



# The SpringDale Messenger



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

You are  
invited to

the wonderful  
world of

# glass

The Bellarine Peninsula's first  
**Festival of Glass** happens between  
**10am and 5pm** on **Sunday, 20 February**,  
at the **Potato Shed** in **Drysdale**.

It is an initiative of the **Drysdale & Clifton Springs Community Association (DCSCA)**, supported by the **City of Greater Geelong**.

The Festival is a new and unique showcase that combines artistic creativity and craft with innovative industrial design and manufacturing. Visitors can see exhibitions of glass art, glass sculpture, glass jewellery and glass mosaics. Glass artists and craftspeople will have stalls, as will glass companies and manufacturers.

A series of workshops will introduce visitors to different aspects of the world of glass, such as *Glass in Architecture*, *Glass in the Economy* and *Glass Jewellery*; and at *the Old Glass Roadshow*, two experts will tell you what that old bottle or vase might be worth.

Visitors to the **Festival of Glass** can be assured of a full day out in Drysdale. Local musicians will entertain visitors as they sample the region's food, wines and olive oils; the monthly Drysdale Craft Market is happening nearby on the same day; and the fully restored, historic Bellarine Peninsula Railway runs all day between nearby Drysdale rail station and Queenscliff.

More news about  
the **Festival of Glass**  
on pages 12 & 13  
this issue.

[www.festivalofglass.net.au](http://www.festivalofglass.net.au)



Michelle  
Payne

**free  
admission**

Betty  
O'Driscoll



**Westpac**

Shop 9 Supermarket Complex Drysdale

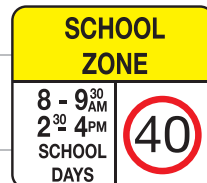
**Contact**

Wayne, Lisa, Bev,  
Sandra or Rhianon  
(03) 5251 1624

- Home Finance Manager Available
- Good Term Deposits Rates

# events february 2011

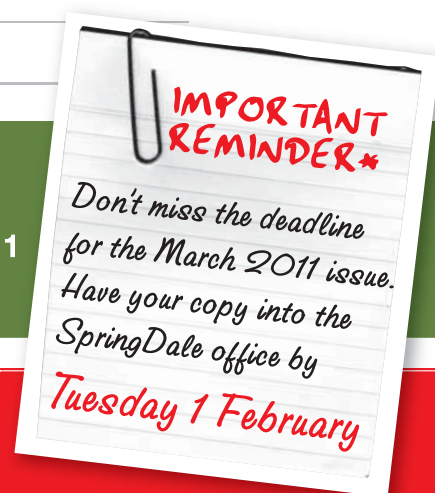
<b>Tuesday</b>	<b>1</b>	<b>Messenger copy deadline March edition</b>
<b>Thursday</b>	<b>3</b>	Certificate III Aged Care info session 10am SpringDale
<b>Friday</b>	<b>4</b>	Hearing Tests at SpringDale <b>School Term 1 commences 40Km speed limit applies</b>
<b>Saturday</b>	<b>5</b>	Harvest Produce Swap & Sell, SpringDale 9am-11am
<b>Wednesday</b>	<b>9</b>	Public Meeting DCSCA Youth on the Bellarine, SpringDale 7pm
<b>Saturday</b>	<b>12</b>	Free concert Orchestra Victoria, Waterfront Geelong 8pm
<b>Monday</b>	<b>14</b>	Random Acts of Kindness Week 14 - 20
<b>Sunday</b>	<b>20</b>	Festival of Glass Potato Shed 10am-5pm Drysdale Market 9am-1pm
<b>Monday</b>	<b>21</b>	Business Breakfast SpringDale 7am
<b>Saturday</b>	<b>26</b>	Portarlington market 9am-2pm
<b>Sunday</b>	<b>27</b>	Bus trip to C.E.R.E.S. book via SpringDale



**Business  
Network  
Breakfast**



**Copy Deadline for March 2011 Issue**  
**Tuesday 1 February 2011**  
**Distribution - Saturday, 26 February 2011**  
**Circulation - 6500 Copies**



SpringDale Neighbourhood Centre Inc. acknowledges the support of:



CITY OF  
**GEELOG**

Department of Planning  
and Community Development

Department of Education  
and Early Childhood Development

Department of Local Government  
and Infrastructure

**SpringDale Community Calendar** is a **SpringDaleNeighbourhood 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.

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

Compiled & published by the  
**SpringDale Neighbourhood Centre Inc.** A0024916V  
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Postal Address: **PO Box 80 Drysdale**

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

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

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

All contributors are asked to provide their articles on disc, Microsoft Word document or email it for ease of processing. Contributions 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 as per our policy.

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

*It's all happening at the*  
**SpringDale Neighbourhood Centre**

Publisher of **The Springdale Messenger** Magazine also supplied in A3 format.

**The SpringDale Messenger**

Large variety of accredited courses and hobby activities for your participation.

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## from the centre

Anne Brackley [centre coordinator]



As most of our services kick start for 2011, I would like to welcome everyone back to SpringDale. Please join us for another wonderful year in which we can make history together.

We ask people to renew their membership by February 14 each year. The annual membership charge is still \$5.00, with Business Network membership being \$30, Not-for-Profit group membership being \$30 and whole of life membership being \$100.

All our groups are now back in full swing and all are keen to welcome new members (except Life Drawing that still has a short waiting list). Maybe you'd like to join a new group this year and share your time, energy and skills with like minded people. Please feel free to nominate any other group that you would like to see happening or a similar group on a different day or different time of day.

Our classes are almost ready to begin but there is still time to sign up. Hopefully this year will be a year to learn a new skill or get a new certificate. We try to seek new courses each term to inspire our community but if there is a course that you would like to do at SpringDale please let us know so we can try to get it to happen for you and the others who haven't thought to ask for it yet.

Many new families will be joining Occasional Care this year and we welcome them as part of our SpringDale family. We have already welcomed back our families who participated in the Vacation Care service during January when they had a great deal of fun and learnt lots.

The SpringDale Messenger is in its 20th year of production and it continues to be our best way to inform the community about our services and activities and the best way for other community groups to liaise with our community. Regularly I am reminded that our community members appreciate the standard of the Messenger and would rather read and keep the SpringDale Messenger than any other free weekly or monthly newspaper/letter. **The support of our advertisers helps us to produce a quality magazine 11 times a year, 6500 copies are home and shop delivered monthly.**

**It helps 81 businesses to advertise their products and services, allows 85 groups to inform our community of their activities and services, allows 33 SpringDale Groups and 300 members of these groups to participate fully and welcome other community members to their ranks, allows almost 200 classes to be advertised and more than 1000 participants, allows 60 families to participate in Occasional Care and 40 families to participate in Vacation Care, allows 10 other organisations to regularly use our facilities, 10 other not-for-profits to regularly get their newsletters printed and hundreds of residents to get many documents typed, photocopied, faxed, scanned, emailed and the list goes on and we hope it increases in 2011.**

Hopefully this outlines some of the benefits of advertising, contributing to or reading the SpringDale Messenger. As one of the suite of services of our not-for-profit organisation the SpringDale Messenger currently costs \$7000 each month to layout, print and deliver plus thousands of dollars of volunteer hours on top of that. The SpringDale Messenger is different from most other newspapers/newsletters as any profits go back into support the other community services that we provide. Please let the advertisers know that you saw their ad in the SpringDale Messenger, please continue to contribute articles to the Messenger or please think about writing an article about the community group that you belong to or think about using the free ad that each community group is entitled to to advertise any upcoming event.

Finally we look forward to welcoming all the people who visit SpringDale to photocopy or fax or the myriad of other things that people come to SpringDale for.

I know we will have a great year together.

**Anne Brackley**

*For the SpringDale Team.*

## COURSE UPDATES

@ SpringDale



**Art Classes at SpringDale**  
**Changes to timetable. All Art Classes start week commencing 31 January 2011. Please call SpringDale to confirm your booking. Funded classes available.**

### Parenting Positively Workshop

Learn how to strengthen your family relationships, increase your communication skills and results. Find out the 5 essential steps for parenting success.

**Dates & times:**

Thurs 10 Feb, Tues 17 Feb 9.30am – 12.30pm

**Cost:** \$20 **Facilitator:** Lisa Taylor

We try to come up with ideas for new courses for each term. This term we think we have been lucky enough to secure a wide range of interesting courses with our terrific tutors.

There are 2 more new **Cheese Making** courses – Triple Brie and Mozzarella – come along and learn about cheese making with Charlene. I think previous cheese making participants are about to form a cheese enjoying group – more details to follow. We have a new **Sausage Making** class and a new **Aroma Therapy** course. We are offering a **Certificate III in Aged Care** - maybe you have been thinking about a career change, this could be the course for you. In six months time you could be on a different career path.

We have scheduled another Introduction to **Computers** class for real beginners for Thursday afternoons and we are looking for people who would be interested in an **Advanced Power Point Class** perhaps on a Monday afternoon at 3.45pm.

We are always looking for new ideas. Please feel free to suggest courses or let us know if you would like to offer to run new classes for the members of our community.

### SpringDale Membership Renewals

SpringDale is a not-for-profit organisation serving the local community with education, classes, venue hire and activities.

We encourage more people to become members of SpringDale Neighbourhood Centre Inc. and enjoy the benefits of supporting your Neighbourhood House.

Membership renewals are due annually on 14 February, 2011. Members are entitled to reduced rates for photocopying, computer and internet use, faxing, laminating, shredding and binding documents.

