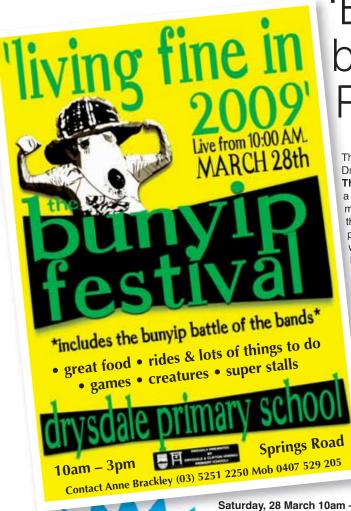


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'Bunyip' is bouncing back to Drysdale **Primary School**

Drysdale / Clifton Springs calendar. The Bunyip Festival was first thought up by a group of Drysdale residents 34 years ago making it the longest running Festival on the Peninsula. The group thought of potatoes as the theme but eventually

worked their way to the concept of a Bunyip Festival.

The first Bunyip Festival celebrated 100 years of Drysdale Primary School back in 1975. There was a whole weekend of events. These days it is only a one day event and is a fundraise for both Clifton Springs and Drysdale Primary Schools. The Bunyip Festival has raised over half a million dollars and is a fun day for the whole family.

The Bunyip Festival enjoys the support of many community groups but would love more groups to participate in a variety of ways including food stalls or information stands. We also sincerely appreciate the support of all the local businesses and look forward to seeing everyone.

The Bunyip Festival is an annual event in the

Saturday, 28 March 10am - 3pm at Drysdale Primary School. Please contact Anne Brackley for information phone (03) 5251 2250, or mobile 0407 529 205



Want to update your current position? Turn to pages 11 -14 for your Term 2 Course Guide

entertainment -15 & 17

school news -8 & 18

about blood sugar - 20

estpac

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Contact

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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 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.

Community/Entertainment Calendar March

Clean Up Day

■ Clean Up Australia Day

■ Police Band Parks Hall 1.30pm Portarlington

■ Johnny Cash Show (The Studio)



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■ Bellarine Agricultural Show



9

■ Labour Day

13

■ Colum Sands (The Studio)



14

■ 'World's Biggest Shave'
Em-Vious Hair Studio

15

■ Drysdale Market 9am-1pm

■ Mia Dyson (The Studio)

20

■ CCP Gig – All Ages Drug, Alcohol & Smoke FreeEvent (Potato Shed)

■ Colum Sands (The Studio)

7

Sensational
Sounds
60's Music
(CS Golf Club)

■ Singles Party +35 (The Studio)



27

■ Drysdale VIEW Club 11am Leopold Sportsmans Club

■ The Tank (Potato Shed)

■ Abby Dobson (The Studio)



28

■ Bunyip Festival at Drysdale Primary





■ Portarlington Market 9am-2pm



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 Nominations close Adrian E. Mannix Community Service Award

■ The Write Stuff (Potato Shed)



Copy Deadlines for April 2009 Issue - Monday 2 March

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SpringDale Neighbourhood Centre

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For all editorial and initial advertising enquiries.

SpringDale Neighbourhood Centre

P: (03) 5253 1960

F: (03) 5253 3050

E: messenger@springdale.org.au

W: www.springdale.org.au

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.

The SpringDale Messenger

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> The SpringDale Messenger



Dear Friends

As I write this we are beginning to understand the damage the tragedy that the bushfires that have caused to lives and property. My heart has been warmed by so many acts of kindness and the number of calls we received asking what our community could do. We have worked with the Bendigo Bank Drysdale, businesses and organisations in the area to take donations of money and other types of support

For your information, if anything happens in our area, SpringDale Neighbourhood Centre is considered a disaster relief site. We have multiple phone lines, computers, chairs, tables, kitchen facilities and floor space to cater for about 200+ people within the centre. City of Greater Geelong has a database of designated sites.

SpringDale is blessed with so many generous volunteers. In the last issue we wrote of our new Pole Walking group and of Helen Watts the group leader. Unfortunately Helen passed away suddenly and will be sadly missed by the group members and the many people that she helped. Our thoughts are with her family at this time and thank them for sharing her with us.

We have been overwhelmed by the number of great comments we continue to receive about the quality of the layout and the amount of effort put into each issue of The SpringDale Messenger. So many people are enjoying the introduction of colour to many of the pages. We are fortunate to have such supportive businesses who pay for advertising space to enable the Messenger to be professionally designed, printed and delivered. Three key people are responsible for The SpringDale Messenger - Judy, Julie and Lyn. Sincere thanks for all your efforts, they are greatly appreciated by our community.

There is so much happening at SpringDale, if you haven't made it through the door yet, please feel free to come and say hello.

Warmest regards from **Anne Brackley** and the SpringDale team.

Textile Arts & Crafts Group

Calling all textile artists; we have started a new group to cater for evolving textile artists. If you are into art, quilts, cloth dolls, felting, bag making, knitting, crochet, embellishing, beading or even mixed media projects, we would love you to join our group. We have a wide rage of ages and talents, and welcome anyone who would like to learn something new or share their talent with us.

This term we will be trying out free machine embroidery. Jill will show us how to use an embellishing machine and we start making a bag from an old pair of jeans or denim skirt, which can be beaded, appliquéd or otherwise embellished.

We'd love to meet some new faces, so bring along anything you are working on, we all enjoy sharing ideas, knowledge and inspiration.

The group meet every Tuesday afternoon at SpringDale from 1pm to 3pm.

UPDATE @ SpringDale



Whats New...

Certificate III Aged Care

This qualification will be valuable for your career when working with adults in need of personal care. No pre-requisite required. This 20 week course includes a 2 week placement. Phone SpringDale on (03) 5253 1960 for bookings.

See page 11 this issue



Children Who Like and Enjoy Music

An opportunity to learn to play an instrument is available at the SpringDale Neighbourhood Centre, 17-21 High St Drysdale.

Please phone (03) 5253 1960 if you are interested.

TURN TO PAGES 11- 14 FOR TERM 2 COURSE GUIDE

Looking to change your occupation? Want to update your current position?

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Phone the SpringDale Neighbourhood Centre (03) 5253 1960 for more information

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Can the Government improve your financial position?

During these difficult economic times you come to understand that a good investment strategy is invaluable as it has been prepared for the bad times as well as the good. Such a strategy allows you to "batten down the hatches and weather the storm".

De Facto Law Worries?

Come in for a free chat

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L A W Y E R S

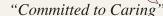
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The market will eventually return to a growth phase and hopefully this once in a century event won't happen again in our lifetime!

Most people now expect a reduction in the value of their investments and there is not a lot they can do to change that. I believe now is the time to re-examine entitlements to government payments. In our financial planning practice, we are starting to find many people are now entitled to Centrelink assistance that have never received it before. In some cases minor shuffling of assets can yield great results by increasing Centrelink entitlements.

Additionally, if you are an existing Centrelink recipient and your investments have dropped in value why not let Centrelink know. You may be entitled to an increased payment.

Are you entitled to a government concession card? (ie. Commonwealth Seniors Health Care Card, Health Care Card, Low income Health Care Card). These cards have varying tests for eligibility but can provide many other advantages such as phone allowances, concessional medical prescriptions and entitlement to special bonuses.

While Centrelink are very helpful in telling people what their entitlements are they will not provide advice on how you can alter your assets to pick up a benefit – they are not allowed to give financial planning advice. Why not review your entitlements?

It is always difficult to know what to write in a column like this that is relevant and useful to the reader. So I would welcome any emails with questions that I can answer in upcoming articles. My Email address is financialplanning@scc.net.au just put "Springdale question" in the subject line.

Mark Palmer is a Certified Financial Planner and Certified Practicing Accountant with SCC Financial Planners Pty Ltd an Authorised Representative of Lonsdale Financial Group Ltd ABN 76 006 637 225 (AFSL No. 246934).

Disclaimer: This information is of a general nature and not intended to provide technical or detailed advice. The information contained in this article is based on information believed to be accurate and reliable at the time of publication. You should seek individual advice regarding your own personal circumstances before relying on this information solely.



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Bellarine Agricultural Show Sunday, 8 March

Join us for our 19th year, once again down at the Portarlington recreation reserve.

Come and show the kids - vintage cars, motorbikes and trucks, machinery, tractors, firetrucks, miniature aircraft, remote model cars, horses, llamas, baby farm animals, poultry, pigeons and cattle.

Try your hand at the gumboot toss, guess the weight of the steer, and nail driving and ROCK WALL CLIMBING, also new attractions – bungee run, train rides and Go Karts.

Listen to 'CODE ONE' the Police Band, and 'COUNTRY REIN' who will be performing for all to see.

Delight the kids with our New 'Activities Tent' where they get to try their hand at 'Crafts and Building things', or a turn on the jumping castle and spend time playing with cute baby animals.



Tickets
Adults \$8
Kids & pensioners \$5
Family pass \$16
(2 adults & 3 kids)

This project is supported by City of Greater Geelong through its Community Festivals Grants Program.

Mosaic help wanted -



To celebrate 20 years as a Neighbourhood House in Drysdale/Clifton Springs, the SpringDale Centre wants to mark this occasion appropriately in china, and is looking for expressions of interest from hobbyist artists/craftspersons with experience or interest in the design and making of mosaic art to be part of this arts project.

