through various stretches, breathing exercises, meditation and relaxation.

**Instructor:** Glenda Breedveld  
**Materials:** Bring your own mat & blanket if required.  
**Venue:** SpringDale

**Dates/times:** Mon 19 Jul - 13 Sep 9.15-10.45am OR Thurs 22 Jul - 16 Sep 6-7.30pm (9 sessions)  
**Fee:** \$150 or **Conc** \$135

\$20 per session if paying for single sessions

### Tai Chi (Beijing 24 Form)

Tai Chi is the ancient practice of combining slow deliberate movements, meditation and breathing exercises. You will learn a sequence of moves to enhance balance between Ying and Yang. Learn this in a fun and supportive environment. Suitable for all levels.

**Instructor:** Kathy Lanthois  
**Dates/times:** Tues 20 Jul - 7 Sep 7.15-8.15pm OR Fri 23 Jul - 10 Sep 9-10am  
**Fee:** \$90 **Conc** \$80 for 8 Sessions  
\$15 per session if paying for single sessions

### Chi Gong

Chi Gong has been described as moving meditation. Learn some simple energy ( Chi ) exercises ( Gong ) which you can integrate easily into daily life. A combination of slow stretches, gentle flowing movement and static postures, they can deliver a range of physical and mental health benefits. Can be done in a seated or standing position. Suitable for all levels.

**Instructor:** Kathy Lanthois  
**Dates/times:** Tues 20 Jul - 7 Sep 6-7pm OR Fri 23 July - 10 Sept 10.30-11.30am  
**Fee:** \$90 **Conc** \$80 for 8 Sessions  
\$15 per session if paying for single sessions

## Autism Plus

### Talking about Autism

A time for sharing helpful and practical information for people interested in the Autism spectrum.

**Instructor:** Jane Schmidt  
**Dates/times:** Sat 14 Aug or Sat 11 Sept 10.30-11.30am Bookings essential  
**Fee:** \$2

### All Abilities Art

A studio based program for people of all abilities to explore their creative self, using a wide variety of art materials. Discover your creative language to express yourself in a safe, supported and relaxed environment.

**Instructor:** Celia Adams  
**Dates/times:** Fri 16 Jul - 17 Sep 10am-12noon  
**Fee:** \$300 or **Conc** \$200 Bookings essential

## Digital Technology

### Setting up your new Smart Phone

Needing to buy a phone to be able to sign into shops and businesses in this new COVID safe world - we will help you set up your phone, download the app and give you the confidence to sign in quickly and easily.

Ring SpringDale to book an appointment.  
Ph 5253 1960

### Social Media made Simple

Help with Social Media is at hand. Agata will help you through getting started or progressing your journey within Social Media.

**Instructor:** Agata Comisso  
**Dates/times:** Mon 19 Jul - 6 Sep 9.30am-12 noon  
**Fee:** \$170 or **Conc** \$80

### Using Zoom for the first time

Ready to leap into the Zoom world on your computer, tablet or phone and want some support - this could be the session for you. We have helped hundreds of people get started using Zoom maybe we can help you!

**Instructor:** Anne Brackley

**Dates/times:** Fri 20 Aug 4-5pm **Fee:** \$5

### Introduction to Computers

You will learn how to use your laptop or desktop computer system more effectively.

In this supportive environment created by our instructor, you will be exposed to how to use the mouse, how to set up folders and files, use email, and be exposed to a whole range of things that can be done with your computer.

**Instructor:** Brenda Richardson, Literacy



**Skill Level:** Beginner

**Dates/times:** Tues 20 July - 7 Sept 1-3.30pm (8 weeks)

**Fee:** \$160 or **Conc** \$80

### Computers - Beyond the Basics

This is a continuance course from the introduction to Computers. This course is designed for those who have used a computer before and now want to move to more advanced learning such as how to search the internet for information, create more than just a basic document, as well as set up a computer to your preferences and likes.

**Instructor:** Brenda Richardson, Literacy

**Skill Level:** Intermediate

**Dates/times:** To be advised - register your interest

**Fee:** \$160 or **Conc** \$80

### Smart phones, iPhones, tablets, iPads

This introductory course is designed to assist you to understand and use your iPhone or iPad confidently. Conducted in a friendly relaxed environment you will learn step by step how to set and use your device. We will cover issues such as security, keeping in touch with friends and family. Researching the correct apps available for your needs.

**Instructor:** Brenda Richardson, Literacy



**Skill Level:** Beginner

**Dates/times:** Thur 22 July -9 Sept 1-3.30pm (8 weeks)

**Fee:** \$160 or **Conc** \$80

### Buying and Selling on eBay

This course will navigate you through the process of getting started buying and selling your goods and services on eBay. The first session focuses on buying and the second one focuses on selling. NOTE: Bring along your email address and password as well as your banking details so you can get up and running while attending the course.

**Instructor:** Ken Brackley.

**Dates/times:** Tues 17 Aug & 31 Aug 4.30-6.30pm

**Fee:** \$50 or **Conc** \$20

## Gaining Skills

### Setting up a Bokashi bucket and a Bokashi garden bed

Many people have purchased or are thinking about purchasing a Bokashi Bucket - but - When do I empty the bucket? How should I dilute the Bokashi bucket juice? What do I do with the fermented food once the bucket is full?

