



# The SpringDale Messenger



Published by the SpringDale Neighbourhood Centre Inc.

## The Bungip is Great in '08

The **Bunyip Festival** will be held at Clifton Springs Primary School on Saturday, 15 March – from 10am to 4pm. There will hopefully be something for everyone. But it's still not too late to apply for a Market site to sell products or promote your business, to apply to be a Food vendor, to display information about your community group or to register your band for the Battle of the Bands. We are still interested in donations for our 'On the day' raffles including Easter egg baskets and we are still happy to receive donations for the auction.

The day will be action packed. There will be foods to try, fairy floss to wrestle with, 7 different rides to enjoy and prior to the event you can buy an arm band for unlimited rides for \$25. On the day rides will be \$3 or \$4. The City of Greater Geelong mobile skate park will be set up and younger children will have use of it till 11am and from 11am there will be an open age group. Please bring your own skate board and protective equipment and have fun. There will be various dance schools and organizations showcased. The auction and silent auction will give people opportunities to pick up a bargain. We hope to see you there! Please contact Clifton Springs/Drysdale Primary Schools or SpringDale for more information.

*The Bungip from Lake Lorne!*

**Saturday, 15 March  
Clifton Springs  
Primary School  
Live from 10am**

**SCHOOL IS BACK ...  
Remember 40km**

- World's Greatest Shave - Drysdale Hotel 5
- Ceremony of the Bonnets 7
- CWA - 60 Years Celebrations 9
- Join the 'CLEAN UP AUSTRALIA' team 17
- WIN tickets - Deakin Waterfront Cafe 4,16,19

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## INSIDE THIS ISSUE



World's Greatest Shave  
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Graham Brooks  
- a man and his boats.  
Page 15

## WIN -

**TICKETS & BREAKFAST see pages 4,16 & 19**

### Deadlines for April 2008 Issue Copy 3 March

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#### The SpringDale Messenger

Designed by Lyn Ingles - blue pencil publishing

All contributors are asked to provide their articles on disc, Microsoft Word document or email it for ease of processing. Contributors 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.

#### Views

Views expressed in this newsletter are not necessarily the views of the publisher, the SpringDale Neighbourhood Centre Inc.

## BOOK NOW!

Are you an owner/operator of a business or service on the North Bellarine Peninsula? Join many of the businesses who are already part of this successful directory for only \$30 per entry. Our Business Directory is now closing bookings for the 2008 edition. Circulation to homes within the areas of: Drysdale, Clifton Springs, Portarlington & St Leonards.  
Call (03) 5253 1960 to book your entry

## Community Calendar

SpringDale Community Calendar is a SpringDale Neighbourhood Centre initiative to support the whole community.

The calendar is an 'easy to see list' of happenings in our area. To help you to plan an event, access our website [www.springdale.org.au](http://www.springdale.org.au) to view events.

If you wish to place your event in the website, calendar and further issues of the **SpringDale Messenger** please email, write or call the event details to our office.

### March 2008

- 4 Consumer Affairs Mobile Service
- 9 Bellarine Agriculture Show
- 10 Labour Day holiday
- 15 Bunyip Festival at Clifton Springs Primary School
- 15/16 DrysdaleScrap Metal Drive
- 16 Drysdale Community market 9am-1pm
- 18 Consumer Affairs Mobile Service
- 20 Term 1 ends
- 21 Good Friday
- 22/23 Rotary Easter Art Show at LINC
- 23 Easter Sunday
- 28 Drysdale Ladies Day View Club meeting 10.30am Leopold Sportsmans Club
- 30 Portarlington market 9am-2pm
- 31 Nominations close  
Adrian E. Mannix Community Service Award

### April 2008

- 6 Daylight Saving ends
- 7 Term 2 starts
- 8 Consumer Affairs Mobile Service
- 20 Drysdale Community market 9am-1pm
- 22 Consumer Affairs Mobile Service
- 25 Anzac Day
- 27 Portarlington market 9am-2pm

## Facilities @ the SpringDale Centre

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The SpringDale Messenger





# news

from

The SpringDale Neighbourhood Centre

**Anne Brackley**  
centre coordinator

Hello again from everyone at SpringDale. The year is unfolding fast. Many people are taking advantage of the many courses we have on offer. Other people have joined our groups for the first time. We had a couple of new groups suggested a Book Club and a Pole Walking group – we have a group leaders for both and now we would like some people. The Book Club will be at SpringDale and the Pole Walking will be at Portarlinton. Please register your interest in either of these activities if you would like to try them.

The Canasta group has changed its name to the SpringDale Card Playing group and are now venturing into Five Hundred and Euchre. I'm waiting for them to start playing Cribbage – I've taught my children – but I wouldn't mind a hand every Monday afternoon! The Crochet and Knitting group has moved to Tuesday afternoons and are hoping to encourage new members. The SpringDale Singers made a live CD at their Christmas function. It is available at SpringDale for \$12 and maybe it would make a good present for Easter or Mother's Day. Unfortunately the Friendly Writers have closed. We wish them well in their endeavours and thank them for being part of SpringDale for many years.

Enclosed is next term's Course and Opportunity Guide. If you are registering for a course please remit your payment at the same time so we really know that you are committed to attending the course. If you would like something new run or if you would like to suggest a different time for a course to be run, we will try to juggle trainers and rooms to accommodate, if at all possible.

Consumer Affairs is again visiting SpringDale on various Tuesday afternoons. We have included their dates in our Community Calendar. If you have any questions about your rights and responsibilities as a consumer or trader or

you need information as a member of a club or association, the representative may be able to help you. Or you may like to invite a representative to your meeting as a guest speaker. Please look at the Consumer Affairs website or please feel free to book a free appointment at SpringDale. They are easy to talk to and very helpful. We regularly try to schedule special discussions that they will facilitate about current scams or tenancy issues etc. There is an extensive list. Each time they use our office, I learn something new.

The other Sunday, Drysdale Recreation reserve had many almost "alien looking" pieces of equipment scattered through it and groups of people with bags on their shoulders and flying saucers in their hands. It was suggested that I should have a look. It was Disc Golf! and they let me have a go. Later in the Messenger you'll find a short article and a photo – maybe this is the sport you've always been looking for – it seemed like fun.

Please think about nominating someone special for the Adrian Mannix Community Service Award. The forms are available at SpringDale. Thinking about Adrian reminds me of Ted Chidzey. Ted was a member of the SpringDale Committee of Management for more than 10 years and he passed away late last year. Ted was a well known character within the Drysdale / Clifton Springs area and beyond. He is sadly missed at SpringDale. Many people have given donations in memory of Ted.

The SpringDale Management Committee continues to work out what would be an appropriate way to use this money to benefit the community. I assure you it has not been simply absorbed into consolidated revenue. We hope to have an announcement about its use in the near future. A fitting time to announce it would be at the Adrian Mannix Dinner in May. Adrian would often visit Ted and Peg

at night if he saw their light on. They would discuss many issues relating to Drysdale and the world. Ted used to call Adrian 'the Moth' – as he felt the light attracted him. These two men have helped to shape SpringDale and we thank them for their community spirit.

Hoping to see you at SpringDale.

**Anne Brackley for the team at SpringDale.**



What's Happening?  
@ The SpringDale Centre

## Neighbour Day

It is time to say g'day on the last Sunday in March each year. Neighbour Day will be celebrated this year on Sunday 30 March 2008. It is easy to participate and does not require a donation. Just say g'day to your neighbours. Make a special effort to introduce yourself to others who live in your street. Neighbour Day was founded in Melbourne in March 2003 by Andrew Heslop.

## SpringDale Singer

The **SpringDale Singers** released a CD at Christmas and is available at the SpringDale Neighbourhood Centre for \$12. *A great present for a Easter or Mother's Day.*

**Daylight Saving ends  
Sunday, 6 April 2008**



- Remember to replace the battery at the end of Daylight Saving each year
- Offer help to the elderly with replacing their battery
- Clean and test your smoke alarm each month

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From **Lisa Neville's** desk



### PREMIER'S ACTIVE FAMILIES CHALLENGE

In March the Premier's Active Families Challenge will commence. The Challenge is focussed on improving the level of physical activity, health and wellbeing of families. It is a great family based program encouraging parents and children to get more active and be healthier together. To complete the challenge, participants will be encouraged to undertake at least 30 minutes of physical activity a day for 30 days between 9 March and 20 April 2008.

Families that complete the Challenge will receive a special Premier's Certificate and their names published in a souvenir lift out in the Herald Sun. I encourage you to get involved in the challenge with your family, for further information please visit [www.goforyourlife.vic.gov.au](http://www.goforyourlife.vic.gov.au), all **1300 739 899** or my office on **(03) 5248 3462**.

### THANKS TO LOCAL SURF LIFESAVERS FOR THEIR HARD WORK

I was pleased recently to accompany the Premier, John Brumby, to the Ocean Grove Surf Lifesaving Club, to thank the 6000 surf lifesaving volunteers across Victoria for their hard work during the challenging summer period, particularly our local clubs in Bellarine. The Ocean Grove Surf Lifesaving Club recently received a \$26,800 grant from the Victorian Government's Community Support Emergency Services Program

which will help the club purchase a 4WD to improve beach patrols.

The Play it Safe by the Water advertising campaign has helped raise awareness on water safety issues however I encourage everyone to take care and look out for others.

### HEALTHIEST EVER START TO SCHOOL YEAR

This year we continue funding to provide free fruit for Prep – Year 2 students every Friday. This means 81,000 students will be eating fresh fruit at school. This is a great initiative and one the kids are really enjoying.

More than 130,000 Victorians with children starting Prep or year 7 are eligible to receive a \$300 school start bonus to help them pay for books, shoes, uniforms or lunch boxes to take a healthy lunch.

As always, please don't hesitate to contact my office on **(03) 5248 3462** if there are any issues we may be able to assist you with.

Until next time,  
**Hon Lisa Neville MP**  
Member for Bellarine

**PLEASE NOTE NEW MEETING TIMES ...**  
**GLG 58 and 59** now meet at 7.00pm all year round and March meeting is Monday, 17 March. A guest speaker to be arranged at the AGM on Monday, 14 April.

## C.J. Keane Community Room



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## MARCH Red Cross Calling

Red Cross Calling is held every March to support the work by Australian Red Cross. Please help them by giving a donation when the Red Cross collectors are in your area.

