



The SpringDale Messenger

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

Strategic Plan 2009/12 in progress

The **SpringDale Neighbourhood Centre** is one of the 350 Community and Neighbourhood Centres across Victoria and has been supporting the communities across the north Bellarine Peninsula since it was established in 1989.

Located in the main street of Drysdale the Centre is a prominent and active community resource and over 500 people make direct use of the Centre every week and over 5,000 households receive the SpringDale Messenger – the monthly community magazine for the north Bellarine Peninsula, which is published by the Centre.

The Centre Committee of Management has developed this Strategic Plan to outline major aspirations for the next three years. The Committee welcomes feedback from the community, people who currently use the Centre, organisations across the Bellarine and the Government and Council departments that fund and support the Centre.

This is an invitation to work towards the following goals:

- **Spreading great community messages** – improving communication across the north Bellarine.
- **Our diverse community** – understanding and supporting key community groups.
- **Training for a positive future** – meeting employment preparation and adjustment needs.
- **Maintaining social connections** – keeping people connected with each other.

SpringDale Neighbourhood Centre Inc.

STRATEGIC PLAN 2009/2012



- **Room for our Centre to grow** – enabling the Centre to meet future needs.
- **Going even greener** – building on our sustainable foundations.
- **Getting governance and management right** – continuously improving our capacity to operate a great Centre for our community.

Coordinator Anne Brackley is taking it out to the district and telling of the aims and goals. If anybody would like to view or discuss the Strategic Plan please contact the SpringDale Neighbourhood Centre on (03) 5253 1960.

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Shop 9 Supermarket Complex Drysdale

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Wayne, Lisa, Bev,
Sandra, Rhianon or Kate
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- **Open Saturday**
- **Home Finance Manager Available**
- **Good Term Deposits Rates**

Community Events & Entertainment Calendar

July

3

- **Youth Fun Day**
SpringDale
- **Spud Club**
Open Mic Night
(Potato Shed)



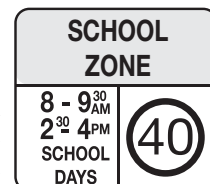
7 - 10

- **Youth Fun Day**
SpringDale
- **Sleeping Beauty**
Encore 4 Kids School
Holiday Show (Potato Shed)

13

- **Term 2**
commences

REMEMBER
SPEED ZONES
AT SCHOOL TIMES



15/16/17

- **Any Dream Will Do**
BJs (Bellarine Juniors)
(Potato Shed)

21

- **Morning Showtime**
Bay City Concords
(Potato Shed)

24

- **Drysdale VIEW Club 11am**
Leopold Sportsmans Club
- **CCP Gig**
Winter Warm Up (Potato Shed)

26

- **Portarlington market**
9am - 2pm



31

- **Schools Tree Day**
- **Spud Club**
Open Mic Night
(Potato Shed)



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The SpringDale Messenger

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 initial advertising enquiries.
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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.

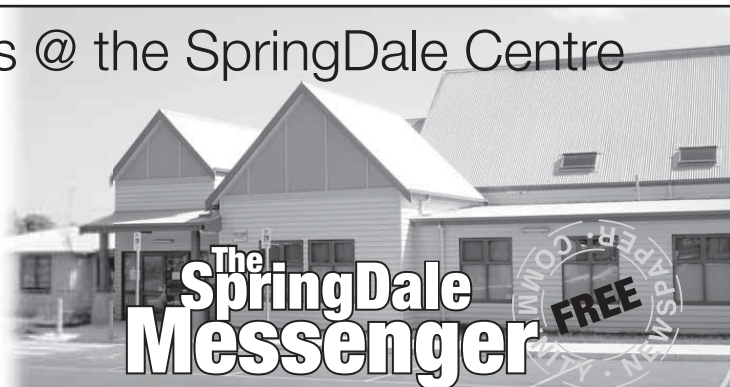
Views

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

Facilities for Hire & Services @ the SpringDale Centre

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- **Reasonable Rates**
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from the centre

with Anne Brackley [centre coordinator]

During the last month I've been lucky enough to give presentations on SpringDale to 5 groups in our community and to speak on Vision Australia's radio station. I've been speaking about our history, our services and our Strategic Plan that we have just developed and look forward to implementing it.

We've also held 2 bus trips which were so very successful. I still can't stop raving about the Cross Peninsula Bus service which operates 3 times a day. People don't need to wait for us to organise another excursion, we are happy to help people print the timetable and organise their own adventure. Many people have written to say what a great trip to the Markets, and we gathered many other ideas for trips to help people who wish to go places with a group. We'd love to hear from anyone who'd like to go to Scienceworks and Point Cook. There's also a group who would like to wander around the William Buckley trail - anyone else who'd like to come?

We held a session about solar energy and a community consultation about community buildings and footpaths in Drysdale/Clifton Springs. We'd love to have a database of people to email /phone to let them know of these type of things that sometimes are scheduled without a lot of lead time.

Rayna, one of our wonderful volunteers, organised a fundraiser for Cancer research and raised \$340 and celebrated Geoff's birthday at the same time. Sue, another wonderful volunteer, organised a fundraiser for Loud Shirt Day and raised money for children with hearing impairments.

Everyday is a new adventure at SpringDale. We have just started a Homework Group for young people in conjunction with a couple of teachers from Bellarine Secondary College. It currently has Year Seven students but we

are hoping to extend this with the help of any other teachers or retired teachers who might be ready to give an hour a week as a volunteer. It runs on a Tuesday evening after school. Please contact me if you would like to know more.

Our Vacation Care Program is about to start for the third time and our numbers are looking great. The feedback about the program has been fantastic and with a couple of International Days in this program it should give the children some wonderful opportunities.

City of Greater Geelong Youth Development Unit are going to run 2 Friday sessions during the school holidays from 11am to 3pm at SpringDale. They will have the skate ramps and other activities for young people to enjoy. We had a group of young people turn up last school holidays for a food and film afternoon - this time I'm assured the City of Greater Geelong will bring their activities. Hope you can come.

Many people have noticed that I am currently writing a number of articles in the Messenger. It's strange because writing has never been my favourite thing to do. I could never write essays just for the sake of writing them. I'd sit in front of a blank page for ages before I could get started. Now I write about things I'd like to tell you in person, if I could possibly talk to everyone in our community. I am willing to relinquish any of my little columns if someone would like to put their hand up.

Please feel free to make suggestions about things we do at SpringDale that you believe could be improved, extended, deleted or introduced. We'd love to be able to make your dream come true.

Warmest regards

Anne Brackley

on behalf of the hard working team at SpringDale.



Tax Help

Tax Help is available again this year from SpringDale and is a free and confidential service by volunteers to help people complete their returns at tax time. Tax Help is for people on low incomes, seniors, students and those with a disability. **If you need some assistance you can telephone SpringDale on (03) 5253 1960 and make an appointment.**

Letters to the editor

Bus Trip

To all that organised the bus trip on Saturday 23rd and Murray, Thank you for that. We had a great time. Please keep me in mind for bus trips in the future. Once again, many thanks.

Kind Regards,
Deirdre Scrafton

I have been on the 2 bus trips with SpringDale. The first around the peninsula was great with many things to see. The trip to the two markets was excellent and I must thank the people who organised it. I hope the trips will continue as it is difficult for some of us to get around to these different places.

Regards,
Pat

Adrian Mannix Awards

So pleased to know that a member of the SES has received the Adrian Mannix Award. The SES are great group of unsung heroes and deserve our support and praise and of course our thanks. Well done Andrew Cook you belong to a great group.

Margaret Jeffrey

Would you like to participate in a course or perhaps give a Gift Voucher to a friend as a present so they may join you. At SpringDale there are various courses that are sure to interest you. Come along and learn and make new friends with like minded interests.

Visit SpringDale Neighbourhood Centre, 17-21 High Street, Drysdale and ask for your copy of the Term III Course & Opportunity Guide

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



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Stockdale & Leggo

Clifton Springs Pre-School

Fantastic new playground.





