

# The SpringDale Messenger

ABN 21 404 220 267 >> Compiled & Published by the

SpringDale Neighbourhood Centre Inc.



## Information at SpringDale for Seniors



Senior's Week was celebrated at the SpringDale Neighbourhood Centre and the activities were well received.

The Centre was busy with visiting Seniors that were welcomed by staff and introduced to speakers from the Consumer Affairs, Envirosaver, and there were The Mill Markets, Bokashi Environmental Systems and topped off with a beautiful lunch facilitated by many SpringDale volunteers.

People bought along treasures for valuation, similar to the television 'Antiques Roadshow'.

Consumer Affairs Garry Jennings gave an excellent talk on 'Scamming' and Anne Brackley discussed the environmental system Bokashi.



## The Coffee Club a tasty winner



Julie Aylwin, Jordan, Ruth & Kathleen

A new course at the SpringDale was 'Espresso Coffee Making' conducted by Jordan Smith. It was attended by Assistant Coordinator Julie Aylwin, Ruth and Kathleen. The hands on coffee making was a very 'uplifting' affair.

Tastings derived great comments and all were more than happy to try the samples. This course will be popular, especially if you have just bought a lovely coffee making machine.

The small class was excellent for being able to have time and be shown how to perform the ritual of Espresso Coffee making.

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SpringDale Course  
& Opportunity Guide

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### Deadlines for December 2008 Issue Copy Monday, 3 November 2008

Distribution **Saturday, 29 November 2008**  
 Circulation **5000 Copies**

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

#### SpringDale Neighbourhood Centre

Opening Hours **Monday to Friday 9am - 3.30pm** during school terms  
 and by appointment **9am-12noon** during school holidays.

Compiled & published by the  
**SpringDale Neighbourhood  
 Centre Inc.** A0024916V

**17-21 High Street Drysdale**  
 Postal Address:  
**PO Box 80 Drysdale**

#### The SpringDale Messenger

Production & 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.

For all editorial and  
 initial advertising enquiries.  
**SpringDale Neighbourhood Centre**  
 P: (03) 5253 1960  
 F: (03) 5253 3050  
 E: [messenger@springdale.org.au](mailto:messenger@springdale.org.au)  
 W: [www.springdale.org.au](http://www.springdale.org.au)

## Community Calendar

### November 2008

- 1 **November – Men's Health Month**  
**SpudCLUB, Open Mic Night (Potato Shed)**
- 1-2 **St Leonards Community Festival**
- 3 & 4 **Charlottes Web & Christian College Year 10  
 performance (Potato Shed)**
- 4 **Melbourne Cup – SpringDale CLOSED**
- 6 & 7 **Quirk, Collision Dance (Potato Shed)**
- 8 **Annual Garden Flower Show,  
 Uniting Church Hall, Drysdale**
- 11 **Remembrance Day 11am**
- 11 **C.W.A. Drysdale 11.30 am general meeting,  
 1pm AGM Clifton Springs Golf Club  
 Community Rooms**
- 16 **Drysdale Market 9am-1pm**
- 21 **World Hello Day**
- 24 **SpringDale Business Breakfast 7am  
 Couch Potato Christmas Party (Potato Shed)  
 All Abilities Open mic Night (Potato Shed)**
- 25 **Bellarine Secondary College  
 Performing Arts Showcase (Potato Shed)**
- 28 **Fragments (Potato Shed)  
 Bellarine Jongleurs Variety Night (Potato Shed)**
- 30 **Portarlington Market 9am-2pm**

### December 2008

- 3-6 **Peninsula Players**
- 19 **Term 4 ends**
- 21 **Drysdale Market 9am-1pm**
- 25 **Christmas Day**
- 26 **Boxing Day**
- 28 **Portarlington Market 9am-2pm**

**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.

## Facilities @ the SpringDale Centre

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**The SpringDale Messenger**



# news

from

The SpringDale Neighbourhood Centre

Anne Brackley  
centre coordinator

I think I am the luckiest person in the world to have such a great team at SpringDale. Sometimes a small idea grows into a great event and a significant amount of time and energy is required to make an event a success. The whole team invests their hearts and skills into bringing each event to a success. I believe that everyone had a great time at our recent Seniors' day.

There are lots of new things happening at SpringDale. We have welcomed **Barwon Community Legal Service** for their first visit to the centre. They are keen to help anyone with a legal question on the first Tuesday of the month. You need to book an appointment with their office on (03) 5221 4744.

SpringDale welcomes an experienced counsellor from the **Geelong Rural Information and Support Service**, who will offer professional, confidential and affordable family and individual counseling, on Monday mornings. Please call Centacare on (03) 5221 7055 for further information, or to make an appointment.

**Consumer Affairs** are here 1st & 3rd Tuesday of a month, 1.30-3pm and they are getting more and more queries which they love. Book appointments with them on (03) 5224 8072.

Many people have been telling me how much they appreciate having the traffic lights near us – it's making it so much easier to cross the road. Also people are finding our increased signage to be helpful.

I'm not sure if everyone has discovered that the City of Greater Geelong Council electoral boundaries changed earlier this year after a review of population distribution. There were 4 months in which the community could participate in this process, the outcome was Drysdale and Clifton Springs is now split into 3 different electorates.

Part of Clifton Springs is in Coryule ward with Bellarine, Portarlington, Indented Head and St Leonards. The rest of Clifton Springs and most of Drysdale is in Cheetham Ward with Curlewis and Leopold. The southern side of Andersons Road including the schools in Peninsula Drive is in Bengala ward with Wallington, Ocean Grove, Point Lonsdale and Barwon Heads. It will be interesting to see how positive this could be for Drysdale / Clifton Springs with 25% of the councilors directly interested in our activities and priorities.

*Hope you find the fun in all you do*  
**Anne Brackley**  
for the whole SpringDale Team

## Expression of Interest SpringDale Crosswords

If you are interested in joining **The SpringDale Crosswords Group** on Friday mornings with Catherine Eagleson please register your interest at the **SpringDale Centre (03) 5253 1960**.

## What about an Audio Club at SpringDale.

Our good friend at SpringDale, Dr Tony Oh-ishi, would like to share his love of music with other like minded people. He would like to work towards having an Audio expo at SpringDale and would appreciate meeting with other community members who enjoy good music played on 'professional' equipment. Please register your interest at the SpringDale office.



What's Happening?  
@ The SpringDale Centre



## Mahjong

Mahjong is a tile game similar to Rummy Club with Dragons, Flowers and Winds that help double the scores. If this sounds interesting, come along and join our happy group every **Wednesday morning at 10am at SpringDale Community Centre**.

## SpringDale Business Breakfast

SpringDale Neighbourhood Centre invites you and your business to come along to a **BUSINESS BREAKFAST** to meet and greet other business owners in the area on Monday, 24 November 2008 at 7am in the SpringDale Community Hall. The cost is \$8. If you are interested in attending, this event, please ring SpringDale on (03) 5253 1960 to make your reservation.

## SpringDale Contributors please note...

If you are emailing an article to **The SpringDale Messenger** and are working with Word 2007, please save documents as; Word 97-2007 Articles, to make compatible with the systems that create Messenger. Thank you very much.



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## Bellarine Rail Trail

After much hard work from everyone involved, including friends of the Bellarine Rail Trail, the \$230,000 upgrade to the Bellarine Rail Trail is now completed. I recently attended the site and inspected the new shelters, toilet blocks and revegetation works at the Christie's Road crossing in Leopold. This upgrade will improve access and comfort and help

develop the trail into a great tourist attraction that will create more jobs in the local area. The project included installing two shelters at Moolap and Curlewis, a shelter with toilet at Leopold, interpretive signage, new car parks, sealing of 1.6 kilometres of the trail and beautification and revegetation works. Since the works have begun there has been a noticeable increase in the number of people using the Trail. It is used for many significant events such as 'Amy's Ride' which this year attracted almost 3000 participants.

Greater Geelong and locals who have been active in voicing their concerns and support for this project

## Go For Your Life

Another way in which the State Government is encouraging young Victorians to engage in a healthier lifestyle is a new interactive online game which promotes sensible eating and is part of the Go For Your Life program. It is called "Weigh Up your Lunch" and is aimed at 5-12 year olds to teach children and parents how to construct an A+ grade healthy lunchbox. More information is available from my office, or at [www.goforyourlife.vic.gov.au/lunchbox](http://www.goforyourlife.vic.gov.au/lunchbox).