Annette Playsted, Art Tutor at SpringDale will convene the group and help steer the project. She looks forward to talking with any interested people. Please contact the SpringDale Centre now if you would like to be a part of this mosaic activity.



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We recognise U, as in us, as in our community. Since 1999 the Bellarine and Drysdale **Community Bank**®Branch have been working with the local community to make possible the projects we know you

consider important.

In fact, we've contributed more than \$250,000 to local community projects and initiatives. And as more people do their banking with us, this number will continue to grow.

After all, at Bellarine and Drysdale **Community Bank**®Branch it really does start with U – and U have a choice.

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Bellarine Peninsula Commuity Bank® Branch
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At the Bendigo it starts with U.



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Happy New Year and I hope that you have had an enjoyable summer, and I look forward to being in touch with you again this year through the SpringDale Messenger.

BONUS FOR 2009 SCHOOL STARTERS

The holidays, however, have to come to an end and Victorian families with a child



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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



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starting prep or Year 7 this year will receive a financial boost to help with their child's schooling, thanks to the Victorian Government's School Start Bonus. Families who have already received the \$300 School Start Bonus voucher can now redeem it for cash to help buy their books, uniforms and other schooling essentials. This, together with the government's Education maintenance Allowance package for lowincome families will provide much needed assistance in these trying financial times. For inquiries about the School Start Bonus please contact my Electorate office on (03) 5248 3462 or the Department of Education and Early Childhood Development's Information and Referral Service on 1800 809 834.

'WELCOME TO SCHOOL' PREP BAGS TO START EDUCATION JOURNEY FOR **BELLARINE STUDENTS**

This year again every Prep student was provided with a 'Welcome to School' library bag. On Monday 2nd February, more than 43,500 Prep students around the State started their education at a Victorian Government school.

This year's 'Welcome to School' bag contained more than ever before. Among the items were a 'My First Day at School' fridge magnet, containing each student's photograph to provide a lasting memento of one of the most important days in our lives. The bag also contained an 'Every Child, Every Opportunity' 500 ml water bottle with the Babushka Dolls motif on the side. To promote healthy eating and a healthy lifestyle, there was 'Go for Your Life' vegetable seed packet stickers plus a Premier's 'Go for Your Life' active challenge pamphlet.

As well as an Auskick pencil, Australia Post is provided 'Postie Kate' postcards. The 'Welcome to School' bag provides parents with a Child Safety fridge magnet containing tips for parents in 8 languages plus a Modern Teaching Aid \$10 discount voucher. To encourage reading was the Premier's Reading Challenge bookmarks and Nigel Gray's popular And Kangaroo Played His Didgeridoo 'read aloud' book.

DISABILITY SERVICES FUNDING BOOST

Readers of SpringDale Messenger who have any involvement with local disability service groups Karingal and Scope Shannon Park will be interested to hear that additional funding will provide better support for disabled people in the community.

In my role as Minister for Community Services, I was very pleased to announce that the funding for Karingal will assist in examining ways to allow some members to direct their own supports and participate in the community. Comprehensive training and information will be provided to reorient their supports to become more flexible and responsive.

The funding initiative for Scope Shannon Park will employ a part-time community worker and speech therapist to support 10 people with complex communication needs to actively participate in the planning of services. The project will focus on developing communication and decision making skills of the participants. These are important developments in assisting people with a disability to participate more fully and more meaningfully in our community.

HOME AND COMMUNITY CARE

As the Minister for Senior Victorians. I was delighted to join with Justine Elliot, the Federal Minister for Ageing, recently to announce a total of \$16 million more in matched Commonwealth - State HACC funding. This means that more residents and people with disabilities will get access to increased hours of services and support for Local Home and Community Care. In Bellarine we will receive almost 13,000 additional hours of allied health, nursing, personal care respite and social support.

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.

Lisa Neville MP Member for Bellarine.

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Just a quick reminder if anyone has or would like to make a bonnet for a female convict could they please do so in the next two weeks.

So far Bellarine and Geelong area have made 946 and we would like to send 1000 bonnets Pre made bonnets available @ \$3.50 per bonnet, just require your name

and convict name. For further information

Contact Pat (03)5253 1866

A Rose is a Rose is a Rose...

And a Cook is a Cook is a Cook.

Unless she is a dreamer. A lie-in-bed or the plaything of a dog called Gertrude (Gertrude is a Gertrude is a.....!). The Cook is a Rose Cooker – a barbarian amonast the blossoms dismembering. crushing, imprisoning, smothering in sugar the tenderness and the fragrance in egg yolks or champagne. The Cook laments the petals but anticipates the pale crispness of their last, their final transformation. Sluiced in rose water fleshy ripe bananas join the petals. Am I exoctic? thinks the Cook as she yields to the sensations. No-one answers The Cook – not the food, nor the plates, nor the mirror on the wall. Burning sugar wakes up the Cook and she hurls the pan full of hard unyielding yet still bubbling sugar angrily into the sink. Away you failure, away with the dreams and their tardiness. The Cook hides the ruined saucepan in a paper bag and takes her

a Cook's Tale

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

everyday self in hand. So thinks the Cook sadly – all the beauty wasted. Rather stuff the mouth with the petals, choke on them, lie abandoned on the rug, than waste beauty, beauty, beauty.

The Cook moves on - a medieval banquet has been ordered, indeed, grins the now-active Cook, PAID for - in advance. I can do anything sniggers the Cook and then witch like abracadabra with scented fingers over a possible mess. Lavender water to moisten the platters, crystallised violets to scatter, a chicken to be transformed. The Cook intends to transform her humble chicken into a cockatrice 'O'ancient conceit' turn this elderly bird into a delight (for eyes of the elderly and the children). The old boiler fowl, whole and plump submerged in water in floats of onions stuck with cloves. Bubble, bubble boil and bubbly until the flesh says enough, enough and leaves the bones.

The Cook leaves the bird to cool and then

peels off in pliant strips the tender meat. She shapes into balls with orange water and egg yolks and gently poaches in cider. She fills a gilded nest with rose petals and drizzles honey over all. The Cook disciplines herself — not enough there Cook to sample any! The Cook mixes candied peel and slivers of almonds with the cooling rice — loosening the rice as she blends the nuts and peel — shake high the rice bowl, Cook, until the mixture is single spikes of sweetness and crunch.

The Cook turns to her taster Gertrude, and offers a golden ball of honey chicken – Gertrude approves. Then Gertrude is offered a sample of nut-studded rice – sniffed and ignored. Quite right to, says the Cook to Gertrude. The Cook then goes into the kitchen to make Fruit and Rose Petal Salad.



Rose & Fruit Salad

Cover the bottom of the

dish in which this sweet is to be served with red and pink Rose petals. Mash four very ripe Bananas and with them mix an equal quantity of finely chopped Dates. Put this mixture in a layer on the Rose petals and cover the mixture thickly with Rose petal conserve. Just before serving pour gently the juice of two oranges over the conserve and then cover with a thick layer of clotted cream. Decorate with crystallised Rose petals. This dish should be arranged that the Rose petals show well all round the sweatmeat served on them.

'Rose Recipes From Olden Times' Eleanour Sinclair Rohde

Curves Supports Communities Nationwide with 11th Annual Food Drive

During the month of March, Curves Bellarine will participate in the 11th Annual Curves Food Drive to benefit local food banks. Collectively, over the past five years, nearly 50 million pounds of food were distributed to local communities all over the world through the Curves Food Drive.

Curves Bellarine is also giving back to the community by waiving its normal service fee for any new member who brings in a bag of non-perishable groceries and joins between March 9 and March 28. This promotion will help the women of the Bellarine Peninsula manage their weight and their wallets by joining Curves for free, while also helping feed hungry people in the community.

"The Curves Food Drive is always exciting," said Ms April Archbold, manager of the Bellarine club, located at Drysdale. "We have a chance to help so many people at a time when the food banks are lowest. Especially during these uncertain times, this food is needed more than ever. It's a winwin situation for everyone, and we're very proud to participate."

Others wishing to donate may drop off non-perishable food items at Curves Monday through Friday during business hours through the month of March. For more information, please call April on (03) 5253 3029.

Coeliac Awareness Week, March 13-17

Around 1% of the Australian population has coeliac disease and up to 200,000 Australians have coeliac disease and don't know it. Coeliac disease is an auto-immune disease, which means that the body produces antibodies that attack its own tissues. For people with coeliac disease this is triggered by gluten, a protein found in wheat, rye, barley and oats. The obvious foods that contain gluten are bread, cakes and pasta. The Coeliac Society of Victoria provides support and information on the disease and can be contacted on (03) 9808 5566 or 1300 458 836 and you can visit their website on www.vic.coeliacsociety.com.au for further information.

SpringDale is interested in conducting a workshop for coeliac awareness and management, and if you are interested in attending, please phone SpringDale on (03) 5253 1960.

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Drysdale Primary School — Clare Wilson, Principal



Our school year started with many smiles when children arrived on the first day all excited about beginning school and catching up with friends. At our first school assembly we welcomed our seventy-three Preps, twenty-two new students in various grades, four new teachers and six new staff members.

