

# The SpringDale Messenger



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

## North Bellarine District Servicing the Business Community in 2010

### Community Association Secretary Launches New 2010 North Bellarine Business & Services Directory.

On December 7 the staff and volunteers of the SpringDale Centre gathered with a cross section of local traders and community members to launch the 2010 Edition of the *North Bellarine Business & Services Directory*.

Anne Brackley the Centre coordinator opened the occasion, explaining the history of the Directory, and introduced Kaye Beresford, who is one of the Centre volunteers and was project manager for the Directory. Kaye had been faced with the challenge of producing not one but two Directories in the same year, because the previous version had been launched in March the same year.

Kaye very proudly promoted the new Directory, and paid tribute to the volunteers who had worked with her on the project, introducing them and explaining their work. She also introduced the Directory Publisher, Lyn Ingles, who was responsible for the artwork of the superb cover and of the display advertisements which were a new feature introduced this year.

Kaye then introduced Patrick Hughes, Secretary of the Drysdale & Clifton Springs Community Association, who had agreed to officially launch the 5th Edition of the Directory.

Patrick acknowledged and paid respects to the Wautherong people, the traditional owners of the land now known as Drysdale, then went on to applaud the SpringDale Centre, its volunteers and the



*Kaye Beresford, Project manager in the company of Patrick Hughes who officially launched the 2010 'North Bellarine Business & Services Directory'*



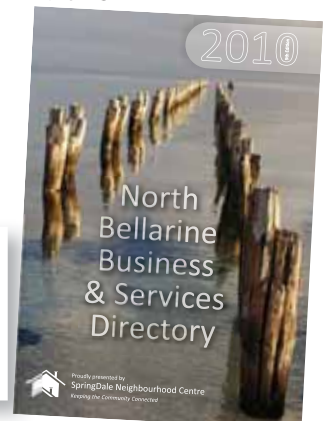
Business Breakfasts, especially the breakfasts provided by Geoff, Rayna and Maria.

He talked about the efforts of the Community Association to support the local business community, and went on to discuss the Geelong Council's Strategic Plan for the Bellarine Peninsula. He pointed out the shortcomings of the plan, failure to provide adequately for the economic development of this area, or to foster the local job opportunities needed for our young people.

Patrick told us about a new community review of the Bellarine Strategic Plan, to start 2010.

Its aim is to review the Strategic Plan and Council Policy at a community level, and thus determine how well they meet our needs.

Finally with characteristic gusto Patrick declared the 5th Edition of the North Bellarine Business and Services Directory launched, and the assembled audience went on to enjoy light refreshments.



It is all  
about your  
Business.

|                      |                           |    |                        |       |
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### Contact

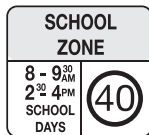
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Sandra, Rhianon or Kate  
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# COMMUNITY EVENTS AND ENTERTAINMENT CALENDAR FEBRUARY

MONDAY 1

- SCHOOL TERM 1 COMMENCES
- COPY DEADLINE FOR SPRINGDALE MESSENGER MARCH ISSUE



SUNDAY 21

- DRYSDALE MARKET 9AM-1PM



TUESDAY 2

- WORLD WETLANDS DAY

MONDAY 22

- BUSINESS BREAKFAST SPRINGDALE 7AM



MONDAY 8

- RANDOM ACTS OF KINDNESS WEEK BEGINS

THURSDAY 25

- CLIFTON SPRINGS SCHOOL DRIVE-IN 6.30PM

SATURDAY 13

- SMALL BITES - 7.30PM POTATO SHED



SUNDAY 14

- ST. VALENTINE'S DAY
- SPRINGDALE MEMBERSHIPS DUE
- SMALL BITES - 2PM POTATO SHED

SUNDAY 28

- PORTARLINGTON MARKET 9AM-2PM



**The SpringDale Messenger**  
ABN 21 404 220 267

SpringDale Community Calendar is a SpringDale Neighbourhood Centre initiative to support the whole community. If you wish to place your event in the calendar and further issues of **The SpringDale Messenger** please email, write or call the event details to our office.

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## Copy Deadlines for March 2010 Issue Friday 1 February

**Distribution - Saturday, 27 February 2010**  
**Circulation - 5,500 Copies**

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

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

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**The SpringDale Messenger**  
Production & Designed by **Lyn Ingles - blue pencil publishing**

All contributors are asked to provide their articles on disc, Microsoft Word document or email it for ease of processing. Contributors are still accepted as written copy but need to be submitted in the week prior to our copy deadline.

### Editing of Contributors Material

Contributors should note that the right to modify submitted articles is retained by The SpringDale Messenger.

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



# from the centre

with Anne Brackley [centre coordinator]

Dear Friends

I am lucky enough to have a long list of values that help me through each day. In the past I have spoken about respect and finding fun in all I do. I also value gentleness.

I believe in gentleness, maybe I should call it the art of gentleness. Being gentle in the way I approach people, being gentle in the way I live and affect the world around me, being gentle in the way I support my family and friends, being gentle in the way I work and work and work with others. I often ask people to be gentle with me.

The word conjures up care and a steady approach, without the pace that some situations seem to demand. I would like to suggest that there are many ways that we all could be a little more gentle. There are opportunities for us to develop skills that will enable us to be more gentle and caring for each other.

I think gentleness is very compatible with the slow food movement. Instead of fast food cooked by someone else with many more calories than we need, lets think about the 'slow food movement' which encourages people to prepare the food for themselves and families in a gentle caring manner.

You might think about investing some time to learn some new recipes or techniques to help with your regular cooking or for a special dish for a special

occasion.

We have scheduled some cooking classes for this term and the next few and hope people might share the pleasure of cooking together.

Yoga, Tai Chi, Pole Walking, reading a book and discussing it at The Book Club, writing a piece of prose for our new writers group, learning a language, completing a jigsaw, singing a song, learning from the internet, learning a new skill, playing cards or mahjong, these are all ways to invest time to practice gentleness with ourselves and other people.

I'm looking forward to a full and rewarding year. I'm looking forward to sharing my time with colleagues, friends and family. I look forward to meeting new people, trying new things and working towards achieving the annual goals of SpringDale.

If you are looking for a new way to start 2010 visit SpringDale and discover what it offers.

*Hoping to see you at SpringDale soon.*

Warm regards

**Anne Brackley**

for the SpringDale family

## UPDATE

@ SpringDale



## Homework Group on again

After School Tutoring program was very successful in 2009 and will be running again in 2010. We'd like to hear from parents of students in Grade 5 and upwards who need help with Maths, English or homework. The cost is \$2 per week per student to help cover afternoon tea and materials. We also need volunteer tutors. The program will start up again on Wednesday, 10 February.

**For further information phone SpringDale on (03) 5253 1960.**

## SpringDale membership renewals

With more than 500 members, we encourage more people to become members of SpringDale Neighbourhood Centre Inc. Membership renewals are due annually on 14 February, 2010. Members are entitled to reduced rates for photocopying, computer/internet use, fax, laminating, shredding machine and binding documents. Members, depending on vacancies, are permitted to join one of the 26 Special Interest Groups. Please ask for a membership form and return it with your \$5 membership fee and enjoy the benefits of supporting your Neighbourhood Centre.

SpringDale Neighbourhood Centre Inc.   
Keeping the Community Connected

## Business Network Breakfast

Mark this date in your diary

It is all about your business

**Monday 22 February**

Business Breakfasts are a great way to make connections whilst hearing from nominated businesses in a relaxed environment. The Business Breakfasts are held four times each year and the next one will be held on **Monday 22 February at SpringDale at 7am. To make your reservation, please telephone SpringDale on (03) 5253 1960.**

## Courses update

We have many new courses and workshops planned for 2010. In the **Term 1 Course Guide** we announced introductory courses in *Farm Management, Business Management, Local History, Family Budgeting, Sustainable Living* and *Employment Skills*. We would like to add to that list some other textile classes and even *Music* theory. Please ring the office for more details or to register your interest.

We will be commencing a *Certificate III in Aged Care* course in February and it is filling fast. We are running a *Test and Tag*, and *Construction Induction* courses in February, *Food Handling* and *First Aid Courses* in March. Annette has come up with many new workshops for the term and of course all our usual courses will go ahead.