## Local History Grants

Readers of the SpringDale Messenger who are interested in local history will be interested to learn that the latest round of funding for the Local History Grants Program is now open. This assists communities to tell their stories in a variety of ways by writing histories, preserving documents, using new technologies or simply by passing on the skills needed to commemorate and share the past. These stories and mementos reflect our rich and diverse culture and help to build your understanding of the many strands that have been woven into our community.

**For more information on the grants program, please contact my office on 52483462 or visit [www.prov.vic.gov.au/lhgp](http://www.prov.vic.gov.au/lhgp)**

As always, please do not hesitate to contact my office if there are any issues with which we can be of assistance.

Until next time,  
**Hon Lisa Neville**  
MP Member for Bellarine  
Ph: (03) 5248 3462



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**NEIGHBOURHOOD  
WATCH INFORMATION**

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

---

**GLG 68 - Doug Palmer**  
SpringDale, Drysdale  
**(03) 5251 2522**  
4th Monday • 2pm

## Drysdale Pedestrian Lights

I was pleased to be able to inspect the new \$195,000 pedestrian lights on the Geelong-Portarlington Road at Drysdale which have now been switched on. This will greatly improve safety, and is welcome news for the many school children and pedestrians who cross this busy road each day.

The Geelong-Portarlington Road, between Eversley Road and Drysdale-St Leonards Road, is the main Drysdale shopping strip, and is well used by pedestrians, motorists and school children throughout the day. Previously, these people have not had a safe crossing point, except the flagged school crossing at certain times of the day.

The new signalised crossing will allow pedestrians to safely cross the Geelong-Portarlington Road, between the car park and the shopping centre. As well as the new pedestrian lights, works will include the installation of tactile pavement marking indicators and audio assist for vision impaired users. Pedestrian movement detectors have also been installed to verify when people are using the crossing and adjust the timing of the lights accordingly. I would like to thank the local community, including the City of

## Bellarine Police Community Support Register



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L-R: Neville Ray, Neil Petrie business owner and Geoff Neagle



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## Free Legal Advice at SpringDale



Barwon Community Legal Service has recently started a new outreach program in partnership with the SpringDale Neighbourhood Centre. On the first Tuesday of every month, one of our qualified practitioners will visit the Centre and provide free legal advice appointments. Our service is an excellent port of call for people who have never been to a law firm and may be intimidated by visiting one. We provide advice on many different areas of law, including: Family Law, Criminal Law, Intervention Orders, Motor Vehicle Accidents, Traffic Offences, Neighbourhood Disputes, Wills & Powers of Attorney and Child Support.

The legal service has been operating since 1986, formerly under the name Geelong Community Legal Service. We currently employ 6 qualified practitioners (lawyers) whose specialties range from general law to family law. We also provide child support and welfare rights services in conjunction with our legal service.

Our funding allows us to provide services to people who work, live or study in the City of Greater Geelong, the Colac, Surfcoast and Bellarine Peninsula regions. As we have such a large area to cover, we recognize that many people may have difficulty accessing our services due to distance (our office is on Pakington Street). The Drysdale Outreach Program aims to bridge the distance and bring our free services to people who might otherwise be unable to access them.

As a community legal centre we are different from Legal Aid. We do not provide our services based on income or assets- we are free to all. In some circumstances we may be unable to assist with your matter due to limited resources, but our referral service is excellent and will hopefully put you on a path to a solution.

To see our lawyer at SpringDale Neighbourhood Centre, please make an appointment on (03) 5221 4744. Please feel free to ring this number regarding any enquiries or questions about our Outreach Program.

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# The Rocket Ship – Through Iodene's Eyes

## Who Is Iodene?

After regularly pestering her mum to take her to the beach, Iodene and her family have now moved just near the water, to Clifton Springs. Iodene loves to tell people about life through her eyes.

Ballarat writer and arts icon, Gregory Mannix, reported in his 2005 interview that, "Iodene is "perpetually nine years old, and comments on life through her eyes, she transports you into her fantasies, egocentric schemes and adventures in which she also loves to engage her family. The tales have the ability to rekindle childhood memories and dreams, in adults, whilst at the same time appealing to children.

Iodene says she is a fairy because she believes that they have a life of ease. The stories are written in rhythmic verse, touched with humour, surprise and sometimes a twist at the end."

*My mum's got this rocket ship; she says cleans up the house  
When I get on the top of it, the ride is really grouse  
She can't keep it a secret, when she gets it out to play  
I sure can hear it coming, at any time of the day  
If I get my timing right, I can jump right off my chair  
Landing smack dab on its back, after flying through mid air  
I have to hang on very tight, my arms wrapped right around  
The fairy handle on the top, while she covers lots of ground  
I suppose I must be lucky, that she takes me for a ride  
But I wish that in the cupboard, she wouldn't make it hide  
I wish she'd let me keep it, in a box with all my toys  
I'd love to have a rocket ship, that makes a rocket noise  
If I could get the rocket out, when mum was not at home  
I could learn to drive it, all on my very own  
I could fly along the hallway, like a racing driver pro  
Do wheelies round the corners, no need to take it slow  
I'll have to write to Santa, to see what he can do  
I just don't think its fair, that I don't have one too*

**By Valerie Baker 9th January 1999 ©**

**Illustration of Iodene by Dale Braybrook 2004 ©**



## Remembrance Day Tuesday 11 November

2008 commemorates the 90th anniversary of World War 1 and will be a particularly poignant occasion, given the recent verification of the findings at Pheasant Wood and the 170 odd Australian souls from the Battle of Fromelles, who are entombed there. This historical event will be held at Fort Queenscliff and everyone should be seated by 10.30am at the Fort for a service commencing at 10.45am.



## Drysdale RSL

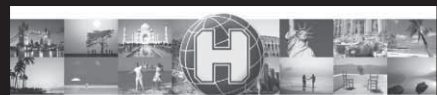
The Drysdale R.S.L. Womens Auxiliary meet on the 1st Tuesday in the month at 1.30pm in the R.S.L. Hall, 13 Princess Street, Drysdale. New members are welcome to join us by contacting the secretary, Pam Davis on (03) 5251 2328.



## Ride a Bike for Fun

Portarlington Pedal Group ride together various times a week for fun and fitness. Appropriate for all ages and abilities, phone Graham or Moira on (03) 5259 1651 if you are interested.

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# Everyone on Stage at DPS



Lights, music, action. Concert Week had arrived at Drysdale Primary. The seats were out and the stage was set for a week of celebration. Parents, grandparents and friends came from everywhere to witness the concert spectacular. In the lead up Mrs. O'Connor, the concert director, and all of the teachers had worked with the children to choreograph dances, choose music, learn lines and design props. A group of mums sewed diligently to prepare the costumes and finally all was ready.

The Preps performed on stage for the very first time. They wowed the audience with their talent and charm as they performed The Muppet Show. The Grade one's sang and danced to I'm Still Awake and the

Grade two's solved the case of The Missing Golden Bunyip. The entertainment kept happening with the Grade three's You Think You Can Dance, the Grade four's The Birth of the Flame and the Grade five's High School Musical 2.

It was a special year for the Grade six students as they had the opportunity to do three matinee and three evening performances of the Disney musical, Mulan. Their performances were stunning. Every one of the 79 children in Year 6 played an important part in bringing the whole performance together. They practised until they were perfect and everyone had so much fun.

## Clifton Springs Primary School

### Kids had the WOW factor in concert

This term commenced with our Annual Concert at the Drysdale PS Hall. It was a fantastic night of entertainment and all students sang and danced around the theme of 'Once Upon a Time'. Our Parent's Club organised a great variety of prizes for their major raffle.

Term 4 promises to be a busy but productive term with our Prep to Year 4 students participating in the swimming program. Bike education program will continue for Year 4 students and many of our students provided entries for the Geelong Show.

With plans underway for graduation for our Year 6 students we have also planned our 2009 Prep Orientation program which will commence in November. If anyone still wishes to enrol for our 2009 school year, enrolment forms are available at the Administration Office.

