



# The SpringDale Messenger

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



the *The jolly green Bunyip is back again*

# BUNYIP festival

It's family **TFUN**

2011



At the Drysdale Primary School

Saturday 26 March 2011

Come one, come all to the **2011 Bunyip Festival** to be held at the **Drysdale Primary School on Saturday 26 March from 10am to 3pm**. Another great community event – this is the longest running festival on the Bellarine having commenced in 1975 to celebrate 100 years of Drysdale Primary School. We are lucky enough to be part of a community where two Primary Schools work together to raise funds for their programs and for community assets. The Bunyip Festival has raised more than half a million dollars over the past 35 years. This has provided many pieces of play equipment and other assets that pupils use during school hours and other community members use out of school hours. Many community groups take this opportunity to have stalls to inform people of their activities, many run an activity on the day or even have a food stall to raise funds and provide sustenance for our 5000 strong number of people who come to the festival. We still have opportunities for people to have indoor or outdoor stalls and would love some more auction items from any of our local and not so local businesses. *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 [brackent@aanet.com.au](mailto:brackent@aanet.com.au) or phone (03) 5251 2250.

**TERM 2** PAGES 11-14  
**COURSE & OPPORTUNITY GUIDE 2011**



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### Contact

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Sandra or Rhianon  
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# events

## march

**Tuesday 1** **Messenger copy deadline April edition**

**Tuesday 1 - Sunday 6** Australian International Airshow, Avalon

**Saturday 5** Harvest Produce Swap & Sell, SpringDale 9am-11am

**Sunday 6** Clean Up Australia Day - The Dell & The Basin 10am

**Tuesday 8** Potato Shed Queen of the Ivories – The Winifred Atwell Show

**Saturday 12 - Sunday 13** Sustainable Home & Garden Expo, Waterfront Geelong

**Sunday 13** Bellarine Show

**Monday 14** Labour Day, public holiday

**Saturday 19** Potato Shed Mr Barry Morgan's World of Organs

**Sunday 20** Drysdale market, 9am-1pm

**Saturday 26** Bunyip Festival, Drysdale PS 10am - 3pm

**Sunday 27** Portarlington market 9am-2pm

**Monday 28** Free Landlord Training, SpringDale

**Thursday 31** Nominations close Adrian Mannix award



**IMPORTANT REMINDER\***

Copy deadlines are the  
1st of each month.  
Contact SpringDale for  
copy of the 2011 dates.  
(03) 5253 1960



Adrian Mannix OAM

**Copy Deadline for April 2011 Issue**

**Tuesday 1 March 2011**

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SpringDale Neighbourhood Centre Inc. acknowledges the support of:



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.

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For all editorial and initial advertising enquiries:

**SpringDale Neighbourhood Centre** P: (03) 5253 1960 F: (03) 5253 3050

E: [messenger@springdale.org.au](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*

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## from the centre

Anne Brackley [centre coordinator]



We have had a steady stream of new residents through the door for the last couple of months, all looking to connect with our community in some way.

SpringDale is lucky to be one of the first ports of call. I love being able to welcome people sincerely. I love showing people through our great community asset – SpringDale Neighbourhood Centre. I love listing some of the things that might interest the person that I am welcoming.

But .... I have a vision for what could be called *Welcome to the North Bellarine Program*. I see it being a series of sessions that allows new residents to glean some of our rich history, meet our local City of Greater Geelong Councillors and Members of Parliament. It would enable people to meet various members of various clubs and groups. It would enable people going through the same settling in process to share challenges and build alliances. I think the program should have a *How to live in a Sea Change Community?* and *How to adapt to a Sea Change Community?* as we have so many people who used to know everyone and feel as if they are strangers

in a town they grew up in 60 years ago. In a magazine from Deakin University, I was interested to see that many papers are being written on this subject.

We have established Welcome Morning Teas now called *Coffee Club*, which happen regularly on the fourth Thursday morning each month and Eileen, a relatively new resident, with hospitality oozing through her veins, presents a lovely spread and would love to welcome and chat to anyone who is new or even not so new to the area.

Perhaps it should be a one day expo on a Sunday - maybe it should be on a Friday evening and include a dinner and drinks. If you are new to the area or if you have been here for a while or always been here and interested in helping this idea come to life, please let me know and lets get together and make it happen.

Looking forward to hearing from you all about this subject and what you would like to see happen.