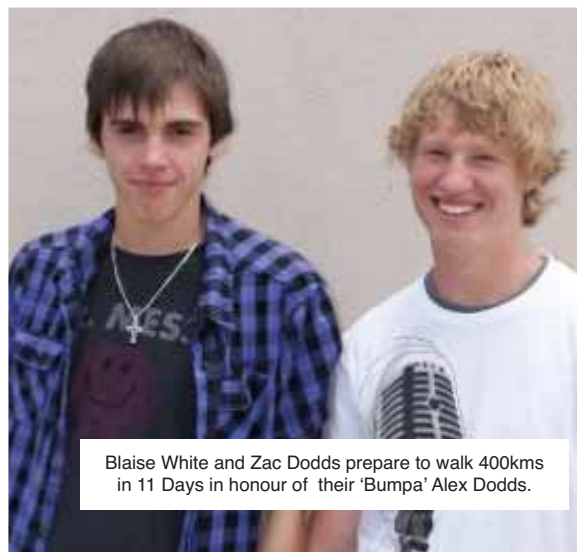
*Hope to see you at SpringDale soon.*



# A 'dedicated' walk 4 a cure

A local 15 year old boy, Blaise White and 16 year old cousin Zac Dodds from Hamilyn Heights, are setting off on a 400kms walk in September 2010 to raise money for the Australian Cancer Research Foundation and The Andrew Love Centre. They will walk from Drysdale to Tocomwal, NSW in 11 days averaging 37 kms a day. Blaise and Zac's Grandfather or 'Bumpa' as he was known, passed away from pancreatic cancer in November 2009 and the walk is dedicated to him along with everyone else who has had to suffer through this evil illness. Blaise's wish was to complete the walk while his Bumpa was alive to see it but sadly this will not be the case. The young men aim to raise more than \$10,000 through fundraising and sponsorship. Some of the fundraisers they wish to have are a Cheese and Wine Night with local wine and produce, Auction Night and hopefully some sausage sizzles at Mitre 10. The boys would like to ask for anyone willing to donate money or time, goods and services to raffle or auction or anything that would help them on their massive journey.

If you could help the young men in anyway please contact them by email on [AlexDoddsWalk4acure@hotmail.com](mailto:AlexDoddsWalk4acure@hotmail.com) or call Blaise's Mum, Kerryn on 0407 743 376.



Blaise White and Zac Dodds prepare to walk 400kms in 11 Days in honour of their 'Bumpa' Alex Dodds.

## From adversity comes triumph

A local gentleman after suffering a heart attack decided to build a 26' boat to sail around the bay. He recently successfully launched the boat surrounded by friends and family. This poem was the vision for the boat.



## Bay Sailing

I shall sail on Port Phillip Bay,  
In the comfort of my yacht.  
I shall savour a fine blue day,  
With breezes yielding a knot.  
I shall skipper a happy crew,  
Adapting white sails, drawing,  
Like the fluffy white clouds, anew,  
And silver white gulls, soaring.  
This resolve is one I shall keep,  
Sailing our Bay's variety.  
Port Phillip is large, shallow, deep,  
Accessing great locality.

To anchor by beach, night or day,  
To spend time quiet fishing,  
To swim, snorkel, see Dolphins play,  
To relish, is my wishing.  
To circumnavigate the Bay,  
Mornington to Bellarine,  
To plan a sailing holiday,  
Lovely places to be seen,  
Cities of Geelong and Melbourne,  
Frequented beaches East side,  
And quiet West shores to sojourn,  
All attractions to abide.  
The Bay can be angry, wrathful,  
In tempest of wind and rain.  
My yacht will conquer the awful,  
To ride out a storm to gain.

Equipped, provisioned for comfort,  
My yacht will ensure safety.  
With anchorage secure from port,  
I'll enjoy the seas, safely.

Allan B. Strahle  
18 August 2008

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# Market at 'Twilight' was a great success

The Clifton Springs 'Play by the Bay' Playgroup held their 'Twilight Market' for 2009 which is their annual fundraiser and happily raised \$1,300. A big thank you to all stall holders for your support, and we are looking forward to you all attending in 2010 which we know will be even bigger and better. This event was made possible with the help from our members, wonderful sponsors, families and friends that made our event a huge success and to Bridie Newell our market co-ordinator. A big thank you to all and special thanks to Clifton Springs Primary School Administrative Staff for helping us with planning and making their facilities available.



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If you are interested in coming along to attend Playgroup, we are situated under the Clifton Springs Golf Club in the Community Rooms.

Our Playgroup sessions for 2010 are  
**Monday 9.15am – 11.15am**  
**Friday 10am - 12noon**

For more information, Clifton Springs 'Play by the Bay' Playgroup.

Call Myalie Loveday 0432 687 468 or Christine Baker 0430 439 025.

## Family Law Worries?

Come in for a *free* chat

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**(old Post Office) Ph: 5251 3453**



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At the Bendigo it starts with U.



# Graffiti Getting Results

Graffiti around Geelong has reduced dramatically since the start of the Graffiti Strategy in 2001, down 91% in 2009. To help keep our city graffiti free, Graffiti Removal Kits are available at all customer service centres. The kits are free to residents and business operators and contain items which can help remove graffiti.

**To report graffiti phone (03) 5272 4319. You can call anytime 24 hours a day, 7 days a week (outside business hours it will be a message service).**


**All reported offensive graffiti will be removed within 24 hours, with reported non-offensive graffiti removed within 7 days.**



**Charity  
Masquerade Ball**  
9th October  
at The Potato Shed

**Help Needed**  
to organise a charity  
**Masquerade Ball.**  
From Treasurer to helping with  
setup and decoration. If you have  
the talent and time and would like  
to help, we would welcome your  
cooperation.

Please contact Jennifer Blomeley 0422 527 310  
Proceeds to 'Beyond Blue' & 'Think Pink'



**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

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

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

## High on the Hog by Dennis Saliba

*Courtesy of the Geelong Advertiser*



## Make sure you're covered

I would like to discuss six home insurance tips to keep you and your family covered should the worst happen and you need to make a claim on either your home building or contents insurance.

**Tip #1:** When an insurance renewal notice arrives, consider whether your home and contents insurance needs have changed since you last renewed the policy. What new purchases have you made during the year, was it that plasma TV in the lead up to the grand final, jewellery or GFC memorabilia? Although it may be easier to just roll on with your existing cover, just remember, if you need to make a claim you may find yourself underinsured and out of pocket.

**Tip #2:** Compile an inventory of your home's contents. Go from room to room and make a list of all your valuables and their replacement cost. A list is very important if you need to make a claim. It can also help the Police with the recovery of items if your house is burgled.

**Tip #3:** If possible, get a professional appraisal on the value of your home. Since you were first insured you may have added improvements – spa, swimming pool, new bathroom or kitchen – all of which can add significantly to the value of your house. When insuring the building it is also important to include an allowance for demolition and clearance of the site. If the house is destroyed by fire and needs to be rebuilt these costs would

be deducted from any insurance payment, so it is particularly important to allow for them.

**Tip #4:** Check that any special items are covered like that signed & framed premiership Geelong Football Club jumper, or perhaps you have inherited jewellery, art or a stamp collection. You may need to add these to your policy as additional cover. Policies differ markedly in regard to insuring special items, so check your level of coverage carefully.

**Tip #5:** Don't be caught out by seeking the lowest priced policy. You need to choose the policy that best suits your circumstances. Replacement policies, whilst generally priced a little higher, actually cover you for the replacement cost of the item at today's value. Indemnity policies, although cheaper, will only cover you for a set amount. The other major influence on the cost of your policy is the "excess" you may need to pay in the event of a claim. A slightly higher excess will often reduce the cost of a policy.

**Tip #6:** And finally, always check the conditions of the policy, particularly any restrictions, exclusions and limitations. Make sure that you are not underinsured in relation to the building and contents.

If you require more information, I recommend you speak to your financial adviser or insurance broker in regard to your insurance needs.

*Dennis Saliba is a Senior Financial Planner and Representative of Bendigo Financial Planning, a part of the Bendigo and Adelaide Bank Group.*

*This information is of a general nature only and not intended to provide neither technical nor detailed advice. Information in this article is based on information believed to be accurate and reliable at the time of publication. You should seek individual advice regarding your personal situation.*

## It is music for fun



SpringDales' informal choir, continues into its fifteenth year of meetings each Tuesday afternoon. Members many of whom also belong to other choirs with different requirements, come just to enjoy singing on the day. The wide range of music ensures all tastes for part singing are covered and as there are no public performances the more usual need for reaching a special level of achievement is not a factor. It is music for fun. It can be tried without on-going commitment, simply by coming one Tuesday at 1.30pm and paying less than the price of a cup of tea or coffee.