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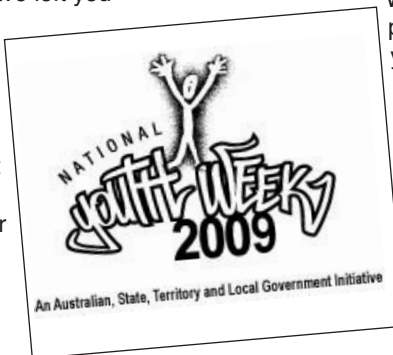
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## Hello everyone,

and welcome to a new issue of the Youth Page. The holidays are well and truly gone now, so they might have left you wondering, 'what is there to do'? Inside this month's page you will find all the information you need to get involved in the NYW (National Youth Week) next year. It's a very exciting chance for you to have your say on different issues/topics, and will be very advantageous in that your confidence skills will grow and you'll have a fun time also. It couldn't hurt you to consider the possibility of getting involved whilst reading the article. The website that holds further details will also be here for you to access on your computer. So, have a browse at what's available for you to do at the NYW in 2009, and don't hesitate in getting involved.



## National Youth Week '09.

This national, state, territory and local government initiative gives young people aged 12-25 the chance to plan an event/project, to get the youth of Victoria more aware and involved. If you're interested in expressing your ideas and views on issues that affect your life, whilst having a lot of fun, then National Youth

Week 2009 could be the perfect opportunity for you. During the planning and preparation of your project, you should try to get as many young people involved as you can. The more input you have, the more your event will come together with ease. A few ideas for projects

or events to organise are:  
a performance event, eg. live music or theatre, an exhibition, a dance party or festival, sporting event, environment or conservation project, an event to raise awareness of mental health and well being of young people. A safe and secure, alcohol, smoke and drug free event is a good event. If you want to run a NYW event, you may be eligible for a grant. To obtain a grant, first you need to have legal status as an organisation. The easiest way to do this is to find an auspice organisation. An auspice organisation receives the grant and supervises, whilst making sure that your project is completed on time. The organisation can be a school, local government or not-for-profit organisation. If you aren't sure who to approach, your local council's youth worker might be able to help you. A \$2000 grant is available for groups of young people working with one organisation and \$5000 for collaborative partnerships between young people and two or more organisations. For more information, and all the details on applying for this exciting opportunity, visit the youth central website: [www.youthcentral.vic.gov.au](http://www.youthcentral.vic.gov.au) and click on the link for National Youth Week 2009. The earlier you apply, the better.

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## Why not give ballet classes a go

Never before have there been so many extra curricular studies children can get involved in after school. At the present time dance is making a big impact on extra curricular studies. This has been influenced by live dance competitions being presented on television at prime viewing times and more dance programmes being presented in Primary and Secondary schools. Very often the judges of these dance competitions commend the dancers on their basic technique. Therefore if you are considering dance studies as part of your child's extra curricular studies why not consider the advantages of classical ballet.

From an educational point of view ballet assists with right and left brain development, spatial reasoning, memory, listening skills and critical thinking and of course all of these factors will have a positive influence on academic performance as well as awaken the artistic avenues of the mind which are often forgotten in this time of external stimulation. As for personal development the ballet class fasters self-discipline, the ability to work with others which leads to firm friendships and good self esteem.

Most dance teachers agree that ballet technique provides a very strong base from which it is far easier to go on and study other forms of dance. Therefore all vocational fulltime dance courses include classical ballet in the curriculum. Ballet provides the base for the student to understand, posture, balance and weight transfer, spatial awareness, freedom of movement and develops musicality and broadens the imagination. Ballet training will always enhance their development.

The Ballet School prides itself on providing a friendly and creative environment where students have the opportunity to discover the joys of dance and movement. Class numbers are kept small to provide personalised attention. All staff are qualified and government accredited teachers. This is important when at this time as a developed world country the dance industry in Australia is still unregulated.

**Allegonda Deppe, BA, FCBA, FCBI**  
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**See you there!**

# Hansel & Gretel - delighted the kids



Encore 4 Kids delighted school holiday audiences once again in October with 'Hansel and Gretel'. Doris the witch proved very popular by the end of each show, even making some new friends – not bad for a nasty green witch! Keep an eye out for the next school holiday show in January and don't forget to let us know if you want to be added to the mail list for advance notice and a head start on colouring competitions.

The girls were out in full force for a Mamma Mia themed Desperate Housewives night hosted by the ever popular Gems. A fun night was had by all and this annual event seems to be growing momentum so look out in 2009!

For a change of pace the Geelong Harmony Chorus held 'Songs at the Supper Club' and these proved very popular with two shows being performed to very enthusiastic audiences.

For those of us with itchy feet, Harvey World Travel held an expo showcasing some fantastic holiday ideas, once again proving the versatility of the Potato Shed.

Coming up in November we will be the base for many school performances! as the year draws to a close and the students display the fruit of their hard work.

We would like to wish all of the students and staff who utilise the Potato Shed throughout the year all the very best with upcoming performances and the completion of the school year.

Don't forget about the final morning showtime performances 'Top of the Pops' and 'A Christmas Carol' and due to popular demand 'Quirk' will return for two more shows – see below for dates and booking details.

*See you at the Shed!*

# WIN

**A DOUBLE PASS  
AND COMPLIMENTARY  
DRINK EACH TO**

★ **'Top of the Pops' Morning Showtime** 10am  
★ ★ ★ ★ ★  
**Tuesday 18 November**

## THE POTATO SHED

To enter fill out the coupon below and send or deliver to: **SpringDale Neighbourhood Centre**  
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**COMPETITION CLOSSES 3PM WED 12 NOV**

## POTATO SHED

Group Discounts available for all shows. For further information on any of our upcoming events or to book tickets call the **Potato Shed on (03) 5251 1998**. Tickets can also be purchased at any City of Greater Geelong Customer Service Centre.

**18 NOVEMBER**

### 'Top Of the Pops At the Drop of A Hat'

**Morning Showtime 10.30am**

Tickets: \$13.00 including Morning Tea

## WHAT'S ON IN NOVEMBER

**1 November**

**Spud Club**

**Open Mic Night – all welcome!**

7.30pm • \$5 entry includes

1 complimentary drink

**3 & 4 November**

**Charlottes Web**

**Christian College Year 10**

**Performance**

7.30pm • \$8 Ph: 5221 1577

**7 & 8 November**

**Quirk**

**Collision Dance**

7.30pm • \$15

**24 November**

**Couch Potato Christmas Party**

**All Abilities Open Mic Night**

7.30pm • Gold Coin Donation

**25 November**

**Bellarine Secondary College**

**Performing Arts Showcase**

7.30pm Gold Coin Donation

**28 November**

**Fragments**

**Bellarine Jongleurs Variety Night**

7.30pm \$10

**30 November**

**Dancehouse Spectacular 08**

**Ocean Grove Dancehouse**

11.30am & 2pm

Adults \$13.50 / Concession - \$7

**CHARLES DICKENS  
PERFORMS**

**'A CHRISTMAS CAROL'**

Bookings  
Recommended



**10.30AM & 7.30PM**

**TUESDAY 9 DECEMBER**

**Charles Dickens performs 'A Christmas Carol'.....**

Dickens, played by Phil Zachariah, presents his uproariously funny, profoundly moving story of redemption; of a soul saved and a life made good.

"This outstanding performance was created with the assistance of Dickens' own prompt copy, including directions in the author's handwriting, and numerous contemporary accounts. This production defies expectations." Anne-Marie Peard, AussieTheatre.com

**Tickets**

**Morning Showtime: \$13 including Morning Tea**

**Evening Session:**

•Adult \$17.50 • Family \$50 • Child/Concession \$13.50

## POTATO SHED

The Potato Shed, Bellarine Multi Arts Centre  
is located at 41 Peninsula Drive, Drysdale.  
Ph: 5251 1998

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## Combined Probus Club Clifton Springs/Drysdale

Saturday, 27 September was not a good day for Cat's supporters. However on the Friday night, 31 members, old and new gathered for an AFL

Grand Final Eve social get together at President's Graham's new heated outdoor entertainment area. No Hawks were spotted during the evening but Cats and Dogs were in attendance. The ladies provided excellent

refreshments and competitions such as 'spot the ball' and guess the committee member's baby photo made for an interesting and enjoyable evening.

Our next meeting will be held on Monday, 10 November when we continue with our M & M theme (music & medicine). Those of you who read the Addy magazine last



month may remember the article on Peter Roberts, Australia's sole practitioner of music thanatology. He will be our guest speaker talking on 'the role of music in medicine' including a show and tell of his instruments. As the article stated, Peter uses his harp to bring a sense of peace to the ailing hospital patients. After the meeting there will be a social BBQ for all members and guests.