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# WIN

## DOUBLE PASS

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## U2 TRIBUTE SENSATION

**SAT 5 APRIL 8PM**

### DEAKIN WATERFRONT CAFE

To enter fill out the coupon below and send or deliver to: **U2 COMPETITION**  
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Address \_\_\_\_\_

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**COMPETITION CLOSING 3PM MONDAY 24 MARCH**

## POLICE FIRE AMBULANCE Dial 000

### NEIGHBOURHOOD WATCH INFORMATION

**GLG 69 - Ron Renfrew**  
SpringDale Drysdale  
**(03) 5253 2207**  
Meetings to be decided.

**GLG 58,59 - Mark Cline**  
C/Springs Bowls Club  
Clifton Springs  
**(03) 5253 2717**  
2nd Monday • 7.00 EDST • 7.00 EST

**GLG 68 - Doug Palmer**  
SpringDale, Drysdale  
**(03) 5251 2522**  
4th Monday • 7pm

# Home Loan Lender of the Year?

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## BUSINESS *in Profile*

The Drysdale Hotel has been managed by the Leahy family for the past 30 years. Tony Leahy, has worked at the hotel for over 21 years and has recently taken over as licensee.

The hotel is a popular spot for locals and tourists alike. The Bistro has an extensive menu and is renowned for its great food and great service. This area is popular with families as the kids can have fun in the kids playroom while their parents enjoy their meal.

The Beer Garden has been updated with a new canopy and is a great place to relax on a warm day. The locals love the Sports Bar with its TAB and Sky Channel.

The drive thru Bottleshop is part of the 'Thirsty Camel' chain and therefore offers great prices as well as great service. You don't even have to leave your car!

**Everyone is welcome at 'the Drysdale'.**

**Call in and say hello to Tony and his friendly staff or for bookings call (03) 5251 2301.**



L-R: Matt, Jeanette & Ryan  
- providing friendly service at Drysdale Hotel

### Drysdale Senior Citizens Club

We are celebrating our 40th Birthday on Monday, March 24 and there will be entertainment and afternoon tea and birthday cake. This is for members only, and there will be no cost. Tuesday, April 8 we are having a trip to Gentle Annie in Deans Marsh. The bus will cost \$7.50 and you buy your lunch. This is about an hours journey from the club.

We will leave the club at 10.15am. and be home about 4pm. It should be a nice day out. We are having the small buses so we can only take 20 people, so first come first served. You must have your name on the list at the club or ring us on **(03) 5251 2983.**

Our exercise class has started again every Wednesday at 11am to 12noon. Our craft class on Thursday 12noon is going very well and the ladies are doing some lovely work for the children of World Vision overseas. Anytime you would like to, come up and see what we do. We are open Monday, Wednesday, Thursday, Friday and Saturday from 12noon to 3.30pm.

*To all our sick members we send our best wishes and hope to see you at the club soon.*

**Esther and Mary**

## Leukaemia Foundation World's Greatest Shave



Radio host Mark Hyland  
from BayFM again being  
the front man for the event



The Drysdale Hotel has again registered as an 'Official Public Venue' for this years World's Greatest Shave.

**The event will be held on Friday, 14 March at the hotel from 7pm.**

The Hotel has been a supporter of the World's Greatest Shave for a number of years and it is always a great fun night with lots of money raised for the Leukaemia Foundation.

There will be a huge raffle with lots of prizes donated by local traders.

Everyone is welcome to come along and have their head shaved or their hair coloured by the team from Wiseguys, or just come along and encourage those who do.

**If you need any information or would like to start collecting sponsors for your own head shave contact the hotel on (03) 5251 2301.**



Manfred and Wendy  
from 'Wiseguys' ready  
to shave away!

### Sue Partridge is back in Portarlington consulting at 'Port Podiatry'

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## 'Book in' for 2009



The annual Secondhand Book Sale run by St James' Anglican Church over the first weekend of the New Year was a roaring success judging by the crowds waiting for the opening of the doors and thronging the hall. The new venue of the Drysdale Community Activity Centre (Drysdale Primary School gym) was light and airy even on the hottest day and it is hoped that this location will become a regular venue. To run any large sale in a new venue is challenging but the planning worked like clockwork even though acquiring the 76 tables to hold all the books was an exercise in itself! St James' would like to thank its dedicated

helpers over the sale weekend, and all those who lent tables - the many individuals, but also the SpringDale Neighbourhood Centre, Drysdale Retirement Village, Penn Hire Services of Mortimer St. Drysdale, Views End B&B in Scotchman's Road, Bellarine and Drysdale Primary School who also provided much welcome support. It is also important to thank those members of the community who so generously donated the books - without them there would be no sale.

Don't think it's all over! St James' is now collecting for 2009, so if you have any unwanted books, please contact any of

the following people and they will gladly collect.

**(03) 5251 3702 Dorothy & Robin Chase,**  
**(03) 5253 2322 Pat & John Marks,**  
**(03) 5251 2256 Maggie & Gordon Burns.**

The St James' book sale includes old and new books, fiction and non-fiction, hard covers and paperbacks (but please no school textbooks, no Reader's Digest condensed books and no encyclopedias, except full sets of Encyclopedia Britannica). They also take special interest magazines such as hobbies, collecting, home, fashion, cookery and gardening, and even old sheet music in good condition.

The 2009 sale will be on 3rd and 4th January 2009, so book it in your diaries now! Entry is free, wheelchair access is no problem and there is always a young children's area with low table and chairs which is extremely well patronised. And if you have any queries, please do not hesitate to ring the organizers,

**Tom & Betty Wilson, on (03) 5251 2594** who thank you all most sincerely for your support!

## Clifton Springs Playgroup

Clifton Springs Playgroup where 'Kids Play by the Bay' is back with enthusiasm for 2008. The Playgroup is for families or carers with children aged birth - 5 years. We operate out of the Community Rooms at the Clifton Springs Golf Club every week day. 2008 still sees plenty of vacancies in all of our sessions. We would especially like to extend a warm welcome to new Mums, Dads or carers. Our members enjoy all the benefits Playgroup has to offer with loads of toys

for the littlies and a great view of the Bay the adults can enjoy over a cuppa and a chat. The relaxed environment allows children to learn through play whilst parents or carers have the chance to listen and relate information amongst themselves about the ever changing world of parenthood.

Our special timeslot on Wednesday afternoons for babies less than 12 months is proving popular with new Mother's Groups. It is also welcoming Mums with

2nd or 3rd time bubs who just want some time without toddlers or older siblings in tow.

Our fees are low and our committee is raring to go for another busy year at Playgroup. Our current President will be vacating her role shortly due to another baby on the way so if anyone is interested in this role please contact us.

For more information regarding **Playgroup contact Lillian on (03) 5253 2804.**



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**www.scc.net.au**

## Funeral Information Options & Advice

Long time Bellarine Peninsula resident and Funeral Director, Helen Trigg, can help with all your funeral inquiries and information on local cemetery and cremation options.

Obligation free advice on all aspects of pre-planning a funeral is also available.

Call Helen for  
a no obligation  
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**DRYSDALE  
PRE-SCHOOL**



We would like to welcome all our new families to the Kindergarten for 2008. The start of the year is always a hectic and busy time for most, however the children adapt quickly and have settled into their groups well. Most of the tears and anxiety have gone, (the parents have finally recovered.)

We have a great new assistant for the 3 year old program, her name is Julie and she comes to us full of energy, eager to teach our younger group.

All the places for our 4 year old program are now full, but we still have vacancies for the 3 year old program.

**Any one interested is encouraged to contact the Pre - School on (03) 5253 1663.**

**Alison Dumbell – Committee President**

## ‘Blessing of the Bonnets’

Geelong is hosting the event ‘Blessing of the Bonnets’ on Friday, 14 March at 1pm within the walls of the Old Geelong Gaol. A costumed re-enactment of the 1820 ‘Sentencing of Females’ to be transported to Australia will take place. The entire event is free of charge.

During the 19th Century over 18,000 convicts many of them women came ashore at Point Henry and from there settled throughout the Port Phillip District and beyond.

To acknowledge the contribution made by these women to the economic and social life of the Colony an event will take place following the sentencing re-enactment entitled ‘Blessing of the Bonnets’.

Tasmanian artist Christina Henri has conceived a project called ‘Roses from the Heart™’ (It pays tribute to convict women and their economic and social contribution to the Nation and acknowledges convict women’s role within history, a contribution up until now, largely covered by a veil of amnesia), and the ‘Blessing of the Bonnets’ ceremony is a part of this project. Bonnets have been made by people from all around Victoria, each embroidered with the name of a convict woman and the name of the maker. These bonnets will be placed in a wooden dinghy and blessed by a local female clergy. They will be packed and freighted to Hobart to join other Bonnets made throughout Australia and further afield.

It is envisaged that each State of Australia plus cities within England, Ireland, Scotland and Wales will each



hold a similar event to acknowledge the 25,266 convict women transported to Australia. ‘Roses from the Heart™’, invites 25,266 people within the community to be involved by making a bonnet to pay tribute to the life of either a female convict ancestor or an ‘adopted’ convict woman – specifically ‘adopted’ for the Project. Presently there are 5,000 bonnets made and participants around the world are fashioning bonnets and learning about the female convict story.

Following the collecting of the bonnets Australia wide, they will travel to and be exhibited in Britain and Ireland, Canada, USA and New Zealand in 2009. In 2010 the work will form part of a permanent public art installation.

Councils in other States have been supportive to Roses from the Heart™. Deputy Mayor of the Nanango Council, Alderman Roslyn Gregor, is the Patron of Roses from the Heart™ in Queensland. Rosalyn Gregor is descended from Mary Reiby an extraordinary woman whose features grace our Australian \$20 note.

**View the display at the SpringDale Neighbourhood Centre High Street, Drysdale (03) 5253 1960 or for more national information visit [www.femalefactory.com.au](http://www.femalefactory.com.au)**

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# Ceremony of the Bonnets

**Friday 14 March  
Geelong Gaol 1.00pm**

**A Trial re-enactment of the  
sentencing of the Convict  
Women in the 1800's**

To be part of the event contact:

• Pat Whitford (03) 5253 1866

• Dennis King (03) 5251 2431

E: [patandbarry@bigpond.com.au](mailto:patandbarry@bigpond.com.au)

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**Patterns are available at the  
SpringDale Neighbourhood Centre  
for those who wish to  
make a bonnet.**



# The Reason why the Register was Initiated

Sadly the 'Man found dead after one year' headlines of the Geelong Advertiser 10 January 2008 reminded members of the Bellarine Police Community Support Register Inc. Committee the reason why the Register was launched on 19 October 2006. This action was taken as a result of a number of similar incidents being reported around the nation.

"The body of the man had been found up to one year after his lonely death in the bedroom of his Sydney public housing police said". "The dead man is yet to be formally identified but had no known family or friends".

The headlines of The Age 12 January 2008 were "Solo Living: The discovery this week of a man who lay dead in his home for a year has shocked neighbours and police, highlighting a modern malaise - the plight of those disconnected from society".

The Bellarine Police Community Support Register Inc. invites residents of the Bellarine Peninsula to complete a Registration Form listing their personal and contact details. These are entered on a confidential data base which can be

accessed by Police in the event of an emergency. These Registration Forms are available at pharmacies on the Bellarine Peninsula.