**For further enquiries contact Springdale on (03) 5253 1960**



# The Bunyip Festival is 30 years old

The **30th Bunyip Festival** will be held at Clifton Springs Primary School on Saturday 20 March from 10am to 3pm and the theme for this year is 'Bunyip Festival 2010 – Here We Go Again'. We would love to hear from people who would like to have inside or outside market stalls, community groups that might like to have information stalls, businesses or groups to tender for the opportunity to have food stalls.

We would also be interested to hear from any business that would like to support the festival by donating a product or service for the raffle or for the auctions or help us in any other way.

Please feel free to email **brackent@aanet.com.au** with suggestions, donations or ideas. Looking forward to seeing you at the festival.

**Anne Brackley and the Bunyip.**



## Join the Party

The Potato Shed family is inviting you to Join the Party for our 2010 theatre season.

Boasting an array of big names, award-winning performances, side-splitting comedy and hot new music, our 2010 season will celebrate family life while providing a snapshot into some bygone eras. The Join the Party Season booklet will be out in a few weeks so you'll be able to plan a year's worth of entertainment. So grab some friends, your party hat and prepare to celebrate as you Join the Party in 2010.

On the 13 & 14 February we have *Small Bites*, a series of short monologues and two handers, ranging from serious drama to satire and outright fantastical fun. Well suited to adults who love their theatre in a relaxed atmosphere, the setting is cabaret style tables and chairs with licensed bar and patrons can bring a basket supper.

On Sunday, 7 March don't miss *Skipping Girl Vinegar* who have become one of the most talked about bands in Australia today. This special Sunday afternoon's entertainment will be supported by popular guitarist Leena. Table seating and licensed bar.

Our ever-popular Morning Showtime season returns for 2010, offering a wide range of toe-tapping, old-time entertainment and a delicious morning tea.

# WIN family pass (4) at the potato shed Skipping Girl Vinegar



**Sunday 7 March @2pm**

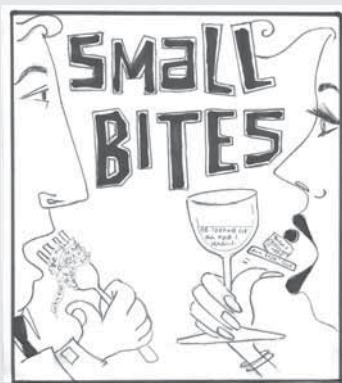
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**COMPETITION CLOSSES 3PM TUESDAY 2 MARCH**



## SMALL BITES

Brown Fairthorne  
Theatre Project in Association  
with Theatre 3222.  
A tasty selection of monologues  
and two-handers for grown-ups.  
Written by Janet Brown  
and Sandy Fairthorne.  
Directed by  
Steven Georgiadis.

**Saturday, 13 February at 7.30pm**

**Sunday, 14 February at 2pm**

\$18.50 Adults - \$16.00 conc./groups over 10  
Table Seating - Licensed Bar - Bring a Basket Supper

## skipping girl vinegar



**Sunday 7 March 2pm**

Skipping Girl Vinegar have become one of the most talked about bands in Australia today. This special Sunday afternoon's entertainment will be supported by popular guitarist Leena. Table seating and licensed bar.

**\$16 Adults**

**\$13 conc./groups over 10**

### Show and dates for the 2010 Morning Showtime Season are;

**The Grumpy Old Men's Travelling Rock 'n' Roll Laughter Show**  
Tuesday, April 20, 10.30am

**Australian Army Band**  
Tuesday, May 25, 10.30am

**Back to the 30s with Gracie, Albert & The Lion**  
Tuesday, June 22, 10.30am

**Soul Sister Swing**  
Tuesday, July 20, 10.30am

**Shirley & Colin with Fine Music, Fun & Fantastic Yarns**  
Tuesday, August 24, 10.30am

**The Bard Bared... The true story of Robert Burns**  
Tuesday, September 14, 10.30am

**Memoirs of a Scottish War Bride**  
Tuesday, October 19, 10.30am

**Boo-Hiss Christmas Melodrama A Russian Bride In Queenscliffe**  
Tuesday, November 23, 10.30am

**All Morning Showtime tickets are \$13.50 which includes morning tea. Group discounts are available.**

## Spud CLUB



**ALL WELCOME**

## Friday, 26 February OPEN MIC NIGHT

**6.30pm - Children / Teenagers  
8pm - Adults - Open**

**\$5 entry includes  
1 complimentary drink.  
Family pass \$15**

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.

**POTATO SHED**

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

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# The Friends of the Bellarine Rail Trail

[www.fbrt.com.au](http://www.fbrt.com.au) wish to acknowledge the valuable assistance of the many organisations and individuals, whose support has been invaluable in enabling our volunteer group to achieve outstanding results along the Trail between South Geelong and Drysdale. The latest major donor is the Leopold branch of the Bendigo Bank, which in November 2009 has provided the group with a new car trailer and 500 litre water tank to facilitate the watering of new plantings, so essential in these times of prolonged drought conditions. We also acknowledge the enthusiastic support provided over several years by our local Cheetham Ward Councillor, Rod MacDonald, and also more recently by Councillor for Coryule Ward, John Doull. Both of these councillors have assisted in the allocation of community grants funding by City of Greater Geelong, whilst the CoGG Open Spaces Department has provided an annual grant and the CoGG Environment Department has also assisted us in meeting operating costs.

Other donors in recent years include the following:- **Alcoa (Tools & Safety Vests), Barwon Water (Use of plant propagation facilities), Corangamite CMA (Admin costs), Cycling Geelong (Provision of materials for tables and seating), Geelong Touring Cyclists (Provision of materials for tables and seating), Landcare & Point Lonsdale Nursery (Plant donations), Member Chris Baker (Annual Website hosting), Parks Victoria (Garden Materials), Private sponsor - Jo Heatlie of Leopold, Tattersalls Melbourne**



**(Club Mower), Tuckers Funeral and Bereavement Service (Remembrance Trees), Victorian Surveyor General (Surveyor Markers on Trail at Whittington).**

The continuing effort of committee members and our many volunteer workers is also acknowledged, not only for the work hours provided so readily by them throughout the year, but also for the many other ways in which they provide assistance in keeping this local community organisation vibrant and effective. Our regular working bee attendees come from all over the Bellarine Peninsula, not only the Leopold and Drysdale/Clifton Springs areas, but also from Portarlington in the north to city suburbs as far distant as Geelong West.

A sincere thank you to all of our volunteers for another year of achievement in 2009, and we look forward to further progress in 2010. *Peter Cowden*

**William Sheahan**

Funerals 5251 3477

*Incorporating*

*Drysdale & Peninsula  
Funeral Services  
Murradoc Road Drysdale*



*"Committed to Caring"*

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## health & wellbeing

# MENIERE'S DISEASE – What's that?

## Is your world spinning out of control?

- Do you feel dizzy and lose balance unexpectedly?
- Do you hear noises like buzzing, ringing or roaring?
- Does your head and ear/s feel 'thick' like there is too much pressure in there?
- Can you hear everything clearly but when you feel dizzy and the noises seem overpowering you can't seem to understand speech?

If so then you may be one of the 40,000 Australians that experience Meniere's.

Meniere's disease affects the inner ear, where the hearing and balance organs are found. During an attack, the person experience vertigo or an illusion that the surroundings are spinning.

People may feel dizzy and are ill, hearing may be distorted and is often dominated by tinnitus - a hissing or roaring sound in the ears or head. One or both ears may feel a sense of pressure – that the ears are full to bursting point. It can occur in one or both ears.

As yet it is not known what causes Meniere's but it is thought to be caused by a problem with the fluid inside the hearing and balance mechanism of the ear. There is no known cure.



Lynn Polson OAM

Not everyone with Meniere's experiences all the symptoms, but attacks may occur without warning and their frequency and severity cannot be anticipated. According to the 2004 – 2005 National Health Survey it is estimated that 1 in 606 Australians are living with Meniere's.

Meniere's is not a well-known disease in the community, but for individuals experiencing attacks, it is life changing and disabling. One of the major difficulties in living with this condition is the lack of knowledge and awareness within the general community.

Meniere's Australia is working to improve the diagnosis and management of Meniere's and has established various support groups which aims to provide support, assistance and help people learn how to manage and control their condition as well as hold regular quarterly meetings. Free information packs are available by post.

For further information visit [www.menieres.org.au](http://www.menieres.org.au) or call 9783 9233 or 1800 368 818.