Memberships are still available for both couples and singles. Guests and visitors are most welcome to all our meetings. These are held on the second Monday of each month starting 10am at the Clifton Springs Golf Club, member's room. Planning is continuing for the Christmas lunch to be held at the Grand Hotel, Portarlington.

**For further information please contact Brian on (03) 5253 1448.**

## Drysdale Senior Citizens Club

We haven't got a lot happening in November. Bingo is the first Monday, 3 November, and lunch at Leopold Sportsmans Club on November 18 at 12 noon. Everyone is welcome, just let us know and we will put you on the list, and if you need transport. This will be the last lunch this year because we have Christmas lunch at the club the following month which is for members only.

The club is going well. We have good crowds at indoor bowls and cards, still need more for craft class on Thursday afternoon, and are short of people to play snooker. It's a three quarter size table and we have everything here for you. You don't have to join the club right away, come up and see if you like it first. The exercise class is every Wednesday morning 11am to 12noon, cost is \$5.00 and it is a good workout. Come up and watch to see if it's suitable for you. We have a trained teacher and she is very good.

Some of our members who have been sick are back with us again we are pleased to say, but we still have a few off so we wish them well and we are thinking about them.

**Esther and Mary**

## Drysdale Ladies Probus Inc.

Our guest speaker for August was Warren Cato. Warren is one of our valued paramedics who run the MICA (Medical Intensive Care Ambulance) service. It was very interesting to learn the way in which the Ambulance Service works, the equipment used and what to do in an emergency. Warren is the Station Officer at Torquay. We appreciate the time taken out of his busy life to come and speak to us. Many thanks to Warren for his valuable and informative talk.

In September Captain Samarica Payne and Captain Helen Jenner gave a brief history of Queenscliff and Fort Queenscliff. On 23 June 1853, the Lieutenant Governor of Victoria established the first settlement of Queenscliff. The first town lots were sold, granted and a lighthouse was established. By 1854, the first cottages for pilots were built as well as for the officer at the Quarantine Station at Gellibrand Street.

Warren Cato  
Station Officer  
at Torquay



During this time a church and a second lighthouse were built and so the history of the area continued. Fort Queenscliff has been classified by the National Trust and entered in the Register of the National Estate.

A museum was established at Fort Queenscliff in 1982 to show the significance of the Fort in the local, state and national context and to provide a centre for historical research. Tours can be arranged to see over the Fort and both Captain Payne and Captain Jenner urged anyone with a story to tell or any photographs depicting history of Queenscliff and surrounding areas to see them, as this will add to the archival centre at the museum. Many local people have already been to the Fort, but another visit to see recent developments is very worthwhile. Since the very interesting talk

some of our ladies have taken their grandchildren to the museum and looked at photographs of relatives.

**Yours in Probus Friendship  
Lesley Jones**



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**Sunday 10.00 am**  
(Includes Kids ROK Zone & ROK Toddlers)

**276 - 290 Jetty Rd Drysdale  
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**DRYSDALE  
COMMUNITY CHURCH**

**ART EXPO 2008**

Featuring art works for sale at Studio prices  
by well known & emerging local artists.

<b>Friday</b>	<b>31 October</b>	<b>7 - 9 pm</b>
<b>Saturday</b>	<b>1 November</b>	<b>11am - 4pm</b>
<b>Sunday</b>	<b>2 November</b>	<b>11am - 3.30pm</b>

Gold coin donation on entry  
**276-290 Jetty Rd, Drysdale.**  
**For more details call (03) 5253 2241**



# A Cook's Tale

Sara Hussen Benn

Sara Hussen Benn trained at the Ecole Ritz Escoffier in Paris and cooked authentic French food.



## Moonbeams on the Paradise Tree

The Cook is knee deep in dried glacé fruit, wading in crystallised fruit up to her knees. She hums a Russian love song to make the moment sweeter. All her childhood surrounds her. Shiny paper bags of nuts, crinkly rumpled sheets of chocolate squares, boxes bursting with special 'just in time for Christmas' prunes'. Gertrude, the Dog is wild with gluttony.

The Cook's mother Gertrude for whom Gertie dog was named, loved the excitement, the fever, the race and the pace of feasts; their frivolity, their 'do or die - just before the grocer closes' for the holiday air. The Cook stops humming, she listens again to the tale of the Paradise Tree. Her mother's voice was saying "I had been to mass and been given a Holy card that showed a Paradise Tree. I was shot through with desire. I walked all the back streets, peering into gardens and alley ways. Finally I found an abandoned leafless branch in a pot. I ran like the wind home to Mary, my mother. We carefully set it up in a pot of soil. My mother trimmed off all the dead and dying and broken branches until we had something like a cross. We then polished apples with melted butter until they shone like rubies. Then we made a hole right through the core and threaded ribbon through. This we then looped and

tied to the branches. A Paradise Tree to welcome Jesus."

The Cook sighed, Oh ma, tell me about the moonbeams! "This was during the war and your father was in the army. The shops were empty of treats, and it seemed no-one laughed anymore. Then the grocer announced that he had a special shipment of moonbeams due. I had no idea what moonbeams were but I was desperate to get some for you. There was a queue right around the corner and we waited for hours, then suddenly there they were! Moonbeams! pyramids of pink, blue, yellow and green snowballs! I battled my way to the counter and got as many as I could and then raced home with them. Then I made a huge pyramid topped with silver sugar coated almond." The Cook had sniffled and sobbed and guffawed endlessly through the memory of the moonbeams and the Paradise Tree. Somehow the bags, the boxes, the dishes holding all her precious ingredients seemed if not cheap, certainly far from moonbeams.

But I am the Cook, thinks the Cook, a magician, a wizard, a transformer of dross into gold! Sprinkle the magic dust and let the adventure begin.

### tips for cooking

- Adding bread soaked in milk to sausage roll or meatball mixtures makes for a much lighter and more tender texture.
- If a recipe calls for straining through muslin, and it is not available, you can use a clean damp cloth.

- Before using dry ingredients, smell and taste them for freshness as 'dry' doesn't mean they have an indefinite shelf life.
- The colour of gills on a mushroom are an indication of the age of the mushroom. Pink gills generally mean a young mushroom, dark gills are an older mushroom. The darker the gills, the darker the sauce and the stronger the flavours.

For these and more tips visit [recipefinder.ninemsn.com.au](http://recipefinder.ninemsn.com.au)

## Pears Melba

(Poires Melba)

### Ingredients

Pears  
Vanilla Flavoured Syrup  
Vanilla Ice-cream  
Raspberry Pureé  
and an Anjelica Leaf tying  
and decoration

### Method

Choose juicy pears of medium size.  
Poach them in Vanilla flavoured syrup and leave to cool.  
Slice pear in half, remove core and fill one side with ice-cream, place the second half on top, tie halves together with strips of Anjelica. Finish with a leaf of Anjelica and a pool of Raspberry pureé.

## Healthy Spinach

Spinach is a rich source of iron, has a high calcium content, very good dietary fibre, and is an excellent source of Vitamins A, B2, C and K. Spinach has bright green leaves which can be used raw in salads or cooked in water for a couple of minutes.

*Why not be like Popeye the Sailorman and eat some spinach today.*



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## CORYULE WARD/UPDATE

Cr. Tom O' Connor CoGG / Coryule Ward



There is some great news as we head towards the summer months, the peak tourist season and all the joy that brings, just don't mention football!

On the environmental front, we are looking at taking real actions towards a more sustainable and wholistic approach to life in our region. The biggest ticket item is a new \$50 million facility that will be built at Point Henry by DiCOM AWT Operations Pty Ltd to process approximately 75,000 tonnes of mixed and green waste into green power and compost.

This facility will take all waste other than the packaging recyclables, then separate out the food and garden organic material for processing.

### Clean Green Bellarine

The past month has been a busy one for the team behind 'Clean Green Bellarine' a local group focused on improvising the management of water, minimisation of waste to landfill, renewable energy, and biodiversity across the Bellarine.

### Traffic and Transport

At long last, the High Street pedestrian lights are up and running and will help with increased demands, as well as provide for our future traffic growth.

In response to complaints about the intersection of High Street and De Burgh Street, VicRoads are developing a proposal under the Blackspot Program to improve safety at this dangerous intersection.

The proposal is planned to include a pedestrian refuge; improve sight lines for pedestrians; streetlighting; and the removal of or reduction to the left-turn slip lane.

### Bellarine Equine

The Bellarine Equine Strategy is being formulated to enhance relationships between industry participants and garner support for all things horse-related. While plans for a festival are still in embryonic stage, the notion is still on the table and has generated early offers of involvement.