*Yours very sincerely*

**Anne Brackley**  
for the SpringDale team.

## Exciting new courses

### Boat & PWC (Jetski) licence knowledge test course.

**Date/time:** Wed 16 March

5.30pm - 9.30pm

Wed 6 April 5.30pm - 9.30pm.

**Fee:** \$110

Traffic management courses to be scheduled in April.

### Basic Felting

**Date/time:** Sun 6 March 10am - 1pm

**Fee:** \$40 including materials

Articles that will be created are a ball, scarf and hat.

### Farm Management Training

Farm Management training plus a light meal.

Participants will receive a free copy of the Environmental Best Management Practices (EBMP) workbook and computer program. Participants will use the workbook or computer program to do their self assessment and action planning. The catch - we need 10 people for it to be funded!

**Dates/times:** Tues 3 May and Tues 10 May  
5pm - 9.30pm (2 sessions)

**Fee:** **FREE** (if we get 10 participants)

**Tutor:** Geoff McFarlane, EFP Solutions

## UPDATE @ SpringDale



## 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: Ph 5253 1960.

For more information, contact

**Consumer Affairs Victoria  
on 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

## Vacation Care @ SpringDale

Autumn Program Commencing

Monday 11 April - Thursday 21 April

Sessions run from 8.30am to 5.30pm

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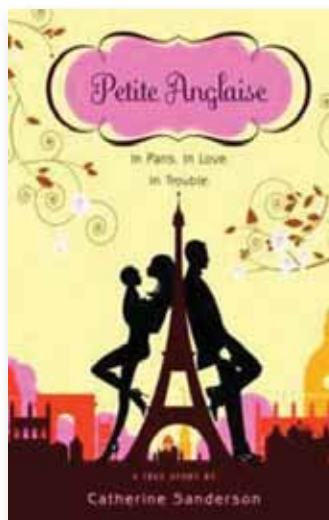
### Stockdale & Leggo

## The Book Club -

*Petite Anglaise* - Catherine Anderson

At the February meeting the SpringDale Book Club reviewed the book *Petite Anglaise*, A semi-autobiographical account of the author's life in Paris. It is a love story of sorts adapted to reflect the use of modern technology.

The book published in 2008 is based on the author's blog *Petite Anglaise* which she started on a whim in 2004. Within a short time she had a large audience of followers on line. This led to a further love interest and a break up from her partner Mr Frog and the disruption in the life of her child Tadpole, all documented on the blog.



The group agreed that the content of the book was very self-centred. We were constantly left to wonder what Mr Frog and other central characters thought. However, the actual writing was descriptive and well constructed. A light read we scored it 6 out of 10.

The book for discussion next month on March 7 is *Major Pettigrew's Last Stance* by Helen Simonson.

**The group meets the first Monday of each month at the SpringDale Centre at 7.30pm. New members are welcome.**

## RETIRED TEACHERS

Are invited to use their valuable skills to tutor **Hearing Rehabilitation** classes for **Better Hearing Australia, Geelong branch.**

This is a voluntary position with limited reimbursement.

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## Years ago

As reported in The Argus on  
Wednesday 28 September 1938

### People and Events Obituary

Mr. Eldred Barrand, aged 86 years, who was the poundkeeper at Drysdale for 23 years, has died. He was a native of Drysdale. He invented a drill for sowing onion seeds. Many of the original machines are still being used in the district.

**Sunday 13 March**  
from 9.30am



**Good Variety  
of Items  
For Sale**

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Collins Street, Drysdale

## Barry Morgan - tickling the ivories

*Morgan! Organ!* For those of you who had the pleasure of being entertained by Barry Morgan last year you will be delighted to hear that he is returning to the Potato Shed this month with *Mr Barry Morgan's World of Organs*. Back by popular demand don't miss this chance to see musical comedy's next big thing. Our morning showtime season will also kick off this month with a wonderful insight into the fascinating life of honky-tonk piano great Winifred Atwell, presented by Jan Preston and her band.

To celebrate our birthday in style we are holding a 10th Birthday Bash on the 1 April, so don't be an April fool and get along to enjoy a look back over some of the Potato Shed's more memorable performances and on-stage moments from the past 10 years.

For further information on any of our upcoming events or to book tickets call the Potato Shed on (03) 5251 1998. Tickets can also be purchased at any City of Greater Geelong Customer Service Centre.