This article about Meniere's Disease has been kindly provided by Lynn Polson OAM, Secretary of the Meniere's Support Group of Victoria, which is now expanding Australia wide as Meniere's Australia.

Lynn has devoted the last 20 years to developing the support group after contracting the disease herself, and knows all too well the problems it causes.

The support group is based in Frankston, offers free information packs, and for a nominal yearly fee provides newsletters, ongoing information and seminars.

For more information visit their website [www.menieres.org.au](http://www.menieres.org.au) or ring 1800 368 818.

You can also talk to Kaye at the SpringDale Neighbourhood Centre, who is a long term sufferer from the disease.

### Remedial, Sport & Relaxation Massage

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# SHADES

## Self Help Anxiety & Depression Education Sessions

Where

**Bellarine Community Health  
Cnr Presidents Ave  
& The Avenue, Ocean Grove**  
(Next to the library & police station)

When

**Thursday 4 February  
to Thursday 25 March  
1pm to 3pm**

This eight week program aims to help people with anxiety and/or depression, develop self-management strategies for dealing with symptoms and preventing relapse. The course is not suitable for clients at risk of self-harm or experiencing significant suicidal ideation.

If you have clients you feel would benefit from this program please contact  
**Bellarine Community Health's Service  
Access Officer (03) 5258 0812 or**  
Email: [serviceaccess@bch.org.au](mailto:serviceaccess@bch.org.au)  
Fax: (03) 5258 0811

*All clients will be screened before commencement of the course.*

## Adrian E Mannix Community Award

This is an opportunity to recognise the voluntary efforts of individuals made in the local communities of Clifton Springs, Drysdale, Indented Head, Portarlington and St Leonards.

The Drysdale Rotary Club, Portarlington/Drysdale Lions Club and SpringDale Neighbourhood Centre have joined together to provide this award, in memory of the contribution made by Adrian E. Mannix OAM. Adrian passed away on 24 February 2001 and during his life carried out an extraordinary amount of community work.

The winner will receive a trophy and \$500.00 to donate to the charity of their choice.

### London music producer in town

Seen on the Bellarine Peninsula in December was London music producer, David McEwan. David is the son of the late comedian and actor Colin McEwan, whose career spanned more than forty years and is best remembered for his roles in Kingswood Country, Cop Shop and The Naked Vicar Show.

David, accompanied by his wife and young daughter, stayed with his mother at Clifton Springs. David produces and composes for artists and advertising companies and is currently working on his own album which is due for release later this year.



Previous winners were

**2002 Bernard Filbay**

**2003 Sydney Payne**

**2004 Thelma Evans**

**2005 Ethel Harrold**

**2006 Lex Mortimer**

**2006 Norma Mortimer**

**2007 Julie Tucker**

**2008 Gerald Edgar**

**2009 Andrew Cook**

Nominations are currently open for the 2010 Adrian E. Mannix OAM Community Service award. Nomination forms and criteria guidelines are available from SpringDale and nominations close on Wednesday, 31 March 2010.

## Clifton Springs Bowling Club.

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# St James' Secondhand Book Sale 2010

A big thank you to the public for the donations of books – your support is essential to the success of St James' Book Sale. The location, Drysdale Community Activity Centre, is a wonderful venue, very light and airy, so the interior of the Hall never felt stuffy and there was plenty of room to browse. Our thanks to Drysdale Primary School for use of this excellent facility. The money raised is destined to support the restoration of St James' Church Hall, which, being heritage listed, is bound to cost mega-bucks, so every cent is so welcome.

By the end of the two days, over 2000 people had visited the sale and everyone had a good time. An enthusiastic number of visitors were from Melbourne, with many taking the trouble to phone first with specific queries about the location of categorised books in the Hall, or asking for particular authors. The piles of books and magazines diminished surprisingly quickly and everyone seemed to find something to take away with them. The special children's section with kindy tables and chairs was extremely popular and provides a safe and absorbing



environment for kids whilst the adults looked for their own bargains.

Collection of books for next year is already in operation, so phone any of the following if you have spare books on offer: Dorothy & Robin 5251 3702; Pat & John 5253 2322; Maggie & Gordon 5251 2256; Tom & Betty 5251 2594; Graham & Gwen 5253 1230; Kevin & Bev 5253 2470.

St James' wishes you all a very Happy & Safe 2010 and thanks you most sincerely for your generous support.

## SpringDale Bellarine Toy Library

This toy library operates out of the SpringDale Neighbourhood Centre located in High Street, Drysdale, from 9am to 10am on Tuesdays. There is an annual membership fee of \$10 per family. The toy library has a huge range of toys mainly suitable for pre-school children.

The Toy Libraries Victoria site on the internet, [www.toylibraries.org.au](http://www.toylibraries.org.au), has a lot of useful information about the value of toys in the development of children's skills. To quote from the site "Toy libraries aim to support families and encourage them to spend time playing with their children. If play is a child's work then they must also have the tools for their trade. Toys are tools that help a child to enjoy play."



Also on this site is a useful link to product recalls advising against certain toys. The website is [www.recalls.gov.au](http://www.recalls.gov.au) and follow the links.

The best way to see what the toy library has to offer is to drop in on Tuesday morning and have a look and meet Ann who is currently in charge.

## bellarine memories

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5255 5500 [www.memories.net.au](http://www.memories.net.au)

[www.springdale.org.au](http://www.springdale.org.au)

## our readers feedback

### Great cookies

What a great article on Sarah Baker in your November edition. I contacted her and purchased some gluten and egg free cookies and they certainly passed the taste test. Congratulations to this lovely lady and thanks to your publication for bringing her enterprise to our attention.

*Dot Peacock, Portarlington.*

### Years Ago

Love your articles on Years Ago. It brings back lots of lovely memories.

*Pat Rawlins, Drysdale.*

### Malaysian Night

A great night was had at the Malaysian night at SpringDale. The food was delicious and Anna and her friends did a fantastic job with preparing the meal and the evening with all the presentations. This night was cheaper than buying take-away.

*Merle and Gordon, Clifton Springs.*

### School Visit

3R are most grateful for the tour that you gave us. I would like to be in an art club. I am turning ten.

*Chelsea Novoselac,  
Clifton Springs Primary School.*

Thank you for letting us visit and for the tour. 3R loved seeing all the different groups. I would like to join the scrapbooking club, book club and the life drawing club. I absolutely love reading the SpringDale Messenger.

*A student for Mrs Hansen and 3R, Clifton Springs Primary School.*

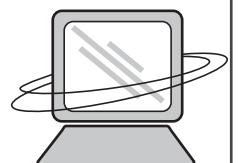
### Photocopy

What a shame you were closed for so long over the Christmas period. I had no where to do photocopying at reasonable prices.

*Bob, Clifton Springs.*

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# simply saucy



Three Cheese Macaroni & Béchamel Sauce

## Three Cheese Macaroni

Prepare Béchamel Sauce  
(as instructed on this page)

225g macaroni  
1 beaten egg  
125g freshly grated mature cheddar cheese  
1 tbsp wholegrain mustard  
2 tbsp snipped fresh chives  
4 sliced tomatoes  
125g freshly grated Leicester cheese  
55g grated blue cheese  
2 tbsp sunflower seeds  
salt and pepper  
use some extra snipped chives to garnish

Make a quantity of Béchamel Sauce and cover with cling film to prevent a skin from forming.

Cook the macaroni in a large saucepan of lightly salted water for 8-10 minutes or until just tender. Drain well and place in a lightly oiled ovenproof dish.

Stir the beaten egg, cheddar cheese, mustard and chives into the Béchamel sauce and season to taste with salt and pepper. Spoon the sauce over the macaroni, make sure it is well covered. Arrange the sliced tomatoes on the top. Sprinkle the Leicester and blue cheeses and sunflower seeds evenly over the pasta bake. Place the dish on a baking tray and bake at 190° C for 25-30 minutes or until the topping is bubbling and golden in colour.

Garnish it with freshly snipped chives and serve immediately on warmed plates.

## Béchamel Sauce

300ml milk  
2 bay leaves  
3 cloves  
1 small onion  
50g butter  
40g flour  
300ml single cream  
large pinch nutmeg  
salt & pepper

Pour the milk into a saucepan and add the bay leaves. Press the cloves into the onion, add to the pan and bring to the boil over a medium heat. Remove from the heat, cover and cool.

Strain the milk into a heatproof jug and rinse out the pan. Melt the butter in the pan over a low heat, then stir in the flour. Stir for 1 minute, then gradually pour in the milk, stirring constantly. Cook for 3 minutes, then pour in the cream and bring to the boil over a medium heat. remove from the heat and season to taste with nutmeg, salt and pepper.