### Clifton Springs Foreshore Management Plan

The Clifton Springs Foreshore Management Plan works continue with the western Dell steps now installed and removal of the fencing targeted towards the end of this month.

There has been a good response to the groynes tenders and in the next few weeks a works schedule for the construction period will be finalised.

Well done to everyone for being interested and involved in our community. I'll update you again next month but in the meantime, and any other time, please don't hesitate to contact me about issues in our area - my direct line is 0439 303 537 and email address [toconnor@geelongcity.vic.gov.au](mailto:toconnor@geelongcity.vic.gov.au).

## Book Club

Book in Review -  
'Breath' by Tom Winton

We met again on one of the coldest nights this month, and were very glad of a good heating system! We have just read Tim Winton's book 'Breath', so had a round table discussion of the book. One of the good things about the book club is to hear the different viewpoints of the readers, and again this time there was a range.

We are continuing to explore the 'Books Alive' guide, and have chosen Pulitzer Prize winner Geraldine Brooks new book called 'People of the Book'. It is quite different from the previous books we have read, and it will be interesting to see how the group views it.

Afterwards we just had time for a cuppa and cake, (someone had been busy!) before it was time for Lucy to send us on our way. The next meeting will be on Monday, 3 November, so again, anyone who would like to come will be very welcome, and if you have time to read the book first that would be even better.

Kaye



## 'MEET THE CANDIDATES' FORUM

COME AND MEET THE CANDIDATES.

The Drysdale/Clifton Springs Community Association Inc. have invited all the known Candidates standing for the City of Greater Geelong Elections for  
**CHEETHAM WARD**  
**CORUYLE WARD**  
**BEANGALA WARD**

These are the three (3) Wards that the community of the **Drysdale /Clifton Springs** area, that is the Post Codes of **3222** and **3221**, are involved in electing.

**WEDNESDAY 12 NOVEMBER**

**7pm to 9.30pm**

**THE DRYSDALE FIRE BRIGADE ROOMS, PRINCESS STREET DRYSDALE**

This is the Community's opportunity to put a face to the name that they must choose on Election Day and raise the local issues and needs that they, as voters, see them.

Once again our thanks to the Drysdale Fire Brigade for their provision of the Rooms for this important Community Forum.

**PORTALINGTON** will hold a 'Meet the Candidates Forum' for Coryule Ward 3223 Post Code **Monday, 10 November at 7pm Parks Hall.**

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## What is a Domain Name, and do I need one?

Most, if not all, internet activity today uses domain names. Using a URL – Universal Resource Locator – to view a websites, like [www.springdale.org.au](http://www.springdale.org.au), or using an email address like [office@springdale.org.au](mailto:office@springdale.org.au). In each case the domain name is 'springdale.org.au'.

If you only use email, do you need your own Domain Name – does it matter?

I believe the answer is yes to both. Each time you connect to the internet, you do so through an ISP – Internet Service Provider – like Telstra or iiNet for example. Once connected you'll probably have been provided an email address (or two) like [a.person@bigpond.com](mailto:a.person@bigpond.com) or [a.person@iinet.net.au](mailto:a.person@iinet.net.au). Alternatively you may be using one of the many online email services, like Google or Yahoo, and use [a.person@gmail.com](mailto:a.person@gmail.com) or [a.person@yahoo.com.au](mailto:a.person@yahoo.com.au) instead. The main reasons for using your own Domain Name for email, and why I think it is important, can be summed up as follows: Trust, Security, and Future Proofing.

Trust refers to Proof of Identity, from where and from whom an email is sent. Online email accounts (as mentioned above) are free to register, so anyone in Australia can register [springdale@yahoo.com.au](mailto:springdale@yahoo.com.au) if this account is still available. They don't have to show any form of identification – regarding SpringDale – to get this account because Yahoo doesn't require any. The same thing applies to ISP email accounts – like BigPond or iiNet.

Security is in relation to the full control over your accounts. By using your own Domain Name you can decide who, and possibly from where, email can be sent. Not just anybody can get a [springdale.org.au](mailto:springdale.org.au) email address.

Future Proofing: there are two things that will most likely happen to your email, in the future, that using your own Domain Name will avoid. You change your ISP (or you get so frustrated by SPAM that you decide to use some other service), or that, particularly in an organization, inevitably someone will leave and another person will take their place.

It will probably be quite an effort to ensure the smooth transition to a new email address, especially if you've got your old email printed on

your business card; you'll need to have new cards printed as well. By using your own Domain Name, you can transfer it, and all associated email accounts, to

almost any other service provider. The email address that you used previously will, after a little delay in transferring and setup, work again as before.

What happens if someone leaves?

If all correspondence, regarding your organisation, has been via [a.person@yahoo.com.au](mailto:a.person@yahoo.com.au), their personal email address, then when they leave they take this account and the public contacts with them. They won't be able to give this email address to their successor, as it's (probably) also used to keep in touch with friends and family. If email is sent to [messenger@springdale.org.au](mailto:messenger@springdale.org.au) it will always go to the right person, regardless of who that now may be.

Next time I'll let you know how to register a domain name.

Until then, if you have any questions about Domain Names, or any other related questions, please send an email to [messenger@springdale.org.au](mailto:messenger@springdale.org.au) (Attn: Pierce Jaques in the subject line).

Pierce Jaques

**outside  
the  
BOX**  
with Pierce Jaques

## Lions Youth of the Year Quest

Cassie Page, of Bellarine Secondary College won both the public speaking and overall winner segments in The Lions Club of Portarlington/Drysdale Club Final. Cassie's 5 minute prepared speech was 'The Lost Art of Communication'.

On Sunday prior to the public speaking segment of the Quest, each contestant was interviewed by three judges to assess their leadership, cultural/sporting, citizenship, personality, general knowledge and academic achievements. 80 points were allowed for the interview and 20 for public speaking segment. Judges were Drysdale National Australia Bank Manager Lynda Phillips, retired teacher Peter Morris and Chairman of the panel, retired teacher Tony Loughman, who commented on the high quality of all contestants.

Club Youth of the Year Chairman Lion Mclean, said each contestant was considered a winner having the courage to go through the interview process, answering two impromptu current affairs questions and then make a 5 minute prepared speech of their own topic in front of adults that they have never met. The function, attended by about 50 people including Lions, parents, friends and teachers, was held in the newly refurbished Lions Den at Portarlington Lions Village and catered for by the Lions Ladies. Other contestants were Claire Drever, Emma McQueen and Nicole Nash all from the Bellarine Secondary College.

The National Bank Australia has been major sponsors of the Lions Youth of the Year Quest for a number of years. Lions perceive this Program as being very important for young people, and are one of the Lions Club's major Programs for Australia's youth.

After a series of Club, Zone, Region and State Finals each state and National Finals, each State Winner is awarded a chaperoned trip around Australia, including attendance of the Lions Multiple District Convention for the grand final judging.

Eventual winner of the Australian Youth of the Year Quest is awarded a trip overseas travelling through some of the World of Lions International as an ambassador for Australian Lions.

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## BELLARINE VETERINARY PRACTICE

### OPENING HOURS

Mon - Thurs 9am- 6.30pm  
Friday - 9am-5pm  
Sat - 8.30am - 12.30pm



108 HIGH STREET DRYSDALE  
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## New minister at Drysdale Uniting Church



*Reverend Christine Moimoi and her husband, Latu*

Drysdale Uniting Church is pleased to welcome the Reverend Christine Moimoi as its new minister for the Worship @ 9 service group. Christine has come to Drysdale from Canberra, where she worked for 11 years. Her appointment is shared with Leopold Uniting Church. Her husband, Latu, is a retired minister who was born in Tonga. They are now living in Belmont and spending lots of time on The Bellarine.

Drysdale's Worship @ 9 is looking forward to Christine's leadership as she takes them forward in their journey with Jesus Christ. Christine will lead services on the second and fourth Sundays at 9.00am, with the first and third Sundays led by others. All are welcome to attend. Worship @ 9 is a contemporary family-friendly service.

## SpringDale and the Environment

Climate change is of growing concern to our community and at SpringDale we recognise the importance of environmental considerations in our workplace and decision making. SpringDale has registered with 'Grow Me The Money' which endorses environmental sustainability. If you would like to register your business or find out more about 'Grow Me The Money' visit [www.growmethemoney.com.au](http://www.growmethemoney.com.au)

### Waste Wise

SpringDale is a member of Waste Wise, a program managed by Sustainability Victoria, to minimise waste and maximise the efficient use of valuable resources.