**WIN DOUBLE  
PASS**



**1 April**  
**Potato Shed**  
**10th Birthday**  
**Bash**

**Cabaret Event 8pm**

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 MONDAY 28 MARCH**

**8 March**



**Queen of the Ivories**  
**The Winifred**  
**Atwell Show**  
Morning Showtime  
10.30am  
\$14 including  
Morning Tea



**BARRY MORGAN'S - WORLD OF ORGANS**

**19 March**

2pm & 8pm  
**Cabaret Seating**  
Adult \$24.00  
Conc \$19.00  
Groups 10+ \$18.00

**1 April**  
**Potato Shed**  
**10th Birthday**  
**Bash**

**Cabaret Event**  
**8pm**  
**All tickets \$10**

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 Centres.

**POTATO SHED**

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

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## Neighbourhood Watch Information

# BURGLARIES

Recent crime trend information indicates a considerable number of residential burglaries having occurred over the past month. During January, two victims of residential burglary have contacted Neighbourhood Watch keen to learn what they can do to protect themselves and their neighbours from becoming victims of this crime in future, so read on...

Reduce burglary - Three easy steps to protect your home from burglary

### 1. Security

Lock up when you leave the house, even if only for a few minutes. Lock external doors at night. Install strong locks on doors and windows and lock up when you leave. Consider installing a burglar alarm.

Never let people know when your home will be empty. Do not leave spare keys or car keys readily available inside the house. Back-up computer hard drives and keep these copies in a different location.

When away from home, leave your radio on and tune it to a talkback station. Have a trusted family member, friend or neighbour collect your mail while you're on holiday. Mark your property using an engraver or ultra-violet markers, with a 'V' (for Victoria) followed by your licence number. Markers can be purchased from Neighbourhood Watch Geelong. Marked property is much harder for burglars to resell. Also, even if you have a 'new for

old' insurance policy operating, marking the merchandise helps Victoria Police identify thieves. This reduces the likelihood of thieves continuing to operate in your street or returning to your house after your items have been replaced. Make a list of your property.

### 2. Access

Never hide keys outside the house – leave them with a trusted family member, friend or neighbour.

Lock your garden shed and lock up your tools and ladders so they can't be used to break into your home.

Fix broken fences to ensure that burglars cannot gain easy access to your property.

### 3. Visibility

Remove overgrown branches of trees or shrubs and any obstacles that block the view to the house.

Install a fence that doesn't block the view to the house. Install external spotlights and consider installing motion-activated lighting in your yard.

**Be Alert. Call Victoria Police on 000 to report suspicious activity.**

**Clifton Springs Bayside NHW next meetings at Clifton Springs Bowls Club – all welcome:**

**Monday 14 March, 7pm – Rita Oliver, Portarlington District Garden Club**  
**Monday 11 April, 7pm - AGM.**

## Become a better photographer



If you would like to improve your photography skills, why not join the Bellarine Camera Club.

The club provides a positive environment for members to learn about photography and develop photographic skills through competition, presentations and social activity. This group meets at SpringDale every second Tuesday at 7.30pm.

**Phone SpringDale on (03) 5253 1960 or Shane on 0413 607 370 or visit [www.tinyurl.com/bellarinecamera](http://www.tinyurl.com/bellarinecamera) for further information.**

**William Sheahan**

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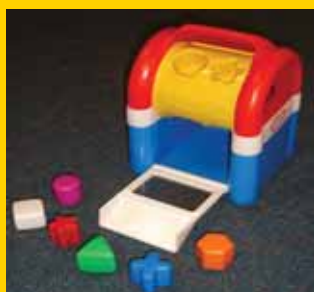
## NEIGHBOURHOOD WATCH INFORMATION

**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

## Toy of the Month



This month features **Little Tikes Shape Sorter** suitable for children from 6 months. This innovative product helps contribute to the physical and social development of toddlers and has colour recognition, basic shapes and is good for eye and hand coordination.