**Instructor:** Anne Brackley

**Dates/times:** Mon 16 Aug 1-3pm **Fee:** \$5

### Confidence Through Cookery

Learn to cook using ingredients you may never have tried or already have in the pantry, in a different way. Share ideas to make cooking less of a chore and more interesting. Discuss various flavours and foods. Talk about using weird and wonderful utensils (some may just be sitting in the drawer for years). Try recipes that have been handed down in the family with a modern twist to make life easier! Includes all food - all you need to bring is an appetite and some containers to take a serve or two home in.

**Instructor:** Agata Commisso

**Dates/times:** Tues 27 July - 31 Aug 10am-2pm

**Fee:** \$100 or **Conc** \$50

### \*NEW\* - Sushi Making Workshop

If you enjoy eating sushi, you might enjoy making sushi. Come along to a hands on workshop and make some sushi to taste and take home.

**Instructor:** Jing Levingson

**Dates/times:** Wed 18 Aug 2-4pm

**Fee:** \$50

### Korean Cookery

Please register your interest in learning more about Korean Cookery.

**Instructor:** Jasmine Hong

**Dates/times:** Sat 21 Aug 10am-1pm

**Fee:** \$50

### Sri Lankan Cookery

Please register your interest in learning more about Sri Lankan Cookery.

**Instructor:** Marie McLeod

**Dates/times:** Sat 21 Aug 10am-1pm

**Fee:** \$50

### Focusing on the Future

This course is designed to give you a sample of a number of classes running at SpringDale to help you decide on your future direction. Come along and share your ideas, experience and dreams. Then we will select a range of classes to suit your skills, ambitions & desires.

**Instructor:** Agata Commisso

**Dates/times:** Mon 12 July 9-10am plus 7 other sessions

**Fee:** \$50 or **Conc** Free

### Joy of Volunteering

The joys of volunteering include giving back to the community, using your unique skill set. Many organisations and clubs rely on volunteers to survive. This course looks into all aspects of volunteering.

**Instructor:** Anne Brackley

**Dates/times:** Wed 11 Aug 10am-12noon

**Fee:** Free

### Introduction to Event Management

This course will expose you to all facets of planning and running an event. Areas covered include, where to start, what roles need to be fulfilled, budget required, people needed. Also covering debriefing and follow up.

**Instructor:** Anne Brackley

**Dates/times:** Wed 18 Aug 10am-12noon

**Fee:** \$20 or **Conc** Free

### Returning to Learning

If it has been a while since you did any studying, this course is designed to assist you. The course will help with issues like you feel as though you have been left behind or feeling that you may not be able to keep up. You will also develop a career portfolio.

**Instructor:** Anne Brackley

**Dates/times:** Mon 12, Tues 13, Wed 14 Jul (8 weeks each) 10am-12noon

**Fee:** \$16 or **Conc** Free

### Returning to Earning

Been out of the workforce for a while and you may not know how to take the first step - then this is the course for you. We will map your skills and help you realise that your life skills are incredibly valuable. Everything that you have been doing has been preparing you for the next steps in your journey.

**Instructor:** Anne Brackley

**Dates/times:** Fri 6th Aug 10am-12noon

**Fee:** \$40 or **Conc** Free

### Help SpringDale help yourself

Helping people find jobs for many years and we'd love to help you. Perhaps you would like to know what we do at a Neighbourhood House? Perhaps you would like to help and build your confidence? We'd like to help.

**Instructor:** Anne Brackley

**Dates/times:** Fri 13 Aug 10am-12noon

**Fee:** Free

### Ken & the Art of Motorcycle Maintenance

A conversation about motorcycles and their care.

**Instructor:** Ken Brackley

**Dates/times:** Sat 14 Aug 9.30-11am

**Fee:** \$5

### Ken & the Art of Bicycle Maintenance

A conversation about bicycles and their care.

**Instructor:** Ken Brackley

**Dates/times:** Sat 11 Sep 9.30-11am

**Fee:** \$5

### Astrology

In this 8-week Introduction to Astrology Course Peter Burns will introduce the basics of astrology, what a real horoscope looks like, the meanings of the zodiac signs, houses and planets. You will also be provided with your personal horoscope. No experience or previous study necessary.

**Instructor:** Peter Burns

**Dates/times:** Tues 13 Jul - 31 Aug 9.30-10.30am

**Fee:** \$90 or **Conc** \$80

## Accredited Courses

### Provide CPR Code HLTAID001

Pre-course work is required please contact Mirelle to reserve your place on 0412 247 849

**Instructor:** Stayin' Alive First Aid

**Dates/times:** Fri 27 Aug 9.30am-12noon

**Fee:** \$65

### Provide First Aid Code HLTAID003

Pre-course work is required and you will be contacted before the course with the details.