The new Clifton Springs Pre-School playground is up and running and the children are loving it with a new play structure, super shooter, bike track and shade sail over the sandpit. The area is a great hit with all the children, and many adventures are happening on the boat. The surrounding track is also getting great use. Bikes, scooters, prams and feet have walked, skipped, jumped, marched, danced, tiptoed, stamped and strolled all around it. The super shoot is honing the ball skills of all the children while surprising them as to which of the three holes the ball will come out.

Many thanks go to parents & committee members past and present for all the fundraising, form filling (applications, grants, permits etc) and hard work to make this fantastic area, Bendigo Bank for their outstanding contribution, without their generous grant of \$10,000 this new play area would not have been possible and City of Greater Geelong for the Community Grant of \$2090 for the new sandpit shade sail.

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CAR WASH

Open 6.00am -10.00 pm

Mended shoes, candles, dripping toast and shoes. Betty Gibbons, Portarlington

Economy was the magic word in our home and many homes in English villages of the nineteen thirties. How well I remember our family's shoes being repaired by my father. The show repair kit was housed in a canvas bag and consisted of sheets and scraps of leather, a hammer, sharp knife, rasp, pincers, nails, shoe tacks and the most important three footed last on which my father placed the shoes to be mended.

We children would borrow the tack hammer in autumn to crack the shells of the hazelnuts we had gathered from the hedgerows. They tasted delicious, especially when roasted in the fireside oven.

Our use of electricity was limited as the electric metre greedily ate up the shillings inserted every payday. If the pay-before-you-buy money ran out before Father's next pay we resorted to the use of candles. Our electric lights were switched off the moment we children were in bed and our parents retired early to save wasting electricity.

Wages were low and with many mouths to feed priority was given to food and clothing. There were no family allowances or government help in those far off days. I don't think my parents ever held a savings account while we four children were dependant on them; however, we were the happiest of families.

Every scrap of fat from meat was rendered and saved, poured into a stone dripping jar to be used on bread. Many a breakfast I have eaten of toast made from brown and crispy by holding it on a toasting fork in front of the fire, then spreading it with beef or lamb dripping.

In winter, I wore two pairs of fleecy knickers, long isle stockings held up by garters, a vest, liberty bodice, winceyette blouse, serge gymslip and knitted cardigan. A gabardine macintosh to keep out the cold and knitted pixiehood, scarf and mittens. I cannot recall ever being cold enough to stop me wanting to play outside.

Shoe clubs were a habit people used in our area and my mother once joined one.

Mother paid one shilling a week for 20 weeks, then was issued with a voucher to buy shoes at a nominated shoe shop at a discount price. Four pairs of shoes were bought for we children and Joyce,

my sister, and I could hardly wait to show off our new shoes to our friends.



It was Saturday afternoon when we were allowed to wear them to break them in for the next day. We went to the park but none of our friends were there. We met a girl and her little sister who we had never seen before and we played with them. First we played house and Joyce was the mother and the older girl was the father. Then the older girl suggested a wonderful game called Christmas. She was Father Christmas and we were to receive presents.

Joyce and I willingly handed over our new shoes; we closed our eyes and slowly counted to two hundred as instructed. We opened our eyes and waited – but we never saw these children or our shoes again. We searched the park, crying, and at last returned home in our stockinged feet. At least an hour or more had gone by before we told our mother what had happened. Mother and my brother searched the area but the gypsy camp had disappeared from the meadow. Our shoes were gone forever.

We were not punished, mother saying it was punishment enough that our new shoes had been stolen. Mother said poor children must be in worse circumstances than us so we must manage with our old shoes. That night, father worked repairing our shoes and polishing them ready for Sunday School next day, while we cried ourselves to sleep.

My older brother Lomax taunted us with our foolishness but our little sister Dorothy cried with us; what a sad sight we were, all crying. Shortly after this incident my father was offered a better job with more pay and within weeks Joyce and I had new shoes, but never again did we play with children unknown to us unless they were introduced by adults.

FIRST AID COURSES AT SPRINGDALE DON'T MISS OUT!

BOOK TODAY - (03) 5253 1960

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COMPETITION CLOSSES 3PM FRIDAY 17 JULY

84 years ago

As reported in the Argus on Saturday, 21 February 1925

Drysdale. At the Drysdale Police Court Reginald Neil Hartstone was fined £2 for having negligently ridden a motor-cycle through the township.

At the annual meeting of the Drysdale Progress Association officers were elected as follows:- President, Mr. A. Fraser; vice-presidents, Messrs. J. Turner, J. Whitcombe; secretary, Mr. J. Bennett; treasurer, Mr. G. Ashworth.



With Anne Brackley

New date for
'Trip Across Peninsula'
Tuesday, 25 August
9.30am at SpringDale
return 2pm



COMPUTER COURSES

Refer
Course
Guide
pages
11-14



Looking to improve your computer skills or just discovering the internet, sending and receiving emails? Maybe setting up a business or wanting to sell or buy on eBay? SpringDale offers a selection of computer and special interest courses.



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SpringDale Neighbourhood Centre



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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

NEWS from Lisa Neville MP

Member for Bellarine

MENTAL HEALTH BOOST FOR BELLARINE YOUTH

As Minister for Mental Health and the Member for Bellarine, I was pleased to announce that Headspace Barwon would receive State Government funding of \$180,000 to help expand its services to create a new site on the Bellarine Peninsula.

Headspace will develop a new site co-located with Bellarine community centre The Potato Shed, creating a youth hub.

Headspace assists young people and their families to deal with problems and access help from a range of service providers including GPs, psychologists, psychiatrists, counsellors, occupational therapists, youth workers, education and employment specialists.

2009 STATE BUDGET

I'm pleased to report that this year's budget has funding of \$22.9 million to improve bus services for residents across the Bellarine, and to build a new bus interchange in Geelong, which will be a real benefit to Bellarine and the region.

There is also funding for new vehicles and equipment for our local SES and CFA services, and \$30 million for further extensions to Geelong hospital, including increasing the surgical capacity of the hospital with a new 24 bed surgical ward, and eight additional mental health beds.

ADRIAN MANNIX OAM COMMUNITY SERVICE AWARD

It was great to once again be invited by SpringDale Neighbourhood Centre and the Rotary and Lions Clubs to present the

Adrian Mannix Community Service Award at the Portarlington Golf Club recently.

Adrian was someone I knew well and respected greatly. He achieved an enormous amount during his lifetime and was a selfless contributor to our community. The Award is a wonderful way in which to honour and remember Adrian, to thank and acknowledge all those in the community who make a real contribution, and it encourages others to become involved in community service.

This year's winner, Andrew Cook, fulfils all the requirements of this important Award. As a member of the Victorian SES he has undertaken many roles, he currently maintains the unit's equipment and vehicles and volunteers to assist with the training of new members. He is renowned for being one of the first members to respond to a callout, no matter what the circumstances, time or conditions. He has been a loyal and highly valued member of the Bellarine SES Unit and I was delighted to make the presentation to him.

Congratulations to SpringDale Neighbourhood Centre, Rotary and Lions, and all involved for their contribution to organising a very successful night.

As always, please don't hesitate to contact my office if there are any issues I may be able to assist you with.

Hon Lisa Neville MP
Member for Bellarine
(03) 5248 3462

Combined Probus Club Clifton Springs/Drysdale

Our last guest speaker, Margaret Beattie, gave an informative talk on organ donation based on first hand experience, having received a new liver in 2006 and recently competing in the Transplant Games.

In June the members had their annual show of hobbies, arts & crafts.

The July meeting on Monday 13 will feature Enid Baker, raconteur extraordinaire with a humorous presentation prior to the club's 9th birthday celebration lunch at the Portarlington Guide Hall.

*'The discussion on
organ donation was
most informative'*

The planned trip to Werribee Zoo and Mansion has been postponed until later in the year so that the rose garden can be enjoyed.

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.**

Potato Shed a venue of diverse entertainment

What a funny man!! Damian Callinan returned to the Potato Shed and did not disappoint audiences awaiting his return. This time he brought us Spaznuts, an hilarious show about infertility and to make it more interesting it was Damians own story, another great night of laughs.

We have a real local flavour happening at the Potato Shed right now, this was kicked off with Encore Theatre Company returning with Winter Solstice One Act Plays. Audiences were treated to performances of The Same Old Story and Let Me In starring some of Bellarine's finest local talent.