**The Drysdale Toy Library is open on Wednesday morning from 9am to 10am.**



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# Butterfly Appeal

28 March - 28 April

You can help deaf children to have the same chances in life as hearing children by participating in the Butterfly Appeal. Buy a butterfly and help give a deaf child wings. For more information visit [www.butterflyappeal.com](http://www.butterflyappeal.com)



## Are you not feeling comfortable?

### Take Off Weight Naturally



Have you eaten too much over the holidays? Why not Take Off Weight Naturally? **T.O.W.N.** is a group of like minded people who are all trying to take off weight. We meet on Wednesday mornings from 9am (to weigh in) in the Drysdale Football Clubrooms. Meetings usually go from 10am to 11.30am. This includes Group Therapy time. Come along and participate in a Group Therapy program where you can learn about how food and exercise can work for you. The Club is relaxed, friendly and offers support, ideas and stimulation. Whilst there is a weekly weigh in, the main goal of the organisation is to encourage weight loss by promotion of a nutritionally balanced diet, exercise where you can

and giving support, encouragement and practical advice.

**T.O.W.N.** is a non-profit organisation primarily run by a committee of volunteers all striving and working for the promotion of weight loss for those who need it. Whilst it is a non-profit organisation, there is a reasonable one off joining fee and a small weekly fee. To be eligible to become a member of **T.O.W.N.** you are required to have a letter from your doctor advising your goal weight.

**T.O.W.N.** Club has a friendly and social atmosphere which assists with your weight loss by the continual support of your new friends at Club. Why not come along and join us at **T.O.W.N.** Club Drysdale.

**For more information please call Lyn Ward on (03) 5253 1292 or mobile 0417 536 619.**

### Have you ever suffered from back or hip pain?

Psoas (*pronounced so-az*) muscle problems can lead to hip or back pain or restriction. Luckily, help is at hand. Liz Koch, who is a world authority on the **psoas** is coming to SpringDale Neighbourhood Centre to conduct her only Australian workshop on April 1, 2 & 3, 2011.

Everybody is welcome to attend. No experience needed. Cost: \$485. For more information, ring Allison at (03) 5251 5114 or read all about it, visit [www.coreawareness.com](http://www.coreawareness.com) where you will also find a booking form and helpful suggestions for a healthier **psoas**.

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**27-29 High St Drysdale (03) 5251 2958**

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

## World Kidney Day



**World Kidney Day on 10 March, 2011** aims to raise awareness of the importance of our kidneys to our overall health and to reduce the frequency and impact of kidney disease and its associated health problems worldwide. Kidney disease is common, harmful and treatable.

### PERSONAL TRAINING

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# A Snack & Lunchbox Favourite

Now that the kids are back at school, here is a great recipe for cookies that they will love to find in their lunchbox, and perhaps you Mum, you might like one during a well deserved quiet moment with a cuppa or coffee when the kids have gone to school. Mmm heaven!



## Oatmeal Raisin Cookies

Makes 24

175g plain flour  
150g rolled oats  
1 tsp ground ginger  
¼ tsp baking powder  
½ tsp bicarbonate of soda  
125g soft light brown sugar  
50g raisins, (sultanas may be used if you prefer)  
1 egg, lightly beaten  
150ml vegetable or sunflower oil  
4 tbsp milk

Preheat the oven 200° 15 minutes prior to baking.

Mix together flour, oats, ground ginger, baking powder, bicarbonate of soda, sugar, raisins (or sultanas) into a large bowl.

In another bowl mix the egg, oil and milk till combined. Make a well in the centre of the dry ingredients and then add the egg mixture. Mix the dough together well with a fork to make a soft but not sticky dough.

Place spoonfulls of the dough well apart on baking paper and flatten slightly with a fork.

Bake the cookies for 10-12 minutes until golden brown.

Remove from the oven and allow to cool for a few minutes, then place onto a wire rack to cool. Store in an airtight container.

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## Fruit Guide ~ Cranberries

It doesn't have to be Christmas to enjoy cranberries with your turkey dinner.

Cranberries contain vitamins C and D, potassium and iron. They were considered to be a good protection against scurvy. They are naturally very low in kilojoules.

Fresh cranberries can be stored in the fridge for up to 4 weeks, or they can be frozen in polythene bags and used without being thawed.

Use in sweet or savoury dishes, and their most famous incarnation is cranberry sauce, served with turkey or red meat and game. Their distinctive tartness adds zest to firm fleshed fish. The berries are high in pectin, so they make excellent jams and jellies. They combine well with apples or oranges and can be mixed with blackberries and raspberries to make a delicious summer pudding.



## Creating delicious traditional Cranberry Sauce ~ tasty anytime



Step 1



Step 2



Step 3

### Step 1.

Thinly pare an orange with a vegetable peeler, taking care to only remove the zest. Squeeze the juice and put it in a saucepan with the zest.

