



The SpringDale Messenger

ABN 21 404 220 267 >> Compiled & Published by the SpringDale Neighbourhood Centre Inc.



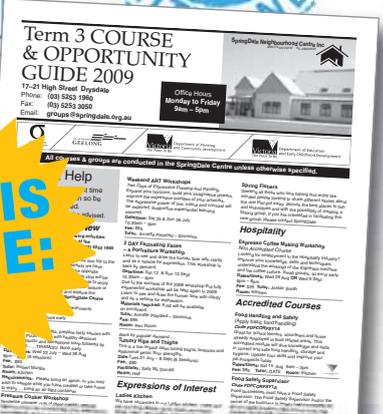
Andrew Wins Mannix Award

Congratulations Andrew on being named the recipient of the Adrian E. Mannix Community Service Award 2009.

This prestigious annual award was announced at a ceremony at Portarlington Golf Club on Monday 25 May. Andrew Cook was nominated for his involvement with the Victorian State Emergency Service (SES) which he joined in 1980.

For the past 29 years Andrew has voluntarily been a valuable member of the Bellarine SES responding to emergencies and working to ensure the safety of the community of the Bellarine. Andrew was awarded the **National Medal 1st Clasp in 2007** for services to the Victorian SES.

Andrew will donate the Adrian E. Mannix \$500 prize money to the SES.



TERM III COURSE & OPPORTUNITY GUIDE 11-14



Artworks on View 20

Penguin in our midst 20



- **Number Plate Safety 9**
- **Around the Garden 15**
- **Health 17**
- **Recipes 18**

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Community Events & Entertainment Calendar June

<p>5</p> <ul style="list-style-type: none"> World Environment Day Celtic Festival Portarlington commences 	<p>8</p> <ul style="list-style-type: none"> Last Day - Celtic Festival Portarlington Queen's Birthday Public Holiday 	<p>14</p> <ul style="list-style-type: none"> World Blood Donor Day 	
<p>15</p> <ul style="list-style-type: none"> Garden Club meeting 7.30pm 15 - 21 June Men's Health Week 	<p>18</p> <ul style="list-style-type: none"> Spaznuts (Potato Shed) 	<p>19</p> <ul style="list-style-type: none"> 19, 20, 21 June Winter Solstice One Act Plays (Potato Shed) 	<p>23</p> <ul style="list-style-type: none"> Morning Showtime The Grand Ole Oprey Show (Potato Shed)
<p>26</p> <ul style="list-style-type: none"> CCP Gig (Potato Shed) Term 2 ends Red Nose Day Drysdale VIEW Club 8th birthday 10.30am Leopold Sportsmans Club 	<p>28</p> <ul style="list-style-type: none"> Portarlington Market 9am-2pm 		

Copy Deadlines for July 2009 Issue - Monday 1 June

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

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

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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.

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from the centre

with Anne Brackley [centre coordinator]

Hi from the desk of the coordinator

I believe in life long learning. Learning can take many forms. Sometimes I study a subject to learn but mostly its incidental things along the way that may lead to a greater interest in a subject.

During the last few weeks I have learnt that if you are addressing a letter to the Australian Taxation Office the envelope will have their name, their Post Office Box number which is 9945 (or I think they quoted me another one as well) and you write and I quote 'In Your Capital City' and that's it. You don't write Melbourne and a postcode. You just write In Your Capital City.

I have just completed a Bowel Screen Test that I received and ignored for 3 months, until the reminder letter came. It wasn't anywhere near as messy or tricky as I thought it was going to be. Please don't be scared to do this if you are invited to. I've just heard back that all is fine. I was a little scared to open the envelope.

I read a very interesting article about perseverance. It was about a man who had a poor upbringing. He was financially broke a couple of times and had a nervous breakdown at 26. He studied part time and became a lawyer. He ran for Parliament 7 times and was defeated each time over a period of 26 years. Everyone told him "enough is enough". But he kept trying. Finally Abraham Lincoln became the President of the United States at the age of 52. This shows us that the number of times we succeed is based on the number of times we try. I think I might spend some time researching this a little more.

The second verse of Advance Australia Fair gives me goose bumps, when I sing it or hear it sung (which means I'm singing too because I can't help myself). The other day I saw the President of one of the Probuss clubs photocopying the words to Advance Australia Fair so his club can sing it at the start of each meeting. I encouraged him to copy the second verse as well. My encouragement led to me jumping on the internet to get a copy of the second verse for him. This led me to find verses 3, 4 and 5 as well. Included on page 23 are the words to the second verse of Advance Australia Fair that comprise the Australian National Anthem. I hope you enjoy reading them and maybe learning them for the next time we get a chance to sing together.

I'm trying to learn more about the people on our currency. The \$50 note features Aboriginal writer and inventor David Unaipon (1872-1967). Unaipon was awarded ten patents, including a shearing machine, but did not have enough money to get his inventions developed. He was known as the Australian Leonardo for his mechanical ideas, which included anticipatory drawings for a helicopter design based on the principle of a boomerang and his research into harnessing the secret of perpetual motion. He was one of the first published Aboriginal writers, the author of numerous articles in newspapers and magazines for the Sydney Daily Telegraph, retelling traditional stories and arguing for the rights of Aborigines.

Keep well, Regards from
Anne Brackley and the SpringDale team

UPDATE @ SpringDale



Expressions of Interest

Leadlighting Course

Originally used to grace the windows of cathedrals to tell biblical stories in colour and shapes. Leadlighting became fashionable as an art space form to beautify private homes and commercial buildings. Are you interested in this style of art? **Tues 28 July – Tues 25 August 6pm - 7.30pm. Facilitator Adolf Deppe Fee:\$90**

Gentle Bodywork Class

Handling pain is not easy. Ortho-Bionomy is a very safe, simple and gentle way of working the body to release pain and tension.

If you are interested in these classes please contact SpringDale (03) 5253 1960.

PAGES 11-14 COURSE & OPPORTUNITY GUIDE TERM III 2009

Be early and register your interest to avoid missing out.

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Vacation Care at SpringDale Holiday Program

Don't let your kids be bored.

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The highlights of this coming holiday program are: Japanese, African and Mexican Cultural days, a pool party, a visit to the National Wool Museum doing the 'Scary Spiders' activities, other sport, a range of crafts and cooking. Getting Active sessions every day.

**PAGES 11- 14 THIS ISSUE IS FILLED WITH COURSES
THAT WILL MAKE YOUR SPARE TIME REDUNDANT**

1. Make your selection 2. Book your placement 3. Embrace your new challenge
4. Come and make new friends along the way.
visit the **SpringDale Neighbourhood Centre**

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Combined Probus Club Clifton Springs/Drysdale



Activities in May included the guest speaker Margaret Beattie talking on organ donation and a tour of the Marine Discovery Centre, Queenscliff followed by lunch at the Victoria Hotel.

The monthly Coffee Club continued to thrive at the 'Zoo'.

The June meeting will feature an exhibition by our Crafty Friends covering everything from bonsai to violins. The June trip is to Werribee Zoo & Mansion on Friday 19 June and seats are still available. Our 9th birthday anniversary lunch will be held at Portarlington Guides Hall on Monday 13 July.

With the year half over, time flies when you're having fun. Memberships are still available for both couples & singles. Guests & 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.

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

Drysdale Ladies Day View Club

Our next monthly lunch meeting will be held on Friday June 26 and will be our Club's 8th Birthday Celebration. The theme will be 'Little Bit of Country'. This very entertaining and fun meeting will take place at Leopold Sportsmans Club, Kensington Road, Leopold – 10.30am for 11am start.