**Instructor:** Stayin' Alive First Aid

**Dates/times:** Fri 27 Aug 9.30am-3pm

**Fee:** \$130

### Provide an emergency first aid response in an education and care setting

Code HLTAID004

The unit of competency applies to educators and support staff working within an education and care setting and will contribute towards approved first aid, asthma and anaphylaxis training under the Education and Care Services National Law, and the Education and Care Services National Regulation (2011).

**Instructor:** Stayin' Alive First Aid

**Dates/times:** Fri 27 Aug 9.30am-4pm

**Fee:** \$160

### Please contact Mirelle to book a First Aid place on 0412 247 849



Stayin' Alive First Aid delivers nationally recognised training in partnership with, and under the auspices of, Allens Training Pty Ltd RTO 90909.

## Enrolment & Payment Conditions

**Scheduled Fees:** Courses at nominated rates.  
**Single Sessions:** Incur a \$5 Admin Fee.

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**Online:** courses.springdale.org.au

**Email:** office@springdale.org.au

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

**Please sign up for course updates via webmail, texting or a phone call.**



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## Encourage children to set S.M.A.R.T.E.R Goals

*'By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be. Put your future in good hands-your own.'* By Mark Victor Hansen

When children set short-term and long-term personal goals, at various intervals throughout the year it helps them to stay focused and motivated. It gives them time to dream big, and shoot for the stars; whilst giving them an opportunity to reflect and celebrate the goals they have previously set and achieved with pleasure and pride; helping them to gradually become the people they aspire to be.

**Use the S.M.A.R.T.E.R Goals framework to help your child set both short and long-term goals:**

- S:** **Specific** to their interests, hopes & dreams.
- M:** Both **measurable** and **meaningful**. To help them see the steps they take towards achieving the results they seek.
- A:** Challenging and **achievable**. Not too challenging that it is out of their reach, but enough that it requires hard work, determination and commitment.
- R:** **Relevant** enough to inspire enthusiasm and excitement.
- T:** Achievable within the **time limit** they set for themselves. (Support them to make sure it is a realistic time frame they set).
- E:** **Evaluated**, on a reasonable regular basis. It could be daily, weekly or monthly, depending on the type of goal set.
- R:** **Readjustable**, if needed. This allows students the opportunity to reflect on their progress and select strategies or steps to help them get closer to achieving their goal or to refine and adjust the specific nature of the goal itself.



Sharing your own personal goals as parents. Reflect on the goals you set and achieve as an individual and as a family as this will encourage your children to feel eager to set their own personal goals. When children vocalise the reasoning behind their chosen goals, they get to hear the excitement and perhaps passion in their own voice, further inspiring them to aim high. Together, identify smaller steps to achieve their longer-term goals, as well as, brainstorming potential obstacles and approaches will help prepare your child mentally before they start pursuing their goals.

The benefits for children learning how to set and achieve goals while they are young are numerous. It provides a clear pathway towards success. It allows them to identify and appreciate their own skills, strengths, passions, and priorities. It teaches them planning skills and time management. When children experience that sense of fulfillment and pleasure at achieving their goals it improves their overall learning confidence, focus and self-belief. It also promotes a growth mindset where they have a 'can-do' attitude, which will provide them with greater resilience when encountering more challenging situations in the future.

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## Leanne's wheel life



My intention is to be in beautiful, picturesque Tasmania at the end of this month. However, the decision to travel interstate and re-enjoy the delights of the Apple Isle has been more significant than it once was. Constant physical regression requiring more and more adaptive technology such as mobility aids and medical equipment, combined with the mental gymnastics associated with adjusting to travelling somewhat differently, had rendered the idea of travel unthinkable.

Because I didn't always fly, drive and travel with a disability.

In fact, my initiation into travelling 'differently' came nine years ago after my last plane disembarkation using the customary stairway onto Hobart's tarmac. Although still walking, albeit with the aid of a stick, I was sure that I was descending the stairway to my maker as my legs soundlessly screamed under the duress of performing in a manner in which they were no longer fit. Fortunately, I completed my odyssey, shaking and weak but intact. My return journey included my initiation into elevating onto a plane using a scissor-lift, simultaneously mourning the loss of another ability yet recognising the privilege of travelling at all.

Now travelling requires a lot more planning, such as researching hotel rooms with under bed hoist clearance, wide doorways, wheelchair room and roll-in showers; taking chargers for each piece of equipment; ensuring the places of interest and dining venues are accessible; taking necessary medical supplies. At times this seems overwhelming and just too hard, yet like cleaning the shower, the benefits gained mostly outweigh the effort.

This time (pandemic constraints notwithstanding) we are skimming over the Bass Strait on the Spirit of Tasmania to use our modified car and necessary equipment during our visit. This not only gives me comfort, safety and familiarity but saves money on the rental charge of a modified vehicle and hiring equipment that may or may not suit my needs. It is also a new experience for us, and if there's one thing I've learned from disability, or maybe it's just being human, it's that living within your comfort zone is an easy default, and I want to force change into my life: beneficial, enriching change.