### Step 2.

Add 350g cranberries and cook gently for a few minutes until the cranberry skins pop.

### Step 3.

Stir in caster sugar to taste and simmer for 5 minutes. Pour the cranberry sauce in a bowl, then cool and chill prior to serving.



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6-8.30pm



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Dinner - Sun-Thur 6 to 9  
Fri & Sat 6 to 10



- SUNDAY BUFFET LUNCH - Adults \$19.95, Kids \$12.95.
- MONDAY NIGHTS - Pensioners 20% Discount  
Dine in or Take Away orders over \$30.
- TUESDAY NIGHTS - All kids meals \$5.95  
OR \$7.95 with dessert & drink.

**Shop 3, Village Walk Drysdale (03) 5253 2728**

# Bella Fruitz

**Only Fresh Wholesale Produce**



**Compare Our Quality Fresh Fruit  
& Vegetables, Cheeses  
Nuts, Breads, Biscuits,  
Pasta Varieties  
and much more...**






**Delivering in Geelong  
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Locally Owned & Operated - A great reason to shop and support local business



**Shop 3/19 Clifton Springs Road,  
Drysdale. (03) 5251 2453**  
*'In the Village Walk'*

# Protecting yourself from MOSQUITOES

## Stop MOSQUITOES breeding around your home.

Mosquitoes breed in standing water. Eliminating potential breeding sites can reduce the number of MOSQUITOES around your home.

- Inspect your house and yard to see if any water is laying around.
- Empty containers that may hold water, including old tyres, buckets, tins and rubbish bins.
- Empty birdbaths and pet water dishes on a weekly basis.
- Keep swimming pools salted and chlorinated.
- Ensure fish ponds are stocked with fish.
- Overturn boats and dinghies or remove the drain plug so they do not hold water.
- Cover all openings in to rainwater tanks, wells, or other large water containers with screens or wire gauze no larger than 1mm mesh.



Follow the guidelines to protect your family and lessen the risk of being bitten.

- Keep roof gutters in good repair and remove leaves and debris so pools of water do not form.
- Keep lawns and gardens well maintained so that you are not providing shelter for adult mosquitos.

## Stop Mosquitoes entering your home

- Ensure flywire screens on windows and doors are in good order.
- When camping, ensure your tent is screened to stop MOSQUITOS from entering.

## Avoid getting bitten by MOSQUITOES

- Wear long, loose fitting, light coloured clothing. Mosquitoes are attracted to dark colours.
- Avoid outdoor activities at dawn and dusk when mosquitoes are most active. Some mosquitoes on the coastal areas bite during the day as well.



- Use an effective repellent on exposed skin.
- Repellents containing the active ingredient DEET or Picaridin are most effective against mosquitoes.
- Take care when applying repellents and always read the label before use.

For more information on how to protect yourself from mosquitoes, or on the City's mosquito control program, please contact the City of Greater Geelong's Health Services unit on (03) 5227 0270 or visit [www.geelongaustralia.com.au](http://www.geelongaustralia.com.au)

**Fancy That...**

**Costume Hire**

- ☆ Open by appointment from mid October,
- ☆ Catering for kids and up to plus size.
- ☆ Good range and always being added to.

1865 Portarlington Road Drysdale  
Mob: 0435 011 252

**Exhibition** Local Artist *Jan Trickey*  
*Drawings, paintings and wall hangings*

**Saturday 12 March till Monday 14 March 11am-5pm**  
At her Studio/home  
8 Calumet Rise  
Clifton Springs  
Further information  
Phone 0423 314 191

**Drysdale Village HARDWARE**

Your handy hardware store

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*Nothing's too hard*

**The Arcade High Street DRYSDALE**  
(03) 5251 3267

**Bar Stools**  
*'Different styles for different places'*

Great selection of stylish gas lift bar stools.

From **\$115**

Comfortable timber stools by 'Sushi'

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- Interior & Exterior Lights
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**\*Discount applies for house lots**

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Monday to Friday 9.30am - 5pm  
Saturday 9am-12noon

**11 Marine Parade OCEAN GROVE**  
**PHONE (03) 5255 5555**

\* Conditions apply



# Term 2 COURSE & OPPORTUNITY GUIDE 2011

17-21 High Street, Drysdale

Phone: (03) 5253 1960

Fax: (03) 5253 3050


Email: [office@springdale.org.au](mailto:office@springdale.org.au)

Office Hours  
Monday to Friday  
9am – 5pm

SpringDale Neighbourhood Centre Inc.