Members, depending on vacancies, are permitted to join one of the many Special Interest Groups.

Please ask for a membership form and return it with your \$5 membership fee and appreciate the advantages of supporting your Neighbourhood Centre.

## Lose Weight By Changing Your Mind

This is a **ONE OF A KIND Weight Loss Program** that gives you the real reason why you are overweight and how to take control.

You receive approximately 12 hours training via DVD, presented by Robert G Smith from America. Robert has transformed thousands of people's lives worldwide, emotionally and physically. He will give you simple tools that will empower and inspire you to live a healthy life with ease. Learn how to program your relationship with food. Find the secrets to food addictions and weight loss. Imagine only eating when hungry. Say goodbye to chocolate cravings forever.

- **6 weeks program**
  - **3 hours per week**
  - **12.30pm – 3.30pm**
  - **Friday 11 February till Friday 18 March**
  - **Cost:** \$149 Including a work manual
  - **SpringDale Neighbourhood Centre Ph: (03) 5253 1960**
- For more information  
Phone **Pam 1800 814 313**



## From the SpringDale Committee of Management

Have you seen the SpringDale website recently? [www.springdale.org.au](http://www.springdale.org.au)

If so, you will have noticed many changes taking place and even more are planned for the coming months. To service the needs of our ever changing community, we feel that our website will become an increasingly important method of communication. This is NOT to imply that we are phasing our award winning Messenger or cancelling our very popular Business Directory, quite the contrary.

The Messenger is now available online. So if you miss an issue, or you are away, you can still keep up-to-date with local news and issues by reading it online. But even better,



as well as publishing each copy in its entirety online, we also help you search for information. For example; to retrieve all articles that talk about the Clifton Springs Dell irrespective of which issue, now becomes a very simple exercise.

Just think of how much better our Business Directory will be when we can publish the directory more often, say half yearly, quarterly or monthly. Publishing on the web costs less and it will be even more up-to-date. Now this online version is not for everyone, but for many it will be an even better service.

Then there are our many groups. Our website gives us space to include far more content, pictures and information than we can fit in the printed Messenger.

The three main benefits of our new look website are; firstly the timeliness (and hence relevance) of the information – new information can be circulated far quicker than traditional print. Secondly, in these days of information overload and printed material overload, we can disseminate more information, to more people and consume less paper doing so. And finally, the website gives us greatly improved functionality of services. This includes searching for information and keeping a back catalogue of all publications – now you don't have to keep a copy of every Messenger, because you can always use the website to look up a past issue.

As always, your feedback on these changes is welcome, but I would urge everyone to embrace these changes and for you to suggest even more ways that our website can be put to effective use.

**Jonathan Harris**

*President*

SpringDale Committee of Management

## We'll help you simplify your investment



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*Chartered Accountants*

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Graeme L Smith FCA



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PO Box 468 Drysdale Victoria 3222



Mention this advertisement and receive a 1 hour free consultation.

## Business Network Breakfast

Mark this date in your diary

**Monday 21 February at 7am**

### Invitation to business owners.

The first **Business Network Breakfast for 2011** will have guest speaker

**Bernadette Uzelac**, *Executive Officer, Geelong Chamber of Commerce*, who will talk about the prospects for business on the Bellarine.

If you want success in building your business, communicating with your community is essential. Business owners come together in a friendly atmosphere to learn from each other and guest speakers. Being part of a strong business network enables you to maximise your results. **Phone SpringDale on (03) 5253 1960 and reserve your place now.**



**SpringDale Neighbourhood Centre Inc.**  
*Keeping the Community Connected*

## Years Ago

As reported in The Argus, Wednesday 20 April 1910.

### CRICKET

#### COUNTRY MATCHES

In the Bellarine Queenscliff District Cricket Association premiership the Drysdale club went through the season unbeaten. Having won the premiership three times in succession, they become possessors of the Lee trophy.

## Free Concert

A spectacular free outdoor orchestral concert will be performed by Orchestra Victoria under the stars and by the bay in Geelong.

This is a great opportunity to experience a musical masterpiece on 12 February, 2011, 8pm, at Eastern Beach Reserve, Waterfront, Geelong.

## bellarine memories

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Richard Grimmatt



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# A new choir has been formed on the Bellarine Peninsula



Coryule Consort *Singing in Harmony* formed in August this year, recently held an open rehearsal attended by members of the Drysdale Senior Citizens Club where they meet each week for rehearsals. The choir's name celebrates the Coryule Ward of the City of Greater Geelong and takes its name from the historic property first owned by Anne Drysdale and Caroline Newcomb, pioneers in the area. Coryule Consort presented some Christmas concerts at local Retirement Villages.

## The Potato Shed celebrates 10 years

2011 marks the 10th Anniversary of the opening of the Potato Shed, our vibrant and much loved multi-arts complex at Drysdale on the Bellarine.

The Potato Shed was developed as a joint venture by the CoGG, the State Government, Bellarine Secondary College and the Roman Catholic Trusts Corporation. Our committee of management has become a highly successful and acclaimed model of partnership and collaboration.

The Potato Shed is happy to present this year a fun filled year of drama, comedy and stage shows making sure the diversity of shows will entertain everybody.

The ever popular Morning Showtime Season has a full and varied calendar of events that is guaranteed to have patrons coming back for more. All Morning Showtime tickets are \$14 including morning tea. Group discounts are available. The Schools Season is another dynamic to the Potato Shed and it has an active following and participation at this level. **We will be publishing all the shows and events happening at the Potato Shed through our advertisement in this the SpringDale Messenger publication and if more information or bookings are required, please call the Potato Shed on (03) 5251 1998.**

# WIN DOUBLE PASS

INCLUDING MORNING TEA



**Tuesday March 8 @ 10.30am**

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

Name: \_\_\_\_\_

Address \_\_\_\_\_

Phone No: (03) \_\_\_\_\_

COMPETITION CLOSSES 3PM 1ST MARCH

## 10 of the best for 2011

1. Mr Barry Morgan's World Of Organs  
Saturday 19 March at 2pm & 8pm
2. Potato Shed 10th Birthday Bash  
Friday, 1 April at 8pm
3. The Keeper  
Friday, 27 May at 8pm
4. The Sum of Us  
Saturday, 2 July at 8pm
5. Cosmo Cosmolino  
Sunday, 7 August at 2pm
6. Half Man Half Woman  
Sunday, 4 September at 2pm
7. DownPour  
Friday, 16 September at 8pm
8. The Merger: Sportsman's Night 2  
Saturday, 15 October at 8pm
9. Family Fun Day  
Sunday, 23 October at 11am - 3pm
10. The Weather and Your Health  
Saturday, 12 November at 8pm

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.



# TEN YEARS TEN SPECIAL EVENTS

**POTATO SHED**

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

CITY OF GREATER  
**GEE LONG**  
WWW.GEELONGAUSTRALIA.COM.AU

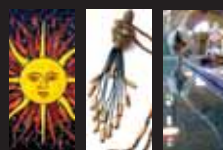
art, craft & industry

**free**  
admission  
10am - 5pm

An invitation  
to attend the  
first annual

# 2011 festival of glass sunday 20 february at the potato shed

Glass will be on show and for sale,  
music, displays, workshops,  
food & wines and so much more.



[festivalofglass.blogspot.com](http://festivalofglass.blogspot.com)



DCSCA

What's on

# BusinessPROFILE

## Bellarine Podiatry

Our feet are often the most neglected and forgotten part of our bodies; they are our main mode of transport and in the average lifespan can walk the equivalent distance of three times around the world! Despite this, people are more likely to have their cars serviced than have their feet checked by a podiatrist.

'My feet are killing me!' is a common complaint, yet only a small percentage of people seek professional help for their foot pain. A common misconception is that sore feet are normal: they are not.

Our feet are generally strong, complex structures, which make possible one of the major characteristics distinguishing humans from other animals – upright walking on two feet (rather than four). However, feet are vulnerable to injury and disease and if you suffer from foot or lower leg pain you should visit a podiatrist.

Podiatrists are university-educated foot health professionals who diagnose and treat foot and lower limb conditions. These may include biomechanical disorders (problems arising from the structure and function of the feet), cutaneous disorders (such as corns, calluses and nail problems), diseases that affect the body as a whole (such as diabetes, arthritis and blood circulatory deficiencies) and infections (such as tinea or plantar warts).

Bellarine Podiatry is committed to providing caring and professional foot health services to the Bellarine Peninsula through our clinics in Drysdale and Ocean Grove. In most cases you do not need a medical doctor's referral to see one of our podiatrists, unless you are being referred through the DVA, EPC Program, TAC or WorkCover.

**Our Drysdale Clinic is situated in the Drysdale Health Group at 27-29 High Street, Ph: (03) 5251 2958.**

**Matt Payton** BPod; BAppSci (Human Movement) is the podiatrist at Drysdale.

**Our Ocean Grove Clinic is situated at 100 The Terrace, Ocean Grove Ph: (03) 5256 2019.**

**Michael Nicol and Kirrilee Sing** are the podiatrists at Ocean Grove.

Both clinics are open daily and also offer evening appointments.



Matthew Payton

**foot health care for all ages**

**Michael A. Nicol**  
**Matthew Payton**  
**Kirrilee Sing**

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- Diabetics & High Risk
- Orthotic Therapy • Nail Surgery
- Veterans Affairs
- TAC & Work Cover

**03 5251 2958**  
27-29 High Street  
DRYSDALE 3222

## Popular Pole Walking



The Springdale Pole Walking Group was presented with a Certificate of Appreciation from Leisure Networks for great community participation and leadership.