SPUD CLUB UPDATE

The last Spud Club was so popular that we thought it would be a good idea to take advance registrations where possible. Performers will still be able to register on the night but this will help us to get some idea of numbers and ensure everyone gets a spot.

To put your name down please contact the Potato Shed (03) 5251 1998 or

lwarwick@geelongcity.vic.gov.au. The local flavour will continue in July with School holiday fun. Encore 4 Kids return with the classic Sleeping Beauty. Kids always have a great time interacting with the team from Encore and recognizing some of their favourite locals in costume! Following on from this we have the Bellarine Juniors (BJ's) presenting Any Dream Will Do, always popular make sure you book your seat to see Bellarine's youngsters strut their stuff. Morning Showtime brings us Geelong Bay City Concords with Music to Melt Your Heat, ticket price includes morning tea.

To complete the month CCP will be hosting Winter Warm Up. An acoustic theme and a more laid back style for this one and again local talent will feature with Mischievous Tom.

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

family pass (x4 tickets)
at the potato shed

SLEEPING BEAUTY



7, 8, 9, 10 JULY
@ 10.30am & 1.30pm

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

Name: _____

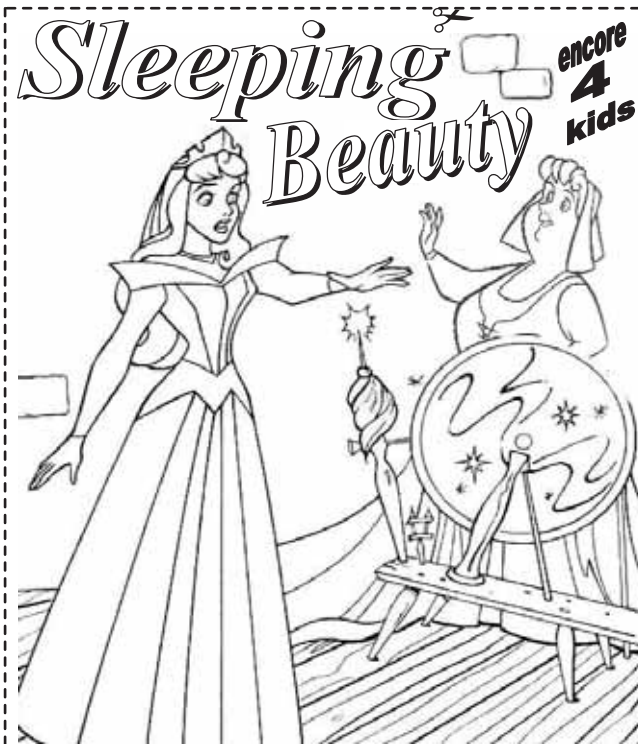
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COMPETITION CLOSSES 3PM FRIDAY 3 JULY

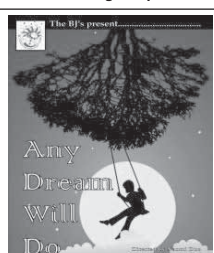
POTATO SHED

COLOURING



Colour in...

... the picture and bring it along to any of the shows at the Potato Shed in Drysdale and you could WIN some great prizes!



15, 16, 17 July
Any Dream Will Do
BJs (Bellarine Juniors)
7.30pm
All Tickets: \$12



21 July Morning Showtime
Bay City Concords
10.30am
\$13.50 incl. Morning Tea

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.

Name: _____

Age: _____ Contact Phone No: () _____

Address: _____

Suburb: _____ Postcode: _____

Your address will be added to our mailing list for School Holiday Activities. If you do not wish to be included on this list please tick the box.

☐ **Do Not Mail Out Information.**

Your details will not be passed to any other party and will be used for promotional only

... WHAT'S ON @ THE POTATO SHED

3 July
Spud Club
Open Mic Night – all welcome!
6.30pm – Children / Teenagers
Advance bookings available
8pm – Adults
\$5 entry includes
1 complimentary drink.

21 July Morning Showtime
Bay City Concords
10.30am
\$13.50 incl. Morning Tea

24 July CCP Gig
Winter Warm Up
All Ages - Drug,
Alcohol & Smoke Free Event
6pm – 10.30pm
Tickets: \$10 at the door

7 – 10 July
Sleeping Beauty
Encore 4 Kids School Holiday Show
10.30am & 1.30pm
\$7.50 pp or \$25 family (4)

15, 16, 17 July
Any Dream Will Do
BJs (Bellarine Juniors)
7.30pm
All Tickets: \$12

31 July
Spud Club
Open Mic Night – all welcome!
6.30pm – Children / Teenagers
Advance booking available
8pm – Adults - open
\$5 entry includes
1 complimentary drink.

POTATO SHED

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

CITY OF GREATER
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to market, to market...



From all accounts the bus trip to South Melbourne and Queen Victoria markets in May was a great success. An early start did not deter the enthusiasm shown by more than 60 local residents. The markets had excellent displays of delicatessen products, meat, fruit and vegetables and general merchandise.

In the afternoon friendly competition between stallholders gave everyone some good bargains of fresh seafood and vegetables. The cosmopolitan atmosphere combined with the hustle and bustle of the city environments proved a winner for SpringDale.

Lions have faith in the 'Thinking Man'



Top:
Head of Campus, Scott Elliss
Lions Club representative, Murray Spencer
Head Gardener, Piero Barone



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
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www.tuckers.com.au

A representative from Portarlington/Drysdale Lions Club, Murray Spencer, recently had pleasure in handing over a cheque to Christian College, Bellarine for new landscaping at the front of the Campus. The water fountain has been removed from the area and replaced with a statue 'Thinking Man'. The attractive statue seems appropriate for the Campus to inspire children with a determination to learn.

Lions Clubs around the world perform many projects of service to the community.

Stuff It cards

Teenagers can now obtain Stuff It cards from SpringDale. Stuff It cards was created by Barwon Adolescent Taskforce and lists useful telephone numbers, support services and websites of youth support organisations.

The Stuff It cards are also available from local secondary schools and Bellarine Community Health Centres or by contacting BATForce on (03) 5221 4339.



Crafty Ways - preparing for the colder weather

The colder weather has arrived & it is lovely to get some much needed rain. Some of the ladies are knitting

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themselves a knee rug with assorted fancy yarns in diagonal stripes. They are very simple, but look stunning, great for winter. Wraparounds & shawls are making a comeback too, and with all the lovely yarns & colours available, there must be something to suit everyone.

Last term Jill showed us how to do free machine embroidery. This term she will bring in her embellishing machine and show us how she makes the felted fabric which she has been using to make tiny 'fairy shoes' which are adorned with sequins & beads; they look cute hung on a handbag. The felted fabric can be used for many things, for example scarves, bags, wall hangings & even clothing, depending on base fabric used.

We welcome new members, so if you're

interested in joining a nice group, to learn something new or just for the company, come and join us on Tuesdays from 1.30pm - 3pm at SpringDale.

William Sheahan

Funerals 5251 3477

Incorporating

*Drysdale & Peninsula
Funeral Services
Murradoc Road Drysdale*

"Committed to Caring"



Craft tip

Save those little 'tic tac' and other similar containers. They are useful to put broken machine and other needles in, or to store sequins and beads. The bigger ones are good to use as a mini sewing kit to take to classes or when travelling.

PUZZLES DESIGNED FOR ALL AGES

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Pizza Project needs urgent support

Bellarine Secondary College Drysdale Campus is expanding its culinary capabilities through the building of a wood fired Pizza Oven. This Year Ten project aims to work with a group of Year Ten students to build a Pizza Oven that will be eventually be used by the local communities. The oven is being built next to the community vegetable garden. The school is hoping to landscape the area and establish the area as a meeting place for students, parents and other community groups.

The project started in June and will continue on through the year. Students will be taught by a past student, Scott Andrews, who has his own business based in Ocean Grove building wood fired Pizza Ovens. Scott has donated his time each Friday morning to help work with the students. We thank Scott for his commitment to the project.