**Leanne**





**Bellarine Historical Society**

## HAUNTED HOUSE AT DRYSDALE

The Reverend Irving Benson provided this account to the Melbourne Herald in March 1939

*"Recently I visited the tranquil little town of Drysdale on the Bellarine Peninsula. - A few miles out of the town, standing on a gentle rise from the Bayside, is an old stone house in Elizabethan style. It was built by two of the most interesting pioneer women in our Victorian story - Caroline Newcomb and Anne Drysdale - after whom the town is named. Anne died in 1851, and Caroline buried her there in their own soil. Caroline lived on to 1873, when they laid all that was mortal of her on the property beside Anne. The house came into the hands of strangers, who were troubled by the ghosts of these women - particularly Anne - and the new owner had their remains disinterred and removed to the Geelong Cemetery, where they are to this day beneath a white marble monument. But the removal did not quieten the ghosts for above the sound of driving rain and whistling wind Anne could be heard running her fingers across the keys of the piano. This legend persisted for years, until the old house came into the hands of a strong-minded Presbyterian, who set himself to "lay" the ghost. The windows of the house are all of small diamond-shaped glass set in stout zinc frames, and one rainy day this unbelieving Presbyterian noticed that as the drops were driven on the tiny panes of glass they produced a series of different musical notes. I tapped these diamond panes for myself and found that it was possible to sound a scale of notes. It was this curious fact which had given rise to the stories of the perambulations of Anne's ghost."*



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## Talking About Autism

Do you ever have the kind of week that you are really glad to have behind you rather than in front of you?

My family and I have had a few of those recently. I was talking with my daughter last week, she is the carer for someone with ASD & I told her

"If you're in a roomful of people & you all put your problems into a bowl & then each person took one out again, you'd want to make sure you got your own!"

That's to say, there's often people with problems as bad, or worse than yours. Maybe it's a bit cliché, but the thing about clichés is that they tend to have a strong foundation in truth - so here's a couple more that might help.

- "A problem shared is a problem halved." Talk to people - friends, family or professionals - you don't have to manage everything on your own.
- "It's OK to ask for help"
- "If you didn't laugh, you'd cry." Try to find the humor in life - if you can't find it in your own right now, try watching a funny movie - you really will feel better after a good laugh.

Then there's one of my personal favorites

Question: "How do you eat an elephant?"

Answer: "One bite at a time!"

Message: When life is overwhelming, don't try to fix it all at once - just one thing at a time.


Keep smiling.

**Jane Schmidt**




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

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## "UNCLAIMED" Part 6.

*Last time, you will recall, the children were attacked by the alien. Now read on...*

'Flight Lieutenant "Ace" Aspinall, crack space pilot, returns from a jetpack patrol. Lately seconded to the M.A.R.S. Force team to fly freighters, "Ace" is getting a bit bored with routine "milk runs" between Mars and Earth and has been flying the jetpack when aerial surveys of future mining sites are required.

On his way to turn in his report he is startled to hear a childish scream coming from the Rec Room.

Bursting through the main hatchway he is confronted by chaos. In the far corner the three kids from No. 38, who he knows well, are grappling with a nightmare. Haylie is on her knees, sobbing hysterically and with blood on her neck and shoulder. Derrick is rolling on the floor struggling to keep a squirming weasel - like appendage away from his body. George is holding the torch above his head, ready to strike.

"Look out!"

Wrenching a small axe from its' mounting on the wall nearby, he smashes the glass window over the fire extinguisher and drags it from its recess.

"Cover your eyes!"

An icy white cloud streams from the nozzle of the device. As the kids bury their faces in their arms the alien drops from Derricks' hold and skitters across the floor. "Ace" drops the extinguisher.

"Let's go!"

Sweeping Haylie up in his arms he dashes for the hatchway, the boys racing ahead. But the alien was protected from the ice cloud by Derricks' body and is also moving...

Three steps from the open hatch "Ace" feels it grab his heel. As the boys go through he crashes forward on his face. Haylie struggles clear but it turns and catches her wrist. As she screams aloud the hatch closes...

*Next month... !*





# All you need is Love... SELF-LOVE



This month I set you a "self-love" challenge - a circuit breaker that can bring you strength, calm and a new type of inner control. Our relationship with ourselves is arguably the most important one we have. We listen to ourselves all day, and we rely on ourselves to carry us where we need to go. We are ultimately fulfilled by our own sense of self-love and self-satisfaction.

Start today like you have just fallen in love with yourself for the first time. You want to make you feel valued, wanted, attractive, strong and safe with you. It can be fun to change the way you think of yourself, although it may take some practice if you have always given yourself a hard, unloving time...

## THE 7 DAY CHALLENGE:

### DAY 1: Write down what you love about yourself

Think of 3 things that you do well, or admire in yourself. Put your list on your bed side table. Let yourself be reminded as you wake up each morning and go to sleep at night.

### DAY 2: Pick a song

Find your song. It may be one you love to sing, that reminds you of a wonderful time in your life, or a love song that celebrates how incredible you are.

### DAY 3: Create a mantra

Call it a mantra, an affirmation or just a little pep talk; a short one liner that will carry you in love, kindness and acceptance throughout your day. "I can and today I will", "I am strong, I am beautiful".