**Enquiries please phone
Gloria (03) 5253 3256
or Wendy (03) 5257 1009.**

William Sheahan

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A Day to Remember

In April a rare opportunity came the way of the Year 6 students and teachers at Drysdale Primary School. On Thursday 23rd they travelled with four members of Legacy to participate in the Victorian Schools' Anzac Service at the Shrine of Remembrance in Melbourne. Drysdale Primary was chosen by Geelong Legacy because of the generous support our school community shows to the Legacy appeal each year. Geelong Legacy provided transport for the 90 students with teachers and parents to attend the service. Our two school representatives proudly joined many other schools in the wreath laying ceremony. All present were moved by the solemnity yet uplifting spirit of the occasion. The Shrine in Melbourne is a very special place. After the service our group was given a guided tour of the different parts of the Shrine.



They had lessons in history and many opportunities to ask questions. They climbed to the observation deck and marvelled at the wonderful views of the city. After a picnic lunch in the gardens the group travelled back to Drysdale. Our students, teachers and parents thoroughly appreciated this special opportunity and would like to thank Geelong Legacy for arranging and sponsoring their trip.

Clare Wilson
Principal, Drysdale Primary School

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CLIFTON SPRINGS FORESHORE

As many readers of the SpringDale Messenger may be aware, the first stages of works to improve the popular Clifton Springs-Dell Mineral Springs Foreshore have been completed. The improvements were made thanks to a \$500,000 Brumby Government grant as part of the Enhancing Our Beaches program. The upgrades include safety signage and fencing, and the construction of safe beach access as well as cliff stability works and the removal of dangerous structures. Groynes have now been installed and the finished wider beach is a great recreation area as well as protection for the cliffs from further erosion.

CHECKING UP ON THE ELDERLY

As the Minister for Senior Victorians, I recently announced a funding boost which will see the roll out of a state-wide Seniors Register program in which community volunteers will check up on elderly and disabled people who have registered with the program.

I am encouraging Victorians of all ages to become community volunteers as part of the Victorian Government's Respect Strategy. Under the Seniors Register, elderly Victorians can nominate to join the register which is securely held within a participating Victoria Police station. Approved volunteers can then enter the police station and contact registered seniors to check

on their welfare. This program adds to the already existing Bellarine Police Community Support Register, details of which are available by phoning (03) 5256 2698. People wishing to take part in the Seniors Register can call the Office of Senior Victorians on (03) 9208 3855.

BELLARINE RAIL TRAIL PEDESTRIAN LIGHTS SWITCHED ON

Readers of the SpringDale Messenger who regularly use the Geelong-Portarlington Road will have noticed that the pedestrian lights at the Rail Trail at Curlewis are now operating. The \$410,000 project is a response to the community's concerns about the dangers of crossing the highway. The signals use the latest technology and include pedestrian detectors that will ensure that efficient timing of the lights to reduce the impact that the signals may have on motorists using the Geelong-Portarlington Road.

OUTSTANDING BELLARINE SENIOR

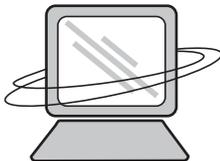
As Minister for Senior Victorians, I am encouraging all residents and service and community organisations to think about nominating outstanding older people for the Senior of the Year Awards. All nominees for this Award are also eligible for the Council of the Ageing Victoria Senior Achievement Awards which recognise and honour seniors for their talents, achievements and contributions to their communities. A new award has been established this year also. The Veteran Community Award will acknowledge the significant contribution of an individual to the veteran community. More information and nomination forms can be obtained from Seniors Information Victoria on 1300 135 090 or visit www.seniors.vic.gov.au.

As always, please don't hesitate to contact our offices if there are any issues we may be able to assist you with.

Hon Lisa Neville MP
Member for Bellarine
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Men's Health Week is designed to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men.

It is recommended that men and boys seek regular medical advice to improve their health.



**POLICE
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NEIGHBOURHOOD WATCH INFORMATION

GLG 58,59 - Mark Cline
C/Springs Bowls Club
Clifton Springs
(03) 5253 2717
2nd Monday • 7pm

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

GLG 69 - Steve Ball
Clifton Springs Primary School
0403 607 544
2nd Monday • 7pm

COMPUTER COURSES

Refer
Course
Guide
pages
11-14



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'Laughing out loud' at the Potato Shed

May started with lots of laughs when icons of Australian theatre Evelyn Krape and Kelly Nash had crowds scrambling to fill their game cards in The Queen Of Bingo. Audiences were delighted in the 'Kath and Kim' style antics at the local parish bingo centre. Country Music was then on the menu with Desperate Housewives girls night out - a great night as always for the ladies to relax and have some fun! The Melbourne International Comedy Festival returned for another year with the Class Clowns semi final at the Potato Shed. Now in its fourth year at the Shed, this event is a great opportunity for budding young comedians to strut their stuff, with the winner going straight into the Victorian Grand Final in Melbourne. Anglesea Performing Arts brought All Souls to the Potato Shed attracting great interest from the community. Last but not least the fabulous 'Don't Be A Couch Potato' program is coming along with participants enjoying some very creative workshops including percussion music workshops and painting to music. Participants are

having a ball. Spud club was again a hit with newcomers every month, come along next month and see what everyone is talking about! Coming up we have an exciting month with Damien Callinan returning to the shed with Spaznuts, an hilarious and provocative show about infertility. After Sportsmans Night was such a hit last year many patrons have been waiting for Damien to return so book early to ensure you don't miss out. Encore Theatre Company are also returning with their Winter Solstice One Act Plays. This year they will be performing The Same Old Story & Let Me In. As always Morning Showtime is not to be missed with Colin, Shirley and this month with special guests Sandy Brady, Geoff Sinbeck & Matiss Schubert performing The Grand Ole Oprey show.

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.

WIN

double pass
at the potato shed

SPAZNUTS

It's Hilarious!



**THURSDAY 18 JUNE
@ 8PM.**

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COMPETITION CLOSSES 3PM FRIDAY 12 JUNE

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

SPAZNUTS

Hilarious comedy for Men's Health Week. Comedian Damien Callinan dips into biography in this hilarious and provocative show about infertility

"Laughs and something to think about - now that's not a bad deal!"
Tim Hunter - THE AGE



**THURSDAY 18 JUNE
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MORNING SHOWTIME 2009



**WITH SPECIAL GUESTS
Sandy Brady & Matiss Schubert**
Tuesday 23 June
The Grand Ole Oprey Show
10,30am
\$13.50 includes Morning Tea

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

18 June - Spaznuts
8pm
Cabaret style BYO nibbles
Bar Open from 7.00pm
Adults: \$22 Conc: \$18.50
Groups: \$16.50

19, 20, 21 June
Winter Solstice One Act Plays
The Same Old Story & Let Me In
16+ Adult themes
7.30pm (19th & 20th)
6.30pm (21st only)
Adults: \$20 Conc: \$17

23 June - Morning Showtime
The Grand Ole Oprey Show
10.30am
\$13.50 includes Morning Tea

26 June - CCP Gig
All Ages - Drug, Alcohol
& Smoke Free Event
6pm - 10.30pm
Tickets: \$10(at the door)

POTATO SHED

The Potato Shed, Bellarine Multi Arts Centre
is located at 41 Peninsula Drive, Drysdale.
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headspace
Barwon



youth specific and youth friendly services. It's about making sure that young people have the best support, access, information and services for health and other issues.

The key issues we see are:

- Mental health • Drug and alcohol use
- Sexual health • General health
- As well as vocational support

Headspace Barwon also has an active youth advisory group called Youth Future crew that guide our developments and promote how to keep good mental health etc. In the community. We also have community development workers, education and lots of linkages into community and schools.

SOUL SPACE

Counselling and Healing Therapies

- Anxiety / Depression • Eating Disorder
- Personality Disorder • Grief / Loss
- Intimacy / Relationship • Anger
- Women's Health • Trauma
- Conflict Resolution • Life Coaching

Soul Space is run by a small team of professionals. We believe the issues listed here need not be a problem. If you are experiencing difficulty in any of these areas, then talking to someone may be of benefit.

This is a non judgemental and non denominational environment where you can safely explore and possibly reconnect to discover new life purpose.