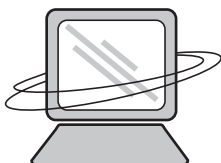
Bellarine Secondary College values the good will of our local community. All goods required to build the oven have been donated by the local community businesses - Fagg's Mitre 10, Breakwater Metaland, Better Bricks & Paving, Danly Landscaping, Bellarine Pre-Mix, Pivot Stove & Heating, Refractory and Ceramic Pty. Ltd. of Mulgrave.

Donations are imperative to the successful outcome of our school Pizza Project and if you could offer assistance please telephone Vala Kerrigan at Bellarine Secondary College on (03) 5251 9091.

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SpringDale Men's Kitchen Group prove to be a 'Cheery' lot



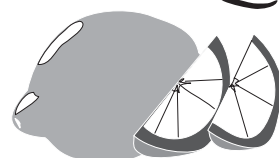
Having prepared their meal, it was time to eat and enjoy with a welcome glass of wine. This group is going from strength to strength and the beautiful aromas coming from the kitchen on Wednesday, Thursday and Fridays is a tribute to what's cooking. For more information on Men's or Ladies Kitchen please call the SpringDale on (03) 5253 1960. There is still vacancies for the Ladies Kitchen on Fridays, and a waiting list for the Men's Kitchen.

What is Cooking?



Lemon Pudding

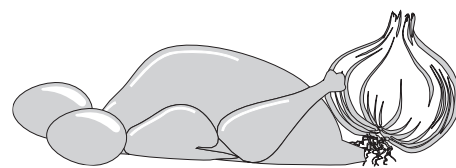
- 2 eggs separated
- 1 lemon
- 1 cup sugar
- 1/2 cup flour
- 1 cup milk
- 2 teaspoons melted butter



Beat egg yolks, add juice and grated rind of lemon, sugar, flour, milk and butter. In separate bowl beat egg whites to stiff peaks and then fold in to other mixture. Pour into a lightly greased Pyrex dish and place in a pan of half filled warm water. Bake at 180° for 35-40 minutes until top is light brown.

Italian Chicken Meatloaf

- 500g chicken mince
- 2 cloves crushed garlic
- 1/3 cup breadcrumbs
- 1 lightly beaten egg
- 1/3 cup chopped basil
- 1/3 cup chopped sundried tomatoes
- 1 small chopped red onion
- 4 slices prosciutto
- 2 tablespoons chopped roasted pinenuts



Combine all ingredients except the prosciutto and shape into 4 meatloaves. Coat four 25cm square pieces of foil with cooking oil spray. Wrap 1 slice of prosciutto around each meatloaf then wrap each meatloaf in a foil square. Place on oven tray and cook in oven at 180 degrees for 20-25 minutes.

INTERNATIONAL CURRY NIGHT FRIDAY 14 AUGUST 6.30PM

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Congratulations

We are very pleased to hear that Mr. Brad Beales, our Music/Performing Arts teacher, was presented with the Graduate Teacher Award for the Barwon South Western Region recently.

This award is recognition of the outstanding work Brad does within our school, but also throughout the wider community. In winning this award Brad received some funds towards his professional development.

Graduate Teacher Award for Brad Beales

Education Week Activities

Our school held an excellent Education Week in May with a range of activities throughout the entire week.

Our Community Breakfast was well attended by many families and we were very appreciative of the many donations we received from within our school community and beyond. We sincerely thank The Good Egg Farm, Bella Fruitz, Baker's Delight, the SpringDale Neighbourhood Centre, and Drysdale Guides. It was a wonderful way to begin the day and great to see so many people coming along for breakfast before attending work. Without the generous donations we would not have been able to offer such a breakfast at no cost.

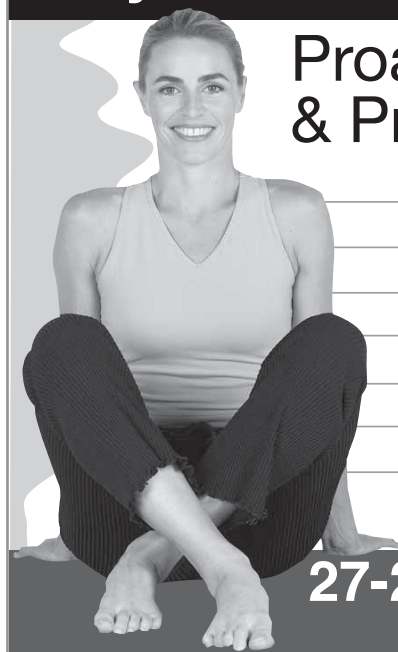
We also held an Open Day and were pleased to see many current and prospective families come along to see our school in operation. Our students are working hard in their various classes and we are producing some wonderful outcomes under the guidance of their teachers. Please remember we are now taking enrolments for 2010 prep students and tours can be arranged if parents were unable to attend during Open Day.

Additional activities we held were visits to our local Clifton Springs Kindergarten by our Grade 1 students to read a story and interact with the kinder children. Grade 2 & 3 students took a Story Train to Queenscliff and thoroughly enjoyed hearing the stories as well as participating in the train journey. Finally our Grade 3 – 6 students participated in our school's Athletics Day at Landy Field where many students ran some great races and results in many of the track and field events were outstanding.

Schools are very busy places with much being offered both within and outside the classroom. We are very fortunate to have an outstanding staff who are well supported by our parents to provide many valuable programs for our students.



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Port Produce Market at Portarlington Primary School

A new local fresh produce market, selling mainly local fruit and vegetables, has commenced at Portarlington Primary school on Fridays from 8.30am – 11.30am. Come and support this great new market which aims to provide affordable fresh produce to the local community on a regular basis. The market will run every Friday (excluding school holidays and the week prior to the Portarlington Market).

The produce market is in collaboration with Portarlington Primary School, Bellarine Community Health and Bendigo Bank in response to community consultations which identified the issue of the lack of access to fresh, affordable produce locally.

Bellarine Community Health has been consulting with local communities over the last year and investigating the issue of access to fresh food.

Many local people have said that it is not easy to get the fresh foods that they need on the Bellarine Peninsula. The Farmers



market is an intervention that Bellarine Community Health is trialling in partnership to address this issue.

For further information about the market or for any local food producers keen to be involved please contact Naomi at Portarlington Primary School on (03) 5259 2572.

go green

Looking from the window I spied a Geelong Council truck with the words 'My Geelong is going greener' in bold print. On March 28, more than a billion people across the globe switched off their power for an hour and helped the environment. You too can 'Go Green' by simply turning off unused appliances, composting fruit and vegetable scraps, buying recycled products and not using plastic bags. SpringDale is committed to the community and recycling and endeavours to do its best to help the environment.

Let us all try for a cleaner, greener community and help the environment.

Green Page environmentally positive tips. When it comes to better use of our natural resources many of us have tried and true ideas. We are looking to start a Green Page in the SpringDale Messenger featuring our readers tips to help us be more proactive in living in a more environmentally positive way.

We would love you to either drop your suggestions in to our 'Green Page' suggestion box or simply mail, or email us at office@springdale.org.au with 'Attention Green Page'.

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Is your lifestyle affecting your health?

Our lifestyles can have major impact on our health and wellbeing. Unhealthy eating and not enough physical activity can lead to an increased risk of chronic diseases such as cancers, heart disease, and type 2 diabetes. A quick way to check is to measure your waist.

A waistline of greater than 94cm for most men and 80cm for most women is an indicator of internal fat deposits, which can surround the heart, kidneys, liver and pancreas, and increases the risk of chronic disease.

Overweight and obesity factors for chronic disease.

In 2005⁽¹⁾, 7.4 million Australian adults (54%) were overweight or obese - 2 million more than in 1995⁽²⁾.