**Springdale Pole Walking Group** keeps getting bigger and bigger as more people realise the benefit of physical activity. The group meets every Monday from 9am to 10am and enjoy different walks in the area including the Curlewis Rail Trail, Anderson Road Rail Trail and the Drysdale Railway Station Trail. Walking is good for you but Pole Walking is even better. **If you would like to find out more please contact Springdale on (03) 5253 1960.**

## The Geelong Parkinson's Support Groups

Supporting individuals and families living with Parkinson's



### EARLY ONSET GROUP

Meets on the 2nd Thursday from 5-8pm for a mixture of social activities and expert guest speakers.

**For details call David at Parkinson's Vic 1800 644 198**

OR

### THE GEELONG GROUP

Meets the last Friday each month from 2-4pm at the Barwon Health Centre 104-108 Bellarine Highway. Carers & friends all welcome.

**Contact Harold Waldron 0417 549 437 A/H (03) 5259 3134**

understand • share • support • encourage

## The School of Philosophy

The School of Philosophy at Dalgety House, 1 Malop Street, Geelong is part of a world wide organisation which began in 1937 in London as the School of Economic Science. The school was established on the premise that truth and justice exist; that they can be discovered; and that, having been discovered, they can be practiced and taught. This approach led naturally to the study of philosophy—the love of wisdom.

The School of Philosophy has been offering practical philosophy courses in Geelong since 1996. It is a not-for-profit, charitable institute welcoming all students interested in the pursuit of spiritual and emotional wellbeing, regardless of education, occupation, age, culture or religion. It is important to note that it is Practical Philosophy. This means that the principles discussed in class can be put to effective practical use in work, study and every aspect of daily life.

I have been attending the school for four years and have met some wonderful people and made great friendships. I have also noticed how much less stressful my life has become and how situations that might have upset me in the past do not *hook* me in as they once would have. Whilst the subject matter presented is quite deep, the discussions which ensue within the group can be lively and full of fun as they help us to examine how our thoughts and actions create our experience of life. The practical exercises help to increase awareness, improve confidence and productivity and make better choices in life. Sometimes I wish I had discovered this much earlier in life.

Introductory courses will commence on Tuesday 1 February at 9.30am or Thursday 3 February at 7pm. The fee is \$90 for the 10 week term. If you have an interest in learning how to tap into your inner wisdom take the plunge and come along.

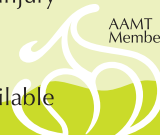
For further information log onto the school's website: [www.schoolofphilosophy.org.au](http://www.schoolofphilosophy.org.au) or ph: **Isabel Matthews (03) 5264 5194** or **Gill Hunter 0402 244 996**.

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## Living with Prostate Cancer

The Prostate Support Group of Bellarine was formed in June 2008 and since has met regularly at Ocean Grove Community Health Centre at 7.30pm on the second Thursday in each month. The group has reciprocal rights with the Prostrate Support Group of Geelong which meets at St. John of God Hospital at 10am on the last Friday in each month. This is a much larger group of men and the two groups often organise joint activities.

The most important function of a Prostate Cancer Support Group is to provide hope and support particularly to those who are recently diagnosed and still struggling to come to grips with their situation. Partners are particularly welcome at meetings as they have issues they need to share also. Prostate Cancer is a disease of aging and the question becomes will those tumours become malignant and aggressive at a point in your life when they threaten your ability to reach a normal life expectancy. This is why regular testing between the age of 50 and 70 is so important; if these tumours turn aggressive you need to know about it early before debilitating symptoms appear and corrective treatment can be undertaken.

### The Prostate Support Group consists of several categories of members:

- Those recently diagnosed needing to explore their options and better understand what lies before them.
- Those that are undergoing treatment or recovering from the varying after effects of that treatment.
- Those who have prostate cancer but are on watchful waiting to see if the tumours become sufficiently aggressive as to warrant surgical or oncology response. The waiting can be stressful and some opt not to wait but seek a radical treatment whilst the window of opportunity exists. However much can be achieved by lifestyle changes, diet, exercise, supplements and medication.

Often it is nowhere near as bad as they benefit from the experiences of others in learning to live with these issues.

*Above everything else the Support Group is where friends meet and share and more often than not laugh at the common experiences associated with living with cancer.*



*Disclaimer: This article should not take the place of proper medical advice from a qualified health professional. The services of a qualified medical practitioner should be sought before applying the information to particular circumstances. This disclaimer is issued without prejudice.*  
<http://www.pcfa.org.au/Bellarine/index.htm>

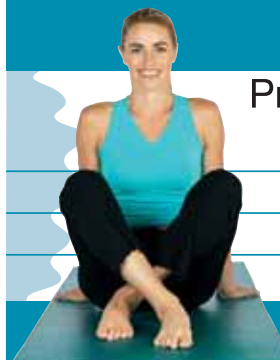
### JARROD CARTER - Naturopath

Naturopath, **Jarrold Carter**, says the two most common conditions he sees in his patients are fatigue and digestive complaints. They often go hand-in-hand, and once the digestive issues have been resolved, the energy levels can improve. This is because when we are digesting and absorbing our nutrients effectively our body can function at its best. Jarrold treats patients by formulating diet plans and prescribing herbal medicines, vitamins and minerals and homoeopathy. Naturopathy is not guesswork: various pathology tests to investigate digestive function, hormone levels and food sensitivities are commonly used, to tailor the correct treatment plan for each patient.

**Jarrold is available for consultations at Drysdale Health Group  
27-29 High Street, Drysdale. Telephone (03) 5251 2958.**

## Drysdale Health Group

Proactive, Preventative & Professional



- Physiotherapy
- Psychology
- Exercise Physiology
- Pilates

- Podiatry
- Myotherapy
- Acupuncture
- Naturopathy

27-29 High St Drysdale (03) 5251 2958

After a successful career in Melbourne, Soft Tissue Therapist, **Gianna Venturi** has now moved to the Bellarine Peninsula. Gianna has set up clinics at Ocean Grove and Elegant Profile in Drysdale.

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# BOUNTIFUL BURGERS for a tasty BARBEQUE

## TEX MEX BURGERS IN TORTILLAS

## LAMB BURGERS WITH CUCUMBER SAUCE

Lightly spiced and flavoured with dried fruits and pine nuts, these burgers are the perfect choice for a summer barbeque.

*Serves 4*

### Ingredients for lamb Burgers

675g lean minced lamb  
1 finely chopped small onion  
8 finely chopped dried apricot halves  
60ml/4tbsp pine nuts  
25g fine dried breadcrumbs  
10ml/2tsp mild curry powder  
1 egg  
salt & freshly ground black pepper

4 Pita breads, heated and cut in half and serve with mixed green salad

### Cucumber Sauce

½ cucumber, peeled and grated  
300ml natural yogurt  
30ml chopped fresh mint

### Method

Combine the lamb, onion, apricots, pine nuts, breadcrumbs, curry powder, egg, salt and pepper in a bowl. Mix together well with your hands till thoroughly blended. Divide the mixture into eight portions and shape each portion into a small flat burger. Cover and chill in the fridge for 30 minutes.

Meanwhile, for the sauce, squeeze the grated cucumber in a double thickness of kitchen paper to extract excess water. Mix together the cucumber, natural yogurt and fresh mint. Season to taste with salt and pepper.

Preheat the grill. Proceed to cook the burgers to your taste (approx 10 mins) turning halfway through cooking to ensure they are cooked evenly.

Serve with warmed pita breads, accompanied with the green salad and drizzled with Cucumber Sauce.



*If you fancy a change from the ordinary burgers, this Tex Mex version will be a winner at your next barbeque.*

*Serves 4*

### Ingredients for Tex Mex Burgers

500g lean minced beef  
1 finely chopped small onion  
1 small green capsicum seeded and chopped finely  
1 crushed garlic clove

oil for brushing

4 fresh tortillas

salt & fresh ground pepper

garnish with chopped fresh coriander

serve with mixed salad leaves

### Guacamole Sauce

2 ripe avocados

1 crushed garlic clove

2 chopped tomatoes

½ chopped small green chilli (optional)

juice of 1 lime or lemon

½ tspn chopped coriander

### Pepper & salt

Mix together the mince beef, onion, pepper, garlic and seson well with salt and pepper.

Shape the mixture into four large round burgers and brush them with oil.

To prepare the **Guacamole Sauce** mash the avocado flesh roughly, then mix in the garlic, tomatoes, lime or lemon juice, chilli and coriander. Season to taste with salt and pepper.

Cook the brugers on a medium/hot barbeque or under a preheated grill for 8-10 minutes, turning once until they are brown.

When the burgers are almost cooked, heat the tortillas quickly on the barbeque for about 15 seconds each side and then place a spoonful of guacamole and the burger on each. Wrap the tortilla around the filling. Garnish with coriander and serve with a green leafy salad.

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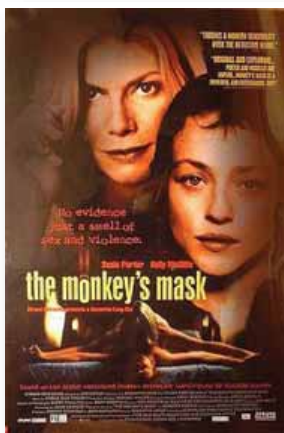


# The Book Club -

## *The Monkey's Mask* by Dorothy Porter

At the December meeting the SpringDale Book Group reviewed the verse novel *The Monkey's Mask* by Dorothy Porter. Dorothy Porter was an Australian writer and poet who died in 2008 at the age of 54.