- **The details include next of kin and name of doctor.**
- **A person may request a regular telephone call to provide added security.**
- **Those who register are given a laminated ID card which they are encouraged to carry with them at all times.**
- **A Window Sticker which alerts emergency services that details are available on the data base.**
- **A quarterly newsletter promotes proactive personal safety, health and well being programs.**

The Committee also encourages local residents to "keep their eyes out for their neighbours". We know many people, either by choice or circumstances, lead very private lives but this does not mean that members of the community should ignore signs which should alert authorities to problems. In the case of the elderly Sydney man this was an overflowing letterbox and a pile of uncollected telephone books at his front door.

**Registration is free and forms should be mailed to Bellarine Police Community Support Register Inc. P.O. Box 819 Ocean Grove 3226. Telephone enquiries should be directed to (03) 5255 3968 during the hours of 9.30am until 12 noon, Monday to Friday.**

**Ann Nichol OAM  
Committee Chairperson**

## Ladies Probud Club of Bellarine Inc.

The New Year brings thoughts of a new Committee. Members are being urged to consider being nominated. It is a stimulating job with time to make friends with fellow Probudians. People who live alone can find it a rewarding task. Organising fashion parades and 'Show and Tell' mornings give members a lot of fun.

Our AGM will be held on Monday, 17 March at 10am where the new President and Committee will be elected. The venue is the Clifton Springs Golf Club. We will be having an interesting speaker named June Fraser who will speak of 'Time spent on an Indian reservation'.

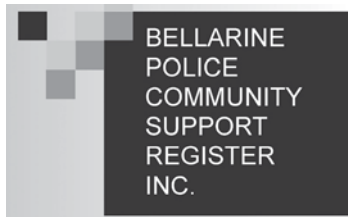
Arrangements for a trip to Winchelsea is being planned for Wednesday, 19 March, where a visit to Barwon Park and The Dahlia Farm will be enjoyed by members.

Our well loved member Nan Almond passed away. Many Probud Members attended the funeral service to swell the already packed church. Her humour and Christmas skits will be sadly missed. Nan held all positions at some time on the Committee and loved people.

**Yours in friendship  
Iris Liz Tolton**



*Nan Almond  
- Sadly Missed*



### Do you worry about getting assistance in an *EMERGENCY?*

Over 800 people have answered this question by recording their contact details with the:  
**BELLARINE POLICE COMMUNITY SUPPORT REGISTER INC.**

The register is a Community Police initiative launched in October 2006. Registration is free to users. Brochures and Registration Forms are available at Pharmacies on the Bellarine Peninsula.

#### **NEED TO KNOW MORE?**

Telephone our office on 5255 3968  
weekdays between 9.30 and 12 noon  
Email: [bpsupportregister@bigpond.com](mailto:bpsupportregister@bigpond.com)  
[www.community-support.blogspot.com](http://www.community-support.blogspot.com)  
P.O.Box 819 Ocean Grove 3226

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## BIRTHDAY CELEBRATIONS FOR 60 YEARS OF COMMUNITY SERVICE. DRYSDALE BRANCH OF THE COUNTRY WOMEN'S ASSOCIATION.



# 1948 - 2008

On Tuesday 25 March 2008 the Drysdale Branch of the Country Women's Association will celebrate its Sixtieth Birthday by launching an update of its history and sharing afternoon tea with members and friends of the Association and in particular the local branch.

This extraordinary group of women have raised and distributed in just the last ten years over \$100,000 to some fifty Community Organisations ranging from the Geelong Hospital Neonatal Unit; The Andrew Love Centre Geelong Hospital and the Children's Emergency Facility to Drysdale, Portarlington and Mannerim Fire Brigades, Drysdale and Portarlington Scout and Guide Troops; Bellarine Palliative Care, Bellarine Community Health, Drysdale S.E.S and the three local Primary School.

Many hundreds of Trauma Dolls, Teddy Bears, Prem. Baby Gowns and New Baby Kits for The Geelong Hospital, Knitted and

Crochet throw rugs to Grace McKellar House, Jumpers for Aids Babies in Nigeria in conjunction with Rotary Clubs Appeal, Homeless Aid - Vic. Relief Appeal - Beanies, Scarves, Blankets & Gloves have been made and delivered. As well as pamper packs for the families suffering the effects of the drought, bushfires and floods have been collected, packed and sent to where the need has been greatest.

The Drysdale C.W.A. raises its funds through Catering for functions such as Weddings, Birthdays (for all ages) and Community Celebrations and Shows. Over sixteen thousand functions for the Bellarine Shire and Rural City were catered for over the years and it was a great loss to the fund raising organisation and therefore the benefiting Community groups when the amalgamation of councils occurred. Raffles and sales of craft goods at various community events

add to the money available for distribution.

On Tuesday, 25 March 2008 when the Drysdale Branch celebrates its Sixtieth Year, with a number of original members still attending meetings and very active in their community service, it will be also be a celebration of shared friendships and great community interaction.

The Community can genuinely say when you support your local Country Women's Association you are supporting your Community. The Branch Members would like to take this opportunity to thank all community members who have assisted them to raise these funds. Without the generous support of the community they would be unable to distribute the funds raised to the deserving, hard working Organisations.

## Bellarine Community Health

### New Action Plan released

Bellarine Community Health (BCH) will feature a series of articles in the SpringDale Messenger during 2008. These articles are in response to feedback from communities across the Peninsula who said they want to hear about what services are on offer from BCH via newsletters and newspaper articles.

A survey was conducted in late 2007 asking people three questions around what ways they would like to be engaged by BCH. The Action Plan and the resulting report of the consultation are available to the public. If you wish to receive copies of the reports please contact me – details are below. A summary of the results and the reports will also be on display at BCH Centres in the foyers.

Another common response from the survey was that people want to be able to let BCH know about their health needs at fun events. This means that staff from BCH will attend festivals and markets across the Peninsula in 2008 to hear what

the community feels their health needs are.

The action plan is part of BCH commitment to listen to the local community's health needs. It is well documented that when there is community participation around health issues, then the health of that community will be improved.

My role is to find ways for the community to let BCH know what they feel their health needs are. The Action Plan is the first step towards making this happen. I look forward to meeting with you at a fun event in the near future.

In the meantime you can contact me at Bellarine Community Health, Nelson Road, Point Lonsdale, Telephone 5258 0893 or email: [deborah.humphreys@bch.org.au](mailto:deborah.humphreys@bch.org.au) to receive a free copy of the reports.

**Debbie Humphreys**  
Community Participation Officer

## Incorporation for Associations or Clubs

A meeting is being held on  
**Friday 14 March from 1.30pm - 2.30pm**  
**at Belmont GATE, Mt Pleasant Road, Belmont.**

If anyone is interested in finding out more about Incorporation please contact  
**Belmont GATE on (03) 5244 007 or**  
**Consumer Affairs on (03) 5224 8072.**  
*Bookings are essential and no payment is involved.*

## William Sheahan Funerals

*incorporating*



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## Clifton Springs - Drysdale Probus Club

Clifton Springs-Drysdale Probus Club have resumed their activities for the coming year and members have agreed that meetings commence at 10am. We started our year with a guest speaker from Vision Impaired, Mr Val Simpson, who gave us a wonderful insight into living in the world of darkness. Even though Probus is for retirees, we have wonderful speakers at our meetings and we are never too old to learn how those less fortunate amongst us, manage their day to day activities. The club meets on the second Monday of each month at 10am at the Clifton Springs Golf Club. So come along and enjoy the fellowship that Probus offers. **Pat Peel (03) 5251 2403.**

## Drysdale Uniting Church - Share an Evening Meal

The first bi-monthly family evening service will be held on Sunday evening 16 March 2008 at 6pm. Our very informal services are held in the hall as we share an evening meal together, with activities suitable for children. All are welcome to attend and are asked to bring finger food to share. door with afternoon tea.

## Neighbour Day

It is time to say g'day on the last Sunday in March each year. Neighbour Day will be celebrated this year on Sunday 30 March 2008. It is easy to participate and does not require a donation. Just say g'day to your neighbours. Make a special effort to introduce yourself to others who live in your street. Neighbour Day was founded in Melbourne in March 2003 by Andrew Heslop.



## Learn to Bowl at the ... Clifton Springs Bowling Club

Clifton Springs Bowling Club is running another **Learn to Bowl Campaign** this year, with five Sunday afternoon sessions, beginning Sunday 30th March at 1 pm.

We ran a very successful program in 2007 with 25 new members joining. These new members have now gone on to be important assets to the club, with many of them now playing pennant bowls and making their presence felt in other club competitions.

Clifton Springs has the advantage of being able to bowl year round because of our synthetic green as well as grass greens. We enjoy a warm friendly atmosphere with a modern club house and bar facilities. The game is great fun. Come along and join in.

**Please do not hesitate to contact Neville Corcoran on (03) 5253 3109, or Alex Baulch, (03) 5251 3564 for further information, or drop in at the club and see for yourself.**

## Portarlington/Drysdale Lions Club



Over the summer the Portarlington/Drysdale Lions Club held many successful crayfish spins outside the Portarlington Grand Hotel. This is their major fundraiser each year which supports local charities and all funds are returned to the local community.

The new extension for the Lions clubroom which will enable better facilities for members and guests should be opened this month. Thanks go to the Bellarine Peninsula Community Bank for their contribution to 'The Den'.

A Garage Sale is being held on **Sunday, 16 March** and if you have any items please ring **Robert on (03) 5259 3113**. Mulch - canola straw is available for \$5 a bale - phone **Geoff on (03) 5251 2990** or **John (03) 5259 1859**.



*Murray Spencer spins the crayfish wheel*

Lions membership is open to all people over the age of 18 years and meet twice a month on the second and fourth Wednesday at 7.30pm.

If you are interested in joining an active community group please phone the **President, Cam McLean on (03) 5259 1481.**

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# TERM 2 COURSE & OPPORTUNITY GUIDE 2008

17-21 High Street Drysdale Phone: (03) 5253 1960 Fax: (03) 5253 3050 Email: [office@springdale.org.au](mailto:office@springdale.org.au)  
Office Hours: Weds, 26 Mar - Fri, 4 April. 9am-12noon during school holidays. Normal Office Hours resume 7 April. 2008



Department  
of Victorian  
Communities



## LOOK! – What's New

### Organic Edible Gardening (New)

Learn and design your organic garden. Understand the basics of permaculture and creating a natural 'no-dig' garden.

**Date/times:** Mon 21 April – Mon 12 May  
12pm – 1.30pm (4 sessions)

**Fee:** \$80

**Tutor:** Rachael Brown

**Venue:** SpringDale Neighbourhood Centre

**Room:** Training Room

### Quilling Workshop (New)

Quilling is the art of rolling paper into many shapes and designs to form decorative items.

**Date/times:** Sat 12 April 1pm – 3pm  
(1 session)

**Fee:** \$25

**Tutor:** Jonathan Mayne

**Venue:** SpringDale Neighbourhood Centre/Hall

## Expressions of Interest

For further information about the following activities please contact the friendly staff at the SpringDale Neighbourhood Centre.