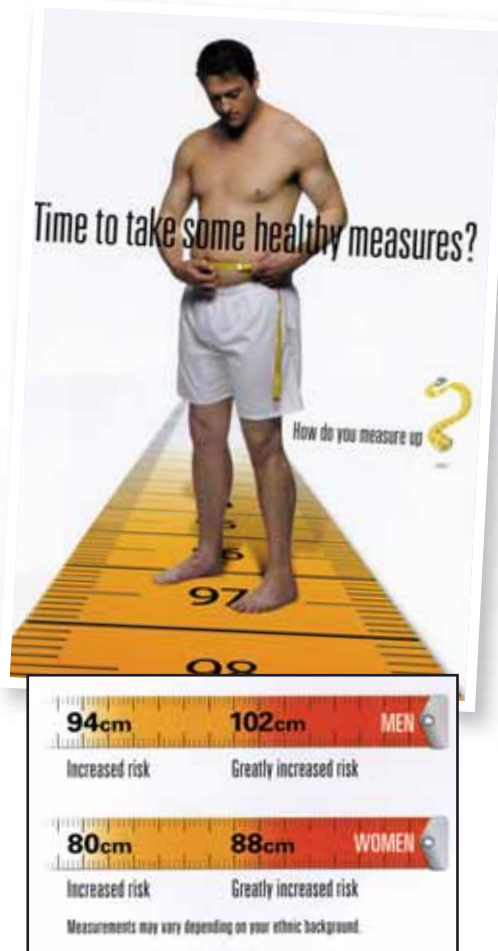
The good news is that the majority of chronic diseases are preventable for most people through healthy lifestyle choices.

Evidence shows that healthy eating and regular physical activity can help prevent or delay the onset of such diseases.

The booklet obtainable from SpringDale will provide you with some simple steps you can take to reduce your risk of chronic disease and help you to lead a healthier life.

Remember it's never too late.

(1) The last year for which figures are available
(2) Australian Bureau of Statistics (ABS) National Health Survey 2004-05: Summary of results. ABS cat.no. 4364.0 Canberra ABS



For more information and tips visit
australia.gov.au/MeasureUp

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around the garden

Last month our garden club had a car trip to **Roraima Nursery** at Lara, enquiries@roraimanursery.com.au

This is a fascinating place, not your usual run of the mill nursery. You feel as though you have stepped back into the lost world. And yes, there is a dinosaur too! This nursery is full of surprises. Everywhere you look there are fantastic rusting statues of a mechanical nature. Towering poles with huge grinders atop and a huge wheel of some sort greet you at the entrance. Massive aloes, crassulas and various other succulents are just everywhere. Metal ants climb walls, whilst a metal goanna scampers up an endangered South African Tree. The display gardens were inaccessible due to rain, but from what we did see they are very impressive. We had a sneak peek into the propagation house where our very informative guide, Oliver, explained all about growing succulents and cacti from seed.

If you have never visited Roraima we can all highly recommend it. We had a picnic lunch at Serendip Sanctuary followed by a walk through the park. This would be a lovely spot to take the children. We then travelled to Lara Wholesale Nursery. The plants were cheap and we bought heaps of them. This is another good place to visit. Everyone thoroughly enjoyed the day. These three places are only 30 minutes up the road and the best thing. It was all free.

July is the time to bring out your secateurs. Yes, its rose and fruit tree pruning time. Sharp secateurs will give a



Roraima Nursery is a unique and exciting nursery situated in Lara on the outskirts of Geelong, Victoria. Specialising in unusual, exotic, drought-tolerant and architectural plants, Roraima Nursery also offers a large variety of natives, perennials, ferns, palms, bottle trees, and the largest selection of cacti and succulents in the Geelong region.

good clean cut. Remember, when pruning roses, to have a container of a diluted bleach solution. Dip your secateurs into this every time that you prune another bush. This will prevent the spread of diseases such as rust. Don't be too fussy with the pruning of roses; it's even been done with a chainsaw. I'm not recommending that you try this. There is no way that I would let Big Foot loose with one in my garden!

There is still a bit of time to plant peas, parsnips, broad beans. Onions can also be put in as well as spinach, broccoli, and silverbeet. Check the soil to see if it is damp, you may need to moisten it. Now is also an ideal time to move plants in the

garden. Just remember the 3 bucket rule. Pop the plant into a bucket of water whilst digging the hole. Into the hole, fill with a bucket of water, if it takes more than twenty minutes to disappear then mix in some good compost. Pop the plant into the new hole and give it a bucket of water with Seasol added. This will hopefully prevent transplant shock. Then mulch the plant and say the gardeners prayer over it. Mine is "Grow, or you will end up in the compost bin." Fear seems to work. If you would like to know more about gardening come along to our club. Hope to see you there.

Happy gardening
Lorraine

Clifton Springs Garden Club next meeting is on Monday, 17 August at 7.30pm at the Drysdale Uniting Church Hall in Palmerston Street, Drysdale. There will be no meeting held in July. We are a happy bunch so come along and make some new organic gardening friends. For enquiries ring Lorraine (03) 5251 1660 or Rae (03) 5251 2600.



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around the **garden**

The Wollemi Pine

- dating back to the dinosaurs

The Wollemi Pine is one of the world's oldest and rarest plants dating back to the time of the dinosaurs. With less than 100 adult trees known to exist in the wild, the Wollemi Pine is now the focus of extensive research to safeguard its survival. Assist in the conservation effort by growing your own Wollemi Pine and becoming part of one of the most dramatic comebacks in natural history.

How the Wollemi Pine was found.

The Wollemi Pine (*Wollemia nobilis*) is a member of the Araucariaceae family which is thought to have existed 200 million years ago at the time of the dinosaurs. It is one of the world's oldest and rarest trees and its discovery in 1994 in Sydney's Blue Mountains is considered to be a major botanical find in human history - akin to finding a dinosaur alive today. Previously, the Wollemi Pine was thought to be extinct with only fossil records remaining.

A New South Wales (NSW) National Parks and Wildlife Services officer and avid bushwalker, David Noble, found the Wollemi Pine by chance in September 1994. David was bushwalking and abseiled into a deep rainforest gorge when he stumbled upon a group of ancient looking trees. They were up to 40 metres in height with main trunks of approximately one metre in diameter and featured an unusual fern-like, dark green foliage with a unique pattern of branching. The bark looked like bubbling chocolate. Taken by the unusual tree, David collected a fallen branch and continued his hike.

Returning to Sydney and puzzled by the find, David sought help to identify the tree. He approached NSW National



Parks and Wildlife and the Royal Botanic Gardens Sydney for assistance. His report that the sample came not from a fern but from what looked like a strange, conifer-like tree, intrigued scientists Wyn Jones from NSW National Parks and Wildlife Service and Jan Allan from Mount Tomah Botanical Gardens.

Moved by scientific curiosity, the trio returned to the site to gather more specimens and undertake research.

They were astounded by the find. The trees looked like nothing any of them had ever seen before. Jan and Wyn gave the tree the working title, the Wollemi Pine. It was named after the Wollemi National Park, the location where the Pines were first discovered. The scientific name *Wollemia nobilis* was in honour of the Pine's majestic qualities and the man who discovered them, David Noble.

Today, there are only a few known stands of Wollemi Pines with less than 100 mature trees. To protect this endangered population, the Wollemi Pine Recovery Plan (developed by Royal Botanical Gardens Sydney and NSW National Parks and Wildlife Service) has identified the propagation and worldwide release of the Wollemi Pine as a key conservation strategy.

Great Balls of Fire



Great Balls of Fire is a 1957 song written by Otis Blackwell and Jack Hammer, but is best known for Jerry Lee Lewis's rendition recorded on October 8, 1957.

Callistemon which is more commonly called bottlebrush or Great Balls of Fire is an easy to grow, dry and heat tolerant plant with low maintenance requirements. Callistemon which is suitable for coastal regions has become very popular and a perfect solution for the climate of today.

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- 7 day golf membership \$635, weekday membership \$477 student and junior membership is also available. For bookings (03) 5253-1488.
- Springs Bistro open 7 days a week
Lunch from 12noon – 2pm
Winter dining hours 5.30pm – 8pm

- Sunday night is Parmi Night - Original, Italian, Aussie or Hawaiian \$13 each.
- Steak hits the grill on Friday night for \$17

Restaurant boasts one of the best views in the Geelong area. The Clubhouse is fully licensed with Club Keno. Various live shows throughout the year, **refer to our advertisement on back page of this issue.**

For various upcoming events please visit our website:
cliftonspringsgolfclub.com.au

For bookings and further information telephone our friendly staff at the club on (03) 5251 3391

Bowls, bingo and cards plus a jolly good time

Drysdale Senior Citizens Club

Winter is here again, so come up and have some fun at the Senior's club where it is very warm and welcoming. The indoor bowls is going very well and we have an increase in members, especially men, which is very good. They say they wish they had joined sooner. If you can't play bowls or cards or snooker we would be pleased to teach you. We have a very good snooker table and a few players, but we do need more.