Already our Prep students are settling into school routines and enjoying the many opportunities school offers. Their Grade 6 friends like the responsibility of caring for their Prep buddy and helping them adjust to school life.

Two major events on the Term 1 calendar provide opportunities for the school members to welcome new families into the school community. The Family Dance Night on Thursday, March 12 is a time for meeting people and having fun.

The Bunyip Festival, which is on Saturday March 28, is another social occasion for families. The whole community can enjoy this event and help, in some way, to support the children.

Drysdale is a great place to live and Drysdale Primary is a great place to learn. We welcome all of the new people into our community. We look forward to your contributions and hope you enjoy the opportunities on offer to you.

'Starting school is full of adventure and lots of new experiences...'



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BUSINESS in Profile

Maggie Gove - Naturopath Bowen Therapist

Maggie is a graduate of the Southern School of Natural Therapies; and has been a practicing Natural Therapist for 18 years. Her modalities are Herbal Medicine, Mineral and Vitamin Therapy, Homeopathy and Nutrition.

She has been a Bowen Therapist for 17 years, and uses NST which is a myofascial release technique, based on the work of Tom Bowen. NST can be used to treat musculo-skeletal problems; headaches, digestive disorders, breathing problems, nervous tension and other problems which can make life uncomfortable! Bowen Therapy can be used alone or in combination with the other modalities offered.

Maggie also offers energy healing and her therapy is a combination of Therapeutic Touch and Esoteric Healing. She is fortunate to have been taught by two of the most experienced healers in the world - Cath Webber-Martin and



Judy Jacka. Once again, the therapy can be a stand alone treatment or used in combination with other therapies available to offer a wholistic healing treatment which reaches all levels.

She believes that complimentary medicine can work together with orthodox medical treatment to increase patient well-being. The medicine of the future is a combination of Mind, Body and Soul therapies.

THE PROPERTY AND PERSONS

anthony

Maggie's Clinic is situated at Shop 7, 3 Wyndham Street, Drysdale. Clinic hours are Wednesday, Thursday, Friday and Saturday from 9am onwards. Appointments are essential and the phone number is (03) 5251 1188. Health fund rebates are available on Naturopathic consultations.

MAGGIE GOVE N.D.

Bowen Therapist & Naturopath

Member of A.N.T.A.

Drysdale Clinic [03] 5251 1188

Opening Hours Wednesday - Saturday [Rear of Elegant Profile]

'Scar Tissue' Book Club

The Book Club meets on the first Monday of each month at 7.30 pm. for about 90 minutes, ending with a cup of tea.

On February 2, we met to discuss Scar Tissue by Anthony Kiedis (with Larry Sloman). Kiedis is a founder member, singer and lyricist of the US punk/funk band Red Hot Chili Peppers and Scar Tissue is the story of his life so far.

The old phrase, 'Sex and drugs and rock 'n' roll' summarises the book very well and members of the book group were in turn fascinated, intrigued and appalled at the

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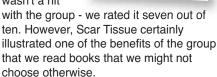
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call Rod Ryan your local events that Kiedis describes. A couple of members their children were curious and shocked that they were reading it! Scar Tissue wasn't a hit



At our next meeting on Monday 2 March, The Spare Room; and on Monday 6 April, paintbox. New members are always very

mentioned that

we'll discuss Helen Garner's new novel, we'll discuss Victoria Finlay's travel memoir, Colour: travels through the welcome. For more details, contact SpringDale on (03) 5253 1960.

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E: fahimshah@bigpond.com 6 Pelham Court, Point Lonsdale, Victoria 3225

Good entertainment

All proceeds of a forthcoming concert will be donated to the Bellarine Police Community Support Register. So why not attend the concert on Sunday, 1 March, 2009 at 1.30pm in Parks Hall, Newcombe Street, Portarlington featuring the Victorian Police Show and Pipe Band. Tickets cost \$12 and can be purchased from all Bellarine Health Centres. Admission by tickets only, with no sales at the door.

For ticket enquiries phone (03) 5255 3968.



24 Day Rockies Explorer & Alaskan Cruise Departing 12 June 2009

\$11,545 + Port Charges \$480 + Air Taxes \$485

21 Day Scenic Tours Paris to Prague & Jewels of Europe Luxury River Cruise Departing 21 August 2090

(3 cabins left) \$12,520+ Port Charges \$280

CONTACT YOUR LOCAL TRAVEL PROFESSIONALS TODAY

Harvey World Travel Drysdale 6 High Street, Drysdale Vic 3222 Email drysdale@harveyworld.com.au



CALL 5251 1125



of serving the Geelong community.

www.springdale.org.au The SpringDale Messenger <

Free concert & fireworks

An evening of free performances in the historic grounds of Fort Queenscliff culminating in the 1812 Overture complete with fireworks will be held on **Saturday, March 14 2009**.

Soldier Career Management Agency celebrates the Australian Army's 108th birthday

with an Open Day at Fort Queenscliff on Saturday, March 14 2009.

A display of army vehicles, devices and weapons, mock battle and marching will be some of the highlights. Bring a rug, maybe a chair, some nibbles and enjoy the evening.

Good Bowling



January saw a well fought game for the Clifton Springs Bowling Club Ladies' Club Championship between good friends and arch rivals Judy Barras and Laura Johnson. Now we know that Laura is chairperson of the Ladies' Selectors, so one would think that bowling against her might have one quivering in one's size 7s, but Judy is also a member of the Selectors. Talk about a Power Struggle! Worth watching. Boy, what a close game. Laura finally squeaked through to win 25-24. Well done both.

Drysdale Ladies Day VIEW Club meet on the fourth Friday of each month at the Leopold Sportsmans Club, Kensington Road Leopold at 11am.

Drysdale Health Group



- Physiotherapy
- Podiatry
- Psychology
- Myotherapy
- Exercise Physiology
- Acupuncture
- Pilates
- Naturopathy

Businesses are separate entities and located at

27-29 High St Drysdale (03) 5251 2958



WEIGHT LOSS CHALLENGE 2008

WEIGHT LOSS CHALLENGE 2008 Congratulations Bobbi Maree Beck



L-R: Michelle Ryan, Provincial Home Loans - sponsors of the quest, Bobbi Maree Beck - Winner, and Martha Cormack from U2 Fitness Centre presenting Bobbi with her prize. Bobbie Maree Beck lost 16.7 kgs with U2 Fitness Centre and has a new lease on life.

"Being pushed outside of my comfort zone, but having confidence and trust in my trainers Martha and George allowed me to persist. Being directly accountable to someone who is tough, but fair taskmaster, and is willing to offer advice, options and encouragement when required, but who lets you know when they consider you are capable of more!"

"The transformation and improved energy levels now allow Bobbi to spend more quality time with her kids, Bobbi is now a regular participant in the gym and will continue training her body to achieve a slimmer, leaner look" quoted Martha Cormack. Bobbi overcame very large hurdles with the type of medication, injuries and illness to achieve great results. I 6.7kgs – 44cms of her body and reduced her body fat by 15%.

For her efforts Bobbi received \$1,000 from home loan specialists, Provincial Home Loans, Rod & Michelle Ryan and U2 Fitness Centre.

LOOK OUT FOR THE BIG WINNERS IN OUR 40 WEEK CHALLENGE WITH \$5000 PRIZEMONEY AT U2 FITNESS CENTRE

U2 Fitness Centre 33 Murradoc Road Drysdale Phone: 03 5253 1795

> The SpringDale Messenger www.springdale.org.au

Term 2 COURSE & OPPORTUNITY **GUIDE 2009**

17-21 High Street Drysdale Phone: (03) 5253 1960 Fax: (03) 5253 3050 Email: groups@springdale.org.au

Office Hours during school holidays commencing: Mon 6 -17 April 9am - 12noon

Normal Office Hours resume Mon 20 April 9am - 5pm





Department of Victorian





All courses & groups are conducted in the SpringDale Centre unless otherwise specified.

LOOK! - What's New

For information about the following activities please contact the friendly team at the SpringDale Neighbourhood Centre (03) 5253 1960.

Certificate III in Aged Care

Aged Care Cert III is an accreditied course and will assist you in gaining the qualifications for employment in this field. The First Aid and Food Handlers Certificates are included. Funding is available for those who qualify. Dates/times: Thurs 7 May - Fri 16 Oct

9.30am - 3.30pm

20 weeks x 2 days per week (Thursdays & Fridays) 2 weeks of this course will be work placement.

Venue: SpringDale Rec Room Tutor: Diverstat / GATE

Water Work Out

Enjoy the freedom of exercise in the pool by gaining physical fitness and socialisation. Skill level: Any level of fitness

Date/time Tues 28 April - Tues 23 June

7pm - 7.45pm (9 session)

Fee: \$90

Venue: Wallington Aquatic Learning (Own transport)

Tutor: Sally Mc Donald

No Falls

Prevention for the elderly. Learn about balance and

Chair based exercises.

Dates/Times: Tues 5 May - Tues 2 June 11am - 11.45am (6 session)

Fee: \$80

Venue: SpringDale Hall Tutor: Sally Mc Donald

MY PLACE: Researching and writing your own local history - See page 4 for details.