The story, written in verse, is a crime thriller telling the story of a private detective (Jill, who happens to be a lesbian) who is hired by the parents of a missing university student, Mickey. Jill meets Mickey's poetry professor (Diana) who is married but with whom she eventually has an affair. Mickey's body is found but Mickey's parents want Jill to keep investigating the cause of death due to the police not getting very far. Jill discovers sexually explicit poetry written by Mickey and eventually discovers a link between Diana and Diana's husband to her death. This is the first time the group have reviewed poetry. Opinions were mixed but most agreed that the language and erotic



descriptions were too graphic and gratuitous. One member has read the book four times as each time she discovers new elements to the story. Other comments included the characters being stereotyped and clichéd, eg. the cynical lesbian detective. This verse novel style of writing managed to portray the characters vividly despite so few words used.

Dorothy Porter won several prizes for this book in 1994 including *The Age Poetry*

*Book of the Year* and the *National Book Council for Poetry*.

Unfortunately we forgot to score this book but an estimate would be 6/10.

On 7 February meeting the book for discussion will be *Petite Anglaise* by Katherine Sanderson.

**SpringDale Book Group meets on the first Monday on each month, between 7.30 and 9pm. Please contact SpringDale for further information.**

Advertise in  
**The SpringDale Messenger**  
and be seen by your local  
community and on  
[www.springdale.org.au](http://www.springdale.org.au)

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## Neighbourhood Watch Information

### My place

A new online news site will keep communities informed of crime in their local neighbourhood and policing issues impacting their lives, Victoria Police Chief Commissioner Simon Overland recently announced. He hopes the regular release of crime statistics will make communities aware of what is happening in their local area so they can take preventative measures.

"We know that a majority of people access the internet both at home and at work. Education is very important. If community members can see and learn what types of crimes are being committed in their backyard, they can work with police in preventing these crimes," Mr Overland said. "It also gives people the opportunity to take part in online forums and share their ideas or any concerns with police. In addition to the crime statistics, Victoria Police News includes official traffic updates, witness appeals, CCTV footage of incidents in which police are seeking public assistance and other police news of interest to the community."

Mr Overland said that whilst Victoria Police and the community had achieved significant reductions in crime over the past eight years, the current economic climate presented new challenges. "A lot of crime is both opportunistic and preventable. Small changes to the way you go about your lives can make a huge difference. Removing your GPS or valuables from the car, making sure your doors and windows are locked, asking a neighbour to look after your house whilst you go on holiday and using one way screws on your number plates are all easy steps which will help reduce crime in your local community."

"I hope Victoria Police News will help the community to work with us to address these challenges and share the responsibility of

collectively reducing crime." People can log on at [www.vicpolice.com.au/myplace](http://www.vicpolice.com.au/myplace) to access the latest crime statistics.

**Clifton Springs Bayside NHW**  
Next meetings at Clifton Springs Bowls Club, all welcome. Monday 14 February 2011, 7pm, Leading Senior Constable Adrian Goodwin, Crime Prevention Officer.

**Monday 14 March, 7 pm, speaker to be arranged.**

#### Drysdale Neighbourhood Watch – GLG68

We wish to advise the community that we will no longer be able to deliver the NHW newsletters for our area as have been unable to attract enough volunteers to carry out deliveries. There are many people to thank for all their efforts over the past 4 years; all past and present volunteers who walked the many kilometres, our local State Member for Bellarine, Lisa Neville MP and all the local advertisers for their support, including Drysdale Newsagency, Gateway First National Real Estate, Harvey World Travel, Heritage Conveyancing, C.J.Keane and Westpac. In the future, SpringDale Neighbourhood Centre has kindly agreed to print the crime data for our area in the Messenger and we will still be meeting on the 4th Monday of the month at 2pm, at SpringDale and would love to see you all.

#### Crime data for November:

2/11/10 Property Damage, Collins St, Drysdale

3/11/10 Property Damage, Filbay St, Drysdale

6/11/10 Burglary, Peninsula Dve, Drysdale.

Barbara Lamperd, Coordinator.

## St Leonards COMMUNITY SPACE

### Technology Courses

#### Photoshop for beginners

**Date:** Tues 8 Feb - 22 Mar, Thurs 10 Feb - 24 Mar  
**Time:** 8.45am - 9.45am **Fee:** \$60

Photo editing and graphics program. In this course you will learn to edit and enhance your photos and create cards, invitations.

**Facilitator:** Bruce Jones.

#### Digital Camera

**Date:** Tues 8 Feb - 22 Mar, Thurs 10 Feb - 24 Mar  
**Time:** 10am - 11am **Fee:** \$60

Confused by all the settings on your digital camera, or not sure if you are getting the best out of your camera? Learn & understand ISO, shutter speed, aperture and other settings to get the best out of your camera. Notes provided.

#### Computer Help Group

**Date:** Every Tuesday 10am - 12noon **Fee:** \$3 per hr  
Don't have or never used a computer before? Come and join our friendly group. Learn how to use the internet and set up your own free email account.

#### Computer Maintenance

**Date:** Fri 11 Feb & 18 Feb  
**Time:** 7pm - 9pm **Fee:** \$40

Teaches you correct procedure in maintaining your computer and optimising its performance. Learn to back up your information effectively. Notes provided.

#### Computer Class

**Date:** Friday 10am - 12.30pm  
**Fee:** \$160 or \$80 concession  
Beginner to intermediate - if you have a question we will be able to help you.

### Activity Groups

#### Bags & Patchwork

**Day & Time:** Monday 9.30am - 12noon  
Come along and join the group interested in learning and making bags and basic patchwork.

#### Beading

**Day & Time:** Tuesday 1pm - 3pm  
Learn to make intricate jewellery, such as bracelets and necklaces in beautiful designs and colours. Be creative as well as learning a new skill.

#### Family History

**Day & Time:** Meets 11am 1st Weds of the month.  
A group interested in family histories, who share information.

#### Craft

**Day & Time:** Wed 1pm - 3pm  
Learn how to knit, crochet and share ideas.

#### Art Group

**Day & Time:** Wed 7pm - 9pm  
For beginners and experienced alike. Learn to sketch, paint or further develop your existing skills.

#### Friends of the Arts

**Day & Time:** Thurs 9.30 - 3pm  
(includes Art Appreciation group)  
Meets to discuss and promote the arts in St Leonards. Members are encouraged to work on their own projects.

#### Art Appreciation Group

**Day & Time:** Meets 2nd Thurs of the month.  
1pm - 3pm. Come along and meet like minded people for a discussion of art. Expand your horizons and learn more about art and artists.

#### Book Club

**Day & Time:** Meets 1st Thurs of the month  
1pm - 3pm.  
Reading and discussing current books.  
Call Annette (03) 5257 2250.

The Space is attended **Tues - Thurs 10am-3pm.**  
**Blanche Street, St Leonards. Ph: (03) 5257 2032**  
web: <http://tinyurl.com/StComSpace>  
All messages will be returned if phone is not manned. Volunteers are always welcome.



**POLICE  
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### NEIGHBOURHOOD WATCH INFORMATION

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

**GLG 68 - Barbara Lamperd**  
SpringDale, Drysdale  
(03) 5253 2191  
4th Monday • 2pm

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

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## Who are we?

**Drysedale & Clifton Springs Community Association** consists of people who live, work or study in Drysedale & Clifton Springs. We are interested in our community's well being and we work together to improve it.

The Association is run by a committee, elected at the Annual General Meeting. The committee draws on the broad range of knowledge and skills in the membership.

## What do we do?

We meet regularly to discuss events in the community and how it is changing; we act as advocates for local people's ideas, views and hopes to organisations; we advise and assist local people to solve local problems; and we link with other local groups and organisations to act to improve our community's well being.

See page 14 for more information about DCSCA activities.

## What can you do?

Are you interested in the well being of our community and want to make a difference?

Would you work towards a new leisure or recreation facility?

Are you concerned with how the area is changing?

Do you want better public services and transport?

Come along to a public meeting and help set the agenda for our community.



## Want to know more?

**DCSCA has a monthly column in the**

**The SpringDale Messenger,  
Bellarine Times  
& the Geelong Independent**

**SpringDale  
Messenger  
and in the  
Bellarine**

**Times. We also feature regularly in news stories in the Bellarine Times and the Geelong Independent.**

**DCSCA runs quarterly Public Meetings about things that interest local people.**

**Our recent Public Meetings have discussed employment, transport, shopping and shrinking open spaces. Everyone is welcome to attend and have their say.**

**Our next meeting is on 9 February at the SpringDale Neighbourhood Centre, High Street Drysedale and it's about health and**

**young people on the Bellarine.**

**OUR NEXT MEETING  
Wednesday 9 February  
7 - 8pm**



For up-to-date information about DCSCA activities, please visit our blog: [drycliftdays.blogspot.com](http://drycliftdays.blogspot.com)

Please contact us by post: **PO Box 581, Drysedale 3222** or email: [dryclift@bigpond.com](mailto:dryclift@bigpond.com)



# Showcasing **festival of glass** through **art, Craft & Industry**

## What can I see?

There will be a lot of glass on display. You can browse stalls full of glass art, glass sculpture, glass jewellery, glass mosaics and industrial glass products. Much of it is hand-made on the Bellarine and there will be plenty of chance to talk to the glass artists and craftspeople whose work is on display. Workshops will introduce you to different aspects of the world of glass, such as Glass in Architecture, Glass in the economy and Glass Jewellery.