Cards are played on Monday and Saturday and on Thursday we have a craft afternoon. They are a very friendly bunch and will also give you a cup of tea/coffee. You are welcome anytime to just sit and watch and see if there is anything you would like to try. It's good fun and gets you out of the house. Next month we have Bingo the first Monday of

the month July 6 at 1.15pm, a trading table and afternoon tea. Monday 13 we have the A.G.M. starting at 1pm and we would like as many members as possible to attend. Annual fees are due, still \$15 per year. Tuesday 21 July we are going to the Clifton Springs Golf Club for lunch at

12noon. Please put names on list at the club and let us know if you need transport.

We would like to send best wishes and love to all our sick members. Get well soon and come back and see us.

Esther and Mary

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Having problems receiving email?

In a previous life, as the sole helpdesk operator at a small service provider in Melbourne, the biggest part of my day involved fixing email accounts when things stopped working.

Your email can stop functioning correctly for several different reasons, some of which are technical and outside your control, however the biggest cause I've encountered is the 'timing out' problem.

When receiving email using a program like Outlook Express or Windows Mail (for example), you may receive a couple of messages successfully and then the program will get 'stuck' on the next message and 'time out' – as mentioned in an error message.

The next time you receive email you end up downloading the same messages as before and get stuck at the same point; in effect you are trapped in an endless loop.

The most common cause of this problem is that the last message received (the one you end up stuck on) is too large, so your email program stops prematurely while trying to download this message. With Outlook Express (in particular) this will cause all of

your new email messages to download from the beginning again.

If I send you a 2.5MB (Megabyte) email, with a photograph as an attachment, I also assume that you – the recipient – will be able to receive the message successfully.

Because I use a broadband connection I can send a lot more content per message than I could if I was using dial-up. However you might only be on dial-up, so you may not be able to receive the above email successfully, using Outlook Express or Windows Mail.

In fact the only way in which you are able to read this message is online.

Therefore this is a matter of email etiquette. When sending an email always be wary of message size, and don't assume that the person you're sending an email to has an internet connections as fast as your own.

It also helps if you review each email before you send it – so you can check the total email size. The best way to do this is to save each message in the Drafts folder.

In the next article I'll look at a few ways to distribute large files, without affecting the operation of everybody's Inbox (or filling it up so the address can no longer receive email).

Pierce Jaques
pierce.j@inet.net.au

SpringDale Youth Entrepreneur Award

This award will be presented to the winner of a competition to: Design and Prepare a Project Plan for an event / program / activity to link youth to SpringDale.

The program must be demonstrated to be self funding and achievable with resources available to either SpringDale or BSC Students.

The Project Plan should include:

- Target market (10 yrs old to 21 yrs old)
- Equipment and people required to conduct the program
- How much it will Cost to run
- Ideas for attracting people to the program
- What are the possible outcomes
- Submissions can be submitted by individuals or groups

To be a maximum of two A4 pages.

Prize: Cash and / or Internal Springdale vouchers to the total value of \$100.

Judged by: The BSC student council to short list 3, then final decision by SpringDale COM (student award sub-committee).

The closing date for submissions to the BSC office is 15/10/2009

The final 3 to be handed to Springdale by 15/11/2009

Fine Print: SpringDale will have permission to use any or all proposals submitted to the judges.

Bringing together groups, clubs and individuals

Drysdale/Clifton Springs Community Association Inc.

The Community Association has had a great response regarding the proposed walking track at Lake Lorne. The local schools can see some advantages in having another facility that their students can use. Also expressing interest is the local group of Little Athletics, who currently have very limited areas to compete in. In the coming months we expect that all parties involved will get together to work out what would be the best design to suit the needs and concerns of those who would use it. This is what the Community Association wants to do. It wants to bring together many different Groups and Clubs and individuals, to help them work with Council and other Authorities to get the best situation for the local community.

In our efforts to try and improve the bus service in Drysdale and Clifton Springs, and the Bellarine generally, we have had very little feedback. Perhaps most or many are satisfied with the service provided and therefore are not inclined to bother. Perhaps you were aware that nothing was going to change until the

interchange point in Geelong was finally resolved. Council has agreed that Moorabool Street will be the main arrival and departure point and they believe now this has been resolved, that services in and out of Geelong will be able to be more streamlined. What that means is there should be more frequent services for the bus travellers in the Bellarine Peninsula.

In the last issue of the Messenger, we indicated that there was going to be a slowdown in the Jetty Road development area, however the Council has assured us that it is still progressing through the planning stage, with only one developer scaling back their involvement.

Great day at the Clean Up Australia Day, where some 80 people registered down at the boat harbour. Linda Gallus was the main driver of the day's activity and all the volunteers managed to overfill the waste

bin that was provided by the City of Greater Geelong. The Association is seriously thinking of having another Clean Up day mid-year. It is obvious you don't want to see all this rubbish lying around. Well done to all who attended.

The Drysdale and Clifton Springs Structure Plan has finally been adopted by the City of Greater Geelong, which will mean that there should be some action taking place on some of the issues that were highlighted in that Plan. A second supermarket, footpaths, sporting facilities,

transport and recreation facilities are all now high on the agenda, and if you have some passionate ideas on any of these issues, please get in contact with us.

We want to be able to get the best for our Community and with your help, we will.

'Great response for Clean Up Australia Day with 80 people registering'

Until next month
Doug Carson Secretary

BEEP BEEP BEEP

That is the sound coming from Physical Education lessons in the hall at Drysdale Primary. Three times a year all the children in years 3-6 try themselves in the 'Beep Test'. As part of the Physical Education program at school, children in Years 3-6 have been doing the Beep Test. This is a fitness test which Mr Campbell, our P.E. teacher, builds into his program. The test involves running to and fro along a 20 metre distance, keeping up with a series of beeps on a cassette. The timing of the beeps gradually increases until you can no longer keep up and this defines the level achieved. The Beep Test is a standard fitness guide used throughout the world by all sporting groups and in many schools. The Beep Test is another way the children can get to know themselves. They can monitor their fitness and set goals to improve their personal scores. As the test is done a few times a year the children get regular feedback on their performance.

The year 6 students visit the Australian Institute of Sport (AIS) in Canberra in Term 4. They learn about the Beep Test



and the more comprehensive Sports Search Test which is made up of 10 components designed to test such aspects as sprinting, fitness, strength and agility. At the end of each year the Grade 6 students do the complete Sports Search Test which has been devised by the AIS. The children each get a hard copy of their results.

Most children enjoy the challenge of the Beep Test and like to get feedback about their fitness levels. Mr Campbell is happy

for parents to come along and participate in the test.

Physical activity is an important part of the education program at Drysdale Primary. Balanced with programs requiring hard work, opportunities to be creative and time to have fun with class mates and friends, the Phys.Ed. program is an integral part of daily life at DPS.

Clare Wilson
Principal

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YOUTH FOUNDATIONS VICTORIA

Youth Foundations Victoria is a youth led community development initiative that gives young community members the opportunity to become involved in shaping and improving their community. The Victorian government and your local Bellarine Peninsula Community Bank® Branch jointly fund this North Bellarine site. Small grants are available for local youth led projects. We are a young 'board', we meet regularly to discuss local issues, conduct research, set funding priorities and of course assess the local youth led grant applications.

Over the past few months, as well as identifying our local areas of priority for funding and opening the grant round we have also given ourselves a name! We are **MISSION**. This stands for Many Individuals Supporting Socially Important Options on the North Bellarine. There are currently 17 of us in the group and we have representation from all the towns on the North Bellarine. We range in age from 12 to 21 and there are roughly even numbers of male and female.

Our research and discussion about what already exists and what is needed for local youth on the North Bellarine led us to identify the following areas of priority for funding: Transport, Entertainment/social connectedness, Sport and Recreation.