Expressions of Interest

Public Speaking

Public Speaking, is it a gifted talent or something we acquire? Ever been asked to speak at a meeting without prior notice and left feeling "I could have done better than that "? Don't let this happen again be confident and prepared for the next time you are in this situation.

Tutor: Gillian Turner Room: Training Room

Shopping Trip to the

Victorian & South Melbourne Markets Attention bargain hunters, and fresh food lovers.

Date/Times: Leaves SpringDale car park Sat, 23 May at 8am. First stop South Melbourne Market then on to Victoria Market and departs Victoria Market at 3pm.

Fee: \$20 p.p. please book early.

Requirements: Own refreshments and lunch. Express interest early to avoid disappointment.

Lead Lighting

Originally used to grace the windows of cathedrals to tell biblical stories in colour and shapes. Leadlighting became fashionable as an art-form to beautify private homes and commercial buildings. Are you interested

General Interest & Skills

Espresso Coffee Making Workshop

Looking for employment in the Hospitality Industry? Improve your knowledge, skills and techniques, understand the workings of the Espresso machine and the coffee culture. Small groups, so enrol early. Dates/times: Wed 10 June OR Wed 17 June 6pm - 8pm Fee: \$25 Tutor: Jordan Smith

Willkommen... Bienvenue... Welcome!!!!

Want to keep your mind young, meet new people and have lots of fun all in the space of an hour? Come and learn new skills, exercise the mind and challenge yourself. And the best way is to learn a new language. Why not give it a go? The study of French and or German through Listening, Speaking, Reading and Writing activities. Do come along and join me no matter what your level or ability. All are welcome.

Intermediate French

For those with some prior knowledge of the language

Dates/times: Tues 28 April - Tues 16 June

10am - 11am (8 sessions) Fee: \$90

French for Beginners

The study of the French language, basic

conversation skills.

Dates/times: Tues 28 April - Tues 16 June

11.15am - 12.15pm (8 sessions)

Fee: \$90

Intermediate German

For those with some prior knowledge of the language

Dates/times: Tues 28 April - Tues 16 June

12.30pm - 1.30pm (8 sessions)

German for Beginners

No prior knowledge required.

Dates/times: Tues 28 April - Tues 16 June

1.45pm - 2.45pm (8 sessions)

Fee: \$90

Tutor: Sue Smith (Previous Grammar School Teacher in the UK) Room: Training Room

Accredited Courses

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: Tues 5 May & Wed 6 May 6pm - 9pm

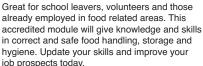
Fee: \$190

Tutor: Vic Bodsworth-Additional Training Options

Room: Training Room

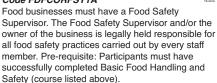
Food Handling and Safety (Apply basic food handling) Code FDFCORFSY1A

SpringDale Neighbourhood Centre Inc



Dates/times: Sat 13 June 9am - 3pm Fee: \$85 Tutor: GATE Room: Kitchen

Food Safety Supervisor Code FDFCORFSY1A



Dates/times: Mon 15 June 9am - 3pm Fee: \$85 Tutor: GATE Room: Kitchen

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/times: Sat 16 May 9.30am - 1.30pm Fee: \$65 Tutor: Diversitat Room: Kitchen

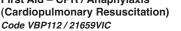
First Aid - CPR (Cardiopulmonary Resuscitation) Code VBP112

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 23 May 9am-12noon (1 session) Tutor: National First Aid

Fee: \$55 Room: Occasional Care

First Aid - CPR / Anaphylaxis (Cardiopulmonary Resuscitation)



Do not wait until it's too late. Learn CPR today. It is recommended that CPR updates are undertaken annually. Within this combined course learn to administer adrenalin for Anaphylactic reaction. 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 devise (EPIPEN). This is when a person (particularly children) have suffered a potentially life threatening anaphylactic reaction.

Accredited Certificate valid for 12 months First Aid/Anaphylaxis is the first 3.5 hours of First Aid - Level 2. See that course for details.

Dates/times: Sat 23 May 9am-12.30pm (1 session) Tutor: National First Aid Fee: \$85

Room: Occasional Care



First Aid - Level 2

Code 21593VIC

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

Dates/times: Sat 23 May and Sat 30 May Fee: \$155 9am-5pm (2 sessions)

Tutor: National First Aid Room: Occasional Care

Art and Craft

Discover the Artist Within

a course about drawing

This is an art course for adults who have always wanted to learn how to draw well, a skill that can be acquired. Annette will teach you how to use your eyes as an artist does in a step by step way. Progress is assured and this course works well as a refresher course or a course for new students to art. Materials required: sketchbook and 2B & 3B pencils. Dates/times: Wed 29 April - Wed 17 June

10am - 12noon (8 sessions)

Tutor: Annette Playsted-Simmons Fee: \$120

Room: Hall/Rec Room

Continue the Journey

making art in a learning environment This course is for artists and hobbyist artists wanting to continue to develop skills and approaches to improve their practice. Annette will work one on one with participants to provide feedback and teach advanced skills and approaches. The group environment is supportive and we work towards exhibiting together from time to time. Participants provide their own materials, but advice

is available about acquiring materials. Dates/times: Wed 29 April - Wed 17 June 1pm - 3.30pm **OR** 4pm - 6pm (8 sessions) Tutor: Annette Playsted-Simmons Fee: \$120

Room: Hall/Rec Room

Art Workshop 2 Day colour workshop for adults

who paint or draw. (Due to the overwhelming success of the previous workshop we are once again conducting this popular activity)

This two day workshop is for those who paint or draw and want to use colour more efficiently and effectively. The expressive power of colour will be fully explored. The relationships between colour and expression and the link between tone and hue will be the central themes and Annette will teach the skills of using colour, drawing on 20th Century Masters as role models and teaching practical skills about palette management, colour mixing and colour choice.

Materials required: A list will be available on enrolment. Dates/times: Sat 14 Mar AND Sun 15 Mar

10.30am - 4pm (2 sessions)

Tutor: Annette Playsted-Simmons Fee: \$95

Room: Hall/Rec 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 re-fashion quickly and easily - the results can amaze.

Dates/times: Sat 20 June 1pm - 5pm (1 session) Tutor: Jeff Dean Fee: \$60 (includes materials)

Room: Hall

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 29 April - Wed 24 June

9.15am -10am (9 sessions) Tutor: PSD Education Fee: \$50 Room: Centre Hall

Health & Wellbeing

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 1 May – Fri 26 June 9.30am – 10.30am (9 sessions)

Tutor: Jun Yi Weng Fee: \$90 Room: Centre Hall

For fitness, stress relief and clarity of mind. New students are warmly welcomed. Dates/times: Mon 27 April - Mon 22 June (No session on Queen's Birthday - 8 June) 9.15am - 10.45am (8 sessions) Fee: \$80

OR Thurs 30 April – Thurs 25 June 6pm – 7.30pm **OR** Thurs 30 April – Thurs 25 June 7.45pm – 9.15pm

(9 sessions) Fee: \$90 Tutor: Glenda Breedveld

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

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

Introduction to keyboarding and mouse skills. Learning to open and close programs and also to turn on and shut down the computer. Introduction to Basic Word, processing skills with learning to create and save a document as well as your own name folder. Basic explanation of what the Internet can do.

Skill Level: Beginner

Dates/times: Tues 28 April - Tues 16 June 12.45pm - 3.15pm (8 sessions)

Fee: \$160 or \$80 Conc

(\$55 subsidised tuition fee + \$25 services fee) Tutor: Lyn Brook, Lynette's User-Friendly Computers

Introduction to Computers C/E

(Intermediate Word - follows on from A/B class) Introduction to Basic Word, processing skills with learning to create and save a document as well as your own name folder. Basic explanation of what the Internet can do, also learn to send and receive and delete emails. Set up address books. Learn about virus protections.

Skill Level: Beginner

Dates/times: Thurs 30 April - Thurs 18 June

12.45pm - 3.15pm (8 sessions) Fee: \$160 or \$80 Conc

(\$55 subsidised tuition fee + \$25 services fee) Tutor: Lyn Brook, Lynette's User-Friendly Computers

Introduction to Computers D (Creative Projects)

Create Greeting Cards using Microsoft Publisher. This class will make you more creative and assist with personalising your greeting cards, Christmas cards/birthday gift tags. Let your imagination run wild! Skill Level: Intermediate

Dates/times: Tues 28 April - Tues 16 June 9.30am - 12noon (8 sessions)

Fee: \$160 or \$80 Concession

(\$55 subsidised tuition fee + \$25 services fee) Tutor: Lyn Brook, Lynette's User-Friendly Computers

MYOB for Beginners

These sessions are designed for those just starting out. This course will give you a basic foundation of how to use MYOB in your business.