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Headspace Barwon is not a new service but a partnership approach to improving youth mental health and general health services for 12-25 year olds.

Our partners are GP Association of Geelong (lead agency), Barwon Health, Bellarine Community Health (they will be the auspice agency for the Bellarine hub,) and Pathways (rehabilitation and support services, and Mental illness fellowship).

In summary headspace Barwon is coordinating services for young people aged between 12 and 25 years. It provides

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Number Plate SAFETY Day



Fitting in progress



Secretary Joan with helpers Heather and Marg at the registration table

The Clifton Springs Neighbourhood Watch Group (GLG 69) held a very successful morning fitting tamper proof screws to resident's cars on the 18 April. Debra Herbertson, Principal of Clifton Springs Primary School kindly made the school car park available to us, and Janice Nation, Deputy Principal, looked after us very well as our hostess for the day. We extend our thanks to the school staff for making this event possible and enjoyable. Approx 100 cars had their number plate screws upgraded to a tamper proof

replacement by a team of volunteers from NHW69. The pictures show some of the team hard at work, including Toni, our coordinator Steve's wife, who also helped us through the busy patch.

Fortunately the weather was kind to us, which made a big difference, and many cars arrived very promptly at the starting time of 9am. We are very grateful to all the car owners who made donations to us, and these funds will all help us to help our local community.

Neighbourhood Watch Clifton Springs group 69 meets on the second Monday of each month at 7pm at Clifton Springs Primary School. All the residents in our area, (see your newsletter for details), are very welcome to attend, with no obligation, commitment or payment needed.

The group is very grateful to the community for their support for this day, and we look forward to the opportunity to engage in similar projects in the future.

PIZZA PROJECT

Pizza Project is a Bellarine Secondary College initiative to support pre VCAL students to achieve specific outcomes. The first is to build a pizza oven and they will move onto lead lighting and dry walling.

If you have materials that could help in this project or expertise please contact Vala Kerrigan at Bellarine Secondary College on (03) 5251 9091.

Reducing dumping of rubbish

There are several ways we could reduce the amount of illegally dumped rubbish.

If the Council were to re-introduce free tip vouchers, I am sure that there would be less unlawfully dumped roadside rubbish.

Eventually the Council and Vic Roads have to pick up this rubbish. Another way would be for the Council were to re-introduce Hard Rubbish Collections; the last I believe was in 2001. Many of the Melbourne Councils have up to two collections a year.

I have raised both these issues with Councillor John Doull. I await his responses.

Lindsay Wright

MAGGIE GOVE N.D.

Bowen Therapist & Naturopath

Member of A.N.T.A.

Drysdale Clinic
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Opening Hours
Wednesday - Saturday
[Rear of Elegant Profile]



Drysdale Senior Citizens Club

How time flies, it's nearly half the year gone already and time for the A.G.M. again, which will be held on Monday 13 July at 1pm. We need nominations for all positions, President, Secretary, Treasurer and six committee members. Monday 6 July is Bingo with a trading table and a cup of tea/coffee and a biscuit. Come along and bring a friend. Tuesday 21 July, lunch at The Clifton Springs Golf Club at 12noon. Please put your name on the list at the club for catering purposes, and if anyone needs transport let us know and we will organise a lift for you. Esther, Mary and Bill will be

resigning their positions as President, Secretary and Treasurer after seven years, we need a break.

We are getting good attendance at the club for all our activities, but there is room for more and we will make you very welcome. We have lots of fun, and we do have outings and concerts, something to suit everyone.

To all our absent members due to illness etc. we send our best wishes and hope to see you all soon.

Esther and Mary

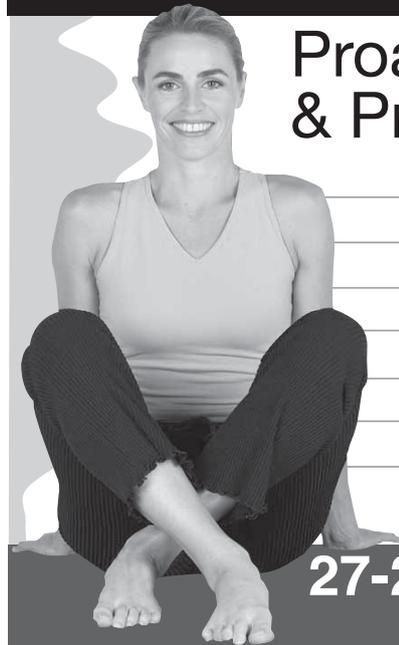
Drysdale Health Group

Proactive, Preventative & Professional

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

Businesses are separate entities and located at

27-29 High St Drysdale
(03) 5251 2958



79 years ago

As reported in the Argus on Tuesday, 8 April 1930

Drysdale, Monday. A 12 roomed weatherboard dwelling in High Street owned and occupied by Mr. Albert Nash was destroyed by fire at 1 o'clock on Sunday morning. Two sons, Reginald and Ronald, sleeping on the premises, were aroused by the fire. Many firefighters were summoned by telephone and prevented the fire spreading to other dwellings. Only a few articles of furniture were saved.

The house was a landmark, having been known as the "doctor's place." It was the residence of Dr. Pacey for more than 20 years.

DO NOT CALL REGISTER

Stop telemarketers by registering your phone number on the register.

Register by phone on 1300 792 958 or online at www.donotcall.gov.au.

NB. organisations operating in the public interest are still able to call.

Funeral Information Options & Advice

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



Alan believes flexibility is a very necessary thing these days. "Services can be of very traditional memorial nature. They can be thanksgiving or celebration services. Whatever the style of service requested, it is good to spend a significant part of the service focusing on the lifetime of the person who is being farewelled." Obligation free advice on all aspects of pre-planning a funeral is also available.

Call Alan for a no obligation appointment on 5221 4788

Tuckers
Caring for the Community
Funeral & Bereavement Service
www.tuckers.com.au

The National Celtic Festival, Australia's largest and most diverse celebration of Celtic music and culture will be held over the long weekend, 5-8 June in Portarlington. For three days the traditions and customs of Ireland, Scotland, Wales and Cornwall will come alive with music, dance, art, poetry, cuisine and language. The festival will host a double celebration with the 250th birthdays of 2 Celtic icons, the Scottish poet Robert Burns and Ireland's favourite beverage, Guinness. Market stalls, food and your chance to learn how to master the bagpipes or enjoy Limerick writing are part of the festivities. **For more information visit www.nationalcelticfestival.com or phone (03) 5225 1200.**



Letter to the editor

Kell's Corner

I thought it was a great idea introducing Kell's Corner to the SpringDale Messenger but I think it would work a lot better written in the first person, as though Kell was speaking straight to us.

Having had the pleasure of listening to a few of Kell's stories I think having the character of the man himself come through in them makes them even more enjoyable. I hope you won't mind this suggestion. As I said, I think it's a great idea but for me it just doesn't have enough character in the current style – someone who has talked with Kell telling us what he said. I'm not suggesting that Kell write the articles himself, just that it's written to seem as if he is.

Val Riley

Medals WANTED

Fort Queenscliff Museum was opened in 1982 to show the significance of the Fort in the local, state and national context and to provide a centre for historical research. The museum continues to update its collection and with increased visitors has become a popular drawcard for the region. The museum has opened a special medal room and is interested in donations of medals from the public.

If you can help please contact the Fort on (03) 5258 1488.

GEELONG

PUBLIC NOTICE

FAMILY DAY CARE

- Do you want a career in child care?
- How about operating your own child care business from home?

The Family Day Care service is seeking caring, motivated, enthusiastic and Care Providers.

Advantages:

- You may be eligible for a \$1500 government start up grant.
- Supported by qualified and experienced staff.
- Caring for a small group of children enabling individualised care (four children under school age including your own).

Family Day Care is a unique Australian Government approved, accredited and regulated service providing quality child care in the homes of registered Care Providers.