### Calendar Occasions

Many people have expressed interest in participating in cooking and craft for Calendar Occasions, Easter, Spring Carnival and Christmas delights. We are seeking a person who would like to conduct these classes.

### Book Club Group

Attention! all avid book readers... come and share your opinions and interpretations of selected titles. We are looking for people interested in participating within this group.

## Introduction to Photoshop Elements 6

Learn how to use basic tools, image correction, cropping, red eye removal, filters, rotation of images. Further information would class driven. This course is in conjunction with your computer and digital camera.

## Accredited Courses

### Anaphylaxis

**Administer Adrenalin for Anaphylactic Reaction**  
**Code 21659 VIC**

This program is designed to provide knowledge and skills to the first-aider to be able to perform emergency administration of prescribed adrenalin using the injecting device (EPIPEN). This is when a person (particularly children) have suffered a potentially life threatening anaphylactic reaction. Accredited Certificate Valid For 12 Months  
**Date/times:** Wed 22 April 6.30pm – 8.30pm  
(1 session)

**Fee:** \$40

**Tutor:** National First Aid

**Venue:** SpringDale Neighbourhood Centre

**Room:** Training Room/Occasional Care

### Red Card (OH & S induction)

The course is designed to provide participants with specific OH & S compliance and legislative information relating to a range of topics which relate to industry induction requirements. Red card is issued following the assessment as a competent permit holder for entry to building and construction sites throughout Victoria.

**Dates/times:** Fri 2 May 9am – 3.30pm  
or Tues 20 May and Wed 21 May 6pm – 9pm

**Fee:** \$160

**Tutor:** Vic Bodsworth - Additional Training Options

**Venue:** SpringDale Neighbourhood Centre

**Room:** Training Room

## Work Safely at Heights (Under 2 Metres)

**Code MNMG237A**

This course caters for people who work in environments where falls of less than 2 metres may occur and covers Work Safe Codes of Practice requirements, legislation, regulations and Job Safety Analysis.

**Dates/times:** Tues 29 April 5.30pm – 9.30pm

**Fee:** \$70

**Tutor:** Vic Bodsworth - Additional Training Options

**Venue:** SpringDale Neighbourhood Centre

**Room:** Training Room

## Stop the Traffic

### Worksite Traffic Management

**Code BCCCM3003B**

Participants earn the capability of being competent to manage and control worksite traffic requirements.

**Dates/times:** Sat 19 April 11am – 5pm

**Fee:** \$190

**Tutor:** Vic Bodsworth - Additional Training Options

**Venue:** SpringDale Neighbourhood Centre

**Room:** Computer Room

## Responsible Service of Alcohol

Covers all areas relating to the service of alcohol in and around licensed premises.

Participants receive a recognised certificate in RSA from Liquor Licensing Victoria.

**Dates:** Classes held regularly, phone for next dates

**Tutor:** GATE

**Venue:** SpringDale Neighbourhood Centre/Kitchen

## Food Handling and Safety

**(Apply basic food handling)**

**Code FDFCORFSY1A**

Great for school leavers, volunteers and those already employed in food related areas. This accredited module will give knowledge and skills

in correct and safe food handling, storage and hygiene. Update your skills and improve your job prospects today.

**Dates:** Classes held regularly, phone for next dates  
**Venue:** SpringDale Neighbourhood Centre/Kitchen

## Food Safety Supervisor

### Code FDFCORFSY1A

Food businesses must have a Food Safety Supervisor. The Food Safety Supervisor and/or the owner of the business is legally held responsible for all food safety practices carried out by every staff member. Pre-requisite: Participants must have successfully completed Basic Food Handling and Safety (course listed above).

**Dates:** Classes held regularly, phone for next dates.  
**Tutor:** GATE  
**Venue:** SpringDale Neighbourhood Centre/Kitchen



## First Aid – CPR – Defibrillation (Cardiopulmonary Resuscitation)

### Code VBP112

Do not wait until it's too late. Learn CPR today. It is recommended that CPR updates are undertaken annually. First Aid – CPR is the first 3 hours of First Aid – Level 2. See that course for details.

**Dates/times:** Sat 17 May 9am – 12noon (1 session)  
**Tutor:** National First Aid  
**Fee:** \$45  
**Venue:** SpringDale Neighbourhood Centre  
**Room:** Recreational Room



## First Aid – Level 2

### Code 21593 VIC

Level 2 is an Accredited Certificate, valid for 3 years (with CPR updates) and is a requirement for many courses, organisations and work places.

**Dates/times:** Sat 17 May and Sat 24 May  
9am – 5pm (2 sessions)  
**Fee:** \$145  
**Tutor:** National First Aid  
**Venue:** SpringDale Neighbourhood Centre  
**Room:** Recreational Room



## Art and Craft

### Discover the Artist Within

#### Foundation Course – the first stage in the journey.

If you have always wanted to create art but didn't get a chance to learn how to draw or about art methods or if you want support and instruction in a personalised, step by step approach. This course will teach you to use your eyes as the artist does, allowing you to gain confidence to express yourself and create art.

**Materials required:** A4 sketch book, 2B pencil, protective clothing (eg. old shirt). Other items will be supplied or suggested during the course.

**Dates/times:** Tues 15 April – Tues 3 June  
11am – 1pm (8 sessions)

**Dates/times:** Wed 16 April – 4 June  
4pm – 6pm (8 sessions)

**Tutor:** Annette Playsted-Simmons  
**Fee:** \$120

**Venue:** SpringDale Neighbourhood Centre  
**Room:** Recreational Room

## Advanced Art Course Continue the journey

If you have completed the Foundation Art Course 'Discover the Artist Within' or you have completed a foundation art course elsewhere or if you are a practising artist and want input and feedback then this course is for you. Choose from the following possibilities to specialise in or explore over time. Portraiture, Still Life, Landscape, using chalk pastel, oil pastel, ink and wash or mixed media drawing, acrylics or water colours.

**Materials required:** A4 sketch book, 2B pencil, protective clothing (eg. old shirt). Other items will be supplied or suggested during the course.

**Dates/times:** Wed 16 April – Wed 4 June  
1pm – 3.30pm or 4pm-6pm (8 sessions)

**Tutor:** Annette Playsted-Simmons  
**Fee:** \$120

**Venue:** SpringDale Neighbourhood Centre  
**Room:** Recreational Room

## Jewellery Making

You will have a chance to craft a silver wire bracelet and a contemporary silver art charm and more.

Come along for a one day workshop and create your own jewellery. Feel free to bring along silver or 9 carat gold jewellery that you would like to refashion quickly and easily - the results can amaze.

**Dates/times:** Sat 26 April 1pm – 5pm (1 Session)

**Tutor:** Jeff Dean

**Fee:** \$60 (includes materials)

**Venue:** SpringDale Neighbourhood Centre/Hall

## Crochet For Beginners

For anyone who is interested in the versatile art of crochet or just wishing to refresh their existing skills. All you need is a crochet hook, thread and some spare time to turn your basic crochet skills into beautiful lace, toys, clothing and accessories.

**Dates/times:** Wed 23 April – 28 May

1.30pm – 3.30pm or 5.30pm – 7.30pm (6 sessions)

**Tutor:** Catherine Hearse

**Fee:** \$60

**Venue:** SpringDale Neighbourhood Centre/Kitchen

## Dressmaking - Design a Pattern

Do you love sewing but can't get a pattern to fit you properly. Have you changed shape and patterns don't fit you as they used to? Learn to apply designer techniques to fit a garment to perfection. Sometimes the style doesn't suit your frame and sometimes a little tweaking is all that's necessary. Some basic sewing machine skills and understanding of patterns. Utilise your pattern and personalise it to your form.

**Dates/times:** Tues 29 April – Tues 27 May

6.30pm – 8.30pm (5 sessions)

**Fee:** \$85

**Materials:** Pattern

**Tutor:** Claire Duffy

**Venue:** SpringDale Neighbourhood Centre/Foyer

## Children's Programs

### Music and Movement

Enjoyment of music, dance and song to encourage the development of beat, rhythm, tempo, pitch and harmony - all while having fun. This is a great way for little ones to develop confidence, self-esteem, concentration, memory, listening, language and self-expression.

**Dates/times:** Wed 23 April - Wed 11 June

9.15am – 10am (8 sessions)

**Tutor:** PSD Education

**Fee:** \$60

**Venue:** SpringDale Neighbourhood Centre Hall

### Children's Art

For children, art is a great way to be expressive and creative. An art class should be fun and enjoyable. Learn printing skills by using cardboard, technique of collage, portraiture, aboriginal and wax resistant painting. This group is designed for primary aged children.

**Dates/times:** Thurs 17 April – Thurs 22 May

4pm – 5.30pm (6 sessions)

**Tutor:** Carolyn Knight

**Fee:** \$80

**Materials:** Please bring a smock

**Venue:** SpringDale Neighbourhood Centre

**Room:** Recreational Room

## Health & Wellbeing

### Reiki Level 1

Reiki is a natural, simple, safe, effective healing system that uses the universal life energy that permeates our entire universe and all living things. Participants are awarded a Certificate endorsed by the International Association of Reiki professionals.

**Dates/times:** Sat 26 April – Sat 14 June

2pm – 4pm (8 sessions)

**Tutor:** Laurent Boulanger, certified Reiki Master (IARP).

**Fee:** \$160

**Venue:** SpringDale Neighbourhood Centre

**Room:** Recreational Room

### Reiki Level 2 (Master Level)

Continuing the experience and enhance your health. Participants are awarded a Certificate endorsed by the International Association of Reiki professionals.

**Dates/times:** Thurs 24 April – Thurs 12 June

7.30pm – 9.30pm (8 sessions)

**Tutor:** Laurent Boulanger, certified Reiki Master (IARP)

**Fee:** \$160

**Venue:** SpringDale Neighbourhood Centre

**Room:** Recreational Room

## Tai Chi

Tai Chi combines movement, meditation and breath regulation to enhance the flow of vital energy in the body, improve blood circulation, and enhance immune functions. Jun Yi has extensive Tai Chi experience including high rankings in several Chinese national championships.

**Dates/times:** Fri 18 April – Fri 13 June

9.30am – 10.30am (9 sessions)

**Tutor:** Jun Yi Weng

**Fee:** \$90

**Venue:** SpringDale Neighbourhood Centre/Hall

## Yoga

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

**Dates/times:** Mon 21 April – Mon 16 June

9.15am – 10.45am (9 sessions) **OR** Thurs 24 April –

Thurs 19 June 6pm – 7.30pm **OR** Thurs 24 April –Thurs

19 June 7.45pm – 9.15pm (9 sessions)

**Fee:** \$90

**Tutor:** Glenda Breedveld

**Materials:** Mat supplied but feel free to bring a rug

**Venue:** SpringDale Neighbourhood Centre/Hall

## Coeliac Cooking Workshop

Come along for an informative yummy Coeliac cooking day. Learn about the latest products. Meet and share some information with other Coeliac sufferers.