Skill Level: Intermediate Dates/times:returning 3 term

Tutor: Brian Knight, Round Table Business Consultants

eBay - Sellers

Learn how to sell on eBay. Do you have some interesting articles 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: Fri 15 May - Fri 22 May 10.30am - 1.30pm OR Wed 10 June - Wed 17 June

6.30pm - 9.30pm (2 sessions) Fee: \$90 or \$82 conc Tutor: Angelo D'Angelo

Email & Internet

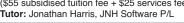
This class is designed for both those new to internet and those who know basics and would like to extend their experiences. Begin with simple searches using Internet Explorer and basic mail handling using Outlook Express. Discover how to read your mail away from home. Try alternative methods of internet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

Skill Level: Beginners

Dates/times: Wed 29 April - Wed 17 June

10am - 12.30pm (8 sessions)

Fee: \$160 or \$80 conc (\$55 subsidised tuition fee + \$25 services fee)



Microsoft Office 2007/Vista

Extend your skills with the Microsoft Office 2007/Vista suite of programs including a brief introduction to learn how to navigate around Vista. Learn to use Microsoft Word for more than a word processor, use Outlook to organise 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: Wed 29 April - Wed 17 June 1pm - 3.30pm (8 sessions) Fee: \$160 or \$80 conc (\$55 subsidised tuition fee + \$25 services fee) Tutor: Jonathan Harris, JNH Software P/L

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: Wed 29 April - Wed 17 June

4pm - 6.30pm (8 sessions) Fee: \$160 or \$80 conc (\$55 subsidised tuition fee + \$25 services fee) Tutor: Jonathan Harris, JNH Software P/L

Intermediate Computer

Students in this course will learn how to use Word, Excel, Internet and Email. More than an introduction to these software packages, it's how to get the best out of them.

Dates/times: Mon 27 April - Mon 22 June (No courses on Queen's Birthday - 8 June) 3.30pm - 6pm (8 sessions)

Fee: \$160 or \$80 conc

Tutor: Jonathan Harris, JNH Software P/L

Picture Editing & Movies

Learn how to edit, file, categorise and archive your digital photos using Picasa. Learn Photostory to convert your pictures into an entertaining movie.

Materials: Photos optional

Dates/times: Mon 27 April - Mon 22 June

1pm – 3pm (5 sessions) Fee: \$120 or \$60 conc

Tutor: Jonathan Harris, JNH Software P/L

Digital Photography Doctor

Confused by all the settings on your new digital camera? Learn how to get great results from a qualified teacher and master photographer. Understanding shutter speeds, ISO, aperature, different file formats, downloading images, red eye reduction and lighting techniques. Dates/times: Tues 5 May - Tues 26 May

7pm – 9pm (4 sessions) Fee: \$100 or \$92 conc Tutor: George Stawicki

Non SpringDale Classes & Groups

Bridge for Beginners

Come along and enjoy the challenge of learning how to play Bridge by our experienced tutor. Date/time: Wednesdays 9.30am - 11.30am

Tutor: Mark Cline

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

Venue: SpringDale Neighbourhood Centre

Room: Training Room

Pilates

Open to all ages. Improve your fitness, core strengths, posture, flexibility and sense of well being. Dates/times: Term 1 classes commence on Tues 21 April, 9.30am - 10.30am (intermediate) and 11am-12noon (beginners to intermediate)

Thur 23 April, 6.45pm - 7.45pm (intermediate) 8pm - 9pm (beginners to intermediate)

Tutor: Monique MacLeod Fee: \$105 (8 weeks)

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

Phone: (03) 5251 2958 to book.

Bellarine Woodworkers Inc. Meet first and third Monday of the month at 1.30pm

at SpringDale Neighbourhood Centre. New members

welcome. Just turn up!

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.

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.

Special Interest Groups

To participate in any of the following groups SpringDale Membership \$2pp, annual Subscription and \$1 per session unless otherwise specified

Philosophy Group

Enjoy the company of others and discuss many

and varied topics of interest.

Date/times: 1st Friday of each month commencing

Fri 24 April 1.30pm - 3pm Facilitator: Rob McCubbin Room: Training Room

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.

Activities and Games

SpringDale Badminton

Any new interested players please contact SpringDale. Wednesdays 1pm - 3.30pm weekly at The Scout Hall Drysdale.

SpringDale Chess Club

Today, chess is one of the worlds most popular games played by millions of people worldwide. Wednesday afternoons 1pm - 3pm.

SpringDale Jigsaw Club

Borrow a jigsaw from a big library at the bargain price of 40¢. Come along to the SpringDale Centre Hall on the first Thursday of the month from 10am - 12noon.

SpringDale Mahjong Club

Mahjong involves skill, strategy and a certain degree of chance. This group meets Wednesday from 10am - 12noon. \$2 per session

SpringDale Scrabble Club

Weekly scrabble group is held on Tuesday afternoon, 1pm – 3pm and caters for players of all abilities and new players are always welcome.

Card Games

Members enjoy playing a variety of card games including Canasta, Euchre and 500. This group meets Monday afternoons from 1-3pm. \$2 per session in the SpringDale Centre.

SpringDale Crosswords.

Come along and discover the real benefits of regular puzzling. Keep your brain and mind fit and active. Paper and web based crosswords.

Dates/times: Fri 1 May 10am - 12noon Facilitator: Catherine Eagleson

Line Dancing

If you can count to four and can tell your left foot from your right, you can line dance! Join our group. Dates/times: Wed 29 April 10.15am - 12.15pm. \$7 per session.

Laughing Group

Laughter is good for everyone, it eliminates stress, develops abdominal muscles and increases

motivation. Join us for some fun. Date/time: Thursdays 12.30pm - 1.30pm

Parents and Children

Bellarine Toy Library

Saturday mornings 11am-12noon. 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

The group makes beautiful quilts for Palmerston Court Aged Care. Meets on the 4th Thursday of the month at SpringDale from 10am-12noon.

Scrapbooking

Preserve photos in a creative ways. All welcome, beginners will be shown techniques. Dates/times: Last Wednesday of the month,

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.

Dates/times: Weekly Tues 28 April 1.30pm - 3pm

Facilitator: Jill Birse

Computers

PC User Help Group

We can encourage people to follow their interest in computers and share this interest with Liam Bennett and others. Meets 2nd Tuesday in the month 4pm - 5pm.

Health and Wellbeing

Book Club Group

All avid book readers come and share your opinions and interpretations of selected titles.

Date/time: 1st Monday of each month. 7.30pm – 9pm Tutor: Lucy Pope Room: Training Room

Men's Kitchen-Wednesday Group / Weekly

Come along and enjoy making delicious tasty meals from start to finish. This is a fun group where humour exists, friendships are formed and appetites are fullfilled. Dates/times: Wed 29 April 10am - 2pm

Men's Kitchen - Thursday Group / Weekly

Due to the overwhelming success of our 'Men's Kitchen' we are creating a new group. Come along and make delicious, tasty meals from start to finish and enjoy the friendships.

Dates/times: Thurs 30 April 10am - 2pm

Ladies Kitchen - Friday Group / Weekly

A new group has emerged due to the popularity of our 'Men's Kitchen'. Ladies come along and enjoy the company of others that are looking to create delicious meals that are quick, easy and affordable.

Dates/times: Weekly Fri 1 May 10am - 2pm Facilitator: Pat Crotty Room: Kitchen

Pole Walking Group

Pole Walking is enhanced walking where the arms are used to push. The movements of your arms, feet, pelvic area and the entire body are similar to those

employed during a vigorous walk. **Dates/times:** Weekly Mon 20 April 9am

Life Perception Discussion Group

Discuss the essence of life's journey and how we explore the fascinating range of eclectic topics within this awareness-raising field.

Dates/times: Thursdays 10.30am - 12noon.

Facilitator: Wendy Page

Enrolment & Payment Conditions

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.

- · 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.

MY PLACE: Researching and writing your own local history - Workshops will be offered at both SpringDale & St Leonards Community Space

Proposed Local History four session course at SpringDale and St Leonards Community Space. If required sessions can be held at both centres on consecutive days. The focus will be on local histories of Drysdale and Clifton Springs, Portarlington and Bellarine, Indented Head and St Leonards.

Pinpointing the areas of interest for each group member. What resources are already available for your area. What ground has already been covered? What remains to be done? Some hints on research methods.

Dates/times: St Leonards Wed 22 April 10am SpringDale Thurs 23 April 10am

Session 2

Two groups meet together at SpringDale. Visit the Bellarine Historical Society

museum and record centre at the Old Court House, Drysdale.

Dates/times: SpringDale Thurs 30 April 10am

Session 3

Two groups meet together at the Geelong Heritage Centre, Little Malop St, Geelong. Visit the Geelong Heritage Centre to discover the extensive collection of newspapers, Bellarine Shire minutes, old photographs, documents and books relating to the Bellarine Peninsula.

Dates/times: Wed 6 May 10am

Session 4

Other possible resources available outside the Geelong region. Eg. The Public Library, Swanston Street, Melbourne (newspaper collection, etc.) various family and genealogical societies, the internet. Now it's time to write your local history - so hints on preparing the manuscript, inserting maps and photographs.

Dates/times: St Leonards Wed 13 May 10am

SpringDale Thurs 14 May 10am

1x4 sessions \$20 Fee: Facilitator: Peter Munster

St Leonards Community Space

Computer Classes continue to be successful and our groups are going from strength to strength. We would also like to invite you to contact us if you have any ideas for new classes or skills you would like to share. If our phone is unattended, please leave a message and we will return your call as soon as possible.

Please enrol early to avoid disappointment.