## Have a go!

The Festival will feature three competitions where you can test your talent in the wonderful world of glass:

- Best glass-related photograph or painting
- Best glass-related story, poem or song
- Best glass jewellery.

In each competition, the winning entry will be the people's choice - the one receiving the most voters from visitors. So get your entry in early to ensure that everyone has a chance to vote or it!

### Submitting your entry

- On the day. Hand-in your entry (and a note of your contact details) at the Festival's Information desk.

Competitors can retrieve their entries immediately after the winners are announced.

## The Old Glass Roadshow

Have you ever watched The Antiques Roadshow on television and wondered about the value of that old vase or bottle or lampshade that you're keeping 'just in case'? Bring it to The Old Glass Roadshow, where two specialist collectors will give their view on its value. It's always nice to know - is its value just sentimental or just short of a million? Wander from the Roadshow to the Geelong Bottle and Collectables Club stall, which features a range of historic glass bottles, including some from the old water-bottling plant in nearby Jetty Road that were used in the early 20th century to bottle the spring water from Clifton Springs.



Glenda MacNaughton

Vicci Crowley-Clough

2011 festival of  
**glass**

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# Showcasing **festival of glass** through **art, Craft & Industry**

## Make it a Day Out in Drysdale.

Visitors to the Festival of Glass are invited to make it a Drysdale Day Out. The Festival venue - the Potato Shed - is close to many of the area's attractions. The monthly Drysdale Craft Market is on the same day at the nearby Recreation Ground. The region's restaurants, wineries and olive orchards are a short drive away; and the fully-restored, historic Bellarine Peninsula Railway runs all day between the nearby Drysdale rail station and the heritage seaside town of Queenscliff.

## How did the Festival start?

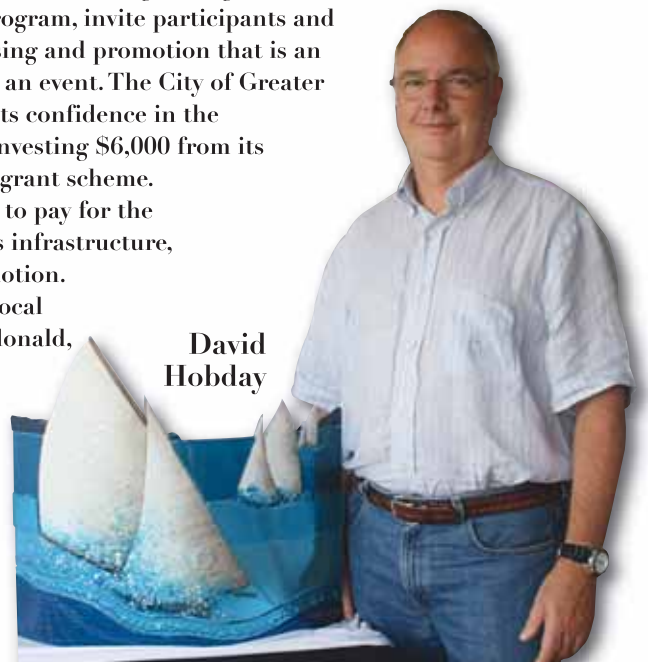
The Drysdale & Clifton Springs Community Association (DCSCA) came up with the idea for a Festival of Glass in early 2010. DCSCA believed that creating a Festival of Glass would be a good way to build our community and to raise our towns' profile. Many towns on the Bellarine Peninsula have annual 'special events' and we believed that a Festival integrating art, craft and industry would be a unique, distinctive event promoting Drysdale and Clifton Springs.

Over the past year, the Festival organising committee has worked hard to devise the program, invite participants and organise the advertising and promotion that is an integral part of such an event. The City of Greater Geelong has shown its confidence in the Festival of Glass by investing \$6,000 from its Community Festival grant scheme. The money will help to pay for the costs of the Festival's infrastructure, marketing and promotion.

A special thanks to local councillor Rod Macdonald, who has supported the Festival consistently.



Janet Jenkins



David Hobday

[festivalofglass.blogspot.com](http://festivalofglass.blogspot.com)

[www.festivalofglass.net.au](http://www.festivalofglass.net.au)

2011 **festival of glass**

## Welcome to... Bellarine Peninsula Christian Church

Service 10am every Sunday at the Senior Citizens Hall, Village Green, Drysdale.  
Other meetings during the week.  
**Pastors David & Carla Evans**  
Enquiries please phone (03) 5251 3440

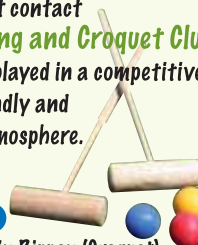


Declaring Jesus Christ as Lord.  
This church is a member of the Crosslink Christian Network

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

## Have you ever considered playing **BOWLS or CROQUET**

Why not contact  
**The Drysdale Bowling and Croquet Club**  
where both games are played in a competitive,  
yet friendly and  
relaxed atmosphere.



For more information:

Vale Hateley (Bowls)  
0427 091 374

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Drysdale Clifton Springs Community Association

## Some recent DCSCA achievements

### Advocacy

We initiated quarterly discussions about local issues with local councillors; and occasional discussions about regional issues with senior council managers. We've responded formally to council proposals for changes in various parts of our towns.

### Advice/Assistance

We have advised groups of residents wishing to challenge unfair council policies; and we have assisted local organisations to apply for resources.

### Action

We've pressed the council to improve its public consultations; initiated a mid-term review of the Bellarine Strategic Plan, including major infrastructure upgrades; and run four Public Meetings about topics of local interest.

*Together  
we can  
make a  
difference.*

## Some current DCSCA projects

### Open Spaces Network.

A collection of local open spaces protected from 'development' and interconnected by walking and/or cycling tracks. Each has a 'Friends of' group.

### Festival of Glass.

The inaugural event is on Sunday, 20 February at the Potato Shed.

### Streetscape to Artscape.

An 'arts trail' in local streets and open spaces, reflecting artists' conversations with local people about their memories and visions of our towns.

### Going Green on the Bellarine.

A strategy to develop the local area as a showcase of tomorrow's 'green' economy.

## Individual Membership: Application / Renew

I \_\_\_\_\_ (Name)  
of \_\_\_\_\_ (Address)

Telephone ( ) \_\_\_\_\_ Mobile: \_\_\_\_\_ E-mail \_\_\_\_\_

wish to apply for / renew (circle as appropriate) membership of the Drysdale & Clifton Springs Community Association Inc.

I am a ratepayer / permanent resident / regular visitor (circle as appropriate) of the Drysdale & Clifton Springs area (Postcode 3222).

If accepted as a member of the Association, I will be bound by its rules. A copy of the Association's Constitution and Rules is available on request.

\_\_\_\_\_ (Signature of the Applicant) Date: \_\_\_\_\_

**ANNUAL SUBSCRIPTION is \$5.00.** Please tear off this form and send it with a \$5.00 cheque payable to *Drysdale Clifton Springs Community Association* to PO Box 581, Drysdale 3222. You will receive a receipt once the Association's Committee has accepted your application.



Drysdale Clifton Springs Community Association



# Bellarine Railway - top attraction

## DRYSDALE - QUEENSCLIFF

Our interstate and international visitors were no doubt surprised at the lush green scenery including full dams and running creeks. The water levels in Lake Lorne have risen dramatically since last year and the lake is again hosting thousands of birds, who are at their noisiest in the early morning.

### Drysdale Station Summer Trading Hours

10.30 - 1600 on Train Running Days Phone (03) 5251 3725.

Trains will stop at Suma Park, Lakers Siding or Swan Bay upon request.

**HIRE BIKE 'n' TRAIN** packages available. Passengers Bikes, Prams & Surfboards carried FREE.

## FARES

**Adult (Single/Return) \$12/\$20**

**Child \$8/\$12**

**Pensioner \$10/\$16**

**Family \$30/\$50**

### Notes

Children under 4 FREE.

Family = 2 AD, 2CH or 1AD, 5CH.

**On Total Fire Bans, a diesel train will run.**

**On CODE RED days, NO Services Run.**

During *Day out with Thomas* Events, NO Services through to Drysdale.

Snacks, drinks, ice cream, tourist info, souvenirs & books available at station kiosk.

The B.R. is operated by volunteers.

Visit [www.bpr.org.au](http://www.bpr.org.au) for further information.

The **Bellarine Railway** has recently completed an Economic Impact Study which was prepared by Compelling Economics in Bendigo, developers of the REPLAN economic modelling and analysis system.

"We were absolutely awestruck when we learnt the actual impact that our railway was having within the region" said Bellarine Railway Chairman, Mr Andrew Bridger. "This data would indicate that The Bellarine Railway is the second most successful heritage rail operation in Victoria behind Puffing Billy, and could also be the largest tourism attraction in the Geelong and Bellarine Region" said Mr. Bridger. "It is the Puffing Billy of the Geelong Region, and our challenge is to be recognised and embraced by the people of Geelong and The Bellarine, in the same way that our counterpart is so loved in The Dandenongs".

The website [www.bpr.org.au](http://www.bpr.org.au) will provide the rest of the media release.