**Dates/times:** Sat 3 May 11am – 2pm (1 session)

**Fee:** \$50

**Tutor:** Debra Winter

**Venue:** SpringDale Neighbourhood Centre/Kitchen

## Computers

**All computer classes are held at SpringDale Neighbourhood Centre/ Computer Room. Limited subsidised places are funded through ACFE Funding (Adult Community & Further Education) and are available for those who have a Health Care Card, Gold Card or for those who are on a Pension.**

### Introduction to Computers A

For those with no computer skills and/ or no typing know how. Learn the basic skills of using a keyboard and mouse by playing solitaire and using a typing tutor (using one finger on each hand if necessary). Learn how to navigate your way around the computer and start it up and shut it down by doing the following: open and close procedure, open programs such as solitaire and Word and use the typing tutor program.

**Skill Level:** Beginner

**Dates/times:** Thurs 1 May – Thurs 19 June

12.45noon – 3.15pm (8 sessions)

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

(\$55 subsidised tuition fee + \$25 services fee)

**Tutor:** Lyn Brook, Lynette's User-Friendly Computers



### Introduction to Computers B

The beginners class for those with some typing skills. Develop your skills that bit further and increase your confidence. Learn how to work with programs such as Microsoft Word, Microsoft Works and similar programs to create and format documents, add attractive borders. Check your spelling and grammar and make corrections to existing text. Learn the basics of Microsoft Windows and create files and folders. Find out about connecting to the Internet.

**Skill Level:** Beginner

**Dates/times:** Thurs 1 May – Thurs 19 June

9.30am – 12pm (8 sessions)

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

(\$55 subsidised tuition fee + \$25 services fee)

**Tutor:** Lyn Brook, Lynette's User-Friendly Computers



## Introduction to Computer C (Consolidation and Extension)

Enhance your computer skills and your confidence. Learn to set up your computer desktop and other basic Windows tasks. Use Microsoft Word and/or

Microsoft Works to produce documents that are both attractive and professional in appearance using: tabs; tables; columns; clip art; word art; paragraph & page formatting. Preview then print your documents. The class also includes a brief introduction to uses of the Internet, and many tips and tricks.

**Skill Level:** Beginner+

**Dates/times:** Wed 30 April – Wed 18 June  
12.45pm – 3.15pm (8 sessions)

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

(\$55 subsidised tuition fee + \$25 services fee)

**Tutor:** Lyn Brook, Lynette's User-Friendly Computers



## Introduction to Computers D (Become Creative)

In this class you will have the opportunity to use a range of commercially available software such as Hallmark Card Studio, Print Master 17, National Geographic Greeting Cards and Microsoft Publisher to create greeting cards (Xmas, birthday & special occasions etc.). Learn also to create attractive note pads; envelopes; calendars, and small business or gift cards (using sticky labels).

**Skill Level:** Intermediate

**Dates/times:** Fri 2 May – Fri 20 June  
9.30am – 12pm (8 sessions)

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

(\$55 subsidised tuition fee + \$25 services fee)

**Tutor:** Lyn Brook, Lynette's User-Friendly Computers



## Introduction to Computers E (Internet, Emails & Computer Performance)

Learn to send and receive and delete emails. Set up address books. Learn about virus protection. Understand internet browsers.

**Skill Level:** Intermediate

**Dates/times:** Tues 29 April – Tues 17 June  
12.45pm – 3.15pm (8 sessions)

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

(\$55 subsidised tuition fee + \$25 services fee)

**Tutor:** Lyn Brook, Lynette's User-Friendly Computers



## Introduction to Photo Story

Learn how to caption, narrate and add music to your photographs, add in effects and transitions to your slide show then save it into your PC.

**Dates/times:** Mon 21 April 9.30am – 12.30pm

**OR** Mon 16 June 9.30am – 12.30pm (single session)

**Materials:** 20 – 40 digital photos

**Fee:** \$50

**Tutor:** Suzanne Cronin



## Photo File Management

Introductory workshop will help you tidy up your computers 'My Pictures' folder. Learn how to burn your photos onto CD. Copy them to a memory stick or email them to a friend. Manage your folder easily with recognizable pictures and icons.

**Dates/times:** Mon 28 April 9.30am – 12.30pm  
Mon 12 May 9.30am–12.30pm (single session)

**Materials:** 20-40 digital photos

**Fee:** \$50

**Tutor:** Suzanne Cronin



## eBay – Sellers

Learn how to sell on eBay. Do you have some interesting article that you've considered selling on eBay and weren't sure how to start. Come along and learn from an eBay trained professional.

**Skill Level:** Intermediate +

**Dates/times:** Thur 15 May – Thur 22 May  
6.30pm – 9.30pm (2 sessions)

**Fee:** \$80

**Tutor:** Angelo D'Angelo



## Microsoft Office 2003

Extend your skills with the Microsoft Office suite of programs. Learn to use Microsoft Word for more than a word processor, use Outlook to organize your important meetings and dates, discover how powerful Excel can be and learn to make presentations and slide shows for you family and friends with PowerPoint.

**Skill Level:** Intermediate +

**Dates/times:** Mon 14 April – Mon 2 June  
7pm – 9.30pm (8 sessions)

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

(\$55 subsidised tuition fee + \$25 services fee)

**Tutor:** Tony Reymers, AMGARR COMPUTERS



## Web Site Design

Wondering how to set up your own website? In this class participants will be walked through designing a simple family or business web page. Participants will be able to set up a domain name, host a site on the net and upload their site to the net using software such as Microsoft Front page and FTP Commander.

**Skill Level:** Intermediate + knowledge of Microsoft Word, + General computers skills.

**Dates/times:** Tues 29 April – Tues 17 June  
7pm – 9.30pm (8 sessions)

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

(\$55 subsidised tuition fee + \$25 services fee)

**Tutor:** Steve Thew – Stan Designs, Portarlington.



## MYOB for Beginners

These sessions are designed for those just starting out. Learn how to set it up and get it going. This course will give you a basic foundation of how to use MYOB in your business.

**Skill Level:** Intermediate

**Dates/times:** Wed 23 April - Wed 11 June  
7pm – 9.30pm (8 sessions)

**Fee:** \$160 or \$80 (\$55 subsidised tuition fee + \$25 services fee) + \$45 course manual optional.

**Tutor:** Brian Knight, Round Table Business Consultants



## Email and Internet

This class is designed for both those new to internet and those who know basics and would like to extend their experiences. Begin with simple searches using Internet Explorer and basic mail handling using Outlook Express. Discover how to read your mail away from home. Try alternative methods of internet communication including voice, video and interactive chat and learn how to check for and avoid viruses, Trojans, worms etc.

**Skill Level:** Beginners

**Dates/times:** Mon 21 April – Mon 16 June  
1pm – 3.30pm (8 sessions)

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

(\$55 subsidised tuition fee + \$25 services fee)

**Tutor:** Tony Reymers AMGARR COMPUTERS



## Revised Computer

### Performance and Maintenance

Do you wonder why your computer slows down or runs out of disc space. This course is for you. We will discuss the causes of and how to fix these issues. This entails clearing your computer of unnecessary files and how to keep your computer running at its best performance. We also show you how to fix your computer when it does not boot into Windows and how to respond to error codes on your computer.

**Dates/times:** Fri 2 May – Fri 20 June  
6.30pm – 8.30pm (8 sessions)

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

(\$55 subsidised tuition fee + \$25 services fee)

**Tutor:** Tony Reymers AMGARR COMPUTERS



## General Interest and Skills

### Guitar and Singing

Learn to play the acoustic guitar and to sing your favourite songs. No previous musical experience required. Laurent Boulanger has 20 years experience. Students must bring own acoustic guitar.

**Dates/times:** Tues 22 April – 10 June  
6pm – 7.30pm (8 sessions)

**Fee:** \$120

**Tutor:** Laurent Boulanger

**Venue:** SpringDale Neighbourhood Centre

**Room:** Recreational Room

**All Conversational French is conducted at SpringDale Neighbourhood Centre.**

### Conversational French

For those with little or no French. Also suitable for Years 7-8 French for comprehension and pronunciation. Learn basic conversation skills for everyday situations.

**Dates/times:** See dates & fees below, 11am – 12noon

**Room:** Occasional Care

### French - Conversational – Intermediate

For those with basic french who want to improve their oral and listening skills. Also suitable for Years 9-10 French students. Participate in group conversation.

**Dates/times:** See dates and fees below, 10am – 11am

## French - Conversational – Advanced

For those with a solid grounding in everyday French. Also suitable for Years 11-12 (VCE). In-depth discussions on cultural issues.

**Dates/times:** Sat 26 April – 21 June

9am – 10am (9 sessions)

**Tutor:** Laurent Boulanger, qualified native French tutor.

**Fee:** \$90

**Venue:** SpringDale Neighbourhood Centre.

## Spanish Conversation for Beginners

No prior knowledge required. Perhaps one day you may travel there or just have some fun learning.

**Dates/times:** Wed 23 April – Wed 11 June

7pm – 8.15pm (8 sessions)

**Fee:** \$90

**Tutor:** Maite Leaman

**Venue:** SpringDale Neighbourhood Centre Foyer

## The Written Word

These sessions are not about aiming to make money – though this might hopefully be the outcome for some people. The sessions are intended to assist anyone who is a beginner in the art of writing to appreciate the usefulness and also the importance of the written word. We discuss the principles of writing, types of writing and the importance of self editing.

**Dates/Times:** Fri 2 May – Fri 20 June

10am – 12noon (8 sessions)

**Tutor:** Nina Syme

**Fee:** \$100

**Venue:** SpringDale Neighbourhood Centre

**Room:** Recreation Room

## Latin/Salsa Dancing

Explore Latin America through dance. Come and join our very popular dance class.

**Dates/times: Advanced Beginners –**

Tue 29 April – Tues 17 June

7.30pm – 8.30pm (8 sessions)

**Foundation Beginners –** Tue 29 April – Tue 17 June  
8.30pm – 9.30pm (8 sessions)

**Fee:** \$95

**Tutor:** Jo Merritt

**Materials:** Flat Shoes

**Venue:** SpringDale Neighbourhood Centre/Hall

## Non SpringDale Classes & Groups

### Pilates

Open to all ages. Improve your fitness, core strengths, posture, flexibility and sense of well being.

**Dates/times:** Term 2 classes commence on  
Tuesday 8 April, 9.30am – 10.30am (intermediate)  
and 11am – 12 noon (beginners to intermediate).

Thursdays 10 April, 6.45pm – 7.45pm (intermediate)  
8pm – 9pm (beginners to intermediate).

**Tutor:** Monique MacLeod

**Fee:** \$100 (8 weeks)

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

**Phone:** (03) 5251 2958 to book.

### Bridge for Beginners

Come along and enjoy the challenge of learning how to play Bridge by our experienced tutor.