St Leonards Community Space

Shop 3, 1377 Murradoc Road, St Leonards Ph: (03) 5257 2032

Opening Hours: 10am until 3pm, Tuesdays,

Wednesdays & Thursdays

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: Fri 1 May - Fri 19 June 9.30am - 12noon (8 sessions) Fee: \$160 or \$63 Conc Tutor: Lyn Brook, Lynette's User-Friendly Computers

Introduction to Computers C/E

(Intermediate Word - follows on from A/B class)

Learn how to create tables, use tabs, columns, clip art and put a border also learn to send, recieve and reply to emails. Understand how the internet works and how to browse using different search engines. Discuss broadband versus dialup Skill Level: Intermediate

Dates/times: Thurs 30 April - Thurs 18 June 9.30am - 12noon (8 sessions) Fee: \$160 or \$63 conc Tutor: Lyn Brook, Lynette's User-Friendly Computers

Introduction to Computers D (Creative Projects)

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: Wed 29 April - Wed 17 June 9.30am - 12noon (8 sessions) Fee: \$160 or \$63 conc Tutor: Lyn Brook, Lynette's User-Friendly Computers

Advanced Computer Classes

Designed for advanced computer skills and those with a great knowledge of mapping around their computer. (8 sessions)

Skill Level: Competency in all computer skills.

Dates/times: Tues 28 April - Tues 16 June 3.30pm - 6pm (8 sessions) Fee: \$160 or \$63 conc Tutor: Jonathan Harris JNH Software P/L



Picture Editing & Movies

Learn how to edit, file, categorise and archive your digital photos using Picasa. Learn Photostory to convert your pictures into an entertaining movie.

Materials: Photos optional

Dates/times: Tues 5 May - Tues 2 June 1pm - 3pm (5 sessions) Fee: \$120 or \$60 conc Tutor: Jonathan Harris, JNH Software P/L

Digital Camera

Learn the workings of your digital camera to get the best results. BYO Camera.

Week 1 - Introduction; Week 2 - Flow camera works;

Week 3 - Lenses; Week 4 - Downloading and processing on computer.

Dates/times: Tues 5 May - Tues 2 June 10am - 11am **OR** Thurs 7 May – Thurs 4 June 7pm – 8pm (5 sessions) **Fee:** \$50 **Tutor:** Bruce Jones

St Leonards Special Interest Groups

To participate in Groups at the St Leonards Community Space the requirement is to become a member at cost of \$2 membership fee per year. Each group is \$1 per session per person unless otherwise specified.

Friendship Group

Every Tuesday afternoon at 1.30pm. Come and for a cuppa and chat and make new friends.

Beading Group

Tuesdays at 1pm. For beginners to advanced.

Evening Cross-Stitch

Tuesdays at 7pm. Both beginners and experienced are welcome.

Craft and Patchwork

Wednesday afternoons starting at 1pm. Everybody welcome.

Wednesday evenings at 7pm and is primarily for beginners.

Mahjong players both experienced and advanced players. Thursdays 10.30am.

Card Group

Thursdays at 1pm. At the moment "500" is the game of choice.

Scrabble Group

Thursdays at 1.30pm.

Casual Art Group

Every 1st and 3rd Thursday of the month at 9.30am. Drawing or painting.

Art Appreciation Group

Every 2nd Thursday of the month at 10am. A fee of \$5 per session.

Junior Beading

Every second Saturday at 10.30am. Check the noticeboard for the dates and during the school holidays we will endeavour to hold it every Saturday.

Diverse Entertainment at the Potato Shed for 2009

Another month has gone already and judging by all the chocolate eggs on the shelves it must be nearly Easter already!

The first CCP gig for 2009 almost kicked off in January before it was rudely interrupted by a power failure; this long awaited gig was rescheduled to the Friday, 20 February. Our community groups have returned for 2009 and we once again have a fantastic variety of classes available to the Bellarine Community including dance, ballet, karate and of course acting and drama. Information on all classes is available from the Potato Shed.

Our first Spud club for 2009 took place on Friday, 27 February. This event is becoming increasingly popular with all age groups and is a great family friendly night. As we have had guite a few younger performers interested we commenced the night at 6.30pm with children and teenagers up first and adults will have a chance to perform from approximately 8pm.

Preparations have begun on the Don't Be a Couch Potato Cabaret. This is the third year of this exciting all abilities program which is building steadily in momentum. We will keep you updated on the progress as we get further into the planning. Our first touring show for 2009, The Tank, will be performed for one night only on Friday, 27 March. Featuring songs written and performed by Australia's own Mick Thomas (Weddings Parties Anything), The Tank is a whirlwind ride through a rural Tasmanian underbelly of Chook Odds, Crayfish & Chainsaws! Described as 'The Tasmanian Dimboola', this show is a must see in 2009! Following straight on from The Tank on the Tuesday, 31 March will be 'The Write Stuff', two original plays, 'The House Always Loses' & 'The Crook', looking at the impact of gambling on society and individuals.

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.

double pass plus

two complimentary drinks on arrival

friday 27 march

AT THE POTATO SHED

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

I Name:		
I		
Address		
l		
I		
Phone No: (03)		

COMPETITION CLOSES 3PM WEDNESDAY 18 MARCH |

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.

WHAT'S ON @ THE POTATO SHED



A rollicking piece of musical theatre Written by Steve & Mick Thomas / Directed by Tania Bosak A whirtwind ride through a rural Tasmanian underbelly of CHOOKS, CRAYFISH & CHAINSAWS!

The Tank Friday 27 March

A rollicking piece of musical theatre that features songs written and performed by Australia's own Mick Thomas and friends. It celebrates the idea of family and spirit of place.

\$22 Adult \$18.50 Conc \$16.50 Gr

The Write Stuff -

for the right reasons **Tuesday 31 March**

Two original plays -The House Always **Loses & Crook Odds**

looking at the impact of gambling on society and individuals.

Funded by Department of Justice, Geelong

Repertory Theatre Company.



1pm & 7.30pm All Tickets \$5

See WWW.MICKTHOMAS.COM/TANK.HTML for more info

27 February Spud Club

Open Mic Night - all welcome! 6.30pm - Children / Teenagers 8pm - Adults \$5 entry includes 1 complimentary drink.

20 March **CCP Gig**

All Ages - Drug, Alcohol & Smoke Free Event 6pm - 10pm Tickets: \$10 (at the door)

27 March The Tank 8nm

Adults: \$22.00 Conc: \$16.50

31 March The Write Stuff 1pm & 7,30pm All Tickets \$5

POTATO SHED

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

GEELONG WWW.GEELONGAUSTRALIA.COM.AU

The SpringDale Messenger < www.springdale.org.au

Adrian E Mannix -Community Services Award

Nominations are currently open for the 2009 Adrian E. Mannix OAM Community Service award. Nomination forms and criteria guidelines are available from SpringDale. Nominations close on March 31, 2009. The award is an opportunity to recognize the voluntary efforts of individuals made in the local communities of Clifton Springs, Drysdale, Indented Head, Portarlington and St Leonards.

The Drysdale Rotary Club. Portarlington/Drysdale Lions Club and SpringDale Neighbourhood Centre have joined together to provide this award, in memory of the contribution made by Adrian E. Mannix O.A.M. The winner will receive a trophy and \$500.00 to donate to the charity/cause of their choice.

Funeral Information Options & Advice

Bellarine time 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.



www.tuckers.com.au Grovedale, Lara and Geelong West

Combined Probus Club Clifton Springs/Drysdale

Following the AGM the new committee for 2009 has been elected.

Our next meeting on March 9 is to be a Trivia morning requested by the members and tables will be made up randomly on the day.

Memberships are still available for both couples and singles. Guests and visitors are most welcome to all our meetings held on the second Monday of each month at the Clifton Springs Golf Club, Members Room starting at 10am.

The Caravan & Cabin Friends are at their most active this time of year with trips to Port Fairy, Healesville and Hastings in the pipeline.

Movie Friends are switching to Wednesdays so that Carol can offer a choice of films and obtain numbers at our Monday meeting.

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

Rotary Club of **Drysdale News**



Rotarians are currently selling raffle tickets to raise funds for Andrew Love Cancer Centre at venues around Geelong. Tickets are just \$1 each and the money is going to a great cause. Over the last 2 years the Club has donated approximately \$16,000 to the Andrew Cancer Centre.

Rotary meet every Monday at 6pm for 6.30pm at Clifton Springs Golf Club, Members Room. For further information about Rotary please phone (03) 5259 1788

World Water Day, March 22

World Water Day originated from the 1992 United Nations Conference on Environment & Development (UNCED) in Rio de Janeiro and March 22 each vear was designated as the day to raise awareness of water saving initiatives.

Most countries around the world are searching to satisfy their water needs from limited water resources. Each year World Water Day highlights a specific aspect of freshwater and this year the theme is 'Shared Water -Share Opportunities'.

As the focus on water scarcity continues with increased population growth, agricultural development and environmental requirements, water saving is vital to all communities. Water storages are at a very low level and it is important that we all do our best to save this precious commodity.

Judy Williams



A Project of Rotary Club of Drysdale

Proceeds to Rotary Community Projects





The Year: 1969

The School: **Drysdale Primary School**

The Class: Grade 6

Call SpringDale (03) 5253 1960 to register to be invited to attend the 40 year reunion in 2009.

Emma & crew ready to 'SHAVE' towards a Cure...