### Recycling

SpringDale recycles all paper and cardboard and endeavours to buy products made with recycled paper.

### Plastic Bags

SpringDale does not use any plastic bags. Paper bags or biodegradable bags are used where possible.

### Water

SpringDale is committed to reducing water use.

### Printing

Before printing SpringDale uses the saying 'Read and think, before you print'.

If SpringDale can save energy and help the environment, maybe you too can help and save money at the same time.



## SpringDale - it is all in the name

**SpringDale** shares its name with various other organisations across the world.

**Springdale** is the name of a property on the Hamilton Highway at Stonehaven.

**Springdale** is a town in New South Wales with a postcode of 2666.

**Springdale** is a city in northwest Arkansas in the United States with an estimated population 2007 of 66,000 people.

**Springdale** is a school in Broadstone, Dorset, England.

## 'ATTITUDES 6' at The Old Mill, Portarlington

Once again, this wonderful old historic mill at Portarlington will become the perfect venue in which to showcase the exciting exhibition of exceptional artworks by 'Attitudes'; a group of mainly local artists who have exhibited during the months of December and January, much to the delight of both local residents and the hundreds of visitors for the past five years. This exhibition features the paintings of the 'Attitude Group' artists **Jenny Lester-Smith, Susanne Johns, Dresley Robins, Julie Morison and Jan Vetma**. Due to the exhibitions overwhelming success, our guest artist will be **Gillian Johnson** with her display of glass mosaics.

During this exhibition, some artists will be demonstrating at times and regularly available to chat to. All artworks are for sale and a special feature for those just looking for a little gift idea - our unique 'Attitudes gift shop', toilets are available and ample free parking. The 'Attitudes' 6th Annual Art Exhibition opens to the public on Saturday, 6 December and will remain open all through December and January.

### Opening hours

**December: Sat -12 to 4pm**

**Sun - 12 to 4pm**

**January: Sat - 12 to 4pm**

**Sun - 12 to 4pm**

**Wed - 12 to 4pm**

**Exhibition closes the end of January.**

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## health & wellbeing

### Appreciating the little things in life

In 2008 the focus for mental health week is on 'Appreciating the little things in life' - promoting the value of developing positive thinking and an optimistic outlook on life. Focusing on the positives and dwelling less on the negatives is one way we can build our emotional resilience, reduce stress and enhance mental wellbeing.

Researchers at Baylor University in the U.S. have been studying the impact of exercise on women's health since 2002.

#### Some of the findings:

**Happiness:** Women report that their outlook on life improves with their fitness level but the social contact and regular routine also improves their mood, distracts them from worry and makes them feel a lot better. Depression, anxiety and general boredom decrease as they build a strong network of supportive friends with whom they meet and exercise regularly.



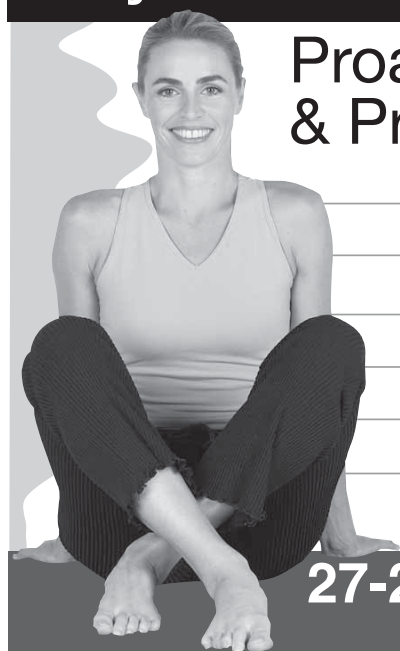
**Sharper mind:** Studies show that women are less likely to experience a decline in cognitive function if they exercise regularly as they age. Exercise has been proven to boost brain power, however the mental activity involved in exercise may also have a positive effect on stimulating brain productivity, by stimulating the nerve cells in the brain, strengthening cognitive connections.

#### Confidence and can-do attitude:

As your body gets stronger, your faith in your abilities does too. With new confidence inspired by pride and determination, your image of yourself is also strengthened. According to research, regular exercise inspires you to make other healthy and long-desired changes in your life.

April Archbold  
Curves Bellarine

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### The Tooth Fairies at Point Lonsdale

Bellarine Community Health (BCH) provides community dental services for people who hold a current health care card, pension card and for their dependants. The program provides emergency dental services and general dental and denture services to those people that are on the waiting list.

BCH Dental also provides regular care to preschoolers and has recently taken on school dental services.

This means that all preschool and Primary school children up to Grade 6 can receive dental treatment. Adolescents in

Secondary School and school leavers under the age of 18 years must have a health care or pensioner concession card.

The School Dental service promotes the following dental care.

Although regular dental checkups are an important part of your oral health care, what you do between visits is just as important. You and your family can maintain good oral health by eating a variety of nutritious foods, drinking plenty of water and maintaining good oral hygiene through brushing, flossing and regular dental check ups. The four key oral health messages are:

**Drink well:** drink water rather than sweet drinks

**Clean well:** practice regular tooth brushing supported by parents

**Play well:** encourage regular, safe active play

**Stay well:** healthy habits and links to local health/dental services.

Other denture services also provided by BCH Dental include repairs for people that break their dentures. Broken dentures need to be brought to the dental unit at Point Lonsdale in Nelson Road. Staff will need to assess if the denture is repairable and if so, if an impression is required before forwarding the denture to the laboratory in Geelong. The repair of the denture will take approximately two working days and costs \$22.50. To take care of dentures and gums, dentures should be removed at night and placed in a glass of water. This will give the gums a rest and keep them healthy. There is a waiting list for both dentures and general treatment.

**Please contact the BCH Dental Clinic for the earliest appointment time available.**

**For further information contact Dental direct on (03) 5258 0828.**

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# A Festival for Pretty Pelargoniums

Pelargoniums have an old fashioned charm with many varieties and are drought tolerant. Pelargoniums are easy to grow and look so pretty in pots, trailing from baskets and climbing up the trellis.

On Saturday, 1 November the Portarlington Garden Club will hold its annual Pelargonium Festival at the Senior Citizens Centre in Newcombe Street, Portarlington from 10.30am to 2pm.



## World Hello Day

This originated in 1973 in response to the conflict between Egypt and Israel. Since then, World Hello Day has been observed by people around the world. Anyone can participate in World Hello Day simply by greeting ten people. This demonstrates the importance of personal communication for preserving peace. **Say hello to someone on November, 21.**

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## from the **garden gate**

**It's ShowTime.** The place to be is at the Drysdale Uniting Church Hall on Saturday, 8 November when all avid gardeners join together to show off their horticultural achievements. This year is our 25th annual gardening show, and one that is not to be missed. There will be displays of flowers, vegetables, floral art, garden art and cooking from some of the regions best cooks. Show entry is open to the public and garden members. Entry forms are available from the Drysdale library, SpringDale Neighbourhood Centre and me. A lovely Devonshire tea is included in the \$4 admission. So come along and let your senses enjoy the sights and smells of our flower show. You never know, you may even want to join our club.

We are a month into daylight savings and this means extra time can be spent relaxing in the garden. There is still a lot to do. Continue to do successive plantings of vegetables otherwise you will find that everything will ripen at once which will result in a feast-or-famine situation. Tomatoes, capsicums, beetroot, beans and potatoes can still be planted now. Don't forget to start the salad garden of radish, lettuce, onions and Asian greens. These can be grown in containers. Salad vegetables need to be grown quickly. Plenty of organic matter along with blood and bone worked into the soil should get them moving along. From my own experiences with growing Asian greens, one day they are little plants and the next time you look they are huge. Try the new tomato potting mix on the market. I used it last year and had good results, especially with the roma and cherry varieties.

Herbs are doing well now that the weather and soil has warmed. Try lemon or holy

basil to make your own pesto. Water parsley well, otherwise it has a tendency to bolt. The same goes for lettuces. Spring bulbs will be dying down. Resist the urge to cut them off and apply a bulb fertiliser for next year's flowers and cover with mulch. In the orchard net all the fruit trees to ward off hungry birds. White netting is best, as it is more visible. Birds become entangled in the fine black netting. In apple trees hang codling moth traps. Also hang strips of yellow painted paper smothered with Vaseline to catch whitefly or spray with

a solution of 1 part Metho to 10 parts water especially over pelargoniums. Both methods are successful.