**Date/time:** Wed 16 April – 3 Dec 9.30am – 11.30am

**Tutor:** Mark Cline

For bookings (03) 5222 2736, 'University of the Third Age'

**Venue:** SpringDale Neighbourhood Centre

**Room:** Training Room

## Privacy: The SpringDale

Neighbourhood Centre respects  
your right to information privacy.

Information collected and held on  
participants, is kept in accordance  
with information privacy laws.



## The Arts

### Bellarine Woodworkers Inc.

Meet first and third Monday of the month at 1.30pm at SpringDale Neighbourhood Centre, High Street, Drysdale. New members welcome. Just turn up if you are interested.

### SpringDale Singers

A mixed voice choir meeting on Tuesdays, from 1.30pm – 3.30pm in the SpringDale Neighbourhood Centre Hall. New members welcome. Persons interested may come as visitors on any Tuesday.

### Life Drawing

For those who enjoy the experience of Life Drawing. Mon 1.30pm – 4pm. Waiting list may apply.

### Bella Arts Group

An opportunity to share your art and to see the work of others. Ring the Centre for dates.

## Activities - Games

### SpringDale Badminton

Badminton has been a success, many thanks to everyone who has assisted with the setup that has enabled this group to go ahead. Any new interested players please contact SpringDale. Commences Wed 16 April 1pm-3.30pm weekly at The Scout Hall Drysdale.

### SpringDale Chess Club

Come along for a friendly afternoon of chess. Wednesday afternoons 1pm – 3pm all year.

### SpringDale Jigsaw Club

Borrow a jigsaw (or two) at the bargain price of 40¢. There is a big library, from children's to 2000+ piece jigsaws. Come along to the SpringDale Neighbourhood Centre Hall on the first Thursday of the month 10am – 12noon and have a cuppa while you choose your jigsaw.

### SpringDale Mah-Jong Club

Another opportunity to relax at play. Wednesday mornings 10am – 12pm.

### SpringDale Scrabble Club

Looking for something to do on a Tuesday? This club is now well underway. New members are welcome. Tuesday afternoons, 1pm – 3pm. \$1 Session.

### Card Games

Canasta is a matching card game in which the object is to create melds of cards of the same then go out by playing or discarding all the cards in your hand. For experienced and for people just wanting to learn. A fun afternoon. Monday afternoons 1pm – 3pm all year. \$2 Session.

### Line Dancing

What is Line dancing? Think of dancing in lines and you've pretty much got the picture. Put in some country music and some country style footwork and the picture is nearly complete. If you can count to four and can tell your left foot from your right, you can line dance! Join our group. Commences Wednesday 9 April 10.15am – 12.15pm. \$7 per session.

## Parents and Children

### Bellarina Toy Library

Saturday mornings 10.30am – 11.30am. We have some fantastic toys to borrow (ages 0 - 6 years) so come along and see what we have to offer!

### Portarlington Toy Library

Monday and Wednesday mornings 11am – 12noon. Operates out of the Portarlington Pre-school. Look for the balloons and sign. New members welcome.

## Craft

### Springers Quilting Group

Meet for an afternoon of quilting. The group makes quilts for Palmerston Court Aged Care. Meetings take place on the fourth Thursday of the month at SpringDale Neighbourhood Centre Hall, Drysdale. Time: 10am – 12noon.

### Scrapbooking

Preserve photos from the past, enrich photos in the present and inspire hope for the future. All welcome, beginners will be shown techniques. Last Wednesday of every month, 7pm – 10pm.

**Materials:** 3 photo's of same theme.

### Crochet & Knitting

Tuesday afternoon 1pm – 3pm. Interested people are welcome.

**Group leader:** Jan Westwood

## Computers

### PC User Help Group

New Day, new group leader. Hopefully we can encourage people to follow their interest in computers and share this interest with Liam Bennett and others. The group will meet at SpringDale on the second Tuesday afternoon in each month 4pm – 5pm.

## Health and Wellbeing

### Meditation

Meditation is growing in popularity due to our tutor Max Simmons. Please don't hesitate if meditation needs to be on your list. Please feel free to come along. Commences on Tuesday 22 April 7.30pm – 8.30pm weekly.

### SPRINGDALE

## OCCASIONAL CARE

A three-hour session will give your child an opportunity to socialise and play with other children in a supervised program with qualified staff and may give you time to yourself.

Sessions are: **Tuesday, Wednesday and Friday mornings 9am – 12noon, Monday and Thursday 9am – 2pm.**

For further information please phone **Occasional Care on (03) 5251 1627.** Sessions run during school terms only.

### ENROLMENT

To book into a class, **phone (03) 5253 1960**, or call in person, at **SpringDale Neighbourhood Centre, 17–21 High Street, Drysdale**, **Email:** office@springdale.org.au or send in the course booking slip. (see below)

- If you hold a current Pension Concession or Health Care card you will receive a 10% discount on full course fees.
- Your enrolment is confirmed when payment is received.
- Classes must be paid for no later than ONE week prior to the commencement of class. You will not be permitted to participate in classes until full payment is made.

### PAYMENT/ REFUNDS

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

## Course Booking Slip (you will be sent a receipt & or confirmation of your booking)

Name: ..... Address: ..... Postcode: .....

Phone : (H) ..... Bus: .....

Mob: ..... Fax/deliver/email: .....

I would like to enrol in / information about: (course name/s and dates/times) .....

Please tick one: ☐ Attached is my cheque for the course

☐ I will come in and pay for the course at least a week prior to the course commencing.

☐ I have completed the credit card slip below:

Visa /Mastercard : Credit card No: \_\_\_\_\_ Expiry date: ..... / .....

Name of Cardholder: ..... Amount: .....

Signature: .....

Comments / suggestions / other information that you require: .....

I am interested in my child / children attending Occasional Care during this course if possible – **Yes / No**

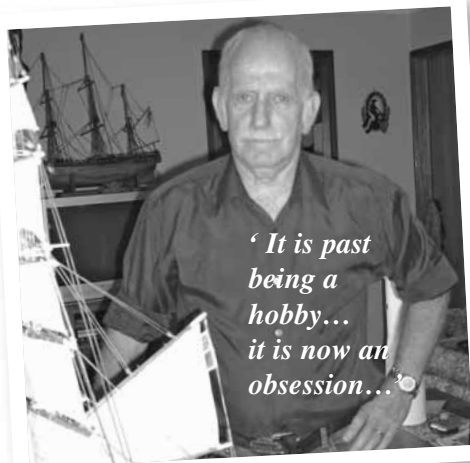
**Please post to SpringDale Neighbourhood Centre, PO Box 80, Drysdale 3222**



2008

# A Ship Builder of the 1800's

- Graham Brooks



*'It is past being a hobby... it is now an obsession...'*

Graham Brooks of Clifton Springs spends his spare time creating miniature replicas of the past in the form of ships. These models are meticulously built to scale and are correct in every detail. He has been constructing these over 10 years and it seems quite a short time for someone to develop the beautiful woodworking skills.

The first ship he built was for his son Terry, when he and his wife June lived in Queenscliff, where Graham was a professional fisherman. It took a life of its own and he has now built well over 10 large ships, 30 cousta boats and many more different styles of sailing ships.

He has constructed a model of the famous *Lochard* that was shipwrecked off the coast near Port Campbell and has since had keen interest in it from the Port Campbell Tourist Information Centre, where if all goes well will soon reside and be on show for all the tourists to view. There were over 150 collective hours of work in the *Lochard*. Its intricacies show where the work was most tedious.

Materials that are used are Cyprus Pine, Radiata Pine and some hardwoods. June painstakingly makes the sails out of calico.

The boats that he has made are all famous in their own right such as the



Left: Graham Brooks

Top: A replica of the *Lochard*

Right: An eye for detail and the skill to implement it is the feature Grahams' models.



*Lighting, Sovereign of the Seas, Champion of the Seas, Ariel, Scarsborough, Endeavour, Supply and the Alma Doepel.*

Another grand ship he has replicated was the *Harriet McGregor* and Graham explained that it was the longest keelboat ever built in Australia. The keel was made from one single piece of timber.

Other replicas include Whale Boats at Portland and the famous Queenscliff Life Boat which had a crew of 6 men and was housed in a shed at the end of the Pt. Lonsdale Pier. Later the end of the pier was washed away in a storm.

There is a special treat for the kids who are fans of the *'Pirates of the Caribbean'* and that is the replica of the Black Pearl pirate ship with their own pirates on board. These make wonderful presents for the kids. Graham and June sell these at the Queenscliff, Steampacket and Pt. Lonsdale markets.

His Lighthouses with a solar light in the top for a beam will also light up your garden. All these are a tribute to his craftsmanship and perseverance in completing all these models.

Graham has extensive information about the history of his ships and he whimsically announced his next 'project' might be the *George Roper*. Just something else that will occupy his time.

If you are interested in these models or wish to view them please call Graham Brooks on (03) 5253 1765.

## Portarlington citizen recognised in Australia Day Honours List

Mavis Pope was awarded the Order of Australia Medal for service to the community in particular through fundraising activities supporting the Royal Children's Hospital. Congratulations to Mavis and all those Australians recognised for their contribution to the community.

# Ray White™

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## DRAGON REMEMBERS

**SAT 19 APRIL 8PM**

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High Street, Drysdale

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

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## Drysdale Ladies Probus Club Inc.

At the first meeting for 2008 President Gresta read an abridged version of 'The Drovers Wife' from the Grade Five Primary School Reader in remembrance of Australia Day and the hardships faced by pioneering women. Members were handed an Australian Flag. What a great way to begin the New Year!

Guest speaker Mr. Richard Burns a retired Secondary School Teacher joined Volunteer International after the 2005 Tsunami. Richard was posted to a small island 1km in diameter in the Maldives in the middle of the Indian Ocean. The next volunteer was 3 hours away however he could text on his mobile phone to anywhere in the world. Transport to the island is by Doni boat carrying cement, goats, imported produce and of course people. The capital of the island Mali has ten shops where Australian milk and oranges from N.Z. could be bought. The only transport on the island is by bike or walking. The population of 2,400 people are all Muslim. As a Muslim community Sunday is the beginning of the week with Friday and Saturday being the weekend. In 2005 Richard cleaned the graves of those lost in the Tsunami, painted walls and was often invited to join the local fishermen.

Secondary school for students begins at 6.45am. The Koran is read for 1 minute at school each morning. There are 5 periods of work with a break for breakfast between 9.20 - 9.55am. School then continues until 1.50pm when the older students go home. Dress code for students is very high- short sleeved white shirt, tie, long trousers and black lace up shoes for the boys and white shirt and kilt



Richard Burns Tsunami Volunteer  
with Treasurer Robyn Delaforce

for the girls. Richard told us that most teachers are Indian and are brilliant and conscientious obtaining very high results.

Next month I will continue Richards very interesting talk about his more recent visit to Mali and the changes that had taken place.