Call us on 5272 4805 to find out more about becoming a Care Provider or to enrol your child into the service.

1690106091

WWW.GEELONGAUSTRALIA.COM.AU

CITY OF GREATER
GEELONG

Term 3 COURSE & OPPORTUNITY GUIDE 2009

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

SpringDale Neighbourhood Centre Inc
ABN 214 042 202 67 No. A0024916V



Office Hours
Monday to Friday
9am – 5pm



CITY OF GREATER
GEELONG



Department of Planning
and Community Development



Department of Education
and Early Childhood Development

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

Tax Help

Yes! it's nearly that time
of the year again so be
prepared.
Further details to be advised.

LOOK! – What's New

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

Bus Trip to Ballarat

With the overwhelming response to our bus trip to the Victoria and South Melbourne markets we have decided that we will take a trip in the opposite direction and head to Ballarat. Our first stop will be the Ardmona SPC outlet then you are able to enjoy the rest of the day shopping at your own leisure or you can continue on the bus and explore the Opportunity Shops.

Departs SpringDale Centre 8.30am sharp.

Date: Sat 29 Aug

Fee: \$20/p please book early

Requirements: Own lunch & refreshments

Italian Cooking

Learn to make fresh pasta, prepare tasty sauces with variations. Pizza making with healthy delicious toppings. Risotto and Minestrone soup followed by can we wait.....TIRAMISU. Book early.

Dates/Times: Wed 22 July – Wed 26 Aug

6pm – 9pm (6 sessions)

Fee: \$90

Tutor: Robert Murgia

Room: Kitchen

Requirements: Please bring an apron, or you may wish to sample what you have created or take home to enjoy ... bring an air tight container.

Pressure Cooker Workshop

Tenderise cheaper cuts of meat quickly, prepare delicious soups very economically, plus, retain flavour and nutritional value in your food. With the colder months nearly upon us and with escalating food prices, we have overlooked just how easy and quick the pressure cooker can be. Come and learn the safe way of using a pressure cooker.

Date: Wed 22 July 6pm – 8.30pm

Fee: \$15

Facilitator: Rayna McKeon

Tarot Cards

Explore the secrets contained within the ancient and mysterious oracle. Learn the fundamentals of Tarot interpretation and feel confident giving basic readings.

Date/time: Wed 15 July – Wed 9 Sept

6.30pm – 8pm (9 Sessions)

Facilitator: Donna Barnard

Fee: \$90 Sessions

Room: Training Room

Weekend ART Workshops

Two Days of Expressive Drawing and Painting.

Expand your horizons, build your imaginative powers, improve the expressive qualities of your artworks.

The expressive power of line, colour and contrast will be explored. Supportive experiential learning assured.

Date/time: Sat 25 & Sun 26 July

10.30am – 4pm

Fee: \$95

Tutor: Annette Playsted – Simmons

2 DAY Fascinating Faces

– a Portraiture Workshop

Learn to see and draw the human face with clarity and as a vehicle for expression. This workshop is back by demand.

Date/time: Sat 12 & Sun 13 Sept

10.30am – 4pm

Due to the success of the 2008 workshop this fully experiential workshop will be held again in 2009.

Learn to see and draw the human face with clarity and as a vehicle for expression.

Materials required: A list will be available on enrolment.

Tutor: Annette Playsted – Simmons

Fee: \$95

Room: Rec Room

Back by popular demand...

Tummy Hips and Thighs

This is a low impact class toning thighs, buttocks and abdominal pelvic floor strengths.

Date: Tues 21 July – 8 Sept 6pm - 7pm (8 Sessions)

Fee: \$80

Facilitator: Sally Mc Donald

Room: Hall

Expressions of Interest

Ladies Kitchen

We have vacancies in our Ladies Kitchen. Come and join our Friday kitchen group. Share new recipes Friday 10am – 2pm weekly, during this time they cook up a storm, some traditional, international and quick 'n easy meals. If you are looking to learn some basic cooking skills with a big twist of fun this group will appeal to you.

Jewellery Maintenance

Do you have a favourite piece of Jewellery that you keep in your bottom drawer due to minor damage, or may require cleaning? Bring your treasures to an experienced jeweller Jeff Dean at SpringDale to have them appraised for repair. All pieces are cared and stored in a safe environment. A small fee will apply.

Attending Jeweller: Jeff Dean

Mosaic Design

We are seeking the assistance of someone who would be interested in facilitating a Mosaic class.

We have many people who are interested in learning this craft.

Spring Fishers

Seeking all those who love fishing and enjoy like minded people looking to share different stories about the *one that got away*, discuss the best places to fish and techniques and with the possibility of creating a fishing group. If you are interested in facilitating this new group, please contact SpringDale.

Hospitality

Espresso Coffee Making Workshop

Non Accredited Course

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 26 Aug OR Wed 9 Sept

6pm – 8pm

Fee: \$25 Tutor: Jordan Smith

Room: Kitchen

Accredited Courses

Food Handling and Safety

(Apply basic food handling)

Code **DFDCORFSY1A**

Great for school leavers, volunteers and those already employed in food related areas. This accredited module will give knowledge and skills in correct and safe food handling, storage and hygiene. Update your skills and improve your job prospects today.

Dates/times: Sat 15 Aug 9am – 3pm

Fee: \$85 Tutor: GATE Room: Kitchen



Food Safety Supervisor

Code **DFDCORFSY1A**

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

Dates/times: Mon 17 Aug 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 22 Aug 9.30am – 1.30pm

Fee: \$65 Tutor: Diversitat Room: Kitchen



First Aid Courses

First Aid – CPR (Perform CPR)

Code **HLTCPR 201A**

(Cardiopulmonary Resuscitation)

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 15 Aug 9am – 12noon (1 session)
Tutor: National First Aid **Fee:** \$55
Room: Occasional Care

First Aid – CPR (Perform CPR) and Anaphylaxis

Code HLTGPR 201A/ 21659VIC

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 device 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 15 Aug 9am – 12.30pm (1 session)
Tutor: National First Aid **Fee:** \$110
Room: Occasional Care



First Aid – Level 2 (Apply first Aid)

Code ALTA301B/21569VIC

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

Dates/times: Sat 15 & Sat 22 Aug 9am – 5pm (2 sessions)
Fee: \$155 **Tutor:** National First Aid
Room: Occasional Care



Art and Craft

Discover the Artist Within Part 2

A course about art methods and media.

This course will explore the wide range of two dimensional art methods and media, from drawing in charcoal, pastels or pen and ink to painting in watercolour or acrylics or mixed media. Annette will teach you how to use different art materials and lots of different approaches. The idea is to explore and find your preferred medium. This course works well as a refresher or a course for new art students.

Materials required: sketchbook or paper for planning, 2 sheets of A3 pastel paper, 2B & 4B pencils (any colour) and 2 sheets A3 watercolour paper. Other materials will be provided or suggested at the course.

Dates/times: Wed 22 July – Wed 9 Sept 10am – 12noon (8 sessions)
Tutor: Annette Playsted – Simmons **Fee:** \$120
Room: 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 22nd July – Wed 9th Sept 1pm – 3.30pm OR 4pm – 6pm (8 sessions)
Tutor: Annette Playsted – Simmons **Fee:** \$120
Room: Rec Room

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 22 July – Wed 16 Sept 9.15am – 10am (9 sessions)
Tutor: PSD Education
Fee: \$60 **Room:** Centre Hall

Health & Wellbeing

Tai Chi

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

Dates/times: Fri 17 July – Fri 11 Sept 9.30am – 10.30am (9 sessions)
Tutor: Jun Yi Weng **Fee:** \$80 **Room:** Centre Hall

Yoga

For fitness, stress relief and clarity of mind.