*Happy Gardening, Lorraine Wikman*

**The next garden club meeting will be on Monday, 17 November at 7.30 pm. at the Drysdale Uniting Church Hall. Everyone is welcome to come along and share, learn and laugh about gardening. Any enquiries please phone Lorraine on (03) 5251 1660 or Rae (03) 5251 2600.**

### ADVERTORIAL

## Need Assistance with building

Why we decided to establish Owner Builders Assistance is that it's getting harder and harder for people to afford to build a new home.

Especially if you're just starting out and I hate to say there are some dodgy builders out there that take advantage of those with not much experience in building.

The building industry is constantly changing and evolving I've had over thirty years in the industry and have never seen as much change as far as the law and new regulations as the past three years, I see owner builders try to build their own homes so they can save money and have total control over what is possibly their largest asset only to have their dream turn to a nightmare because of their lack of knowledge and experience. So I thought that I can share my experience with those who would like to build or renovate.



*Peter Smith and his wife Evangaline*



At O.B.A. we have all the information that you need from the Building Practitioners Board to get you started. We will give you an informative talk tailored to your specific needs that explains what will be involved in the building process then we are there to help with each step from purchasing land, costing the project, dealing with trades, what goes where and when to organise it.

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## Art Show a brilliant showcase of new talent



The exhibition was enjoyed by a steady attendance of both local residents and visitors to our region.



Local artists and Art Show organisers Annette Playsted and Sara Keranen

The SpringDale community is still celebrating a very successful event held over the weekend 4th and 5th October. It was the Second SpringDale Art Show bringing together the art students of our community: The SpringDale Life Drawing Group, coordinated by Nan Bodsworth, Annette Playsted's Discover the Artist Within and Advanced Art groups at SpringDale Centre, and Sara Keranen's private art students in Drysdale.

The aim was to develop skills in mounting an art show and to showcase the achievements of the artists for the North Bellarine community.

The quality of the exhibits impressed many members of the public who came to enjoy the art show. So many people entered into the spirit of this event. Most of the art students volunteered their time and skills to the Show. There were 42 exhibitors and over 150 artworks on show and continual crowds of people enjoyed the exhibition throughout the weekend, especially family members and friends of the exhibitors who were simply amazed by the work of exhibitors they knew.

The organisers of the Art Show are most appreciative of the support of the SpringDale Centre. All proceeds have been donated to Centre.



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## 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. Tucker's staff are happy to cater to all cultures and needs. As Helen says, "we specialise in the different. The impossible takes a bit longer." Obligation free advice on all aspects of pre-planning a funeral is also available.

**Call Helen for an appointment on 5221 4788.**



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Cooking classes at SpringDale, continue to be sought after and very well supported. Nearly every week someone comes forward to see what is on offer from our kitchen.

This year we have run many classes including cup cake baking and decorating for both beginners and advanced cooks, commenced a second men's kitchen on Thursday's, hosted international cooking evenings, prepared nutritious and hardy meals by utilizing the contents of food hampers, and dispelled the myths of cooking with pressure cookers. They have all gone off with a bang, (Oh! Perhaps not a bang - that's what used to happen to those pressure cookers).

With consumption of food being the one thing that everyone has in common it is no surprise that our classes are so popular. However there is more than just satisfying hunger when it comes to participating in a cooking class at SpringDale.

We are running some special Christmas themed cooking classes in Term 4 such as preparing a rich Christmas cake and decorating. This is a 2 day class that will require you to choose your favorite recipe, or contact us here for one of our recommended ones. Then bring along your fruit nuts and soaking liquid. In the week before the second class you will bake your cake and return for a day of decorating and storage advice.

Our other 2 classes will feature Christmas nibbles and treats. Our tutors will run a few demonstrations (which will accommodate tasting, tips and recipe sheets) Rich decadent truffles, edible Christmas tree's, savory nibbles and edible gifts will be the focus of these special classes. All done in time, for planning your Christmas celebrations.

*"look forward to meeting you in the kitchen, until then eat well and keep healthy and happy."*

Cheers! Deb Winter

Don't overlook our other groups, and courses come and join Meditation, Line Dancing, Cards and so much more. Enjoy Yoga, relax with Tai Chi, get a workout with Tummy, Hips & Thighs and there is Music and Movement for the littlies.

## SpringDale Course & Opportunity Guide

# UPDATE

### NEW - Textile Arts & Crafts Group

Are you looking for inspiration with selected craft pieces you've attempted to create or design. Then come along and enjoy this new group of like minded people who are passionate about quilting, felting/embellishing and mixed media projects, cloth dolls and textile arts.

**Date/times** Tuesdays 1.30-3pm

**Venue:** SpringDale

**Fee:** Membership \$2 per year  
\$1per session

**Facilitator:** Jill Birse

### NEW - Philosophy Group

Enjoy the company of others and discuss many and varied topics of interest.

**Date/times** 3rd Monday of each month  
2pm - 3.30pm

**Venue:** SpringDale

**Fee:** Membership \$2 per year,  
\$1per session

**Facilitator:** Rob McCubbin

### NEW - Sponge Making Workshop

Come along and learn to make those 'Fly away sponges', light, fluffy and very edible. Learn to apply the basic sponge mixture to create a Chocolate Roll (Swiss Roll style), we all remember those and don't forget the Powder Puffs that melt in your mouth. Demonstration only.

**Date/times** Sat 15 Nov 1- 3.30pm,  
1 session

**Fee:** \$10

**Facilitator:** Sharon Kingsbury

**Venue:** SpringDale

### Pressure Cooker Workshop

*Back by Demand*

Soups ready for the table, cheaper cuts of meat and poultry tenderised in no time at all. Don't be afraid to use your Pressure Cooker that has been gathering dust or taking up space in the cupboard. Demonstration only.

**Date/times** Tues 11 Nov 6 - 8pm

**Fee:** \$10

**Facilitator:** Rayna McKeon

**Venue:** SpringDale

### Pole Walking

Interested in Pole Walking? This newly formed group has also gathered a great deal of interest and energy. More members welcome. Please contact

**Helen Watts (03) 5251 1937**

### Men's Kitchen - Thursday Group

Interested in learning to cook some of those delicious meals that maybe you've just taken for granted, then come along have fun and enjoy a glass of wine with your meal in our Thursday Men's Kitchen.

**Times:** Thursdays 10am - 2pm

### Laughing Group

This group will commence in 2009. More information will follow.

### DON'T FORGET

**Update... Update... Update...**

**First Aid CPR / Anaphylaxis**

**First Aid level 2**

**Saturday 8 November**

### Espresso Coffee Workshop

Was such a success. Jordan our facilitator displayed many and varied techniques to the art of producing a perfect espresso coffee. Learning to milk and monitor the temperature of the milk. Preparation of the unique types of coffee. It was fun and informative.

### Christmas Workshop

Christmas is just around the corner. Decorate and create a chocolate Christmas tree for that Christmas centre piece, with other Christmas goodies. Bring along your own ingredients.

**Dates/times:** Fri 12 Dec 10am

**Fee:** \$5

**Facilitator:** Robyn Stonehouse



### Christmas Beading Giftware

Come and join our workshop and make those decorative beaded gifts for Christmas such as a crystal angel, bookmark or glowing suncatcher.

**Dates/times:** Wed 3 Dec

6.30pm - 8.30pm

**Fee:** \$25 plus Bead Kits start at \$5

**Tutor:** Linda Wharton

## ST LEONARDS COMMUNITY SPACE UPDATE

*There is interest for some evening computer classes please register your name at the St Leonards Community space. (03) 5257 2032 from 10am-3pm*

### Researching Family History

Researching family history has proven to be popular, both at St Leonards and at SpringDale. Many thanks to Peter Munster.

### If art is your passion

*If you enjoyed the Second SpringDale Art Show and would like to gain similar skills yourself, skills that can be learned from scratch, the following Art Courses are offered at SpringDale Centre, term by term.*

#### 1. Discover the Artist Within

a course for beginning art students or those wanting a refresher course with ongoing enrolments term by term.

#### 2. Advanced Art Course

a course for artists, hobbyists and those who have completed Discover the Artist Within or an equivalent art course with ongoing.