Remove the bay leaves and discard just prior to serving.

## Cheese Sauce

25g butter  
1 tbsp flour  
250ml milk  
2 tbsp single cream  
pinch of nutmeg  
10g freshly grated mature cheddar cheese  
1 tbsp freshly grated Parmesan cheese  
salt and pepper

Melt the butter in a saucepan over a low heat. Stir in the flour and cook for 1 minute, then gradually pour in the milk, stirring constantly. Stir in the cream and season to taste with nutmeg, salt and pepper.

Cook the sauce for 5 minutes, then remove from the heat and stir in the cheeses. Stir until the cheses have melted and blended into the sauce. Serve or use as required.

## Basic Tomato Sauce

2 tbsp olive oil  
1 small onion - chopped  
1 garlic clove - chopped  
400g can chopped tomatoes  
2 tbsp chopped fresh parsley  
1 tsp dried oregano  
2 bay leaves  
2 tbsp tomato purée  
1 tsp sugar  
salt & pepper

Heat the olive oil in a saucepan over a medium heat. Add the onion, fry for approx 2-3minutes, or until translucent. Add the garlic and fry for 1 minute.

Stir in the tomatoes with their juice, parsley, oregano, bay leaves, tomato purée and sugar. Season to taste with salt and pepper. Bring the sauce to the boil, then simmer for 15-20 minutes, or until the sauce has reduced by half. Taste and adjust the seasoning if necessary. Remove the bay leaves and discard just prior to serving.

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## around the garden



## Fabulous vegies

Vegetables are often divided into 3 groups depending on the part of the plant we eat.

**Fruit & seed vegetables** - ie: beans, peas, capsicum, eggplant, tomato, sweet corn and vine crops.

**Leaf & Stem Vegetables** - ie: cabbage, celery, lettuce, rhubarb, silver beet and spinach. Broccoli and cauliflower are usually in this group but the part we eat is the flower bud and not the stems and leaves.

**Root & Bulb Vegetables** - ie: beetroot, carrots, onions, parsnips, potatoes, radishes and turnips.

All vegetables should be grown quickly, so there is not a great deal of difference in the way you grow different varieties. You do not need different soil for different

vegetables. If you can grow good tomatoes there is no reason why you cannot grow beans, cabbages or carrots too. However the grouping of vegetables into fruit, leaf and root plants does give good guidelines for fertiliser use. Fruit and root vegetables need large quantities of potassium and phosphorus in fertiliser, because these elements stimulate flowers, fruits and seeds and also root development. Fertilisers high in nitrogen may produce too much leaf growth and reduce yields of fruit and seeds. On the other hand, nitrogenous fertilisers are needed in greater quantities by leafy vegetables like broccoli, cabbage, cauliflower, lettuce, silver beet and spinach.

*This information is sourced from Yates Garden Guide, 40th Edition.*



## Basil - is best

Basil is a valuable plant in the garden and a perfect flavouring with tomatoes. The edible basil that is most familiar is Sweet or Italian Basil *Ocimum basilicum*. The plant has large, soft, fragrant, lush foliage that is frost tender, so it grows well through summer and throughout the year in warmer areas of Australia. Sweet Basil is the basis of many Italian dishes including pesto sauce, which is a combination of garlic, olive oil, pine nuts, basil and shavings of parmesan cheese.

Basil plants can be grown in containers or in the ground. They are sun-loving plants so a warm location is desirable. Basil is an annual and is usually grown from seed. It is best grown from Australian packed seed as it generally has some resistance to fungal disease. The warm soils of late spring are best for planting, which will allow the leaves to be ready for picking from early December until mid May.

Basil can be dried, or frozen. If the leaves are dressed in olive oil, the colour and flavour will be retained and will prevent them from becoming black and bitter.

## Handy Hint

When harvesting fruit and vegetables that have been sprayed with pesticides, ensure that you adhere to the withholding period of the chemical. This information can be found on the label of the pesticide.

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## Author Margaret Clarke - back to school



ABOVE: Margaret finding rhyming words to get the kids started at Drysdale PS



Our much loved local children's author, Margaret Clarke, late last year spent 3 days in local Primary Schools conducting Writing Workshops to senior students. The Portarlington/Drysdale Lions Club in conjunction with the Children's Charity Network funded the program to encourage children to write

and to enjoy writing stories. Children at Portarlington, St Leonards, Drysdale & Clifton Springs enjoyed Margaret's visit and schools were very happy with the stimulus she gave to their children.

Margaret Clarke was born in Geelong and has written over 100 books about

relationships and social issues under the guise of humour and many of her books touch upon the concerns that most young people have today. Her first book for adults *The Femails* was published in April 2005.

**Ian Cook**

## The Book Club - *Shane Maloney*

On Monday December 7, 2009, the Book Club met to discuss a writer rather than a particular book. Shane Maloney had been chosen as he is an Australian author whose books are set in Melbourne. For this reason his books were most enjoyed by those familiar with the setting of the novels while those less familiar struggled sometimes with the colloquial language and felt that the Murray Whelan character was unbelievably ocker. His books include *Stiff*, *The Brush-Off*, *Nice Try*, *The Big Ask*, *Something Fishy & Sucked In*.

Shane Maloney has a colourful and descriptive turn of phrase and sardonic references to local events were appreciated most by readers with some knowledge of Australian ways, customs and rather recent political history.

Several Book Club members had read two or more of Maloney's novels and it

was agreed that those who first read *Stiff*, his novel published in 1994, had the opportunity to develop knowledge of the main character, Murray Whelan, and therefore a greater appreciation of the novels that followed featuring many of the same characters. Australian politics at state level, and particular local issues,

form a background for each of the stories as Murray Whelan is employed in this field, becoming a politician himself as the series of books progresses. Murray Whelan always finds himself playing the role of detective, by a series of misadventures through which he stumbles and manages to survive, more by good luck than good management. There is plenty of action, perhaps written with adaptation to a television



Shane Maloney

series in mind but the plots were not memorable. Rather these books are a light read to be enjoyed on holiday and forgotten. Rating average for this book was seven out of ten.

The Book Club meets at the SpringDale Centre on the first Monday of each month at 7:30pm for about 90 minutes, ending with a cup of tea. On Monday, February 1, we will once again be exercising personal reading preference by choosing a biography that we have enjoyed to share with the others. Our meetings are informal and new members are always very welcome.

**For more details, contact the SpringDale Centre on (03) 5253 1960.**

## Make your own bag



An Art and Textiles teacher with a passion for creating, I hope to inspire anyone with an interest in fashion, textiles and design.

I have always made clothes for myself and others around me and find it extremely rewarding when people appreciate something I have made with my own hands.

I can show you how easy it is to create individual garments from scratch, funky up an old op shop dress or cut a pattern from a favorite outfit. The course is an opportunity to gain some valuable skills that will take the mystery out of sewing and open up the creative side of your brain whether you go on to study in an area of design or simply enjoy creating outfits for yourself and friends. Please register your interest with SpringDale.

**Belle Donald**

Rick Paradise

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One of the very special things that the SpringDale Messenger tries to do, is to give our community knowledge of things members of our community are doing now.

But this column is devoted to looking back and celebrating historic aspects of our community and special accomplishments of previous residents.

One of Kel's very special friends was Bill Grigg. The Grigg family started the flax mill in Drysdale and held it until it was requisitioned by the Government during World War 2. Bill Grigg joined the RAAF during World War 2, was sent overseas and trained as a pilot in Bulawayo, South Africa and completed many successful missions flying Harvards, Spitfires, Tomahawks,

Thunderbolts and Kittyhawks until hit by enemy fire over Yugoslavia while strafing. After his plane caught fire he parachuted out, was caught in scrubby trees and eventually managed to drop down to the ground and be rescued by the underground movement. Bill eventually returned to Melbourne, was discharged in January 1946, married and purchased a house and orchard at Wallington.

Potatoes were an important crop around Drysdale and are still grown there today. In the early fifties, as Bill had always liked



Richard Thomas Grigg - Pilot Officer

growing potatoes, he came up with an idea to improve his potato digger which was on wheels trailing behind a Ferguson tractor.