New students are warmly welcomed.
Dates/times: Mon 20 July – Mon 14 Sept 9.15am – 10.45am (8 sessions) **Fee:** \$80
OR Thurs 23 July – Thurs 17 Sept 6pm – 7.30pm or Thurs 23 July – Thurs 17 Sept 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. 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/B

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: Intermediate
Dates/times: Tues 7 July – Final Session
Tues 13 Oct, 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



Introduction to Computers C/E

(Intermediate Word – follows on from A/B class) Introduction to Basic Word, processing skills while 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: Tues 7 July – Final Session
Tues 13 Oct 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: Beginner
Dates/times: Thurs 9 July – Final Session
Thurs 15 Oct 12.45pm – 3.15pm (7 sessions)
Fee: \$160 or \$80 Conc (\$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: Thurs 23 July – Thurs 10 Sept 9.30am – 12noon
Fee: \$160 or \$80 Conc (\$55 subsidised tuition fee + \$25 services fee) + \$45 for Course Manual Optional
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: Wed 12 Aug – Wed 19 Aug 6.30pm – 9.30pm OR Fri 7 Aug – Fri 14 Aug 10.30am – 1.30pm (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 22 July – Wed 9 Sept 1pm – 3.30pm (8 sessions)
Fee: \$160 or \$80 conc (\$55 subsidised tuition fee + \$25 services fee)
Tutor: Jonathan Harris, JNH Software P/L



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 your family and friends with PowerPoint.

Skill Level: Intermediate +
Dates/times: Wed 22 July – Wed 9 Sept 4pm – 6.30pm (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 22 July – Wed 9 Sept 10am – 12.30pm (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 20 July – Mon 7 Sept 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 20 July – Mon 10 August 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, aperture, different file formats, downloading images, red eye reduction and lighting techniques.

Dates/times: Tues 28 July – Tues 18 Aug

7pm – 9pm (4 sessions)

Fee: \$100 or \$92 conc

Tutor: George Stawicki

Intermediate French

For those with some prior knowledge of the language or VCE Level.

Dates/times: Tues 21 July – Tues 8 Sept
10.30pm – 11.30am (8 sessions) **Fee:** \$90

Tutor: Sue Smith (Grammar School Teacher)

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 3 classes commence on
Tues 21 July 9.30am – 10.30am (intermediate)
and 11am – 12noon (beginners to intermediate)
Thur 23 July 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.

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 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.

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.

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.

Commences Friday 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. Commences Wednesday 15 July 10.15am – 12.15pm. \$7 per session.

Parents and Children

Bellarine Toy Library

Tuesday mornings 9am – 10am. We have some fantastic toys to borrow (ages 0 – 6 years) so come along and see what we have to offer. Membership \$10 per term entitles access to Portarlington Toy Library.

Portarlington Toy Library

Wednesday and Thursday mornings 11am-12noon and 1st & 3rd Monday evening 6pm - 7pm. 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.

Dates/times: 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, 7pm-10pm.

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.

Weekly commencing Tuesday 21 July 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.

Date/times: 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 OR Thursday 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 fulfilled.

Commences Wednesday 22 July 10am – 2pm
OR Thursday 23 July 10am – 2pm

Ladies Kitchen – Friday Group / Weekly

Ladies come along and enjoy the company of others that are looking to create delicious meals that are quick, easy and affordable.

Commences Weekly Friday 24 July 10am – 2pm

Facilitator: Geoff & friends

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 13 July 9am

Facilitator: Anne Brackley

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.

Commences Thursday 23 July 10.30am – 12noon

Facilitator: Wendy Page

St Leonards Community Space

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

Opening Hours: 10am until 3pm, Tuesdays, Wednesdays & Thursdays

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.

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: Wed 8 July – Final Session Wed 14 Oct

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: Thurs 9 July – Final Session Thurs 15 Oct

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, receive and reply to emails. Understand how the internet works and how to browse using different search engines. Discuss broadband versus dial-up.

Skill Level: Intermediate

Dates/times: Fri 10 July – Final Session Fri 16 Oct

9.30am – 12noon (8 sessions)

Fee: \$160 or \$63 conc **Tutor:** Lyn Brook, Lynette's User-Friendly Computers



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 28 July – Tues 25 Aug 10am – 11am

OR Thurs 30 July – Thurs 27 Aug 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.

St Leonards Social Chat Group

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

Beading Group

Tuesdays at 1pm. For beginners to advanced.

Craft and Patchwork

Wednesday afternoons starting at 1pm. Everybody welcome.

Art Class

Wednesday evenings at 7pm and is primarily for beginners.

Combined Games Afternoon

Mahjong - Mahjong players both experienced and advanced players.

Card Group - At the moment "500" is the game of choice.

Scrabble Group - Enhance your word power.

Thursdays at 1pm.

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 when a guest speaker is engaged.

Junior Craft

This group will meet in 3rd Term for Knitting and Beading. More information to follow.

Family History Group

This group will meet on the 1st Wednesday of each month at 11am and exchange information, research methods, all welcome.

LOOK! – What's New

Learn the basic principals of applying CPR

This is not an accredited course, but will certainly inform and help assist in this situation.

For information about the following activities please contact the friendly team at the St Leonards Community Space (03) 5257 2032.

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.

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. (see below)

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

PAYMENT/ REFUNDS

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



around the garden



May saw the start of some crazy weather patterns. Fierce storms lashed our region and once again our gardens took a beating. From searing heat in summer, fierce winds and short bursts of torrential rain our poor gardens are probably wondering what is going on. The rain was good, but my golly we need more in winter to fill up the dams before summer. These strange weather patterns are confusing our plants. I have had irises blooming only two weeks ago and the roses are into their third flowering.

June is the month of hidden treasures. Deep beneath the soil, hidden from the scorching sun, lays the bulb. Now is when little green spears reach up towards the sun ready to burst into flower in spring. Bulb time always holds an element of surprise for me. Expressions of "Oh, I forgot they were there!" are often said by gardeners' alike. I know that we should

mark where they are in the garden, but really, who is that organised. Digging, too, can prove to be hazardous to their health.

Snails on the march...

Now is the time of the snail march. The hunt is on. Weapons of choice are a bucket, a torch and a pair of good shoes. One for collecting, one for seeing in the dark and one for squishing. This, along with dishes of beer (we do let the snails have some fun) is the organic way of capture. Snail bait can be used but be very careful as this is very toxic to our pets. If you want to use snail bait, then use the iron laced one, but scatter this and do not leave it in piles in the garden.

Now is also the time to send away for plant and rose catalogues. Keep up successive plantings of broccoli, cabbage varieties, and even lettuce (which doesn't bolt in winter). Onions, peas, spinach and

rhubarb crowns can also be planted now. Check the soil to make sure that it hasn't become hydrophobic, if so, use a wetting agent.

Remember to sharpen those secateurs in readiness for the winter pruning. Keep warm and happy hunting.

Clifton Springs Garden Club next meeting is on Monday 15 June and our guest speaker will be Pam Bolton on Herbs. 7.30pm at Drysdale Uniting Church Hall.

Happy gardening, Lorraine

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around the **garden**

Grow your own vegies

Join the backyard revolution and grow your own vegetables. Fresh vegetables grown in your own garden are much healthier for your family and far cheaper than purchasing them in the supermarket, when at times they are tasteless. Growing your own vegetables is not difficult and if space is a problem, vegetables can be planted in pots or on a deck or balcony provided they have a good quality potting mix and sufficient sunlight. Vegetables that are easy to grow include potatoes, radish, zucchini, carrots and silver beet.

The First Family in United States is growing their own vegetables and part of the White House grounds now has a kitchen garden. Why not give it a go and taste some sweet carrots, juicy tomatoes or tender beans. The best way to put fresh and tasty vegetables on your table is to plant and nurture those grown in your own garden.

Bokashi Update - Anne Brackley

As I acquit the money that we were given by Barwon Waste Management to help us trial Bokashi buckets, I look back on what we have achieved. So far we have talked to 124 people through workshops and other sessions. I've written 10 articles for the Messenger, which is delivered to 5500 homes each month. We've sold 95 buckets so far and have 10 buckets still being loaned out to people to trial for a couple of months at a time.