Left: Manfred & Wendy have also helped to raise

HAIR STUDIO Our qualified and experienced hairstylists will satisfy all your hair, beauty and nail requirements whilst you sit back, relax and enjoy the pampering..... Shop 6/3 Wyndham Street Drysdale 3222 P 03 5253 2503

'Worlds Greatest Shave' will be a huge event at **Em-Vious Hair Studio on** Saturday, 14 March from 9am to 1pm.

Emma and her wonderful staff will be making a huge effort to raise funds for this very worthwhile campaign and are shaving heads for only \$5. There will be fun activities for the kids such as clowns or face painting for \$2, or perhaps a change of your hair colour with hairspray only \$1.

Free balloons and lollypops, Fundraising Raffles which will be drawn at 12noon Saturday. The following Thursday and Friday, Em-Vious will donate \$2 from every hair service and 10% of all nail products sold will be donated as well.

Be brave and take the kids along and have some fun whilst helping to fundraise for the Leukeumia Foundation.

Also the Management and staff of the Drysdale Hotel would like to thank Manfred & Wendy from 'Wiseguys Mens Hair Stylists' Drysdale for the involvement over the past years in the 'Worlds Greatest Shave'. They gave their time and trimmed, coloured and shaved for a very good cause along with BayFM radio announcer

Mark Hyland who has been an avid supporter of the Drysdale Hotel event over many years. Visit:

www.worldsgreatestshave.com for more information and to make that very important donation.







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SES in your Community

The Victoria State Emergency Service (VICSES) is a key agency in Victoria's emergency management framework. It provides a range of services that assist in keeping Victorian communities safe. The majority of these services are provided by 5,500 committed and dedicated volunteers, who give freely of their time to assist local communities.

VICSES has a wide range of roles including:

- Planning for and responding to floods, tsunami, severe storms and earthquakes
- Road, Aircraft, Industrial and Rail rescue
- Search and Rescue
- Providing support to Victoria Police and other emergency service organisations

On the Bellarine Peninsula, the Bellarine

Unit has 35 dedicated volunteers. We are called upon by members of the community in times of need. Most calls are related to storm damage which could range from a fallen tree to roof damage in strong winds.

The Bellarine Unit of VICSES also provide assistance and plays a vital role at a road crash scene. As a team, liaising with other emergency services, we may be required to use the Jaws of Life to extricate a casualty, assist in casualty handling and traffic management.

Search and Rescue, Flood and Building Damage (not caused by weather) and assisting other emergency services are many events members of the Bellarine VICSES are commonly requested to assist with.

We have had a relatively busy start to 2009, attending 3 Road Accidents, 3 houses suffering building damage and 3 fallen trees.

Bellarine SES is now recruiting. If you are interested in being involved with the SES and supporting your community, you can contact us via Regional Headquarters on (03) 5226 4771 or visit the VICSES website www.ses.vic.gov.au

For further information contact: Tracey Balodis Bellarine Media Liaison Officer Mob: 0400 170 704

Clifton Springs Primary School

Our student leaders have been appointed and are showing much pride in the positions they hold. Our School Captains, Connor and Shannen and Vice-Captain Jasmine, have now taken up their position and have displayed a great enthusiasm for the various tasks required of student leaders. They are running our weekly assemblies and were involved in a student leadership forum in the first few weeks of term, when they participated in a range of activities which encouraged developing strong team work and recognising the privilege and responsibility of leadership.

Our prep students were very enthusiastic to begin school and participated in three orientation sessions during term 4 of 2008.



Newly appointed school captains Connor, Shannen and Jasmine

These sessions allowed them to meet other students attending our school, getting to know their teachers and enjoying both classroom and specialist lessons. We look forward to seeing them enjoy all the activities offered at school.

We were very saddened by the death of our school crossing lady, Wendy Maltby who served our school over the last 10 years. She was always diligent in her role and thoroughly enjoyed the daily interactions with our students and their parents and our staff. Wendy will be remembered and honoured when we open our new Children's Garden which we dedicate to her.

The Children's Garden has progressed well with much work being completed over the holidays. We will have our own jetty and boardwalk, a fishing boat, bollards which have been decorated by our students, and a landscaped passive play area.

All these features have been possible through the support of the Telstra Kids Foundation, a Junior Landcare Grant and the very generous donations of parents and School Council. We look forward to further work to complete this wonderful landscaping project.



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around the garden

Garden Club enquiries please phone Lorraine Wikman (03) 5251 1660 or Rae Cashmore (03) 5251 2600.

So far it has not been a good start for gardeners. We have sweltered through and survived 3 of the hottest days for 100 years. Not so for our gardens, which really took a hammering from the unrelenting heat. Plants wilted and shriveled in the 45° heat. Resist the urge to prune back dried foliage, because if we get another humdinger, it will burn the plants even more. Keep the water on the soil and if you can, use a soil wetting agent.

I must confess that I felt defeated when I surveyed the damage in my own garden. Days later though, I was out there again planning what to do next. Take a good hard look around the garden and identify what plants have survived. Repeat these plants as they are the strong ones.

In my own garden I found that grey leaf foliage and needle-like foliage did best. These included catmint, grevilleas, roses, valerian, irises, hibiscus, pelargonium and my favourite, roses. The fruit trees also did well, but the poor apples suffered sunburn. Our plum tree is groaning from its good crop this year. The almond tree was good also, but I neglected to net it this year and as a result, the cockies had a good feed.

What does compel gardeners to keep going? Put simply, it is the desire to grow. We are always planning and looking forward. A garden is never completed but is forever evolving. Scientific evidence shows gardeners are less likely to develop dementia because they are always thinking. We are also a fit little bunch.

Has anyone else noticed that gravel seems to be the flavour of the month? I know it looks good, in the right place, but I still prefer organic mulch. It feeds the soil and also keeps it cool.

I don't recommend any new plantings just now, as I would wait till this hot spell is over. Do I dare say it? Give us RAIN.

If you would like to know more about gardening then pop along to Clifton Springs Garden Club. Our next meeting is on March 16 at 7.30 pm. at Drysdale Uniting Church Hall in Palmerston Street. We have guest speakers every month as well as advice from our growers and a show bench. Our friendly members will make you feel very welcome.



As you know I have tried to be as fair as possible to each of my garden beds, one with Bokashi and one without. But I found it very difficult to feed one garden bed and only water the other one. It was like feeding one child and starv-

Bokashi Update - Anne Brackley

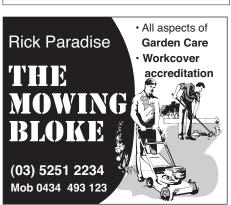
ing the other. I have found this project to be quite stressful. Unfortunately we were away during the extremely hot days in late January and many of the plants suffered. I did enjoy zucchinis, tomatoes, egg plant and lettuces from the garden and the results of the trial

showed the Bokashi bed was able to produce about 50% more vegetables and the plant survival rate in the Bokashi bed with limited water was far greater.

I did also prepare a small plot with Bokashi, for a couple of native plants and they are thriving on very little water. People had asked me if native plants would benefit from the Bokashi preparation and now I can say a definite yes. I have tried it and Kangaroo Paw and Grevillea thrive in a bed prepared with Bokashi.

Looking forward to talking about Bokashi with you at some time. Please register your interest with the office at SpringDale phone (03) 5253 1960 if you would like to attend a Bokashi Workshop.







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health & wellbeing





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intuitive healing and essential oils.

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I heard the words the Doctor was saying but they just didn't register: "The results from your Oral Glucose Tolerance Test show you do indeed have Type 2 diabetes, as I suspected".

To keep me in good health the Doctor explained that I would need a care plan and be proactive to keep in good health.

The Service Access Officer at Bellarine Community Health Centre called me and explained that my Doctor had made referrals to see; a Dietician to discuss healthy food choices and eating plans, the Podiatrist for a diabetes foot assessment and the Diabetes Educator to assist with my overall health management.

I was apprehensive at first. However, I felt much better once I learnt that diabetes was so manageable and not to be feared as I had previously thought. I was given a new blood glucose meter (these are free for people with newly diagnosed diabetes through diabetes educators), taught how to use it and interpret the results. It put me in control and I liked that.

We also discussed:

- What Diabetes is and how it affects the body
- What range my blood sugar should be within to maintain good control
- How and where I can get diabetes supplies/resources
- Complications of Diabetes
- The benefits of exercise on diabetes control and we set some exercise goals.

I am going to start walking 30 minute a day and gradually work up to 60 minutes a day. I haven't been too active recently and need to drop a few kilos; this should help to reduce my waistline.

LOOK
AT THIS
ROOF

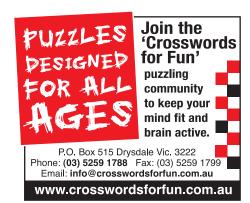
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We set some goals and I will be back to review them with my educator in a few months, earlier if I feel I need the support. I felt reassured the diabetes team are only a phone-call away.

For Diabetes Education contact the Service Access Officer at Bellarine Community Health on (03) 5258 0812. The cost for pensioners is \$7.80 per session.







World Day of Prayer

This year the World Day of Prayer service will be held at St James' Anglican Church in Drysdale on Friday March 6, 2009 at 10.30am and is open to all who care to attend. It will be followed by morning tea in the church hall. The service will focus on Papua New Guinea, and some of the Christian women from that country have helped to organise the occasion.