## Girl Guides make their Promise

Many Guides formally made the Guide Promise for the first time in front of family and friends. The Promise is like a personal code of conduct that helps girls and leaders to continue to always do their best and to help other people as well as many other precepts. The Guides invested their time and money buying a number of presents for the Wishing Tree late last year.



Australia celebrated 100 years of Guides in 2010 and in 2011 Victoria celebrates 100 years of Guides.

**Guides meet at SpingDale on Thursday afternoons, Junior Guides 4pm – 5.30pm and Senior Guides 6.30pm – 8pm. Please ring Anne Brackley (03) 5251 2250 for more information.**

## Young Achievers Nominations

Youth is not all about negative publicity, irresponsibility and loutish behaviour.

Nominations for a special award, the **Ted Chidzey Youth Encouragement Award**, for young people 12 to 25 who have made a positive and worthwhile contribution to society, are now open.

If you know someone in the local community whose activities deserve a wider recognition please contact **SpringDale** for a nomination form.

## coastal lighting

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## Australian Organ Donor Awareness Week

Around 1700 Australians are on a waiting list for an organ transplant. Organ donations can change the lives of others. Register your consent by calling the **Australian Organ Donor Register** on 1800 777 203 or visit [www.donatelife.gov.au](http://www.donatelife.gov.au) for more information. DonateLife Week runs from 20 to 27 February.

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# John Brumby visited SpringDale

On an election eve campaign blitz, (ex Premier) John Brumby made a flying visit to SpringDale to give encouragement to the students of the Homework Group.

Participants and the Facilitator, Bob Marmion, were surprised and delighted to have John Brumby and Lisa Neville MP attend one of their sessions.

The **SpringDale Homework Group** for Years 7 and above offers help with numeracy and literacy skills and meet during school terms every Wednesday from 4pm to 5pm.



## Bellarine Rail Trail *Let's seal the deal*

Geelong and Bellarine Peninsula interest groups should form an alliance to lobby local politicians to upgrade the Bellarine Rail Trail. About 80% of its length remains unsealed, detracting from its full potential

*"A fully sealed rail trail will encourage greater use by a wide range of cyclists, including cashed-up tourists, families seeking fitness and fun, along with commuters from Leopold"* said Mr McClelland.

*"Tourism businesses in Geelong and Queenscliff will particularly benefit in off-peak seasons, as the trail is best enjoyed in cooler conditions."*

More information is available at [www.enjoyinspire.com.au/news](http://www.enjoyinspire.com.au/news).

Contact: **Darren McClelland** 0449 167 776 or evenings (03) 9370 2837.

## Bokashi

The NSW Government has been talking about extra fees for residents who put food scraps in the bin. We are fortunate to know and have support for the Bokashi food scrap management system in our community. We have more than 200 in our community at the moment with another couple purchased from SpringDale as Christmas presents. The next step would be to have *change over* buckets for people who don't wish to use the scraps in the garden, only the golden juice. My bucket works hard over summer with all the fruit scraps and peel that are created when preparing fruit platters to enjoy.



**Bokashi Buckets \$65 from SpringDale.**

Please register your interest in attending a Bokashi workshop or if you would like to borrow a bucket to trial, email [office@springdale.org.au](mailto:office@springdale.org.au) or phone SpringDale (03) 5253 1960.

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# Getting Grants



Most groups need money for their organisation, be it community, sports or social but it doesn't have to stay on your wish list for ever – you can do something about it. And the first thing on your list should be to attend a Grant Writing Course. I attended one recently at the SpringDale Neighbourhood Centre and it was really worthwhile.

Imagine you are a grant provider and you have money to give away (what a luxury!). How do you ensure it goes to a worthy cause? If all the requests are worthy, how do you ensure it goes to the most worthy without going round and interviewing all the applicants? Once the money has been allocated, how do you know that it will be wisely used and that the required targets will be met?

Prospective applicants have to put themselves in the grant providers shoes to appreciate what sort of picture to paint and background information to provide. Filling in the application forms should be the last thing on your mind. First you have to understand the group/organisation you need the money for. Does it have a Mission Statement, what are its aims, what facilities does it provide and for which section(s) of the community? If you get a grant, how will you ensure the money is targeted and

'My experience was so positive and very rewarding experience'

provides long and lasting change. All this is explained on the course, plus the opportunity to be with like minded people and bounce ideas around, which can be very beneficial. My experience was so positive and very rewarding – an

application to the Victorian (State) Department of Planning and Community Development was successful and St James' would like to thank Lisa Neville for her support and encouragement during this process. St James' Church Hall has been

awarded a Building Community Infrastructure grant of \$235,000, and building work is now imminent. So go for it!

**Pauline Cline**

## Gardening Tips

### Wrap up your boots!!

In all this wet weather, your boots will be saturated, so keep them dry and clean for short visits to the garden by pulling plastic bags over them. Just take them off at the back door and discard and replace with more for your next bout of jobs. It works for my resident garden gnome... perhaps it will be good for yours.



### Do you have a favourite gardening tip?

If so send it to us and we can share it with our readers... email to [messenger@springdale.org.au](mailto:messenger@springdale.org.au)

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# Hearing Voices Support Group



In the 1980's psychiatrist Marius Romme, from the Netherlands, was treating patients who heard voices or felt things that weren't there. He found that, despite all the medication he put a particular lady on, she never stopped hearing voices; in fact, they got worse. So instead, Marius and his patient began talking to the voices, working out that they were metaphorically referring to something else, and although often sounded destructive, were trying to protect his patient in various ways. From this began the Hearing Voices movement, where groups around the world are sitting down and talking about why they have voices, what triggers them, and what helps them to live a normal life. Some famous voice hearer's include Mozart, Charles Dickens, Sir Isaac Newtown and Sir Anthony Hopkins. People may not necessarily be part of the psychiatric or mental health

system to hear voices, in fact, most are not in this system.

Kardinia Mental Health has been running a hearing voices support group since April last year. The aim is not to get rid of the voices completely, but to share experiences of what it is like to live with voices, and ways to live a successful life while hearing voices.

The group is held every third Wednesday of the month and there is further consultation time available if needed. If you would like to register your interest or obtain more information, please call **Chelsea on (03) 5221 7176** or go to **[www.hvna.net.au](http://www.hvna.net.au)** or **[www.prahranmission.org.au/hearing\\_voices.htm](http://www.prahranmission.org.au/hearing_voices.htm)**

## Free Hearing Tests

**Australian Hearing is offering FREE hearing screenings for Pensioners and Veterans at SpringDale Neighbourhood Centre on Friday 4 February, 2011 from 9.30am. Please ring SpringDale to make an appointment.**

Australian Hearing provides Government subsidised services and the latest digital hearing aids to Australian pensioner concession cardholders, most Veterans, Aboriginal and Torres Strait Islander people aged 50 and over, or participating in a Community Development Employment Project, people on rehabilitation programs with CRS Australia and Australians under the age of 21.

## Random Acts of Kindness Week 14 -20 February

The **Random Acts of Kindness Foundation** is committed to spreading kindness. They provide a wide variety of materials on the website, including activity ideas, project plans, teacher's guide and workplace resources.

As people from different cultures and from all walks of life are joining to spread kindness, they are creating a powerful action throughout the world. Please bring kindness and compassion to our local community.

For further information visit **[www.actsofkindness.org/kindness-days](http://www.actsofkindness.org/kindness-days)**

## Better Hearing Geelong (BHA)

Needs volunteers to help people with hearing loss. Volunteers will be trained.

Phone : **BHA (03) 5278 8300**

**Mrs Joan Belle on Mondays 9.30 - 4pm or Thursdays 12noon - 3.30pm**

## SpringDale Business Network

*- gaining momentum*

Our last Business Breakfast for the year was another great success with our SpringDale volunteers again rising to the occasion and making it possible to provide a delicious menu worthy of any corporate function at such a small cost to our members. Thank you Maria, Geoff, Rayna, Julie, Bev, Eileen and the many others who have helped.

For our November Breakfast, local businessman and accomplished artist, Wayne Elliott was inspiring as he showed us examples of his art and drew interesting parallels between the process involved in creating his artwork and in working through new business concepts and decisions. Thanks also to the other guest speakers we have enjoyed this year - Keeli Hamilton, Coordinator for Economic Development, CoGG., Rob Evans, Facilitator for Youth Foundations, Victoria, Patrick Hughes, DCSCA, and Peter Dorling, CEO, Committee for Geelong. We also have had great support from the Business, Retail and community sectors throughout last year and added many new members to our *regulars*.

The first Breakfast for 2011 will be on 21 February at 7am and are looking forward to growing and strengthening our Network of members and friends throughout the coming year.

## Tuckers Funerals by Women

From our initial care through to the funeral service and bereavement care, our aim is to deliver the highest of standards whilst offering a genuine warmth and a commitment to walk beside you and care for your family.



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## Love living in Drysdale

"I've always loved living in Drysdale. I used to run amuck. When people drove a horse and buggy to the hotel to have a few drinks (and some had more), while they were inside I'd help unharness the horse and take it to the opposite side of the fence. We'd reattach the horse to the buggy or jinker and wait for the person to come out of the pub and then listen for the language. We'd be hiding, waiting, shivering if it was cold. Another one we used to do and I feel terrible about this now – we'd lie across the footpath and wait for people to come out of the pub. In the poor lighting the men would step on me and leap 6 feet in the air."

Although Kel says he feels terrible, he still does have a little laugh when he remembers these times.