### DAY 4: Cook yourself a nice meal

Try cooking yourself what YOU feel your body would love. Crunchy, fresh, nutritious and bursting with flavour. Let yourself take time to gather fine ingredients and to sit down and savour every mouthful.



### DAY 5: Smile at yourself in the mirror

Smile that cheeky smile, the one that knows something no-one else in the room does. Smile at yourself not to practice a selfie pose, but because you are learning how to bring yourself joy.

### DAY 6: Approach a problem as your own best friend

Today be your own cheer squad. Consider challenges and problems as if you were helping your own best friend. Clear your mind and tune in. How can you prepare for this problem in the best way?

### DAY 7: Give yourself a break

Take 20 minutes or more out of your day to do something that makes you feel really good. Dance, meditate, run, swim in the ocean... enjoy your company and be present with your Self.

Imagine if these simple ideas were a part of your daily routine? It could be time to commit to giving your Self the attention it has always needed and deserved.

Sometimes kindness and compassion for yourself can be overwhelmingly difficult to find. If you need support hypnotherapy can help practice new ways of thinking. You can try a meditation course or talking with a counsellor or mental health professional.

Kim High - Clinical Hypnotherapist

## Fund Raiser to help Bolt's Health



The event is to raise money to restore a rescue dog's vision. I recently organised for my neighbour's dog, Bolt to be surrendered to New Life for Animals Rehoming.

Unfortunately Bolt's health and wellbeing needed to be improved therefore the owner was happy for us to find a new home which we have. Now we need to raise money to pay for the operation and vet costs to change his life for the better and there is a good chance we can save his sight with the procedure.

### Meditation & Tibetan Healing Bowls with Jennifer

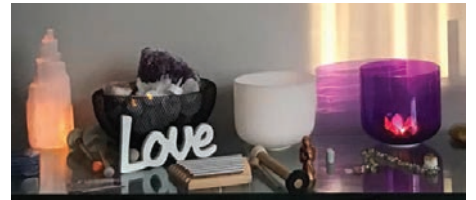
Sunday 11th July 2:30 - 3:30pm

Cost: \$15

Venue: SpringDale Arts Room

Bookings are essential.

Please contact Kathryn on 0407 841 873



## Bokashi Compost Bin

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Our May Competition was 'Abstract' which was a challenge to our members and some brilliant photos were taken. Our guest judge for the evening was Pammi Pryor, artist and photographer, local to the Bellarine.

### Competition Results

Prints - A GRADE - 1st Moire Rainbow, Daryl Haywood; 2nd Escape, Robyn Curtis; 3rd Lavalamp, Stan Coath. Merit - Enigmatic, Stan Coath.

EDI's - A GRADE - 1st Abstract 2, Alex Vaulkenburg; 2nd Holes, Helen Broeks; 3rd Pipes, Darren Henry. Merit - Pilot, Robyn Curtis.

EDI's - B GRADE - 1st Vertically, Jennifer Warren; 2nd Hexagons & Circles, Debbie Hallows; 3rd Schism, Jennifer Warren. Merit - Green, Jennifer Warren.

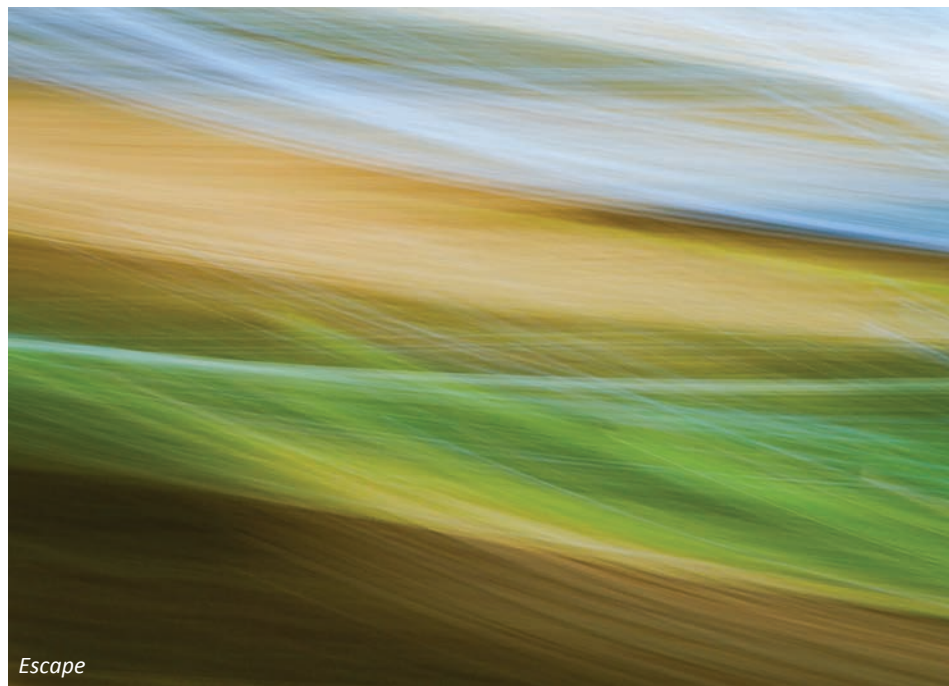


Pipes



Image of the Night - Abstract 2 by Alex Vaulkenburg

Bellarine Camera Club meet at the Springdale Neighbourhood Centre, Drysdale, at 7.30pm on the first and third Monday of the month. For further details, call into a meeting, or visit our website [www.bellarinecameraclub.org.au](http://www.bellarinecameraclub.org.au)