ABN 214 042 202 67 No. A0024916V



 SpringDale Neighbourhood Centre Inc. acknowledges the support of:



CITY OF GREATER  
GEELONG



Department of Planning  
and Community development



Department of Education  
and Early Childhood Development



Australian Government  
Department of Education, Employment  
and Workplace Relations

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

For more information or to register your expression of interest about these and the following activities please contact the friendly team at SpringDale Neighbourhood Centre (03) 5253 1960.

## New Courses

### Psoas Muscle

American trainer - one class only in Australia at SpringDale.

**Have you ever suffered from hip or back pain?** Psoas (pronounced so - az) muscle problems can lead to hip or back pain or restriction. Luckily, help is at hand. Liz Koch, who is a world authority on the psoas is coming to SpringDale Centre to conduct her only Australian workshop on 1, 2 & 3 April 2011. Everybody is welcome to attend. No experience needed. **Fee:** \$485. For more information, ring Allison at 5251 5114 or read all about it at [www.coreawareness.com](http://www.coreawareness.com), where you will also find a booking form, and helpful suggestions for a healthier psoas muscle.

### Another International Event - An Italian Evening

Join Jackie in an Italian revolution of tastes, smells and visions of the Mediterranean with her delicious Italian meals. Soak up the atmosphere of olive oils, garlic and pasta. Sounds great? Well! do not hesitate, book now for this amazing evening.

**Date/times:** Fri 3 June 6pm

**Fee:** \$20 **Tutor:** Jackie

### Sausage making workshop

Make your own sausages to take home (up to 4kgs of homemade sausages). Come along and learn how to make sausages, including different varieties and flavours.

**Date/times:** Sat 18 June 1.30pm – 5.30pm

**Fee:** \$85 **Tutor:** Jeff Black

### Haloumi - Cheese making course

Charlene adds Haloumi to her repertoire of Mozzarella, Brie, Camembert, Fetta and Blue Vein. Be part of this workshop. Pretend you're in the Middle East and make cheese here with Charlene.

**Dates/times:** 8.30am – 12.30pm

Sat 18 June – Haloumi and UHT Goats Milk

**Fee:** \$65 per session

Equipment list available from SpringDale reception.

### Parenting Positively Parenting Workshop

In this session you will learn how to strengthen your family relationships and increase your communication skills and results. Find out the 5 essential steps for parenting success. The facilitator Lisa Taylor is the founder of the Parenting Positively Program.

**Date/times:** Thurs 17 May and Thurs 31 May 9.30am – 12.30pm

**Fee:** \$25 **Facilitator:** Lisa Taylor

## New Opportunities

### Julia Childs Day

Wear your pearls and pinny, and prepare to *Cordon Bleu* together. Make *Beouf Bourguignon* and let's create delicious French cuisine.

**Dates/times:** Tues 31 May, 10am – 3pm

**Fee:** \$25 Bring containers for extra goodies.

### Keeping backyard chooks

This workshop will provide you with all the information you need to keep chooks in your backyard. Which variety to buy, their needs and requirements and how and where to build your chook house.

**Dates/times:** Sat 4 June, 10.30am – 12noon

**Fee:** \$15 pay on the day, but ring to book

**Tutor:** Liana Gray

## New Group

### Self Healing and Wellness

Introducing a new mutual support group, offering motivation and information for self healing and wellness - using a variety of guidelines related to raw foods, movement/gentle exercise, emotions, sound energy, videos, meditations and more.

**Dates/times:** Every 2nd Monday 10.30am to 12noon.  
Phone SpringDale to book.

### Learn to Relax

Discover breathing exercises and guided visualisation techniques which will help you to relax. Learn to tap into one of life's richest treasures - YOU. The course explores meditation practice, including breathing exercises and guided visualization with gentle background music. The class provides the tools to help the participant gain greater self awareness resulting in a more relaxed and positive state of mind. The sessions are designed to be interactive, lighthearted, and fun, conducted in a warm and friendly environment.