If the 95 homes are not putting 10 litres a week into landfill but rather helping to make super soil and soil enhancer for themselves, it means we are saving 950 litres from landfill a week ie. almost a tonne a week. We've been gathering momentum since last August which is 9 months ago – so if we average it out over 4.5 months or 18 weeks – I'm calculating that we have saved about 18 tonnes from landfill and improved our gardens.

In saving the bulk from the landfill, we have also saved a significant amount of CO₂ from being released. I think we need a pat on the back and we won't stop here, this is just the beginning. Some people have talked about a Bokashi group to meet and discuss problems, solutions and activities but maybe it needs to be a sustainability group which extends what we might talk about.

We've just started a dialogue with a Solar Panel installer and we are hoping to run sessions about waste water management etc. If you are interested please let me know day of week and time of day that best suits so hopefully we can come up with a time that suits most. Tuesday nights are fairly good at SpringDale at the moment.

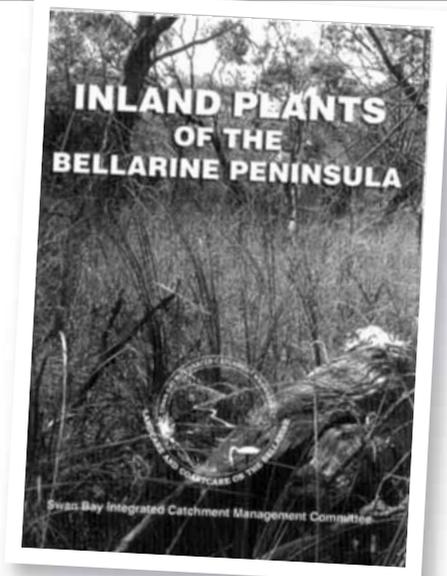
Please let us know of your experiences with Bokashi so they can be included in our report.



Plants of the Bellarine

If you want to discover and appreciate some of the various plants that grow on the Bellarine Peninsula, this little book is just the thing. The 63 pages are full of interesting information with attractive photography and easy to understand.

This comprehensive booklet also contains a glossary and index of common names and scientific plant names. **A copy is now available at SpringDale for \$2.**



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YouthFest 10 September

YouthFest is held every two years at Bellarine Secondary College and welcomes the support of groups within our community. SpringDale helped by making fairy floss 2 years ago and it gave us an opportunity to find out what sort of activities the young people would like us to have at SpringDale. YouthFest will be on Thursday 10 September.

Groups might like to think about how they could participate in the next YouthFest contact Cheryl Linford (03) 5255 0038 at Bellarine Secondary College for more information.

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Matching Health Needs

What health care needs might you have? Bellarine Community Health (BCH) now has an easy system in place. All it takes is one phone call to our Service Access Officer (SAO) who can provide you with detailed information regarding the services BCH provides. BCH provides a wide range of health and wellbeing services which can be accessed through contacting the SAO. These services include:

- Dietetics
- Occupational therapy
- Physiotherapy
- Planned Activity Groups
- Better health self management
- Diabetes educator
- Podiatry
- District nursing
- Family services
- Speech therapy

So if you would like to use a BCH service or get some information – how do you find out?

The SAO is located at Point Lonsdale and provides intake for all BCH sites. This means that to use a BCH service you call and talk to the SAO who will discuss your health enquiry with you and determine the best service for you. The SAO will provide you with information about the service you wish to access and discuss your eligibility, fees and privacy.



BCH aims to provide services to you in the shortest amount of time possible. However some of the BCH services have waiting lists and the approximate waiting time will be explained to you. The waiting lists are managed by the SAO who will call you when appointments are available and will book you in for the first appointment with the health practitioner in the area of care you need. An information pack will be mailed to you at home outlining your appointment and the service you will be attending.

So for all access to services or for information about services please call the Service Access Officer on (03) 5258 0812 from Monday to Friday.

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4 nugget pumpkins
60g butter
1 tbsp oil
1 leek, sliced
1 zucchini, chopped
1 red capsicum, chopped
100g button mushrooms, sliced
1 tomato, chopped
½ cup cooked white rice
1 tbsp chopped fresh parsley
½ cup grated cheddar

Preheat oven 180°

Slice the top off each pumpkin. Use a spoon to scoop out the seeds and set aside.

Melt the butter and oil in a large frying pan, add the leek and cook over medium heat until golden brown.

Add the zucchini, capsicum and mushrooms, cook until tender. Remove from the heat and add the parsley, rice and tomato, then, season with salt and pepper.

Place the pumpkins into an ovenproof dish then spoon in the filling.

Sprinkle with the grated cheddar cheese, bake till tender approx 40 - 50 minutes also place their lids in the oven as well and put back on top before serving.



A Winter Classic Soup - Nina Symes

This is a dish Nina Syme had during the war back in England. It is also known as 'A Poor Man Dish.' Just use whatever leftover or ingredients you could find around to come out with this glorious dish. If you feel like having something warm and filling, now would be the right time to try this. The SpringDale Ladies Kitchen had the honour to have Nina with us to share this dish.

It was indeed a glorious dish. It looked great and tasted delicious too. Everyone enjoyed and loved it. We didn't get an opportunity for a refill. Just half a bowl of it with a piece of bread would fill your stomach. This is the recipe we had for ten persons.

2 kg chicken necks, legs or wings (breast if desired). Brown it first before you put into the pot.

A handful of rice per person

A packet of soup mix

4 carrots, 2 onions, 6 pieces of celery

Chicken stock to fill the pot

(or vegetable or beef stock)

Salt, pepper, garlic and any other herbs that are available

Put everything into the pot and cook for at least one hour. You could use any other meat available. Add anything else according to your taste.

5 Minute Chocolate Mug Cake



4 tablespoons cake flour

3 tablespoons milk

4 tablespoons sugar

3 tablespoons oil

2 tablespoons cocoa

1 large coffee mug

1 egg

Add dry ingredients to the mug and mix well. Crack an egg and add it to your mug and make sure you mix it well. Pour in the milk and oil and mix thoroughly.

Put mug into the microwave and zap for 3 minutes on maximum power (1000 watts).

Wait until the cake stops rising and sets in the mug.

Allow to cool a little and tip onto a saucer.

and a little sweetness as well

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500g dark brown sugar

250g butter

1 egg

1 tsp vanilla

2 packets walnuts, chopped fine

2 cups sifted SR flour

Cream the butter and sugar. Add egg, vanilla, and walnuts and beat by hand until well mixed. Add flour and mix. Make into one or two rolls and refrigerate. When ready to bake, cut rolls into thin slices. Bake at 180°C for 10 minutes on a cookie sheet. **Watch carefully as they tend to burn easily.** Cool for 30 seconds before removing from cookie sheet.

Are your important documents safe?

A while ago a few things culminated in making me look at how SpringDale could help Clubs, Organisations and Businesses by holding electronic copies of important documents.

I was privy to know of important documents that were generated, but with change of committee the electronic copy was mislaid and the new committee was seeking the original copy, which I had created. At about the same time I learnt of a club that could not find its constitution and I learnt of a business that didn't have effective backups in place and lost many years of financial records.

Last year we purchased some disk storage units that have library software associated with them and can be password protected. Businesses could deposit a copy of backups once a quarter or annually or more regularly for minimal costs. We could hold a copy of your group's constitution and any other important documents once again the disks can be password protected.

Looking forward to hearing from businesses or groups who might be interested in this facility. We do not have enormous amounts of space but we can scan and place documents on disks and try to secure the intellectual property of our community and to help with succession planning for groups who have quick turnover of committee members.

Please email office@springdale.org.au or phone (03) 5253 1960 to register your interest.

Welcome to the Area Afternoon Tea

If you are new to our part of the Bellarine please feel free to attend a welcome afternoon tea on Sunday 21 June 2pm at SpringDale Neighbourhood Centre. New may mean a few weeks, a few months or a few years, I think it's a state of mind.