Escape

## V.A.P.S. HONOURS JOHN GALLICHAN

The Victorian Amateurs Photographic Society honours John with a Meritorious Service Award. John Gallichan was instrumental in establishing the Bellarine Camera Club which originated in St Leonards in 2009 with approx. 7 members. Within a year the membership grew to 44 and a larger premises was required. This bought on the move to the Springdale Hall in Drysdale in 2010. The original Camera Club continued in St Leonards with the locals.

John has been an active member in both Clubs, with various roles on the committee and helping in preparing and setting up for exhibitions. He is a skilled framer and has, for many years, cut backing mats for the club members at a minimal cost which provides a source of income for the clubs.

John remains a valued member of both the St Leonards Community Camera Club and the Bellarine Camera Club and continues sharing his expertise and help.



John is pictured with President of the Bellarine Camera Club, Lynne Bryant, who presented the award to John in May this year.

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# Clifton Springs Garden Club

Winter is certainly upon us with cool temperatures and some very welcome rain, intermingled with beautiful sunny days, sent to make our weeds grow more lush in our gardens. I love spending time out in my garden in Winter.

**Below are some notes from Carole O'Neill's recent presentation to the Club on her visit to the Arctic.**

"Three areas of the Arctic were covered, each so different and each so unique in the plants, mosses and lichens that grow.

First, the remote island of **Svalbard** which is north-west of Norway and high in the Arctic Circle. The land is remote and up to a few years ago covered in permafrost. The animals that live here depend upon the lichen, fungi and beautiful arctic plants that nestle between the rocks and snow. The polar bears, small reindeer, walrus, Arctic fox and millions of birds depend upon this harsh landscape to live and survive. Now small meadows of plants and flowers are beginning to be seen, warmed by changing climate conditions.

In northern Norway lies the city of Tromso where approximately 77,000 people live. On this island can be found the **Tromso Botanic Gardens** where for a few months of the year, gardeners tend the most astonishing, colourful display of Arctic Plants. Even trees grow around these gardens, very rare for Arctic conditions.

Far away but once again entering the Arctic Circle lies the Bering Strait where waters separate **Russia's Kamchatka and Alaska**. When one explores this region, the plant life can dazzle with bright, vivid colours and familiar forms. I discovered iris, delphiniums, daisies, all plants we would recognise but growing much lower and escaping the bitter winds by laying along the ground or hiding between rocks. This land is one of whales, Arctic foxes, tiny land birds, huge raptors, brown and grizzly bears and once more millions of seabirds."

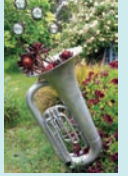
There will be no meeting in July, Members enjoy a more social dinner instead. If you would like further information on the Garden Club contact our Secretary Helen, on telephone 5257 2220 or email hma3152@gmail.com

## An apology for the Clifton Springs Garden Club

"I would like to apologise for the confusion in the March issue regarding photos contained in the Clifton Springs Garden Club article. The comment on the photographs should have read "some of my favourite photographs I have taken, in my own garden, on outings and trips."

The photo of the Trumpet was most certainly taken on a visit to the Cottage Garden Nursery. Thank you Karen for bringing this to my attention.

**Helen Allan**, Secretary,  
Clifton Springs Garden Club.



Photographs - Visit to Arctic Carole O'Neill



# St Leonards Garden Club

We had a wonderful turnout of members at last month's meeting, with our guest presenter Annie Timms and Jenni Edwards from Kilgour winery. A very big thank you to you both. Beautiful roses from Annie's garden were shown and the history of Kilgour winery on the Bellarine was extremely interesting.

Wayne Long also gave us a presentation on Echeverias, a large genus of flowering succulents in the Crassulaceae family from Central America and Mexico.

We are trying to locate past club members. We would like to invite them to our 40th birthday celebrations on the 29th March, 2022. If anyone knows details of past members could they please contact the garden club through the St Leonards Community Information page on Facebook. Any information would be greatly appreciated. If anyone has photographs and would permit us to display them that would also be appreciated. We are wanting this occasion to be special with plant displays, photographic and video history, one of our guest presenters will be Craig Castree of Edible Gardens.