**Outcomes:** Improved self awareness, more positive state of mind, enhanced sleep patterns increased energy, improved communication, more confident, happier

**Dates/times:** 5 week course.

Tues 10 May – Tues 7 June 10am – 11am

**Fee:** \$40 per 5 week course **Tutor:** Jennifer Merrett.  
Phone SpringDale to book.

## Expressions of Interest

### Russian Evening

Let your senses flow with an evening dedicated to Russian cooking and culture. Be inspired by the traditional flavours and appearances of the dishes. Volunteers are most welcome to assist in planning this evening.

## Craft

### Spinning wool classes

Do you have or know someone who has a spinning wheel in the house? Why not drag it out and enjoy this relaxing pastime. Suitable for beginners or someone who wishes to brush up on an old skill. Tuition available.

**Dates/times:** Tuesday weekly from 1.30pm – 3pm

**Tutor:** Joan Golding

### Picture Framing

We have a new workshop for people who would like to frame their prints just like a professional.

**Dates/times:** Sat 14 May & Sat 21 May

10am – 12noon

**Fee:** \$70 **Tutor:** Ron Badenhop

## Craft - Quilts with Sonia

Each session \$20 per person

### • Stars on Stripes Quilt

Learn how to make a visually striking lap quilt.

**Date/time:** Fri 3 June + Fri 10 June 12.30pm – 3.30pm.

### • How to make a quilt sandwich - Class

**Date/time:** Fri 17 June 10am – 1pm

So you have finished making the quilt top-what now? Learn how to baste/pin the 3 layers (backing fabric, batting and quilt top) together ready for quilting.

### • Basic Quilting Techniques Class

Learn the basics of hand quilting, machine quilting and free motion quilting.

**Date/time:** Fri 24 June 10am – 1pm.

## Cooking

### Cheese making

*Ever wanted to make cheese or yoghurt?*

Then come along to a workshop and learn how to make Brie or a variety of cheeses and yoghurt. Pretend you're on the continent and make cheese here with Charlene.

**Dates/times:** 10am – 4pm

Sat 28 May – Camembert

Sun 29 May - Brie

Sat 4 June – Introduction to cheese making  
Sat 18 June – Haloumi and UHT Goats Milk

**Fee:** \$65 per session

## Hospitality

### Espresso Coffee Making Workshop

Looking for employment in the Hospitality Industry? Improve your knowledge, skills and techniques, understand the workings of the Espresso machine and the coffee culture. Small groups, so enrol early.

**Dates/times:** Sat 7 May or Sat 4 June  
10am – 12noon **Fee:** \$30

**Tutor:** Jordon Smith



### Food Handling and Safety

(Apply basic food handling)

Code *FDRCORFSY1A*

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

**Dates/times:** Sat 7 May 9am – 3pm

**Fee:** \$100 **Tutor:** Diversitat



### Food Safety Supervisor

Code *THHGH501B, THHBCC11B, THHS2CC3B*

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

**Dates/times:** Sat 14 May 9am – 3pm

**Fee:** \$100 **Tutor:** Diversitat



### Responsible Service of Alcohol

Covers all areas relating to the service of alcohol in and around licensed premises. Participants receive a recognised certificate in RSA from Liquor Licensing Victoria.

**Dates/times:** Sat 14 June 9.30am – 1.30pm

**Fee:** \$85 **Tutor:** Diversitat



## First Aid Courses

### First Aid – CPR (Perform CPR)

Code *HLTCPR 201A*

(Cardiopulmonary Resuscitation)

Do not wait until it's too late. Learn CPR today. CPR training offers learners the opportunity to achieve confidence in the performance of cardiopulmonary resuscitation in a safe environment. It is recommended that CPR updates are undertaken annually. First Aid/CPR is the first 3 hours of First Aid - Level 2. See that course for details.

**Dates/times:** Sat 14 May 9am – 12noon (1 session)

**Tutor:** National First Aid **Fee:** \$60



### First Aid – CPR (Perform CPR) and Anaphylaxis

Code *HLTCPR 201A/21659VIC*

Code *HLTCPR 201A/21659VIC*

It is recommended that CPR updates are undertaken annually. Within this combined course, learn to administer adrenalin for Anaphylactic reaction. This program is designed to provide knowledge and skills to the first-aiders to be able to perform emergency administration of prescribed adrenalin using the injecting device (EPIPEN). This is when a person (particularly children) have suffered a potentially life threatening anaphylactic reaction.