If you would like to ask any questions, find out what we are up to or invite us to come and talk at your local group, club or school please do not hesitate to contact **Rob Evans, Facilitator for YFV North Bellarine** at **revans@glastonbury.org.au** or on mobile **0458 013 662**

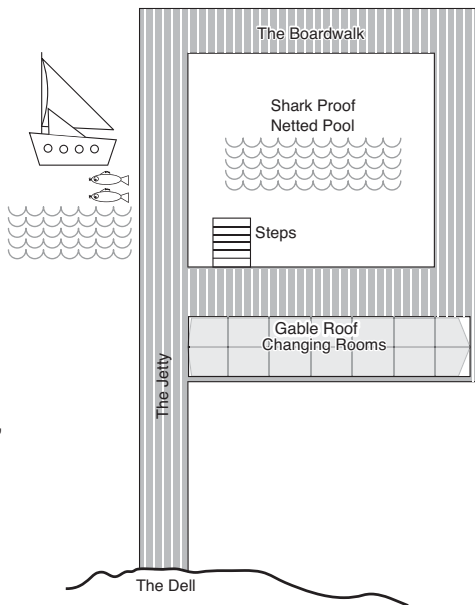
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Kell's corner

Over the last few days I've enjoyed a couple of walks along the Clifton Springs beach between the Dell and Hermsley Road. The last one was with Kell. While we were walking this quiet peaceful place, more memories came rushing back to Kell.

Imagine the Clifton Springs Dell back in the early 1940s. It was a very fashionable place to come via boat or ship, train or Cobb and Co, for a day trip. "There was the longest pier in the Southern Hemisphere, the spring water, a hotel, a wonderful picnic space and the enclosed shark proof swimming area" Kell related. Then Kell started to tell me about some of his antics, especially when there were a number of visitors from Melbourne and beyond. Kell, who was still known by his real name of Lawrence (Laurie to his friends) and his friend Bernie Nash would walk out along the jetty. They would climb up to the top of the canopy over the



bathing change rooms and part of the boardwalk. They would maneuver their bodies and hang by their toes over the rafters (like you see in a circus) and "hope we never fell the 12 feet to sudden death" said Kell. I hesitated to ask why they were doing this when Kell eventually volunteered that they were just showing off.

Barrand's fishing boat would come to empty the nets of fish near the jetty. Bernie, who saw some dead fish floating into the swimming area would call to Kell, "Laurie look at the fish coming in." This was the signal for Kell to jump into the water, stir up the sand. Grab a fish in his hands and make it look as if it is slipping through his fingers and jumping wildly out of his hands. He'd then look as if he had wrestled the life out of it to rounds of applause and wonder from the visitors. The people were amazed "they thought it only happened in the Islands" said Kell. Bernie and Kell would collect up as many "gilled" fish as they could and hide them (in their shorts I think that's what Kell alluded to) and hide the fish until the Barrands boat had left, then Bernie and Kell could smuggle the fish home for dinner as Kell said "we would eat again that night". Usually it was whiting that was caught sometimes flathead.

Kell assured me "and they are true stories and I've got many more".

This is "mud map" of the jetty and the swimming area – I need this to be able to understand how this story unfolded.

PS I left a few occupations off the list last month asparagus farming, bagging garlic, planting seed onions, stoaking hay, picking potatoes and onions and after this last story maybe comedian!

From Poker to Bridge in Easy Lessons

Now that winter is rapidly approaching, there can be no better way to spend an afternoon or evening than a game of cards with a group of friendly people. In recent years there has been a large surge in the number of pubs and clubs offering Texas Holdem Poker. Entry to these games is free although bonus chips can be earned by purchasing meals and refreshments. The game appeals to both males and females between 18 – 80 or over.

Each player is dealt two cards and after an initial round of betting, three community cards are dealt face up. Then there's another round of betting and another community card is dealt and this

process is repeated until there are five community cards. The aim is to make your best possible five card hand out of your own two cards plus the five community cards. The skill is knowing what hands may be possible and the likelihood of what others are holding against you and judging when to bet aggressively and when to fold. Winners and placegetters receive small gifts and meal vouchers from the venue. Entry can also be won into major tournaments, which can offer large prizes.

Having enjoyed Poker for several years (and I still do), I took Bridge lessons at SpringDale last year, and encouraged my wife, also a good Poker player, to do the same this year. We are finding Bridge fascinating and the challenge exhilarating. In Bridge you "talk" to your partner through the cards and this is a new dimension for us. We have met many friendly and happy people through our card sessions and would encourage anybody to get out of the house, use a little grey matter and participate in Bridge, the king of card games. Why not give SpringDale Neighbourhood House a ring and find out more.

Max Pilbeam



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TUTOR PROFILE

Jonathan Harris the face of JNH Software

Originally from Warrnambool, Jonathan finished his formal schooling with an Engineering Degree and held several positions with businesses throughout Victoria. 27 years ago he moved to Portarlington for the lifestyle and commuted to Melbourne. For the past 20 years he has been in the computer industry developing software, the past 15 of which in his own computer business, based in Portarlington.

"JNH Software Pty Ltd is about serving the local community's computer needs with sales, service and repairs, as well as Point of Sale software and custom software development." Jonathan said.

Being proficient in many computer software languages and packages, Jonathan now develops software for the small business market. Hence his knowledge of software is both from the developer's and the user's point of view.



Having completed a Train the Trainer course in Melbourne, Jonathan now shares his wealth of knowledge with the local Northern Bellarine community. "No matter what standard my students start at, as long as they have a thirst for knowledge, they will learn how to use a computer more efficiently. With terrific new classroom computers at both SpringDale and St Leonards, come in and let us help you reach your potential. There are lots of courses to choose from – all very reasonably priced."

Jonathan Harris (03) 5259 2304

From a contented member of The SpringDale Singers.

There is nothing better than that uplifting feeling of singing as one with other singers.

This is our aim at the SpringDale Singers and yes we do sometimes lift the roof quite splendidly. Making music in a choir is such good fun as we try to put text with music and make harmony together and of course sharing with others also hooked on singing makes for an interesting experience. The health experts say that exercising the brain and musical disposition through singing is quite a good thing to do too.

Usually when you join a choir they say it's only once a week but then there are the extra rehearsals for performances and before you know it the commitment gets bigger and bigger. The SpringDale Singers are not like that. We sing for pleasure and there are no big performances to worry about.

There is never a dull moment at SpringDale on Tuesday afternoons between 1.30 & 3.30pm. A real buzz can develop around our coffee/tea break as we either laugh off total annihilations of the first part of our choir renditions or the triumphs of at last coming together rather brilliantly. Occasionally the sopranos get their top Gs beautifully and the bases find those very low notes with the velvety sound. From my perspective from among the sops, our altos seem to work together as a team and always sight read perfectly which is probably part illusion but they carry it off well and the tenors never complain about the high notes that they occasionally find in their part. I do need to admit that sometimes the sops get into trouble for our larger than life sound, but mostly we contribute with flair.

The SpringDale Singers love to welcome new members or visitors. So if you love to sing (no other attribute is required) come join us. If you want to visit us to listen to our singing that would be lovely too. Just drop in any Tuesday afternoon during the school term.

Second hand roses



Opportunity shops play an important role in the social fabric of our community and are great places to pick up a bargain and provide financial support to a charitable organisation. These shops always welcome donations of clothing, linen, china and toys and if you have

a few spare hours and would like to help as a volunteer your services would be greatly appreciated.

The following shops are located in the area.

- **Bone Marrow**
3/6 High Street, Drysdale.
- **Lifeline**
9 & 10 Village Walk, Drysdale.
- **Salvos Family Store**
8 Mortimer Street, Drysdale.
- **Second Chance Clothing**
Lot 5 Mortimer Street, Drysdale.
- **Uniting Care**
4 Village Walk, Drysdale.