**Yours in friendship**  
**Lesley Jones**

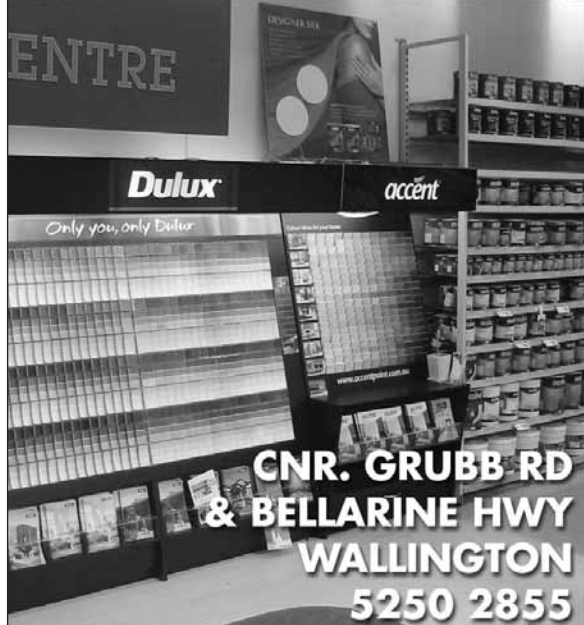
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## from the garden gate

*"A garden should be in a constant state of fluid change, expansion, experiment, adventure, above all it should be an inquisitive, loving, but self-critical journey on the part of the owner."*

(H.E. Bates. Author. 1905 – 1974) – from my special diary, "Australian Country Collections".

In December, when we had some rain, I thought we might have a summer without the need to carry on to the garden, buckets of water from the shower. How wrong I was! The bamboo has totally died, but won't be lamented. The fruit trees however, put on a good crop of tiny fruit only to have them fall onto the ground when they reached the size of golf balls.

During the holidays, good rain was received in places like Bright and Mt. Buffalo which we were visiting, but in our home rain gauge there was hardly enough moisture to register. I'm leaving this large garden very soon, but have been trying to keep it alive for the new owners. Our new garden will be much smaller.

Should anyone like to write a monthly column on gardens, I'm sure the Editor would like to hear from you.

**Meetings – CliftonSprings/Drysdale Garden Club**

**Uniting Church Hall, High Street Drysdale**

**Monday, 17 March, Monday, 21 April at 7.30pm all welcome**

**Enquiries - Rae on (03) 5251 2600**

**Good Bye and Good Gardening Wendy Hebbard**

*Goodbye Wendy - wishing you all the very best for the future and thank you for your regular contributions to the SpringDale Messenger on behalf of the Garden Club.*



**Drysdale Community Market**  
Fruit, vegetables, produce, arts & crafts.  
**16 March 9am - 1pm**

## BOKASHI UPDATE - Anne Brackley

### strawberries



How does my garden grow? It's not just growing its flourishing! The tomatoes planted 2 months ago have 9 layers of fruit on them, we've picked a couple of tomatoes and a few strawberries and I'm sure the main harvest is about to start. After 6 weeks the corn is 180cm (6 feet) tall and cobs are starting to form. I've picked one apple cucumber after 6 weeks and many more are on the vine. I planted the second garden bed 3 weeks ago and I already have little zucchinis.

The garden had very little water applied to it but the results are spectacular. We have used pea straw as mulch and I continue to add diluted Bokashi liquid to the garden bed daily. I am enjoying talking to people about the garden and also the Bokashi system of dealing with kitchen waste. If you have questions please feel free to ask or if you'd like to know about our next open garden please register your interest at SpringDale. Maybe we can start up a new self help

### tomatoes



group or run an information session if there is enough interest.

I am so grateful that Dr Tony Oh-Ishi introduced this to me and to the SpringDale Business Network. We are also working with Tony on improving grey water quality to prevent the slow toxic poisoning of our gardens. Please feel free to register your interest in being part of this trial with SpringDale.

**Rick Paradise**

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## Letters to the Editor

### Shopping Centre Precinct

I write again to commend you on your efforts to secure an alternative postal box in the Drysdale shopping precinct. I did contact the Postmaster about this matter a few years ago when we moved to the area, but received a negative reply.

I am continually frustrated and concerned at not only the inconvenience but also the potential danger for we elderlies as we run (or walk) the gauntlet negotiating the double parking problems near the Post Office. It seems this is most often caused by people wishing to post mail.

The population of our lovely area is becoming increasingly aged, and since the redevelopment of Safeway the whole shopping area is much busier. I believe a major

proportion of shoppers use the Safeway arcade regularly, so it seems totally logical for a postal box to be situated in this area, thus eliminating the need to park dangerously and selfishly near the Post Office, even if just for a quick minute.

A degree in rocket science doesn't seem necessary for the relevant authority to see the benefit to the community of this proposal, and I wish you every success in your endeavours.

**Colin McKenzie.**

**Drysdale**

### Parking on Saturdays

Was really pleased to see the increased parking spaces on Saturday morning in Hancock Street, Drysdale. Parking is such a big issue now in the area.

**Clare Hopwood**

**Clifton Springs**



## DISC GOLF

If you've seen some people throwing frisbees around Drysdale's Recreation Reserve you would be mistaken for thinking you were at the beach. In fact what you were witness to was the fun and exciting sport of Disc Golf. The sport is much the same as ball golf. However instead of using clubs to hit a ball in to a cup, you throw frisbees (discs) from a tee to a catching device known as a basket, in the least amount of throws possible. Disc Golf began in the United States in the 1970's and has grown to a multi-million dollar sport played on 2500 courses all over the world from Antarctica to Peru. It's fun, cheap and easy to play for everyone which makes it an excellent way for people to get outdoors and exercise.

Disc Golf in Victoria has come a long way in the past year. November 11, 2007 saw the first ever Disc Golf event in Geelong at the heritage gardens of Eastern Park. The field of 45 players, including 13 women, enjoyed the challenge of the two rounds of golf on the temporary disc golf course. Local Geelong citizens and Tournament Directors Andrew Ferguson and Jarrath Sweeten have set a new benchmark for Disc Golf in Australia and were really pleased with their first event. They believe it's the beginning of bigger and better things to come in Geelong and Victoria. The next step for the Geelong Disc Golf Club (GDGC) is to successfully install a permanent course in Eastern Park and in the future host a major event on the PDGA Tour. GDGC has also just announced that Disc Golf will be a feature sport in the 'Australasian Masters Games' to be hosted in Geelong in February 2009. The GDGC has also hosted 3 events of late at Australia's newest disc golf venue. Drysdale's Recreation Reserve has proven to be a fantastic location for the sport, it's thick wooded pines and undulating terrain make it a fun and challenging course for both beginners and advanced players alike. The monthly events have attracted players from Geelong, Melbourne and as far away as the Mornington Peninsula. The goal for GDGC now is to work on its latest venture of installing a course at the Recreation Reserve. Being a low impact, yet highly fun sport, it's perfectly suited for families and people of all ages and physical abilities.

**If you'd like learn more about Disc Golf and enter one of the up and coming events, go to [www.geelongdiscgolf.com](http://www.geelongdiscgolf.com) and [www.australiandiscgolf.com](http://www.australiandiscgolf.com).**

## Join the Drysdale/Clifton Springs Community Association

### for CLEAN UP AUSTRALIA DAY



**Sunday 2nd of March at The Dell in Clifton Springs**

**Registration - 1pm at The Dell (low tide is at 5-6pm)**

BYO barbeque food or picnic hamper for afternoon tea and/or an early dinner!

- Site Supervisor – Councillor Tom O'Connor
- Site Co-ordinator – Linda Gallus

Come and lend a hand to clean up our beautiful foreshore.

We will start at **The Dell** and work our way along the foreshore towards the stairs in an easterly direction.

The rubbish will be collected by the City of Greater Geelong from The Dell.

Feel free to bring along garden tools, gloves and spare garbage bags.

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# A Cook's Tale

## Easter and the Remembrance of Food Past

Traditionally Lent means crepes if the Cook has any eggs left after Shrove Tuesday's extravaganza. The season moves on – 12th Night has divulged all its secret ingredients - a bean for a King, pea for the queen, a clove for the knave, a twig for the fool and a rag for the maid.

Nuns in France have blown eggs, rubbed the shells with melted butter and then indulged in the good sin of licking their buttery fingers.

The more elaborate, and to us 'divine', Ukrainian Easter eggs "symbolise the Resurrection and a promise of eternal life". So long as Pransky (decorated Easter eggs) last "goodness will prevail over evil throughout the world". The symbols reinforce the Ukrainian acceptance of Christianity in 988: the eight pointed star represents the sign of the sun-god symbol of Christ, dots represent the tears of Mary, deer and other animals signify prosperity, the Triangle represents Trinity, the fish is a sign of Christ and the cross represents the suffering, death and Resurrection of Christ.

The Cook ponders the menus - is tropical fruit sinful? Are moist plump pulpy tomatoes on thick bread forbidden? Is roasted beetroot split open spread with olive oil and herbs wicked? Bread was at the beginning mused the Cook, flat golden sheets of ground wheat bubbling and bursting like lava. Oh thinks the Cook, I remember, I remember, toasting bread on too short forks at the open fire until my fingertips and the bread turned black. Escoffier would say "*Behold! a new dish!*". Although this comment was made about a plate full of thin, crisp, curling wafers which became known as Toast Melba. The Cook admonishes herself. "*Careful, this Easter week! Down, down, you thwarted glutton*".

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Sara Hussen Benn



Ukrainian Easter Eggs

## Easter Day Lamb with Pineapple

Two nights before eating, place a 2 kilogram leg of lamb in a deep dish. Sprinkle with salt then pour on 4 cups of red wine.

Cut one large onion into halves insert a clove or two and combine with two shallots. Add a bouquet garni tied with sage leaves, sprinkle on black pepper and some vegetable oil, cover and leave leg to marinade in refrigerator for 48 hours.

After marinade is completed drain lamb and wipe dry. Save marinade for basting. Place lamb in a preheated oven at 240 degrees for 20 minutes, then reduce temperature to 200 degrees and cook for 35 minutes. Baste the lamb with the marinade adding the onions and shallots.

Cook a further 35 minutes for rare or 45 minutes for medium rare. Baste frequently with marinade.

Meanwhile peel, core and slice a full pineapple. Melt 250 grams of butter in a pan over a low heat, add pineapple and brown in the butter. Cover with a lid and simmer until syrupy, season with black pepper.

**To serve:** Slice the meat from the underside of the bone and place around the edges of the serving platter.

Turn the leg over and with a sharp knife cut the whole piece of remaining lamb from the bone. Leave the meat resting on the bone then slice across the grain.

Place prepared leg on the platter surrounded by cut slices then baste with pineapple pieces in their sauce. Serve with green salad or braised lettuce and peas.