Then another story came to Kel's mind. "I had an old horse called Dolly and I'd put a flank rope on her and get on backwards, tighten the rope and she would buck like hell. People in Drysdale would ask 'Has the sun gone down early?' Others would say 'Don't worry its only Kel Davis, he's been bucked off that high that he's blotted out the sun.'"

May all your memories be happy ones from Kel Davis and Anne Brackley

**We are still looking for photos or memories from the Methodist Sunday School Hall or Drysdale Community Hall. Please let us know if you have something to share as we get near our 100 year celebration of the Hall.**

## NEWS from Lisa Neville MP Member for Bellarine



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

I would like to thank the people of the Bellarine electorate for supporting my re-election as the Member for Bellarine. I am honoured to continue to represent you all in the Parliament of Victoria for a third term and I will continue to work hard for all the residents of the Bellarine electorate.

I will be advocating strongly that the commitments the new State Government has made for the Bellarine are delivered. I will also strongly advocate for the other community projects I have been working on for so long, such as the Potato Shed, the Leopold Community Hub, the St

Leonards Streetscape and the sporting precincts at Drysdale and Ocean Grove, even though they were not commitments of the current Government. These are very important projects to support the growing community of the Bellarine and I am determined that the new Government does not forget the needs of our electorate.

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

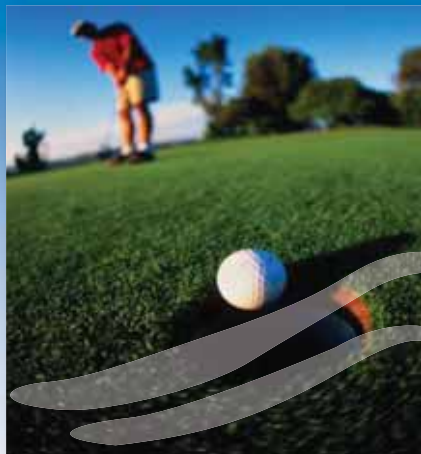
**Hon Lisa Neville MP**  
Member for Bellarine  
(03) 5248 3462

## World Cancer Day February 4

**World Cancer Day held each year on February 4**, raises awareness of cancer and encourages its prevention, detection and treatment. The theme for this year is teach children and teenagers to avoid UV exposure by being sun smart. At certain times of the year, UV will be high enough to cause skin and eye damage, which can lead to skin cancer. Young children are



extremely sensitive to UV and can burn easily. So remember the three steps to sun protection, SLIP, SLOP, SLAP and protect your family from skin cancer.



## golfing memberships

### New 7 Day Golfing Memberships

1 February, 2011 - 30 June, 2011 - \$275

### Weekday Membership

1 February, 2011 - 30 June, 2011 - \$206

**NO JOINING FEE**

### Daylight Savings Membership

1 February, 2011 – 31 March, 2011 - \$210

### Green Fee Players Welcome

- \$25 for 18 holes

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



### Dining Hours

• Lunch 12 - 2pm  
• Dinner 6pm - 8.30pm

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- Sunday Night is \***Parmi Night**  
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- Friday Night is \***Steak Night**  
Porterhouse or Rump \$17.50
- Saturday Lunch \***Soup & Main** \$10.00

\* Conditions Apply

## members draws

- **Friday & Saturday** Nights
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## consumer affairs

# FREE LANDLORD TRAINING

Consumer Affairs Victoria presents a workshop on the rights and responsibilities of landlords. Learn strategies for managing the tenancy, choosing the right tenants and CAV services that are available.

**Venue:** SpringDale Community Centre  
Drysdale

**Date:** Monday, 28 March 2011

**Time:** 1.30 to 3.30pm

**Cost:** FREE (*enrolments are necessary*)

Enrol now by calling: (03) 5253 1960

For more information, contact Consumer

**Affairs Victoria on (03) 5224 8072**

Bookings are essential.



### Consumer Affairs Victoria

Barwon South, West Regional Office

65 Gheringhap St, Geelong 3220

phone (03) 5224 8072

fax (03) 5224 8075

## Clifton Springs Primary School



### Graduation

Last term we said an official goodbye to our grade 6 students at the grade 6 Graduation, where staff, students and their families celebrated the previous 7 years of their schooling life. Each student presented a segment relating to a memory or something significant they had participated in during their primary school years. The power point presentation highlighted how much the students have grown and matured. We wish all these students the very best in their secondary years.

### Bike Education

At the completion of their Bike Education program, the grade 4 students, along with Ms Costa and some enthusiastic parents, donned their helmets and took off down the Rail Trail to meet up with their emailing buddies at Leopold Primary School. The students enjoyed a picnic lunch together before cycling back to school in the afternoon.

### Farewell

We say goodbye and happy retirement to Mrs. Rawson and Mrs. Wood. Mrs. Rawson has been a teacher at Clifton Springs Primary (CSPS) for the last 20 years (on loan to Leopold PS last year) and Mrs. Wood for the previous 18 years. Both have been very involved with not only providing a stimulating and innovative classroom environment, but have also

been huge contributors to our extra-curricular program with sports, camps, festivals and debating. On behalf of the staff and all the students at CSPS, we sincerely thank both Trina and Pam for their extensive contributions to CSPS and wish them a relaxing and very well earned retirement.

### BBQ Caravan

The BBQ we have at the Drysdale markets in our blue and yellow caravan, is one of the main fundraising activities for CSPS. We would like to take this opportunity to thank everyone who has supported us by purchasing some hot or cold food at the markets and in particular Mortimers Petroleum who have sponsored us with gas for many years. Your continued support is fantastic and we are grateful to you. A big thank you also, to the many parents who volunteer their time on those Sundays to enable the van to run. We are currently having a new food van built and thank Westcoast Trailers for supporting us with this and in particular Andrew Couchman for donating his time to help put it all together.

### Welcome

*We would like to say Welcome to Jessie Rodgers, a graduate teacher who will be joining our staff this year.*

## SpringDale Artists Christmas Exhibition



*135 Gallery, Drysdale, was a good setting for the SpringDale Artists Christmas Exhibition with Jan Gillett, Laurel Wilkinson and Annette Playsted attending the opening night.*

### Drysdale Seniors Club

- creating an active environment.

*Drysdale Seniors Club provide a relaxed environment where people can enjoy the company of others and have a wonderful range of activities that everyone can benefit.*

#### Monday

9.15 - 10am YOGA

1pm - Carpet bowls, cards & snooker

#### Tuesday

9am - 11am Weight Watchers

11.30 Lunch, followed by bingo

#### Wednesday

11am - 12 noon Exercises

1pm Carpet bowls, snooker and cards

#### Thursday

1pm Cards, craft, snooker & choir singing

6pm - 9pm YOGA

#### Friday

1pm Carpet bowls and snooker

#### Saturday

1pm Cards, darts, snooker & table tennis.

#### Line Dancing for beginners

recommences on Thursday 3 February  
9.15am to 11.15am.

**To find out more about the Drysdale Seniors please phone (03) 5251 2983.**

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## Drysdale Ladies Probus



Photograph Lyn Ingles

*At the station in Drysdale we boarded the bus,  
Everyone was on time, there was minimum fuss.  
The weather was perfect, the sky it was blue,  
With predicted top temperature 'round 22.*

*Our first halt was Gisborne, the park was so nice,  
A quick comfort break, cup of tea and a slice.  
Then onto our stop at Church of Resurrection,  
The stained glass stupendous, the lunch was perfection.*

*We puffed up the hill to the cross at the top -  
21 metres high. And there we did stop  
And gasp at the view: Melbourne, You Yangs, the bay,  
Oh I'm so glad I came on this coach trip today.  
The cross celebrates those who served in the war,  
Plaques explain the historical conflicts and more.  
Eventually our way down the mountain we made  
To the lush, verdant gardens of old Forest Glade.*

*That Thursday Mount Macedon looked at its finest.  
The trees burst their buds and the sunshine it shined.  
There bloomed rhododendrons, azaleas and more  
And steep curving paths that we had to explore.*

*We wandered around and admired all the flowers,  
So beautiful - we could have stayed there for hours.  
Statues of fairies, an eagle, a dog,  
But my favourite one was three kids on a log.  
And finally time came for us to depart  
With memories of history, flowers and art.  
We set off for home, had a snooze on the way.  
We'd had an exhausting but fabulous day.  
Gill Bell*

**Footnote:** For those who would like to attend a very moving ANZAC service, the Dawn Service on the Mount is truly inspiring. An event that gathers thousands of people to the summit. An unforgettable emotional once in a lifetime event. *Lyn Ingles*

## Adrian Mannix Community Award



This an opportunity to recognise the voluntary efforts of individuals made in our local community.

Nominations are open for the 2011 Adrian E. Mannix OAM Community Service Award. Nomination forms and criteria guidelines are available from SpringDale and nominations close on March 31, 2011.

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

## BUNYIP FESTIVAL

The 2011 Bunyip Festival will be held at the Drysdale Primary School on Saturday 26 March from 10am to 3pm. Once again we are working hard to make this a great community event and we welcome any community groups who would like to help make this a success.

We have a huge number of opportunities for people to have indoor or outdoor stalls, we are keen to have food stalls and there are still opportunities for people to advertise their businesses by giving a prize for the major raffle.

*Battle of the Bands* will feature in the afternoon and of course there will be rides, fairy floss, show bags and all the favourites.

Contact Anne Brackley if you would like to help in any way;  
email [bracket@aanet.com.au](mailto:bracket@aanet.com.au)  
or phone (03) 5251 2250.