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(Off Murradoc Road)

DRYSDALE

Neighbour Day - March 29

Neighbour Day is held on the last Sunday in March every year, but you don't have to wait until then to talk to your neighbours.

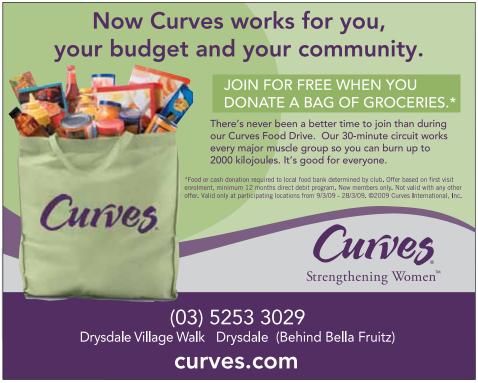
The aim is to encourage us all to develop a greater sense of community caring, looking after the vulnerable and isolated, especially those who live alone. Whether you live in the city, in a town or on a farm anyone can participate.

Unlike other awareness days you don't have to make a donation, buy a badge or a ribbon or wear a silly hat. All you have to do is introduce yourself to the people next

door and across the street, or on the next property.

Many people choose to live alone, but that doesn't mean they should be forgotten. The elderly are particularly at risk and so that's why it's a good idea to keep an eye out for them.

By introducing yourself and giving your name and telephone numbers you are helping to breaking down barriers of loneliness and isolation experienced by many older people.







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Digital doctor - making house calls again...

Due to overwhelming response George Stawicki - The digital photography doctor is making more House calls at SpringDale Neighbourhood Centre and Classes start Tuesday, 5 May until Tuesday, 26 May, 7 to 9 pm for 4 weeks.
For further information contact SpringDale on (03) 5253 1960.

In May master photographer George Stawicki will run a series of classes on getting better results from your digital camera. These classes give people the chance to learn from a qualified teacher and successful professional photographer. George has run his own busy studio for two decades in Geelong. trading as Stawicki Creative. Even among photographers, George is unusually versatile, possessing a rare combination of technical expertise and creative flair. His studio handles assignments from technically demanding

With the digital photography revolution, George has also become an expert problem-solver. He said: "Everybody buys a digital camera expecting that their pictures will suddenly be wonderful. But a

modelling, architecture, family portraits and

iewellery and product photography, to

weddings.



digital camera is just a new tool, and to use it successfully, you have to learn all its new features."

George said: "The only thing that's changed with digital photography is that people don't have to pay to develop their disappointing photographs. Now their cameras and computers are full of photographs they are still unhappy with." George's 'Digital photography doctor' classes will give people a good understanding of their own camera and its features, and how to take consistently good photographs.

On the BUSES - with Anne

Please register your interest with the office at SpringDale on (03) 5253 1960.

Now is the time to experience some fun just like Reg Varney (Stan Butler) in the popular British comedy series On The Buses.

For some time I've had the idea to schedule escorted tours from Drysdale to



Queenscliff, Ocean Grove, Portarlington and St Leonards using the public bus system. Many things converged the other day which prompted me to act on this idea and we now have a tour guide as well.

My plan is have an outing once a month which takes interested people on the cross peninsular bus to enable people to have a wander around the shops and have lunch at a chosen spot or a spot of your choice and then to catch the bus back. Each month a different town would be chosen and it would help people to become familiar with our local bus system.

I would love to do this and I'm hoping other people will find this to be interesting as well. The cost will be kept to a minimum. A day ticket on the cross peninsular bus is \$3.40 and a concession day ticket is \$1.70. The only other costs are whatever your lunch and any purchases cost.

(OLOUR IN YOUR WORLD Colour Workshop for Artists

"I wish I had more confidence with colour!"

This is a frequent comment made by both new and experienced art students, as they survey the minefield in their paintbox or pastel box and attempt to make good choices for their art pieces.

Art Tutor at SpringDale, Annette Playsted says that she often finds that even the more experienced art student has only had elementary tuition about colour. Often, after basic knowledge of the colour wheel, the art student has been left to totally rely on their intuition to choose and apply colour when there is much more to colour knowledge and application that can be learned and applied to support intuitive powers.

Positive responses to colour training are always immediate and have far reaching effects on an artist's practice. The richness of colour can be harnessed using knowledge and lots of experimentation.

Annette will run a 2 day weekend workshop on colour March 14 & 15 for those who draw or paint and want to use colour more efficiently and effectively. It will be fully experiential and colourful, of course. A list of requirements will be available on application. Contact SpringDale on (03) 5253 1960 if you are interested.

Saturday 14 and Sunday 15 March 10.30am – 4pm. To enrol in this course please call the team at SpringDale Centre on (03) 5253 1960.

Term 2 Course Guide on pages 11 to 14 for all the information on ART & PHOTOGRAPHY courses.



Ph/Fx (03) 5253 1516

Drysdale/Clifton Springs Community Association Inc.

The Community Association has resumed after the usual Christmas break, with plenty of issues being followed up. Some residents have written lengthy letters of concern about just where they stand with the changes projected in the Drysdale and Clifton Springs Structure Plan. The Association has followed up these points with the Council and at this point in time the Council has advised that there is much to be done in the way of planning before anything detailed in the Structure Plan can be put into place. Community consultation is one such item, and we have been advised that we will be involved in the decision making process.

Just recently the Association held its first Transport Sub-Committee meeting. This sub-group was set up due to residents wanting a better transport deal by the Bus companies and the Government, for Drysdale and Clifton Springs. Across the Bellarine there would seem to be a similar tale of inadequate services and many local Community Associations are working towards better services.

What we want now is to hear from anyone who uses the buses to move to Geelong or across the Peninsula. We want to know what you would like, are the bus stops adequate and is there enough of them? Does the bus travel up the right streets or roads? If you want to have a say or be part of a survey, please contact the Drysdale

Clifton Springs Community Association on **ccd21@bigpond.net.au** and help us work towards a better service.

Big news in the paper recently was about one of the developers scaling down their operations at the Jetty Road estate. Not that you would notice as there is nothing in the way of physical changes to the landscape happening at all. Possibly behind the scenes there is however it would seem that the 'global economy' epidemic has struck a blow to this particular part of the housing estate. With the hold up of almost every facet of the administrative process, it could be some time before there are families moving in to this part of town.

The Association is hopeful to have some good news in the future about the possibility of a walking track being established around Lake Lorne. It is early days yet, but we would like to get some pre work done on the naming of the track. Our thoughts are that it should be named after some person within the community who has earned the right to have a walking track named after them. If you know of any person, (alive or otherwise) who you think deserves this particular part of Drysdale to be named in their honour, please get in contact with us.

Until next month **Doug Carson** Secretary

Peninsula Probus Moves to Drysdale

In January, Peninsula Probus transferred its regular meeting venue from Clifton Springs Golf Club to the Drysdale Football Club rooms. The first meeting in its new home was a wonderful success. The President, Mr Barry Waller, urged the members to get in the spirit of things by doing six laps of the oval. He set the tone for a warm and convivial atmosphere, and the speaker, Olympian marathon runner, Lee Troop, roused his audience with his open, eloquent, and honest account of his life as a marathon runner. (He did not rouse them to take up running though). Even so, members were impressed by his dedication, his persistence, and his frank appraisal of what it means to accept one of the greatest physical challenges anyone can undertake, that of competitive marathon running.

The change of venue was prompted by a need to have greater flexibility in the club, and the financial advantage that comes from self-catering. The room is also more suitable to our purpose, with an excellent sound system, ample seating and a very efficient kitchen.

The Club speaker for the day was Bill Gibson, who offered an amusing account of his early years of variable employment. He claimed that as a telegram delivery person he held the record for the most bikes destroyed on the job. He was advised he might be better cut out for another line of work, and in time found himself a niche in plumbing supplies retailing.

Those interested in becoming a member should phone Barry Waller – (03) 5253 1688 or David Kerr – (03) 5251 1040

AVALON2009



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The SpringDale Messenger <

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[03] 5253 1644



golfing memberships

7 Day Golfing Memberships ONLY **\$210.00*** *March '09 to June '09

 Weekday Membership ONLY **\$145.00*** *March '09 to June '09

 Green Fee Players Welcome **\$25 for 18 holes**

For all golfing and membership enquiries please phone (03) 5251 3391

🔭 A la carte meals also available

Sunday *Carvery 3 Course **\$15.00**

- Sunday Night is *Parmi Night Original, Italian, Aussie or Hawaiian \$13.00ea
- Friday Night is *Steak Night Porterhouse or Rump \$17.00
- Saturday Lunch *Soup & Main \$10.00

* Conditions Apply

POTS FOR **GLASSES Friday Night**

MEAL SPECIALS Try our fabulous Lunches priced from \$7.50 **Monday-Friday** only

MEMBERS DRAWS

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- Friday all categories Saturday
- Golfing Members only
 - · Regular Raffles
 - every **Friday** night

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For Bookings and further information please telephone the club on (03) 5251 3391 Clfiton Springs Golf Club Clearwater Drive CLIFTON SPRINGS

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