The dates for our next couple of months for the Garden Club are July 14th. Cheryl O'Kane from The Farmers Place will be our guest presenter. August the 11th, we have some team members coming from Bunnings. September the 8th, we have Craig Castree coming. If you are a new resident to St Leonards, Indented Head, or surrounding areas, why not come along to our garden club. We meet at the St Leonards Memorial Hall, 1342 Murradoc Rd St Leonards, opposite the St Leonards Primary School. We meet on the 2nd Wednesday of the month at 1.00pm for a 1.15 pm start. Entry is \$3. Membership is \$10. After the guest presentation, we have question and answers, followed by a cuppa and cake and chatting with likeminded people. We have a mystery plant competition, a door prize and a small raffle. Perhaps you'd like to bring along some flowers or produce or both that you've grown and show them and be voted by members as to who's the winner. If you have an excess of home grown fruit and vegetables, plants or cuttings and would like to donate them to the trading table, that would be appreciated. If you have a gardening question that you'd like answered we'll do our best to give you the answer. Maybe you have a suggestion as to who you like to be a guest presenter, let us know. Come on men, come along. The men that are there say they are outnumbered and want some more males to attend. Don't be shy.

I'm sure you have lots to contribute. We follow Covid regulations with QR sign-in or written sign-in.

At our July 14th meeting we will be having a Christmas in July lunch. This will be before our guest speaker.

We are planning two outings, one to Van Loons Nursery and Cafe on the 23 June and the other to Meno Holverda, succulent nursery in Drysdale, as yet the date has not been decided.

Looks like Winter has arrived early, stay warm, stay well and stay safe.

Cheers **Wilma McLaren**

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# Bellarine Birdlife

## Eastern Yellow Robin

My English friends and family are often amazed to see the variety of Robins in Australia. The common European Red-breasted Robin which has made fame internationally due to Christmas card appearances is the only robin in the UK whereas in Australia we have nineteen different species carrying the name of robin. In fact there are other birds in the species that do not carry the name robin but are very much part of the family eg. The Jacky Winter.

The Eastern Yellow Robin often visits the Bellarine area. This beautiful little bird inhabits gardens, eucalypt woodlands, acacia scrub, banksia heath and even pine plantations. It is an inquisitive little bird that sits in the tall scrub layer or other vantage points such as fence posts or tree limbs in order to watch you stroll by. It not only wants to see what you are up to, but it knows that you may disturb insect prey that it can pounce upon. This drop and pounce method is used not only for the robins advantage, but also the photographer as I have learnt that the vantage point can be used over and over again. I have managed to photograph many of these delightful little birds returning to the same lookout.

One day I was alerted to the presence of an Eastern Yellow by a piping whistle. Looking into the denser scrub I found a minute bark and grass nest beautifully decorated with soft, green, lichen. I quickly departed aware that I could disturb the nesting pair however I was reassured in not hearing the sharp scold, an annoyed chattering noise that the bird gives when agitated.

These robins can be found singly, in pairs or even small family groups. Please welcome them to your garden as they delight in feeding from your lawn and bare, sparse ground cover. Insecticides are not needed when these little ones are your guests.

Carole O'Neill



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# Memories of Yesteryear

## THE BUTCHER FAMILY

Mother's Day was perhaps the busiest day of the year for florist, restaurants and cafes, and unless patrons booked early, disappointment was on the menu.

I was privileged to share Mother's Day with a close friend whose daughter and son-in-law had made the trip from Queensland and by coincidence decided to book for lunch at the "Bungalow" restaurant. On arrival they just knew they had made the right choice for their mum and I was asked if I could remember much about the house. The conversation was more about my grandmother's broad interests in gardening, sewing and crocheting, cooking, ginger beer brewing and what was on the menu which included offerings such as ragout, yiros and korma which were unheard of in my grandparents era.

My siblings and I fondly remember the hanging maiden hair ferns as we entered the rear porch to the smell of flapjacks or scones cooking in the old wood stove in the kitchen and helping ourselves to a bottle of ginger beer from the fridge, provided we replaced the coldie with one from the pantry.

As a dressmaker she made all of her children's clothing when they were young and all of her grand-children have received a crocheted rug which I still have today, and when gardening she was in her element. All the kids would be chastised for popping the unopened fuchsias or lady's eardrops as she called them. When her husband Alf was asked what her favourite flower was he reckoned either plain or self-raising as she could make anything with them.

After lunch we called into the cemetery in Oakden Road to pay our respects to both my parents and grandparents and we were surprised at just how many people had the same idea on Mum's Special Day.



*Clothes that their mother made. Vonda sitting on the floor Maisie on the left Alan standing up and Laurie (Joe) sitting on the seat*



*Elsie with Shirley her niece*



*Elsie with her flowers on Mothers Day*

*Elsie with her children at her 80th Birthday*



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**Trivia Answers**

1. Surfing	7. Guinea Pig
2. Queen	8. South Australia, Queensland & New South Wales
3. Yen	9. Mercury
4. Blue and Bronze	10. Federal Bureau of Investigation
5. Cape York Peninsula, Queensland	
6. Johannes Vermeer	



# Drysdale Senior Women's Football Team



The Drysdale Senior Women's team has been taking the competition head on with some fantastic results to date. As other league competitions wrap up, the team welcomes back some familiar faces including super player, Tess Craven.

At 17 years old, Tess Craven has already had an amazing football career and has her sights set on achieving so much more. Inspired by her Dad, Drysdale Senior Women's very own coach Stu Craven, Tess has played football since she could kick a ball and credits her dad for teaching her nearly all she knows about playing football today.