We will also need people who have been here for a longer period of time to help welcome the newer people. So if you feel you've been here for a while, which may mean a couple of months, years or decades and you'd like to help welcome newer people, please let us know.

So we can have an appropriate amount of afternoon tea please RSVP to our office on office@springdale.org.au or phone (03) 5253 1960.

Hopefully this time of day will suit most people and hopefully we'll have something for most people to enjoy. I'm hoping that some of our local characters might be available to chat with us all.

I'm also wondering if there might be an opportunity for discussions to be held about managing the changes that continue to happen around us: the housing developments, the population growth, how to cope as a newcomer, how to cope as a long time resident, so we all get to know how to help each other. Please register your interest in getting this type of group started.

Clifton Springs 'PLAY BY THE BAY' Playgroup invite you to join.



Relax and enjoy your children's company in a safe environment

The **Clifton Springs Playgroup** is now in the second term and have had a great year so far. We have a good number of families already joining us, and have plenty of vacancies in both sessions for more. To all mums, dads and carers you are welcome to come along and join in.

The Clifton Springs Playgroup is for families or carers with children aged birth to 5 years. We operate from the Community Rooms at the Clifton Springs Golf Club, Clearwater Drive, Clifton Springs. We currently have two sessions, every Monday and Friday 10am to 12noon. Fees are \$25 per family per term plus \$25 VPA Insurance Premium for 1 year which is a one off payment, also concessions available for Health Card Holders.

All our members enjoy all the benefits Playgroup has to offer with loads of toys for babies, littlies and toddlers, while the adults can enjoy a great view of the Bay and over a cuppa have a chat.

The relaxed environment allows the children to learn, play, listen to music, making art and craft items, and just being around other children their own age having fun, whilst parents or carers have the chance to listen and relate amongst themselves about the ever changing.

So, if you are after an activity for yourself and your children come along and have some fun. We would love to have you join us.

For more information about the Clifton Springs Playgroup contact Myalie Loveday (03) 5253 3391 President

Pole Walking Group News

We've had a very mixed year. We continue to miss Helen Watt but also continue to make her dream come true of a very active Pole Walking Group at SpringDale. Helen had set a number of walks that we continue to use and we are now looking to increase our repertoire of walks.

Six of us were trained as Pole Walking Leaders in March and most of us have completed the requirements to be fully accredited Pole Walking Leaders and just await our certificates.

This leads us to Helen's next dream, which was to have another group that would meet in the evening. To try to get this started we would like to have an information session. We have scheduled our information evening for Tuesday 16 June at 7pm. Please wear suitable walking shoes and have a try. Most people are usually pleasantly surprised with how beneficial it feels.

Pole Walking was developed to keep cross-country skiers fit during the summer months, so it is an activity for fit people. Likewise people who have had knee replacements and other

procedures may benefit from the support the poles give.

We would love to see as many people there as possible and we would love our local GPs to come and gain an understanding of this activity that the Government is promoting as a great opportunity to improve the health of so many people.

Please register for this session on (03) 5253 1960. If you would like us to send out a brochure before the night we would be happy to do so.

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On Friday, 1 May 12 new sculptures were unveiled. These sculptures were the culmination of much community consultation in each of the 12 council wards in the City of Greater Geelong. Pictured are the 3 that may be of most interest to people who live on the North Bellarine. The 12 pieces of art will be on display at the Town Hall for the next 12 months and they are worth a visit.

See the new artworks in the City of Greater Geelong Town Hall.

L- R: **Coryule ward art work**
Beangala ward art work
Cheetham ward art work

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The much loved **Red Nose Day** fundraising campaign is on again this year on **26 June 2009.**

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Penguin at Port

Spotted at the Portarlington Pier recently was a small penguin. It appears to be alone but well fed. Where did it come from? How did it get here? Would it survive here for long? What could be done to make it safe and comfortable? If someone can help this unique creature, please contact SpringDale on (03) 5253 1960. Penguins are popular around the world, for their upright, waddling gait and compared to other birds lack of fear of humans. Penguins have been the subject of many books and the recent film Happy Feet.



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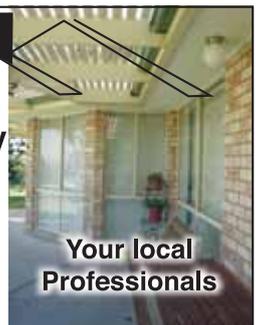
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Frank Burge and his wife Pat have been in the used car business for over 40 years, and for the last 22 years have been on their own site in Fyans Street. Frank has a strong following of local clients, some of whom have been loyal customers since his early days in North Geelong and later Pakington Street. "People who bought their first cars from us are now coming in to look at cars for their grandchildren," says Frank. "We're a long-established local business and customers appreciate that. They know we'll be here to help if they need it." With over 50 vehicles in stock, they have something to suit most budgets, ranging from late model, low kilometre cars to inexpensive older vehicles. "We've got cars, we've got utes, we've got 4-wheel drives and wagons," adds Pat. Frank Burge Cars prides itself on its loyal, experienced staff, supported by the services of qualified, professional tradespeople. The

'Frank Burge Cars prides itself on its loyal, experienced staff'

business sells mainly local cars and is always happy to purchase cars privately. "We endeavour to make buying a car enjoyable and stress-free for our customers," says Frank, "and our clients are assured of friendly and experienced service."

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Bellarine Sharks - Kicked off in May



The local soccer season kicked off in May and our Bellarine club has entered seven teams including a womens' team, two under 10 and under 12 teams, an under 13 team and under 15 team. We still require players for our under 15 boys team and any new players would be most welcome. The photo demonstrates the excitement of the players from our under 10 teams who were wearing the team colours for the first time. Our home matches are played at the Len Trewin Reserve in St. Leonards. Under 10 and under 15 play on Sundays with all other teams playing on Saturdays. We are a 'Good Sports' family oriented club and our continued growth is a testament to our philosophy of providing an enjoyable challenging aerobic activity in a safe friendly environment. **Please contact Murray or Donna if you are interested in joining our under 15 boys team on (03) 5257 2106.**

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Computers



SpringDale was fortunate to have been given a grant by the Department of Planning and Community Development, that helped us to set up 6 computers at the St Leonards Community Space and to purchase 10 Laptops. These Laptops are for our classes and also for use by other groups if they are available.

We are incredibly grateful for all the assistance we are given from this Department. I would also like to thank all the people who have helped to set them up, Tony, Kaye, Lyn and Pierce. Without the support of our volunteers and the extras that our tutors contribute, we would not be able to provide the service that we currently deliver.

Thank you all so much.

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With Anne Brackley

If you want to have a very short holiday on The Bellarine, I suggest you invest a day travelling on the Cross Peninsula Bus. Our first 'On The Buses' excursion was so successful. There were 8 of us, most people paid \$1.70 for the day pass on the buses. We decided to do the whole round trip for our first adventure. This was such a great idea. We left Drysdale at 9.45am and headed to Ocean Grove (there was only one other person on the bus with us for this part of the trip).

After a few minutes we then headed to Pt Lonsdale via Shell Road. By this stage we were by ourselves on the bus and I was feeling very relaxed. We toured Pt Lonsdale for about 10 minutes and I travelled down many streets and roads that I had never been near before. Then we headed onto Queenscliff and here we left the bus for 30 minutes while it went to the ferry to potentially pick up passengers.

We all found lots to see and things to buy during this short break. Back onto the bus, with a couple of extra people and we headed back to Pt Lonsdale, Ocean Grove and Drysdale, where we swapped buses and headed to Portarlington, (where we went down streets I'd never seen before)



"It was as if we had been on holiday for the day (or maybe longer)"
- Anne Brackley

onto Indented Head and St Leonards. After a quick tour of St Leonards we stopped in St Leonards for lunch at a couple of shops. The bus from Drysdale to Portarlington had quite a few people on it.