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Bill and Kel spent many hours at Vin Capon's Engineering works at Drysdale with Vin developing the prototype. After much testing around the Bellarine area it was decided to try the machine in another district. So, Kel drove the grey Fergie with a vanguard motor from Wallington to Koroit. He was travelling at 12 miles per hour and Kel said "travelling that fast you know the electric light poles looked like a

picket fence". Progress Engineering of North Melbourne purchased the digger from Bill and manufactured the Progress Potato Digger and instead of royalties paid Bill 30 pounds for every machine he sold. For some time Bill went around the market gardens of Brighton and Moorabbin selling his machine and one day sold 10 diggers. The Progress Potato Digger made from plough steel, could be mounted direct to all tractors, and was shaped to dig out all potatoes without bruising.

Bill retired to Wallington with many interests including woodturning, golf and gardening and sadly passed away recently.

Anne Brackley



# Guides Celebrate 100 years



Guides all over the world are celebrating 100 years since the first girls decided that adventure, service and challenges were not just for their brothers. Lord Baden Powell had the foresight to work with his sister, Agnes and then his wife, Olave, to create a World Wide Movement which is still popular and growing.

During the Girl Guide centenary camp at Marcus Oldham College, we were happy to welcome many of them to Drysdale to participate in a culinary experience at SpringDale. It was great to meet so many friendly Guides and leaders.

We are looking forward to hearing from former Guides who would like to attend a number of 100 year celebrations this year and from girls who would like to join and participate in this world wide celebration. Please email brackent@aanet.com.au if you are interested.

Drysdale Guides meet at SpringDale on Thursday afternoons and evenings and provide activities and opportunities for girls aged between 5 and 18 and opportunities for adult leaders.

Warm regards

**Anne Brackley**

for the Drysdale Guide Family

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## 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**

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## Successful year for Memberships



2009 was another successful year for the club with memberships increasing from 47 to 71 in the past 2 years. However don't be put off as memberships are still available for both couples and singles. Guests and visitors are most welcome to all our meetings held on the second Monday of each month at Clifton Springs Golf Club, Members Room starting at 10am. The next meeting is the AGM to be held on February 8 and Nomination Forms for the 2010 committee are available to members as all positions are vacant.



23 members attended the Melbourne Cup Day lunch at Carol and Graham's which proved a fun afternoon for all and 48 members and guests attended the Christmas Lunch at the White Eagle where they were entertained by the Melodaires.

In addition to the monthly meetings we have the Crafty Friends, Movie Friends and Coffee Club meeting once a month as well as Trips & Tours and the Caravan & Cabin Friends.

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

**Welcome to Springy's Puzzle Page**  
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Link to Solutions for December 2009 Issue  
<http://www.crosswordsforfun.com.au/uploads/solutions/December2009.pdf>

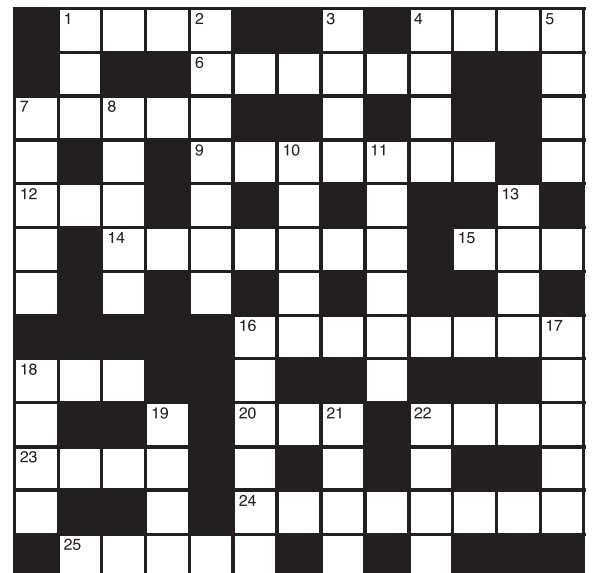


### Across

- 1 The sport where you use a putter. (4)
- 4 Coloured liquids put in pens to make them write. (4)
- 6 Another word for frightened. (6)
- 7 A message that is sent on a computer. (1-4)
- 9 These are used to take photographs. (7)
- 12 Country, \_\_\_\_ Lanka. (3)
- 14 A period of one hundred years. (7)
- 15 The opposite of high. (3)
- 16 The part of the telephone you put to your ear to hear the person speaking on the other end. (8)
- 18 You look up to this to see the clouds. (3)
- 20 An animal's hairy coat. (3)
- 22 A large town. (4)
- 23 Pain in the body. (4)
- 24 You would wear a pendant on this type of jewellery. (8)
- 25 Dug for gold. (5)

### Down

- 1 The part of your mouth where your teeth sit. (3)
- 2 Birds of prey. (7)
- 3 The way you cook a cake. (4)
- 4 A thought that comes into your mind. (4)
- 5 A building in your garden where you keep tools. (4)
- 7 A piece of writing done at school or university. (5)
- 8 Storybook character, \_\_\_\_ In Wonderland. (5)
- 10 Shade of purple. (5)
- 11 Sounds the same. (6)
- 13 The middle part of an apple. (4)
- 16 To repay money to somebody is to give them a what? (6)
- 17 What words do if they sound the same. (5)
- 18 You use a cake of this to wash your hands. (4)
- 19 A plant in the forest. (4)
- 21 A dish that you eat at a Chinese restaurant, fried \_\_\_\_\_. (4)
- 22 What the weather is in winter. (4)



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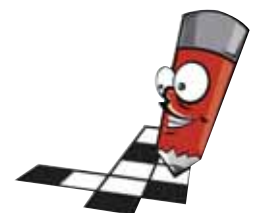
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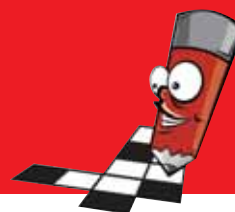
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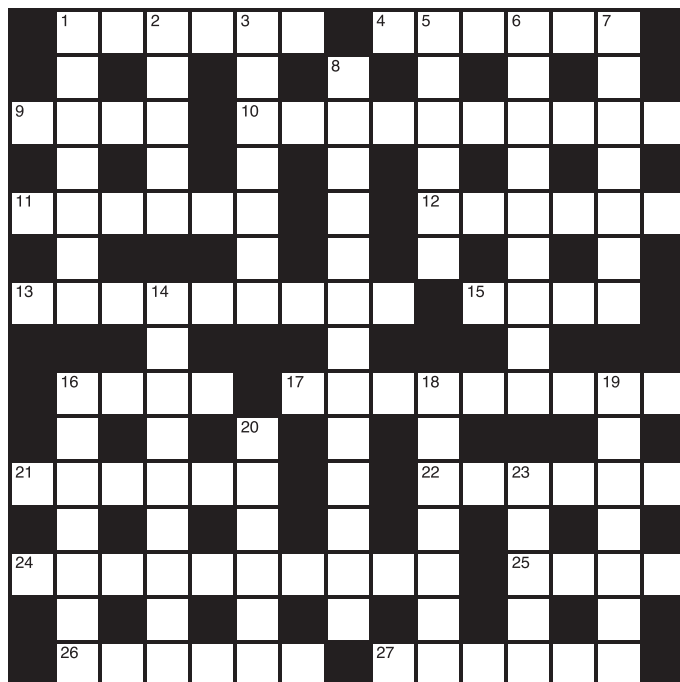


### Across

- 1 Printed characters. (6)
- 4 Ebb. (6)
- 9 Verbal. (4)
- 10 English city. (10)
- 11 Tweak. (6)
- 12 Commendation. (6)
- 13 Monopoly or Cluedo. (5,4)
- 15 Proof-read. (4)
- 16 Female singing voice. (4)
- 17 Harbour. (9)
- 21 Let off the hook. (6)
- 22 Coat collar continuations. (6)
- 24 Marooned. (4-3-3)
- 25 Rest-days. (4)
- 26 Most senior. (6)
- 27 Shakespearean play,  
\_\_\_\_\_ and Cleopatra. (6)

### Down

- 1 Australian ski resort. (7)
- 2 Rice dish. (5)
- 3 Personal identifier. (4,3)
- 5 Morals. (6)
- 6 Cockney. (9)
- 7 Fencer. (7)
- 8 Not able to be contacted. (13)
- 14 Improved (photography). (9)
- 16 Document store. (7)
- 18 Kingfisher. (7)
- 19 Body of spectators. (7)
- 20 Shifts. (6)
- 23 Artist, \_\_\_\_\_ Picasso. (5)