*The special interest groups have been gathering momentum everyday. If you have any ideas or concepts for courses or groups please get in touch with SpringDale.*



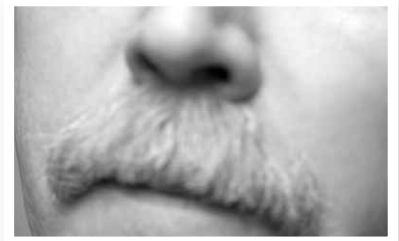
# Bunyip Festival 2009

## Living Fine in 2009

The 29th Bunyip Festival will be held at Drysdale Primary School on Saturday 28th March 2009 10am – 3pm. Our theme is 'Living Fine in 2009' and the focus will be environmental sustainability and other forms of sustainability. We are interested in businesses that would like to showcase their services or products that are aligned with our focus for this event.

We are calling for businesses who would like to sponsor the Festival by donating a prize for the major raffle or the auction and we are also calling for expressions of interest from businesses or community groups that would like to cater for the event.

There will be another Battle of the Bands and we are working towards a Junior Talent quest as well. The Bunyip Festival raises funds for both Clifton Springs and Drysdale Primary Schools and it has raised more than \$500,000 over the last 30 plus years. Hope you can reserve this date in your busy calendar. We try to provide something for everyone.



## Movember

Movember is now the name for November. Movember is dedicated to men's health and endeavours to make men aware of key issues like prostate cancer, depression, and testicular cancer. Men are far less healthier than women with the average life expectancy for men being 5 years less than females. So, all the men out there forget the 'she'll be right' attitude and see a doctor today about your illness or for a regular medical check.

## Bokashi Update - Anne Brackley

The whole family came out to help me reclaim the garden beds. The garden beds haven't had much attention for the last 4 or 5 months, apart from to pick some broccoli, spinach or some of the many herbs. I looked for any of the mango or avocado stones that went into the bokashi last year, but there were no signs and I found that almost all the clay clods had broken down.

This year I've decided to prepare one of the garden beds with more Bokashi and to just dig the other garden bed over. The first bed will be treated with diluted Bokashi liquid regularly and the other simply with tank water. The second bed was treated with Bokashi last year so the results will not be completely unbiased as that soil already contains beneficial microbes. I will put the same plants in both beds and it will be interesting to compare the results.

The fermented Bokashi product is great for the soil but it's the diluted Bokashi liquid that is the liquid gold that we are trying to make to feed the plants and improve the soil. Looking forward to



*The very best is fresh vegetables from your own garden.*

following up the people who have attended workshops and have borrowed a Bokashi bucket to trial, hopefully we'll have their stories for next issue. Bokashi buckets and grains are available from SpringDale.

## School Holiday Program for SpringDale

We have received many requests, over the last few years, to run a School Holiday program. We are now working closely with a company to help us achieve this goal hopefully by the next school holidays. The program will aim to foster fun, positive and an all encompassing experience with a variety of activities, excursions and incursions. The broad range of activities will allow us to cater for children with special needs. The company currently work with children who have a variety of conditions including Aspergers, Autism, ADHD and Heart complaints. We will ensure a safe environment through our sound communication skills, clear expectations of behaviour and respect for all as well as carefully structured programs.

All of the staff have either their teaching qualifications, or current working with children checks.

**To register your interest in the holiday program for the Christmas holidays please ring the SpringDale Neighbourhood Centre on (03) 5253 1960.**


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# St Leonards Soccer Club takes out their first premiership

Soccer in St Leonards continues to grow. Last year we had our first team in the finals and this season our senior Mens team took our successes one step further by winning both the minor premiership and the grand final. Congratulations to all our players and especially their coach Geoff Briggs, who has been our senior coach for the past three years. Our teams are made up of residents from Leopold, Drysdale, Clifton Springs, Portarlington, St Leonards and Queenscliff. We offer an active recreation in a safe, family orientated environment and we welcome new players each season.



Teams are now being constructed for preseason indoor practice. In 2009 we hope to offer senior Women, senior Men, under 13, under 12, and under 9 mixed gender teams with the possibility of

further teams if numbers are forthcoming. If you are interested in being part of our club please contact Murray or Donna on (03) 5257 2106.

## Pioneers

Our early pioneers forged through bush terrain, climbed mountains and waded across streams and rivers. Through deserts, droughts and floods, with lack of food and at times water, yet they pressed on. With vision and purpose, steadfastly they opened up this great land of Australia. Where the next mountain, the next river or how far the trees stretched was unknown to them, yet they forged on. What kept them going? Australia needed food for her growing population, farmers needed land for sheep, cattle and crops. When these brave pioneers opened up the land, what was discovered? Gold, good pasture land, more rivers; the wealth of our land was open before them.

Yet many of these explorers had to pay a high price for their deeds: blindness, sickness, getting lost and never being heard of again. Some paid with their life. We today, have reaped what they have sown.

Christians have also reaped what others have sown. For the carrying and declaration of the bible, many were martyred. John Bunyan, was imprisoned for his faith and so wrote his book Pilgrim's Progress, which still sells well today. There was one man that stood out above the rest. His name? Jesus. He died so that we could live with peace and

joy and with a promise of glorious eternity in His presence. But we have to be prepared to move out of our comfort zone, like the early pioneers. We have to be prepared to cop a snide remark or two, we have to be prepared to walk a road of not knowing what is around the corner - but that makes it exciting! We may even have to talk to our neighbour about how we found faith in the One who loves us unconditionally. Now that can be scary! Would our pioneers, Sturt, Forrest, Giles, Flinders to name a few, be proud of our land today? Would John Wesley, Martin Luther, Smith Wiggelsworth and the martyrs of old, be proud of us as christians today? Lets keep the flag of high principals, morals and integrity flying. Lets love our fellow man even as we love ourselves. We can do it you know because Jesus pioneered the way for us, losing His life for our benefit. He asks us to let His Light shine within us, so that those living in darkness and despair will see the Light and be healed. Even as our pioneers had courage, so it takes courage to be a christian.

**God bless  
Pastor Carla Evans  
Bellarine Peninsula Christian Church**



## Lisa Shearer honoured at Parliament House



*Lisa Shearer in the company of David de Krester, A.C. upon receiving her award for becoming a Queens Guide.*

I was lucky enough to accompany Lisa Shearer and her parents to Government House for the Guide and Scout award day. We met the Governor of Victoria, David de Krester, A.C. and many young people, who invested thousands of hours in community service and to make their lives richer and more fulfilled by completing youth achievement awards.

## DRYSDALE REMOVALS & STORAGE

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# Clifton Springs Golf Club

- entertainment, dining,  
golf and more...

Present this \$**6.50**  
coupon  
& SAVE  
with the meal  
deal

Monday to Thursday  
Evening Meal

\*Buy one main meal off our menu  
and receive another of equal or lesser  
value on presentation of this coupon.

\* Not valid Public Holidays or Long Weekends  
Valid till 30 November 2008

\* Conditions apply - not available on all meals

7 Day Golfing  
Memberships  
only \$415.00\*  
**WEEKDAY  
MEMBERSHIP  
ONLY \$305.00\***

\*Nov 1 '08 to June 30 '09  
Green Fee Players Welcome  
Enquiries to the Club  
(03) 5251 3391

**NEW  
YEARS  
EVE**

music BY  
'Off the Record'  
Jancy Dress  
Prizes available  
Cartoon Character  
Theme

3 Course  
Meal & Show

Bookings now being  
taken so be early to avoid  
disappointment.

**\$60**  
per person

*Sunday* \***Carvery**  
3 Course \$14.50

*Sunday Night is*  
\***PARMI NIGHT**  
Original, Italian, Aussie or Hawaiian  
Only \$12.50 ea

A la carte meals also available

*Friday Night is*  
\***STEAK NIGHT**  
Porterhouse or Rump \$16.50

*Saturday Lunch*  
**Soup & Main**  
\$10.00

\* Conditions Apply

**POTS FOR  
GLASSES  
PRICES**  
Friday Night  
5.30-7pm

**MEAL  
SPECIALS**  
Try our fabulous  
Lunches priced  
from \$7.50  
Mon-Fri only

members draws  
FRIDAY & SATURDAY NIGHTS  
Friday - all categories  
Saturday - Golfing Members only  
Regular Raffles every Friday Night

For bookings  
and further information  
telephone the club on  
**(03) 5251 3391**  
**Clifton Springs Golf Club**  
Clearwater Drive  
CLIFTON SPRINGS

*fantastic views at...*

*Play  
by the  
Bay*

**Clifton Springs**  
GOLF CLUB