After lunch we were back on the bus (by ourselves again) and headed back to Indented Head, Portarlington and finally Drysdale. We arrived at 2pm. In just over 4 hours we had found many new sights, had some interesting conversations and we were all so relaxed. It was as if we had been on holiday for the day (or maybe longer).

Of the 8 people, 2 had already tried the Queenscliff leg of the trip before but everyone enjoyed it and wanted to do it again. I spent this morning retracing our travels to get some photos to show people where we went. It was a lot more costly driving the car, a lot more stress and wasn't



much quicker but I did get some photos of places we went. I can hardly wait til next school holidays to take my children for a very full day touring.

The Cross Peninsula Bus runs 3 times a day Monday to Friday (with shorter services on Saturday) and the service doesn't run at all on Public Holidays but it does run all the rest of the times – please think about trying it. We think we'll do it once every 2 months and nearer Christmas we hope to go on the bus to the Ferry and on the Ferry to Sorrento return. Please register your interest at SpringDale if you'd like to have fun traveling with us. Phone (03) 5253 1960 – please give your phone no and mail address so we can send out our itinerary. I had fun thanks to everyone who came with us and to David who is going to help us organise the trips.



Kell's corner

As the Coordinator of SpringDale, I have decided to invest time to capture Kell's very interesting stories. I'm sorry I hadn't owned up to it before. Many people are enjoying Kell's tales and I will try to capture as much as I can in Kell's very own words.

Although both Kell and I have shared this town for more than 50 years we are both surprised that our paths have rarely crossed until now. Kell crossed paths



many times with my uncle "Mick" and my grandfather "Skinner Rodgers".

Apparently Kell and Skinner spent time loading sand with a square mouthed shovel onto tray trucks and carrying about 5 cubic yards as a load to Mud Island via Queenscliff to help establish the environment for mine setting or testing during World War II. Kell would say "I can get 12 shovels into the air before the first one lands on the tray". I asked if that was true. Kell said "That's what I would say!" I would love to know more about this. They supposedly took about 100 truck loads to Mud Island.

I continue to be surprised by all the jobs Kell has had. The ones I currently know of

are: paper boy, horse walker, truck driver, grave digger, stockman, septic tank digger, showman, penny farthing rider, dog trainer, farmer, volunteer fireman, body recoverer, fisherman, life saver, community worker, mechanic, son, husband, father, grandfather, great grandfather, story teller, handy man, manager and entrepreneur. They are just the ones I know about!

My Uncle Mick and Kell transported a house on two trucks from Indented Head to St Leonards. They dug tunnels under the house for the two tray trucks to fit under. Kell was on the inside and had to make sure they stayed steady as a whole house wandered down the road to its new resting place in Harvey Road. I asked how many cars tooted etc – but they didn't see one and luckily no police!

At Kell's place the other day I saw a photo of Kell's father and uncle helping to shape Eastern Beach with horses and drays. I had no idea that it was man made. In the photo there was bare dirt, no palm trees only the bath house. Its amazing how we can mould the world we share.

Kell would love to be at our afternoon tea to welcome new comers to the town on June 21st. If you would like to hear Kell's words from Kell's mouth please come and help make the day a success. It starts at 2pm. Feel free to bring a plate to share.

JEWELLERY MAINTENANCE

Do you have silver or gold jewellery hidden in the bottom draw or tucked away in your jewellery box that might require a simple clean or even small repairs. **Jeff Dean an experienced Jeweller**, will be at SpringDale and able to assist you with those treasures. There will be a cost for this service.



Phone (03) 5253 1960
SpringDale Neighbourhood Centre

I have accepted Anne's kind invitation to write a column, to keep residents advised of local council issues. I look forward to keeping everyone informed and to working to achieve positive outcomes for our community.

Drysdale Recreation Reserve

I have been working with football and cricket clubs to explore opportunities to build on joint use opportunities for reserve facilities – both for immediate and longer term goals of the clubs. As part of the city budget process, I am seeking some funding in the next financial year to assist with this planning.

Drysdale Football Club

I have been working with the committee to find solutions to ground availability problems due to the drought and re-surfacing of the main oval. It is a difficult situation with no quick fixes. Junior football training is the immediate concern and I will assist the club where possible.

Anderson Rd - vacant council property

The council owned site opposite the Potato Shed has been referred to in the structure plan as being suitable for the development of a range of multi-purpose sporting and cultural facilities. I will be exploring opportunities to develop plans for this precinct which will meet the needs of the town well into the future.

Drysdale Bowling & Croquet Club

I recently met with executive committee members of the club, to discuss the implications of the structure plan and

associated relocation issues. We had some very productive talks and I have undertaken to continue to work closely with them.

Footpath issues- Palmerston St

There has been a problem with disability access for the crossing at the north end of Palmerston St, adjacent to the car park and I have been working with several local residents to address this issue. I have been advised by council officers that work will be undertaken in the next month to improve the crossing for wheelchairs and similar. Car park entry and exit into Palmerston St will also be examined by city traffic engineers as there have been some concerns with the traffic movement in this area.

Clifton Springs Skate Park

I recently met with Angela Armistead to discuss the condition of the skate park. A number of repairs and maintenance activities are now planned. This includes resurfacing the area currently lined with soft-fall material and moving the "sub box", as well as a number of concrete repairs. I am expecting that some of the issues Angela raised can be completed in the current financial year with the larger items – resurfacing and moving of the sub-box – completed early in the new financial year.

Drysdale Structure Plan

As you are no doubt aware, council adopted the new plan at the meeting on

14 April and it will be formally exhibited following approval from the planning minister.

P.O. Box 104 Geelong VIC 3220

E-mail:

macdonald@geelongcity.vic.gov.au

Phone: (03) 5250 1011

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Advance Australia Fair**

Words and music composed by Peter Dodds McCormack. Proclaimed Australia's National Anthem by the Governor General on 19 April 1984.

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For we are young and free
We've golden soil and wealth for toil,
Our home is girt by sea:
Our land abounds in nature's gifts
Of beauty rich and rare,
In history's page let every stage
Advance Australia fair,
In joyful strains then let us sing
Advance Australia fair.

Beneath a radiant Southern Cross,
We'll toil with hearts and hands,
To make this Commonwealth of ours
Renowned of all the lands,
For those who've come across the seas
We've boundless plains to share,
With courage let us all combine
To advance Australia fair.
In joyful strains then let us sing,
Advance Australia fair.

Online Backup – Part 2

Pierce Jaques - office@springdale.org.au

In the first part of this article I mentioned the process by which you can use your website for the purpose of storing data offsite.

I then concluded that the internet is a public place, so without taking measures to secure your data you leave it accessible to any person on the internet – if they know how.

I also mentioned FTP permissions, though I have since discovered that this is not available in the majority of free FTP programs.

So the easiest way of securing data online is to hide it from view.

Let's say I decide to store online all of the photographs I took recently, of the SpringDale staff attending various events.

I would make a directory on the SpringDale website called 'private' and upload all the photos there – www.springdale.org.au/private/.

However, to begin with, anyone member of the public can browse to this location and copy any photo they like – if they know it exists. So at the moment it is far from private!

The simplest way to make this folder private is to put a single webpage inside this directory,

www.springdale.org.au/private/index.htm for example, this page should be made correctly with the minimum amount of HTML code to make a valid page.

From this point on, a member of the public will always see this webpage, rather than a list of all the photographs that I uploaded. Unless they know the exact name of each image, they will not be able to open (or download) each photos.

If I then decided to let Anne take a copy of her photo, all I'd need to do is send her this link (by email): www.springdale.org.au/private/anne-01.jpg (for example), at which point she can download this as many times as she likes – and only her photograph.

This is also a very useful way of being able to deliver a large file to someone, other than in person or by mail, where the file is too large to email. (A problem I am most often asked to find a solution for).

Note: *that this process doesn't involve password protection – which would be required to make this process entirely secure (private).*

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