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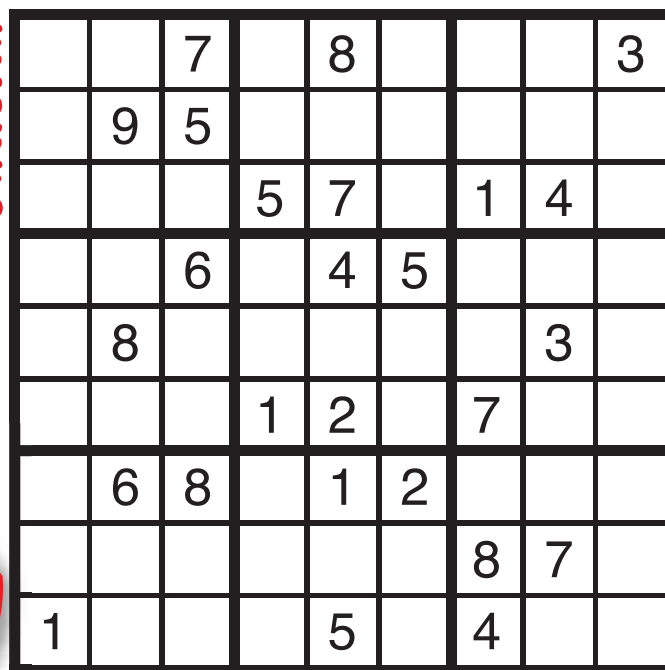
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Crosswords for Fun is pleased to announce the launch of its new series **Puzzling Fun!**

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To order please phone 5259 1788/0458 591 788 or visit [www.crosswordsforfun.com.au/shop](http://www.crosswordsforfun.com.au/shop)

# Grand Prix, Road Crash, Crime Scene



On a wet October morning, what better place to be than at the 2009 Motorcycle Grand Prix at Phillip Island conducting safety sweeps around the circuit. It was the beginning of what was about to be a fantastic 2 days ahead. On Friday afternoon I was lucky enough to be responsible for the inner area of the GP circuit, which is where Pit Lane, Champions Club, GP Paddock plus much more is located. It was a tiring 6 hour shift with such a large area to cover, but the up close and personal experience made it all worth it.

Sunday morning I was up ready to be at Colac for a training day of OH&S, such a vital part of SES. It was a great day, with a fantastic instructor and sensational catering.

Tuesday evening, the pager went for a Road Crash Rescue. It was a young female driver who had lost control of her vehicle and rolled in a paddock in Curlewis. The vehicle had landed on its side, so we were required to remove the roof of the vehicle to extricate the driver. After being tended to by paramedics on scene, we were then required to assist with loading the casualty onto the ambulance helicopter for airlift to The Alfred.

Friday afternoon, off goes the pager for a 2 car collision at the Murradoc Rd/Portarlington-Queenscliff Road round about. Luckily the 3 people involved escaped with minor injuries and no extrication was required. After a quick

clean up on scene, the truck was returned to headquarters. Later that evening I, along with 4 other Bellarine members were then on our way to Bannockburn to begin a 3 day course learning navigation and map reading skills. Saturday and Sunday were spent out in the dense bushland of Bamganie State Forest. Blue skies and a great team of people including SES Volunteers, SES officers and RAAF men were a great mix for a successful and most enjoyable weekend.

Saturday evening, after a tiresome day trekking through the bush, the pager went again. This time we were requested to assist Victoria Police by lighting a potential secondary crime scene and conducting a forensic search in the Geelong area.

For further information about being a Volunteer member of the VICSES, please visit our website [www.ses.vic.gov.au](http://www.ses.vic.gov.au) or call us via Geelong Regional Headquarters on (03) 5226 4771.

**Tracey Connor**  
Media Liaison Officer



Please lend your support  
to this essential community  
organisation, they do  
a fantastic job.

## 72 Years ago

As reported in The Argus  
on Friday 13 May 1938

### PIONEER'S 100th BIRTHDAY

#### Letter From Queen

A letter of congratulation from the Queen has been received by Mrs. Joseph White of Drysdale who is 100 years of age today.

More than 100 guests principally descendants will proudly celebrate the occasion tomorrow and Mrs. White herself will attend a service at St. James's Church of England Drysdale at 3pm and afterwards a family gathering and tea in the Sunday school hall where she will cut a cake with 100 candles.

Mrs. White has been a colonist since 1851 when she arrived with her parents from Nottinghamshire in the sailing ship Tasman after a voyage of five months. She has many interesting recollections of the early days of Victoria.

During the war Mrs. White was president of the local Red Cross and although almost 80 years of age, she knitted two pairs of socks and made two pairs of pyjamas each week for soldiers.

Mrs. White lives with her daughter, Mrs. W. F. Drake of Drysdale. Seven of her ten children are still living.

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## outside the BOX

with Pierce Jaques

You probably use optical discs every day, from watching a movie on DVD to listening to a CD, but you might not know what they have in common; CD, DVD, and now even BD (Blu-ray discs), all share a common size – the discs are 12 centimetres in diameter. This is actually a very good thing. It allows, in most cases, an optical drive to play the discs of the machines that preceded it; DVD players can play Audio CDs for example. The practical advantage of this is that you can have one machine to watch all your movies and listen to all your music – rather than needing a separate machine for each.

There are differences between manufacturers, so you will need to read the manual of your player to determine which brand of discs is best, particularly if

## Optical Discs

you burn your own discs at home. Most of the time CD-R or DVD-R discs will work for your brand of DVD player. (Remember that this is all about backwards compatibility so DVDs will not work in a CD player) There is also the possibility, with some DVD and Blu-ray players, to play MP3 and Photo Discs. An MP3 Disc is essentially a CD (or DVD) made with a computer – a standard data disc – containing only MP3 files. A Photo Disc is similar, but with photos rather than music. Why not try making your own MP3 or Photo Discs at home and play them on a DVD player. We will be putting up a technology section on the SpringDale website soon, so let us know if there are any burning issues you'd like us to cover.

**You can contact me at:**  
[pierce.j@iinet.net.au](mailto:pierce.j@iinet.net.au)



# Cat curfew starts



The City of Greater Geelong is introducing a cat curfew and from 1 February 2010 cats must be kept indoors or confined to a secure external enclosure between sunset and sunrise.

This is a key recommendation from the City's Domestic Animal Management Plan, developed in consultation with residents. Keeping a cat indoors at night helps protect cats from disease, car accidents and cat fights. It also helps protect local wildlife.

Contrary to popular belief, cats don't have to roam. In fact, cats kept indoors at night generally live at least three times longer than cats allowed to roam.

Also, under the Domestic Animal Act, cats must be confined to your property during the day to reduce the level of nuisance caused by roaming cats.

For details on cat confinement and on how to cat proof your fence or build a cat enclosure pick up a brochure from any **City of Greater Geelong Customer Service Centre** or call **(03) 5272 5272**.

## Sheep in Park

In recent weeks, the notion that Drysdale should have more seating for the residents of the community has been raised. Focused primarily in the Pioneer Women's Park which sits adjacent to the Uniting Church, the idea is that Drysdale could put in place new benches in the shape of sheep. The reason for the themed bench seats is simply this - it would bring vibrance to our community and also entertain the small children of the area. Fitting comfortably in our country town, the benches would make the Park a beautiful place to sit down and relax. In an area that is being forgotten or ignored, these bench seats would be beneficial by using up this wasted space and adding a nice area for children and adults alike to sit on. Seeing as there is a bus stop directly in front of the park, the major use of the benches would be for people to wait for the bus, as at present there is only a lone bench that serves this purpose. So by creating more benches in this area, it creates a more comfortable area in which to wait, as opposed to standing up. So while interest has been expressed regarding this new idea, perhaps a stronger support from the wider community would help make this great idea a reality. Because these farm animal benches are exactly that: a great idea. If Drysdale get them, they will not only improve the park area by using the space for a good cause, and making it look far more interesting, but it will also allow for more people within the community to rest while they're waiting for the bus, or for people to sit and enjoy their day comfortably. - **Matt Wade**

## Can you dance or sing? If so this may interest you.

### The Melodaires

The Melodaires are looking for entertainers for 2010.

If you can sing or dance and would like to be part of this elite group, please phone **Lorraine** on **(03) 5251 2563** to arrange an audition.

# Mobíles help Goríllas



Melbourne Zoo has undertaken a mobile phone recycling campaign to reduce the need for coltan, a metallic ore used in mobile manufacture and to help the gorillas. Gorillas are on the brink of extinction and Melbourne Zoo wants you to donate your old mobile phone to help save the gorillas in Africa.