*Adapted by Sara Hussen Benn*

**Dame Nellie Melba**  
 Birth name:  
 Helen Porter Mitchell  
 Born:  
 19 May 1861  
 Died:  
 23 February 1931 (aged 69)  
 Opera Singer



## Peche Melba (Peach Melba)

Named after Dame Nellie Melba. Poach large peaches and when they are cold let them stand in the syrup in the refrigerator. Fill a glass bowl with vanilla ice-cream.

On top, arrange the peaches well drained and with stones carefully removed. Coat the peaches with raspberry puree (raspberries and nothing else simmered into liquid) lightly sweetened and flavoured with kirsch.

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COMPETITION CLOSSES 3PM MONDAY 24 MARCH

## Clifton Springs Primary School

We extend a warm welcome to all of our school community and also to our new families. We had a very smooth start to the beginning of the school year commencing with 11 classrooms, and four specialist areas, which are Visual Art, Music and Performing Art, Physical Education and Indonesian.

We will continue to focus on our 'Go For Your Life' initiatives and each morning our students can be seen around our school grounds participating in our fitness programs either with games, walking or using our playground equipment. In our classrooms our students are encouraged to bring in healthy snacks for their 'brain



**Top:** School Captains for 2008 - Katie Trewin and Keegan Dean



**Right:** Jackson Baylis enjoying his first day in Prep

food' and our Canteen will open with a new menu promoting healthy eating.

This term we have already begun our year off with Swimming for grades 4 to 6 and we will be able to select our swimming squad following this event. All our school will be involved in lessons and a visit to the Life Education Program.

At first assembly this year we presented our new student leaders their badges and they have already demonstrated their leadership skills in assisting at the swimming sports. These students will be outstanding leaders for our school with very strong values.

## Hosting the Bunyip Festival

We will be hosting the Bunyip Festival this year on Saturday 15 March. We hope this will be a terrific success this year and we have many new attractions to entertain all age groups within the family.

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- |                           |  |  |
|---------------------------|--|--|
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| ■ <b>Tuesday</b> 10.30am  | ■ Cardio training                              | ■ Personal attention during classes        |
| ■ <b>Wednesday</b> 1.00pm | ■ Resistance training in a circuit format      | ■ Fitness assessment and measurements      |
| ■ <b>Thursday</b> 6.30pm  | ■ Flexibility exercises                        | ■ Regular weigh in                         |
| ■ <b>Friday</b> 10.30am   | ■ Core Strengthening exercises                 | ■ 4 weekly awards                          |
| ■ <b>Saturday</b> 10.30am |  |  |

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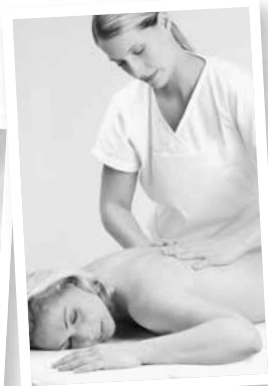
# What Massage Technique suits you...

The massage style that suits you depends on your personality and what you require from a massage it may be relaxation a deep tissue workout or stretching and balancing whatever the requirements it is important to have an understanding of the many techniques on offer. Here are my five personal favorite massage techniques trailed tested please enjoy one today.

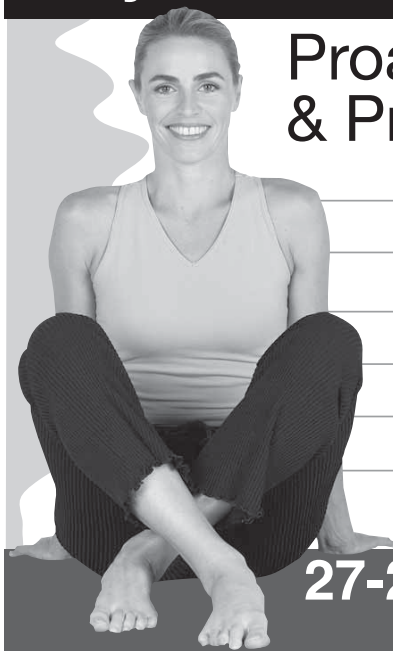
1. Swedish; commonly know as a relaxation massage using soothing gentle movements such as tapping ringing and kneading designed to ease muscle tension calm your mind and improve health and well-being. Fantastic for a first time massage.
2. Deep Tissue; uses deep pressure to release long held stress in your muscle tissue. This then reduces tightness, pain and flexibility improving your emotional well-being.
3. LomiLomi; 'Loving hands Massage' Based on a traditional Hawaiian form of massage this technique uses rhythmic and flowing strokes, gently yet deeply working into the muscles. This is a rejuvenating treatment aimed at restoring energy and balance and releasing emotional baggage.
2. Lymphatic Drainage; is a gentle light pressure manual massage that is used to stimulate lymphatic nodes which become tender if the body is overloaded with toxins. Used for achieving balance within your body in conditions such as edema allergies or migraines.
3. Thai Massage; is more energizing and rigorous than the classic forms of massage. Thai massage is also called Thai yoga because the therapist uses their hands, knees, legs and feet to move you into a series of yoga-like stretches. The benefits are improved circulation, relaxes, increased flexibility, stress reduction and aids in centering the mind and body. There is a standard procedure and rhythm to the massage when conducted.



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## CORYULE WARD/UPDATE

Cr. Tom O' Connor CoGG / Coryule Ward



*I am happy to announce some wonderful initiatives happening in our town.*

### Accessibility for All Abilities / Having a Say Conference

I had the pleasure to be master of ceremonies at the national conference. I would like to acknowledge the vision and support from Geelong Otway Tourism, the City of Greater Geelong, and Central Geelong Marketing along with keynote speakers – Tim McCallum, Janice Florence, Paul West from the Black Sheep Restaurant, Jo Manton from Access Audits Australia, and finally Valid for helping organise the venue. This year's conference attracted around 1000 delegates to Geelong and highlighted the vast range of needs and opportunities for elderly, vision impaired, mothers and mothers to be, together with the complete spectrum of the all-abled groups.

### Public Transport/Road Safety & general community issues

Last month's report covered a comprehensive range of issues and here are a few of the key elements -

#### i) Cleaning.

At the central City bus stops particularly, the inappropriate dumping of food wrapping and beverage containers still continues to be a problem. Moves are underway to relocate rubbish bins to more visible and accessible locations in the hope that they will be used instead of the footpath and adjacent areas.

#### ii) Bus Shelters.

The review of shelters on the North Bellarine routes has finally been completed with assistance from local Drysdale identity and popular driver, Ray Rogers, and his team from McHarry's Buslines. Particular attention was paid to the Potato Shed terminus traffic, especially during the hectic school hours, and various options are under discussion.

#### iii) Passenger and public transport road safety issues.

- i) Inadequate slip lanes for major roadside tourist and residential developments;
- ii) Inadequate run-offs and returns at bus bays, for both buses and passenger traffic;
- iii) Insufficient room for stationary vehicles adjacent to the main traffic

#### iv) Township and main arterial safety issues.

- i) Pedestrian crossings for schools and general pedestrian traffic.
- ii) After-hours lighting conditions along the main arterials through the townships.
- iii) Appropriate roundabout treatments to reduce the continual traffic bank-ups, especially during school start/finish times.

### Drysdale/Clifton Springs Structure Plan

Negotiations are underway with the Drysdale/Clifton Springs Community Association in conjunction with Springdale Neighborhood Centre for the first public forum – details will shortly be published in the local press and I urge you to come along and actively participate in the future shape and character of our township.

### Drysdale Library/Geelong Regional Library Corporation

Discussions are continuing with the Geelong Regional Library Corporation and interested community support groups relating to plans to upgrade facilities in Drysdale – more as a community hub providing a modern facility and service for all ages and abilities.

### Foreshore Sub Committee – vacancies

We are still looking for community minded people who are available for one meeting a month to discuss all matters relating to the Clifton Springs Foreshore. They will be required to assist with tasks, grant applications and liaising with COGG, Parks Vic, DSE,

local media and of course the community. Details are available on the Drysdale/Clifton Springs website and emails can be sent to [fscsecretary@iprimus.com.au](mailto:fscsecretary@iprimus.com.au) for further information.

### General items.

#### i) Drysdale Recreation Reserve.

The oval surface is responding positively to the careful attention from both Cricket Club and Football Club members along with increased watering and the recent rains. The Clubroom refurbishment is steadily progressing towards commencement subject to approval and acceptance of the archaeological survey report findings from AAV (Aboriginal Affairs Victoria).

#### ii) Portarlington Early Years Network

There is the COTA project, aimed at improving connectivity between and within townships as well as walking/cycling amenities in the activity precincts. This may sound a bit airy fairy but the design criteria behind the project are well worthwhile and will definitely provide major improvements to the overall township features in association with the upcoming structure plan works.

*Please do not hesitate to contact me should you have any ideas or suggestions that will help improve on the current programs.*

Cr. Tom O' Connor

E: [toconnor@geelongcity.vic.gov.au](mailto:toconnor@geelongcity.vic.gov.au)

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## St Leonards Sharks AFC

The new football (soccer) season for the Geelong Regional Football Association is set to start on Saturday, 12 April. The club for the north of the Bellarine Peninsula, St Leonards Sharks AFC, continues to expand in teams and infrastructure. This season the club is anticipating fielding the following teams, please contact the relevant coach for information about joining:

- Senior mens team  
(Geoff Briggs 0428 501 150)
- Senior womens team  
(Rick Tralongo 0437 859 769)
- Under 15 males team  
(Steve Reeves 0423 851 951)
- Bellarine Branch under 14 females team (Ian Weeks 0427 525 318)
- Under 13 mixed team  
(Murray Hall (03) 5257 2106)
- Under 11 mixed team  
(Frank Galan 0419 374 841)
- Under 9's program  
(Murray Hall (03) 5257 2106)

The club committee has been working hard in the closed season to develop its volunteer skills, administration and a new website that will help the club maintain its established family friendly spirit whilst keeping its competitive edge in the local competition. All coaches at the club are FFV accredited and will be undertaking working with children checks. New codes of conduct at the club ensure a safe, sporting and non-discriminatory environment.

We are grateful to Portarlington Newsagency for sponsoring our under 15 males team and Bellarine Peninsula Community Bank Branch of the Bendigo Bank for sponsoring our under 14 females team.

Keep an eye on our website (under development) [www.sharksafc.com.au](http://www.sharksafc.com.au) for further information, or contact the club president, Geoff Briggs on 0428 501 150.

Geoff Briggs  
Club President



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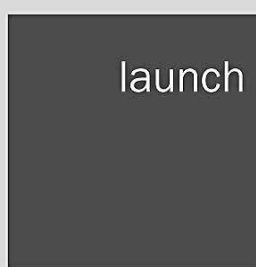
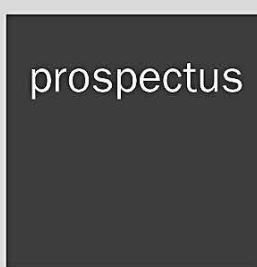
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| Chris Reymers | 5251 2145    |
| Craig Taylor  | 5253 3192    |
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