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Bellarine Sharks

Gala Day for 56 Junior Soccer Teams



On the 31 May The Bellarine Soccer Club held a gala day for the regions junior soccer teams. 56 teams from around the region converged on the small seaside town of St.Leonards and played their games at Len Trewin Reserve by the Lake. All games were on reduced sized pitches with reduced sized balls. The teams ranged from under 6 to under 10. It was a spectacle of colour and fun for the regions children. The Sharks parents completed the carnival atmosphere by supplying a variety of food. Murray Hall (Bellarine Sharks President) organisational skills came to the fore as

the games progressed continuously throughout the morning on 14 soccer pitches without incident. Murray said the growth of the local club was a testament to the family friendly philosophy of the Bellarine Sharks. He added that there were still positions for players in each team but especially the under 15 boys team who are still struggling with numbers. **If anyone was interested in playing for the club they can contact Murray at Bellarine Secondary College on (03) 5251 9090 or after hours on (03) 5257 2106.**

Jeff Beavis - representing Australia again in Queensland

Go for Gold! Jeff



Jeff has again made it on to the Australian Team for the Triathlon World Championships to be held in September 2009 at the Gold Coast, QLD. This will be 3 in a row and this time the Age Group athletes will be racing in the green and gold. Due to massive competition in his age group - over 150 athletes tried out - he didn't make it on the Olympic Distance team, but is on the Sprint Distance team which is a 750m swim, 20km bike ride and 5km run.

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Turmeric Plant

(*curcuma longa*)



In the May edition of the SpringDale Messenger there was an article on Turmeric and one of our readers was interested and purchased a couple of plants and has found a few more interesting facts on the turmeric. Kunyit, Indian Saffron, Curcuma are other related names for turmeric. It is a low growing tropical herbaceous perennial plant, which forms many long thin rhizomes used to produce spice and dye. It looks very much like a ginger plant. The rhizome is highly aromatic and antiseptic. In India, it is used as blood purifier and skin tonic. It helps in swelling, insect stings, wounds, whooping

cough, inflammation and pimples. Sweetened milk boiled with turmeric is the popular remedy for cough and cold. The leaves could be used for flavouring, especially in Asian dishes such as dried curry (beef or chicken rendang).

For thousands of years it has been used in the Hindu religious ceremonies. It is a common belief among the Hindus that turmeric improves fertility. The dry turmeric root is considered a symbol of purity and prosperity. It is used in Indian rites and rituals as well as applied at the main entrance of the Indian homes.



Recently a couple arrived at SpringDale with a boot load of jigsaws for the SpringDale Jigsaw Club. There was an assortment of 300, 500, 1,000 and 2,000 pieces with images of nature, buildings, castles and animals.

Jigsaw puzzles are good for your brain and can improve your memory. So if you find that you have lost your car keys or cannot remember a name, it is time for you to take up the challenge and complete a jigsaw. Sometimes in a nature scene the sky can be frustrating but the sense of achievement when finished is gratifying. Roll up mats are now available to assist jigsaw puzzle enthusiasts.

The Guinness World Records recognizes the world's largest commercially made jigsaw puzzle is 'Life – The Great Challenge' with 24,000 pieces.

The SpringDale Jigsaw Club operates on the first Thursday of the month from 10am – 12noon.

Letters of a Nation

Go online and visit: 200years.auspost.com.au/#/bicentenary/loan or call into your local Post Office

Did you know?

1957
Christmas stamps released for the first time, making Australia the first country in the world to issue Christmas stamps on an annual basis.

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Since 1888, the letters of our nation have carried the thoughts, feelings and aspirations of Australia and Australians. Now, the **Letters of a Nation** project is extracting these letters from desks, cupboards and files all over the country and bringing them together in an interactive timeline and archive.

Take a further journey into the site to view letters that have shaped Australia. There are letters from soldiers to loved ones, letters showing concerns for inmates in internment camps and their depression, another sent from a groom to his bride days before his wedding, thank you for parcels sent from citizens in Lidcombe to the soldiers in New Guinea, another to a soldier's mother after he went missing on the Kokoda Trail.

It is an amazing look into our past and shows how people have kept these letters all these years and now we are able to view and read them. So, if you have an interesting, moving or historically significant letter, Australia Post would love to share it with the nation.

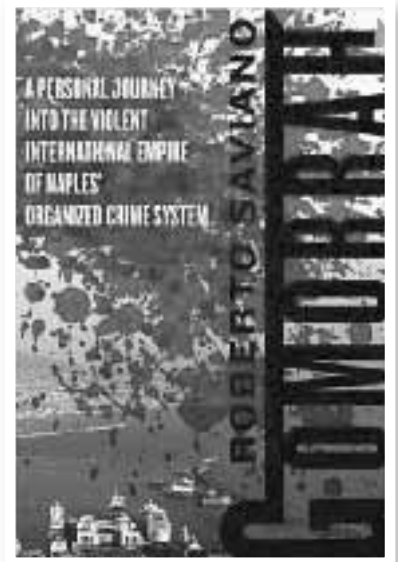
The Book Club - *a BYO night*

On Monday June 1, the Book Club had a BYO night, when each person talked about a book they had read recently or that is a particular favourite. This was the first time that we had a BYO, so we were keen to see the result.

The evening certainly reflected Book Club members' diverse interests. People brought novels, a novella, biographies and the complete *Winnie-the-Pooh*; and the books' settings included medieval Holland, 1930s USA, post-Soviet Eastern Europe and contemporary outback Australia. Normally, everyone in the group has read the same book, so in our discussions we compare notes. This time, however, each book had only been read by the person who introduced it, so discussion focused more on learning about each other's choices. It was a success and we'll certainly do it again.

The Book Club also met on Monday 4 May to discuss *Gomorra*: Italy's other Mafia, by journalist Roberto Saviano. In 2008, *Gomorra* was made into a film, directed by Matteo Garrone. Based on Saviano's experiences 'undercover' in Naples, *Gomorra* shows how the Neapolitan mafia, the Camorra, use the profits of organised crime to fund legitimate business especially construction, clothing and footwear. *Gomorra* was just the sort of book that we like in the Book Club. It provoked a lot of lively discussion, with people expressing very clear positions on Saviano's work and on the status and implications of organised crime.

The Book Club meets at the SpringDale Centre on the first Monday of each month at 7.30 pm. for about 90 minutes, ending with a cup of tea. On Monday 6 July, we'll



discuss *House of Sand and Fog* by Andre Dubus; on Monday 3 August our choice is *The Book Thief* by Marcus Zusak; and on Monday 7 September, we'll discuss *Families: modern Australian short stories* edited by Barry Oakley. New members are always very welcome. **For more details, contact the SpringDale Centre on (03) 5253 1960.**

Cool powerboat

Murray Spencer

Not so long ago I had the opportunity to visit Earthrace, the world's coolest boat, at Port Fairy. Earthrace is a 24 metre alternative powered trimaran which holds the world record for circumnavigating the globe in a powerboat using only renewable fuels. This incredible Martian like vessel was built in New Zealand over 14 months and visited Australia as part of a promotional tour making the public aware of Biofuels and carbon footprints.

It has an unusual appearance with distinctive horns, narrow hull and features very high tech equipment from a number of motor racing industry suppliers.

For more information about Earthrace visit www.earthrace.net for some interesting facts and figures.



SWINE FLU - HEALTH PRECAUTIONS

Hand Hygiene

Hand hygiene is especially important in combating the spread of swine influenza and members should impress upon consumers the importance of following good hand hygiene routines.

Some points that can be made include:

All members of a household should wash their hands -

- Before eating or handling food
- After blowing their nose
- After going to the toilet
- After handling general waste and garbage
- Wash hands with soap and running water, especially after coughing or

sneezing. Alcohol-based gels and hand cleansers are also effective.

Steps in washing hands are:

- Wash with soap and running water
- Wash front and back of hands as well as between fingers, including thumbs and nails
- Rinse well with running water
- Dry thoroughly all over

WHERE TO GET HELP

National Sites

- Australian Department of Health and Ageing
- Pandemic Influenza website
- Department of Foreign Affairs and Trade (SmartTraveller site)

- Victorian Government or visit goodhealthyadvice.com.au

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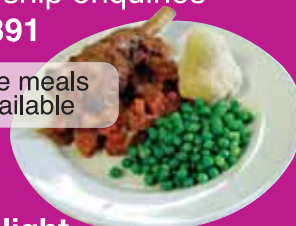
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For Bookings and further information please telephone the club on (03) 5251 3391

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