**For further information visit [www.zoo.org.au](http://www.zoo.org.au) and download and print your postage paid label.**

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# Portarlington 'Musseled' in for family and fun

Over 10,000 people attended the Mussel Festival that was held on Saturday, 9 January and the response received from stall holders and visitors was that it was the most successful so far! With the excellent bands including the *Police Band - Code 1*, *Steno & Gracey*, *Matt Orchard*, *Inka Marka Band*, *Better Days*, then entertained by the *Star Girls Dance Show* along with the abundance of stalls, *Tug of War*, *Dry Boat Race*, *Mini Minor car display*, wineries and increased variety of food there was certainly no shortage of entertainment. Sales of mussels was constant on the pier as was the dishes served from various venues inside the festival area and at established restaurants and hotels in the township.

**The committee again would like to thank all sponsors, volunteers and the locals who attended, who without their support the festival would not have been held. This year was such a success that planning will commence shortly for next years event.**



For more information visit our website  
[www.portarlingtonmusselfestival.com.au](http://www.portarlingtonmusselfestival.com.au)

## Looking for a friend?

Recently our ten year old Irish Wolfhound headed off to heaven. We were all very sad, especially our other Wolfhound; he was pining for his sister, so we had to find another dog. We had heard about the Greyhound Safety Net (GSN). It is a non-profit community organisation based in Victoria. They are dedicated to the rescue, re-homing and support of Greyhounds that are surplus to requirements. They place Greyhounds into homes with a full history of their personalities so you can be sure that the dog will suit your household. Whether you have children or pets, work full time, enjoy a quiet lifestyle, a GSN Greyhound will be right for you. We now have a new addition to the family.



Greyhounds are placid natured, affectionate dogs that are just waiting to make the transition from kennel to couch. You'll wonder how on earth they ever coped with the strict regime of early starts and race training - they are such comfort lovers! And don't be fooled by the muzzles you have seen on this noble animal. They do not need long walks. Greyhounds are the gentlest dog, whose breed ancestry goes back thousands of years. If your life situation changes GSN will always find your pet a new home. Greyhounds come fully inoculated, micro-chipped, and with a lead, collar and coat. Please pay them a visit, you may meet your new best friend!  
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## Woodworkers gave toys for Christmas



The Bellarine Woodworkers had a delightful Christmas luncheon at SpringDale. Many thanks to all who helped make this an enjoyable function. The Woodies donated dozens of hand made toys to Noah's Ark, a charitable organisation supporting children with disabilities.

Gordon Griffiths was named *Woody of the Year*.

The group meet on the first and third Monday of the month at 1.30pm at SpringDale. New members are always welcome.

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## Historical Society

The Bellarine Historical Society is a non-profit making organisation staffed by volunteers with a keen interest in preserving the history of the Bellarine Peninsula. The Society meets on the second Wednesday of each month at 7.30pm at the Old Court House, High Street, Drysdale and visitors are always welcome. On 10 February a Show and Tell evening has been organised, which in the past, has always proved very popular.

The Old Court House Museum is open during the summer every Sunday from 1.30pm to 4.30pm until the last weekend in April.

# It's not always about infrastructure

*Everyone has the power to tame Traffic.*

There has been much discussion recently about the Drysdale/Clifton Springs town plan. Some weeks ago I attended a meeting outlining the final draft of the plan. It dawned on me, as people were asking for more parking and raising concerns about current parking issues, that valuable information around safer cities may have been lost.

Firstly, I do acknowledge that there are times when it is necessary to take the car to shops, post office, school runs etc.

What concerns me as a resident of Drysdale/Clifton Springs are the times when we take the car without consciously realizing that we have a choice. We have become such a car dependent society, often picking up the car keys without any realization of the consequences, not only to ourselves but to the whole community in which we live.

Yes we know there is an obesity problem. We know that being active and walking can prevent obesity and the conditions associated with it, such as diabetes and

heart disease, but did you know that due to car dependency most of us don't know our own community? I remember as a child knowing the name of every person in our street. Why? Because I was out there. I could navigate my way through

the neighbourhood. I enjoyed the sun and found solace under the trees. I got fresh air and heard birds sing. I talked with people of all ages and experienced differences as well as similarities between families and cultures. Really, think about it! How far did you walk or ride 20, 30, 40 years ago to get to

school, shops, parks? Why is it that now everything seems too far, we don't have enough time or we have too much to do?

What would life look like for your children and grandchildren if all they knew was the back seat of a car and never experienced what we did when we were young? I have heard real stories of children who joined the Walking School Bus being surprised that there was a park between their home and school.

### Selma Tron-Nyikos

*Selma has lived in Clifton Springs for almost 5 years. She has been a secondary school teacher and Principal/Founder of the International school of yoga. Her interest lies in creating a 'Child Friendly City' through active and sustainable transport.*

Why has there been a retreat from the streets and more movement into the car? Two main reasons come to mind, 'stranger danger' and traffic safety. We are, however, told that it is no more dangerous for children to be taken from a stranger in the street than it was 40 years ago. And what makes our roads unsafe? Well the answer is quite clear, we do, every time we go and grab those keys off the bench without thinking of other alternatives (at least some of the time).

So why do we want more parking? A better transport system yes, connective path network yes, but sometimes it just takes the psychology of a community to initiate behaviour change long before infrastructure reflects it. As David Engwicht, author of *Mental Speed Bumps: The Smarter Way to Tame Traffic*, says "building the social life of a street is the most effective way to tame traffic".

Once you become aware that you do have a travel choice you can use a travel blend approach. It doesn't have to be all or nothing. Take the bike, car, walk, catch the bus or even better park part way. You may actually enjoy the variety and in turn make our streets safer for the community and better for the environment.

Selma Tron-Nyikos

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### *When can I have a refund?*

*You are entitled to a refund if the goods:*

- Have a fault you could not have known about when you bought them
- Do not do the job you were led to believe they would
- Do not match the sample you were shown
- Are not as described to you (it is important to have a written description)
- You may be offered a repair, an exchange or a credit note, rather than a refund.

### **When am I not entitled to a refund?**

*You may have no right to a refund when:*

You cannot provide proof of purchase, such as a receipt

- There is nothing wrong with the goods, but you have changed your mind
- The goods were bought for someone else who doesn't want them
- The goods were damaged after you bought them
- You knew, or could reasonably have known, about any faults when you bought the goods (for example, if they were seconds).

## Spread Kindness Random Acts of Kindness Week



Commencing on February 8, 2010 you can be part of this by giving to others and bringing kindness and compassion to your local and global community.

Do something special, be creative and make someone's day more enjoyable. Making the decision to be a little kinder will bring more pleasure to your life.

You can start with a smile, the opening of a door or even a few thoughtful words.

*Try it, it will be life changing.*

## *Valentines Day - A Day to Celebrate Love*

It is estimated that over one billion Valentine's Day cards are given every year on 14 February around the world. But the celebration of this day dedicated to love goes back centuries earlier. During the time of Chaucer in the 14th century, love became almost an obsession. Could there be anything more worthwhile to be obsessed about!

Love steals over all of us in one form or another.

To really celebrate that fact, though, it's never a bad idea to give it some material form. Actions do speak louder than words, the old saying goes.

Your action could be something as simple as making a Valentine's Day card for your special someone as you did when you were in primary school so you can do it again. Luckily, your efforts don't really need to be any better than they were back then. We now have computers, the Internet and scrap booking templates to help out if you need some help.

The real key is to personalise your gift for that special someone. That way, they know you're thinking of them.

Personalising can take the form of having a watch inscribed with a name and a short message of love. You could have their initials or yours stitched onto a beautiful leather wristband. Jewellery is always a big hit, too. Get a birthstone to show that at least you know what month he or she was born.

Celebrate that special person in your life. Whether the relationship is a day old or decades old, you still have something new to learn about them.

**Find out on 14 February.**

Every year, from Drysdale to Darwin, hundreds of thousands of Australians volunteer to clean up their local environment by collecting and removing rubbish on Clean Up Australia Day. It is fun, easy and everyone can get involved. 2010 marks the 20th Anniversary of Clean Up Australia Day and everyone is encouraged to take to their local park, beach and streets and really help make a difference to their environment.

Clean Up Australia has made a huge difference over the last 20 years and last year more than two million pieces of rubbish was picked up by volunteers. For further information go onto the website [www.cleanup.org.au](http://www.cleanup.org.au) and search for a site near you.

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## Clean Up Australia Day Sunday 7 March





**directory launch**



**art**



**julie's farewell**



**men's shed**



**Ted Chidzey award**

**oaks day**



**relay for life**

**school events**



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