Tess feels her happiest when she is on the footy field and is excited by how much competitive female football has 'exploded' in the last six years, 'feeling much less like an outsider...and (feeling) lucky that there is a pathway for girls like me.' She continuously pushes her football and athletic abilities and has had the privilege to be a part of the Geelong Falcon's female team the last four years. Tess has been inspired by the level of competition within the league and has been able to watch players such as Lucy McEvoy and Liv Purcell 'drafted and become stars in the AFLW...It was very inspiring and motivating. I saw how hard these girls worked to get to the top level, and so I wanted to work just as hard to get there as well.' Her hard work and determination was rewarded this season when her Falcon's team made it all the way to the 2021 NAB League Grand Final. The team did not take home the win, however, Tess herself was named a member of the NAB League Girls Team of the Year and secured the 2021 Falcon's Best and Fairest Award.



After finishing up with the Falcon's for the season, Tess was then selected to be a part of the Victoria Country Squad for the AFLW Under 19's. 'To pull on the 'big v' is such an honour and it was probably one of my proudest football moments to date, it was pretty surreal to be playing with the best players from your state and to be playing against the best players from other states. I learnt a lot from the team and coaching staff and feel like the whole experience really boosted my confidence as a footballer and as a person.'

Despite Tess's football career expanding past the local boundaries of the Bellarine, she does not forget where she came from and where her home is. Tess has been a part of the Drysdale Football Club since before she could walk and acknowledges that the whole community has been behind her from day one, 'I feel so immensely proud to be from Drysdale...The sense of community and support that the Women's team and the Club bring is something I consider myself very lucky to experience...'

Tess will be playing with the Drysdale Senior Women's Team as much as she can this season, continuing to push herself to be in the best position to pursue her goal of being drafted to the AFLW. Come down and support Tess and the team as they continue to work hard towards their grand final dreams.

As always, it is never too late to join the team! If you are a female over the age of 16 looking to be a part of a supportive football community, contact our Women's Coordinator, Jess Case, on 0427 753 723.

**Alicia Murray**

**Samala Mannix, granddaughter of Adrian Mannix OAM, attended the 2021 awarding of the Adrian Mannix OAM Community Service Award. Samala shared some thoughts of her grandfather with those present.**



*Pictured - Samala Mannix, Rick Peacock, Michelle Hutchins and Verna McLennan.*

As you all know, my grandad passed away in 2001, at which point I was only just shy of four years old.

I am truly so blessed because although my time with him was so short, he had such an everlasting presence that I feel like he has been with me every step of the way, and for those that had the privilege of knowing him, I am sure you can agree.

My parents spent a lot of my early childhood recording special moments on video tapes, and this is an action I am forever grateful for, as it has allowed me to see just how amazing granddad was. A large portion of these videos show him dancing to high-five and wiggles with my younger brother and I, and removing his prosthetic legs roll on the floor with us, creating roars of belly laughs and giggles. These videos are some of my most treasured items.

This devotion to family and closeness, is seen not only to those by blood, but within his community also. My granddad proved that you can also choose your family, and did so

with those in the Lions club, Rotary club, sport centers, and the Drysdale and Bellarine community. Particularly within the craziness of the last 18 months, this is a trait that everyone has familiarized themselves with, as we learnt that social distancing didn't have to mean social isolation.

My favourite thing about my grandad was that he never let anything stop him; he was fierce, determined, and strived to constantly grow and achieve greater things. Missing both his legs from the knees and many fingers, he knew that life would not be as easy as it was for the average person, but I like to think he took that as a challenge rather than a hinderance.

This award is a phenomenal way to recognize just that. A person with courage, strength, a love for their community, and a warm heart.

I am honoured to carry the Mannix name, but I am more honoured to be a part, even in a small way, of this award and the community that made this all possible.

**Samala Mannix**

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# DRYSDALE CROQUET TURNS



Celebrating the O's anniversaries is so important. It marks the longevity of something worthwhile. The Drysdale Croquet Club has been very worthwhile to members who enjoy the game. It has provided a platform for sporting competition and developing social contacts and friendships that have sustained many of our members into their advanced years.

Our longest serving members were acknowledged at the 70th Celebration held recently. Some now in their 90's still enjoy playing, and some have only just acknowledged that competition play is "getting harder" now.

Past Presidents were also acknowledged for their contribution they have made to the Club.

But by far the most encouraging aspect of the day was the enthusiasm of the new members who have just joined the club. About half of those in attendance were new members. A good sign that croquet is not going to succumb to the annals of past history.

A croquet game that encourages thoughtful strategy, skill and persistent execution is challenging and stimulating to those who play.

Although we have celebrated 70 years as a club we continue to look forward to many more years of our members playing the game of croquet. It is an "ageless" game that anyone from teenagers to centenarians can play and enjoy.

**Kaye Sampson**



The 70th Anniversary pictured some of the longest memberships of the club. Min Rippon, Verna McLennan, Edna Peel, Margaret Britt, Fay Sanford and Kay Scotland.

Below are past Presidents of the club. Bev Craven, Judy Welsh, Verna McLennan, Gillian Horvath and Barry Smith with Edna Peel.





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