## Toy of the Month

This month features a Fisher Price music toy. It runs on batteries and allows the child to make up his/her own tunes and rhythms. Recent research has found that music uses both sides of the brain which can be affected academically, emotionally, physically and spiritually. Music participation provides a unique opportunity for literacy preparation. Whether the children are singing, playing or listening, teachers direct them to listen and hear in new ways which exercises their aural discrimination. Playing instruments and adding movement to the lessons teaches children about sequential learning which is essential in reading comprehension.

[www.childrensmusicworkshop.com/advocacy/youngmind.html](http://www.childrensmusicworkshop.com/advocacy/youngmind.html)  
for further information

## Safer Internet Day

The internet provides lots of fun, playing games, chatting and learning. Going online should be a safe and secure experience but sometimes this is not always the case. Cyberbullying is a fast growing trend and many who experience it, do not report it.

8 February 2011 is recognised as Safer Internet Day, which aims to raise awareness about safe and responsible use of new technologies especially among children and young people.

Visit [www.cybersmart.gov.au](http://www.cybersmart.gov.au) for further information to safely enjoy the online world.



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## our reader's feedback

### Bunyip & Bunny

Now that Christmas is over we can all look forward to seeing the Bunyip and the Easter Bunny.

**Julie, Drysdale.**

**Editor:** I always look forward to seeing the Bunyip, we are quite good friends.

I wish we had an Easter Bilby close by.

### Festival of Glass

I hope all readers support the **Festival of Glass** on 20 February. It should be a great day.

**Jen, Drysdale.**

**Editor:** In the lead up to the Festival of Glass I have learnt about glass slumping and other terms and look forward to learning more and appreciating great glass pieces at the Festival.

### Recipes

I have recently discovered the food section in the Messenger and think it is brilliant.

**Sue, Clifton Springs.**

**Editor:** It's always great to share food and friendship and that's what we like to do at SpringDale.

### Community Bank

Congratulations to the Portarlington and Drysdale Community Bank for its generosity to the Clifton Springs Men's Shed.

**Bob, Clifton Springs.**

**Editor:** Well done to the Clifton Springs Men's Shed and to all the other groups who gained support.

### AIDS

The SpringDale Messenger is good to promote forthcoming events. I was prepared for World AIDS Day and was delighted to see Bono and the Sydney Harbour Bridge with a red light.

**Lee, Drysdale.**

**Editor:** SpringDale tries to support as many not-for-profit groups as possible.

### Messenger

Congratulations on another year of Messengers. Who would think that such an excellent magazine could continue to get even better! The Messenger is a major feature of our local community – long may it remain so.

**Patrick, Drysdale.**

**Editor:** Thanks Patrick, we strive for excellence each month and we've just gained the support of a roving reporter.

### WARNING for people walking their dogs near the Jetty Road Pier and Beach front.

On New Year's Day my husband was walking our two dogs down Jetty Road to the pier and along the beach/grass front down there when our Maremma ate a squidgy/fishing lure. The squidgy got caught in his tongue and wire got stuck in his throat. He brought him home and we took him down to the Bellarine Vet immediately. Being New Years Day the Vet was not open and the emergency vet at Newcomb was not open until 10am. We felt that we could not wait that long so we put our poor boy in the back of the car in a lot of pain and drove him all the way to Werribee Vet Hospital. There our poor boy was anaesthetised and had the squidgy removed from the base of his tongue on the left hand side. It was firmly attached to the tissue in his mouth and had

to be cut out. The wound was stitched using dissolvable suture material and he is now home after spending the entire New Years Day in hospital. We then had to give him medication. I would hate for this to happen to anyone else. I would also ask that anyone fishing down there does not throw away their fishing tackle, that they put it in a bin. If a child swallowed it or it had gone into the stomach of our dog it would have been a lot worse.

**Nerida van Drunen, Clifton Springs.**

**Editor:** Waste is a huge problem, how we dispose of, reuse and recycle that which we discard. Everyone should work towards having safe spaces for all to share. I hope people come together on Sunday 6 March for Clean Up Australia Day, more details will follow in the next Messenger.

## Volunteers preserve the environment



Each week thousands of volunteers with **Conservation Volunteers (CV)** make an important difference to preserving our unique environment. In recognition of the enormous contribution CV volunteers make and the skills and knowledge they develop as volunteers, CV is now offering volunteers the opportunity to complete a Conservation Volunteer Training Program (CVTP). In addition to enjoying the environment, learning new skills and meeting new people, volunteers will be rewarded with a certificate (non accredited) when they complete the Program. CVTP is an initiative between Toyota Community Spirit and CV. It is free to volunteers due to the generous sponsorship of Toyota.

**For more information about the Conservation Volunteer Training Program and how you can start, contact Trish McClay at Conservation Volunteers Geelong on (03) 5221 0300, visit**

**[www.conservationvolunteers.com.au](http://www.conservationvolunteers.com.au) or email [geelong@cva.org.au](mailto:geelong@cva.org.au)**

## Giggles Playgroup has vacancies for 2011



**Giggles Playgroup** in Drysdale is entering its fifth year. Over the last 4 years the playgroup has seen huge success and has expanded to 2 sessions per week to meet local demand. Mums and their children enjoy the laid back atmosphere. A combination of structured activities and free play allows for both Mums and their children to get the most out of their playgroup experience. As Mums we love to relax with a cuppa and enjoy a chat with other Mums while we watch our children happily play.

Giggles has vacancies for the 2011 year. They meet on Tuesday and Wednesday mornings 10am -12noon during the school term. A term fee of \$30 covers all your expenses including morning tea, playgroup activities and excursions.

**For more information please contact Dani on 0438 238 598**

**[brendani@bigpond.com](mailto:brendani@bigpond.com) or Caroline on 0438 532 049.**

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# SpringDale Football (soccer) Club

The club has been keeping itself busy over the past few months with its summer programs, including the running of the Bellarine Futsal League (men's indoor competition in Ocean Grove) in partnership with Futsal Geelong and running social futsal programs for juniors, men and women. Social futsal (indoor soccer) continues every Wednesday throughout the year at Drysdale Primary School Hall, with women and female youth starting at 7pm and men and male youth starting at 8pm. The club is always seeking new futsal players for its programs, whether you want to make new mates and keep fit or if you want to play under the clubs banner in one of the local futsal competitions, you will be made very welcome.

Preparations have started for the winter outdoor season (which starts Sunday 1 May), with the club planning to enter two senior mens teams and one womens team into the local Football Federation Victoria Geelong Region competitions. Interested players should contact us as early as possible to get a place in the squads. We have a policy of fair game time for players in all of our teams and a positive and inclusive culture is enforced by all members of SpringDale FC.

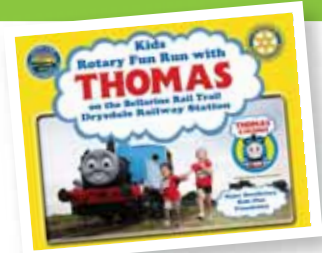
Junior training commences Friday 11



February 6pm at Clifton Springs Primary School oval. The club is seeking boys and girls of all ability levels between the ages of 4 and 11 years old for its junior programs, with under 11's, under 9's and under 7's teams representing the club in social competition on Sunday mornings from Sunday 1 May to early September. Training will continue throughout the winter on Friday evenings, moving to Drysdale Primary School Hall when daylight saving ends. Children are very welcome to take part in our training whether they want to play in Sunday morning competition or not.

**For further information or to get involved in coaching, playing or volunteering in any other way, please visit the clubs website at [www.springdalefc.com.au](http://www.springdalefc.com.au) or contact Geoff Briggs on 0428 501 150.**

## Kids Fun Run with Thomas the Tank Engine



If you're looking for a fun way to spend a Sunday, the Rotary Club of Highton Kardinia, in association with The City of Greater Geelong and The Bellarine Railway presents a community day of activities for families and children up to 12 years old. All proceeds to the Kids Plus Foundation to support special needs babies and children across the Barwon region.

Eight fun runs just for kids with Thomas the Tank Engine, plus rides, jumping castle, healthy food, giveaways, entertainment and much more.

Come and join us on Sunday 13 March, first run at 9.30am, at Drysdale Railway Station on the Bellarine Rail Trail. Melways 238 D11. Early bird registrations only \$10.00.

**For further information visit [www.thomasfunrun.com](http://www.thomasfunrun.com) or phone 0412 211 653.**

## Young Bowlers are successful



Drysdale Bowling Club has been an incubator for young bowlers preparing them for the Under 18 State Bowls team for a number of years. Reece Jeffs and Jason Carpenter have represented Victoria.

In 2010, **Winston Brackley**, played in Adelaide and more recently in Launceston in the successful Victorian team. Winston has gained a great deal from these opportunities, meeting so many like minded young people and very supportive families. Thank you to the Drysdale Bowling Club and many other clubs for providing great opportunities for our young people.

## Golf Gold Medal

**Rae Moody**, a SpringDale member who plays scrabble each Tuesday, has once again had success in golf at the Alice Springs Masters Games.

Over 4,000 people participated in the 2010 Alice Springs Masters Games in October. The games, held every two years, commenced in 1986 when the Northern Territory Government realised the potential for economic and social benefits.

Rae stays with family during the event and enjoys catching up with friends. She played in the first games in 1986 and has played in them all since. Her partner on this occasion was Australian swimming legend and patron of the games, Dawn Fraser, and they won the Four Ball Best Ball, golf event. Maybe we should have a cheer squad for Rae next year.



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