Accredited Certificate valid for 12 months

**Dates/times:** Sat 7 May 9am – 1.30pm (1 session)

**Fee:** \$90 **Tutor:** National First Aid



### First Aid – Level 2 (Apply First Aid)

Code *ALTF301B/21569VIC*

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

**Dates/times:** Sat 14 May & Sat 21 May  
9am – 5pm (2 sessions)

**Fee:** \$160 **Tutor:** National First Aid



## Test & Tag Course

The aim of the course is to provide the knowledge and skills to completely meet the AS/NZS 3760:2003 in Service Safety Inspection of Electrical Equipment.

**Dates/times:** Sat 21 May 9am – 4pm

**Fee:** \$225 **Tutor:** Diversitat



## Construction Induction (formally Red Card)

As set out in Part 5 of the Occupational Health & Safety Regulations, a person must not do construction work at a workplace unless they are registered, or taken to be registered, to perform that work.

**Dates/times:** Sat 4 June 9am – 5pm

**Fee:** \$155 **Tutor:** Diversitat



## Art & Craft

### A Foundation Art Course in Drawing for Adults

Drawing is an enjoyable pastime and a fundamental skill that we can learn or improve. Rediscover past ability or learn from absolute scratch. A range of subjects, ideas and drawing media will be explored in a supportive learning environment.

**Dates/times:** Tue 3 May – Tue 28 June

9am – 11am (8 sessions)

**Fee:** \$130 **Tutor:** Annette Playsted



### An Intermediate Art Course in Painting and Drawing for Adults

This course is for art students who have studied a foundation art course at SpringDale or an equivalent basic art course and wish to further develop skills and knowledge in a supportive learning environment with likeminded people. Advanced drawing and painting skills will be taught and ideas explored with an emphasis on individual needs and preferences

**Dates/times:** Tue 3 May – Tue 28 June

11am – 1pm or Wed 4 May – Wed 29 June

10.30am – 12.30pm



## Health & Wellbeing

### Introduction to Aromatherapy

Introduction to the safe use of essential oils, the first aid for natural healing, fighting infection and for relaxation. Also includes use of oils during the class. This has practical applications to learn in class.

**Dates/times:** Tue 3 May – 21 June 1.15pm – 3.15pm

**Tutor:** Hillary Prideaux **Fee:** \$90 **Conc** \$60



### Tai Chi

Tai Chi combines movement, meditation and breath regulation to enhance the flow of vital energy in the body, improve blood circulation and enhance immune functions. Our tutors have extensive Tai Chi experience.

**Dates/times:** **Advanced** Fri 6 May – Fri 1 July

9am – 10am (9 sessions)

**Beginners** Fri 6 May – Fri 1 July

10.15am-11.15am (9 sessions)

**Tutor:** Fred Vahland **Fee:** \$80

**OR** Tues 3 May – Tues 28 June 6pm – 7pm

(8 sessions)

**Tutor:** Paul Floyd **Fee:** \$90

### Yoga

For fitness, stress relief and clarity of mind.

New students are warmly welcomed.

**Dates/times:** Mon 2 May – Mon 27 June

9.15am – 10.45am (9 sessions)

**OR** Thurs 5 May – Thurs 30 June 6pm – 7.30pm

**OR** Thurs 5 May – Thurs 30 June 7.45pm – 9.15pm

(9 sessions) **Fee:** \$100 **Tutor:** Glenda Breedveld

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

## Computers

**Limited subsidised places are funded through ACFE Funding (Adult Community & Further Education) and are available for those who have a Health Care Card, Gold Card or for those who are on a Pension.**

### Introduction to Computers A/B

Introduction to keyboarding and mouse skills.

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

**Skill Level:** Beginner

**Dates/times:** Thurs 5 May – Thurs 23 June

9.30am – 12noon (8 sessions)

**Fee:** \$160 or \$80 Conc

(\$50 subsidised tuition fee + \$30 services fee)

**Tutor:** Lyn Brook, Lynette's User Friendly Computers



### Introduction to Computers C/E

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

Learn how to create tables, use tabs, columns, clipart and place a border, send and receive emails.

Understand the Internet and browse different search engines. Learn about virus protections.

**Skill Level:** Beginner +

**Dates/times:** Tues 3 May – Tues 21 June

**OR** Thurs 5 May – Thurs 23 June

12.45pm – 3.15pm (8 sessions)

**Fee:** \$160 or \$80 Conc

(\$50 subsidised tuition fee + \$30 services fee)

**Tutor:** Lyn Brook, Lynette's User Friendly Computers



### Intro to Computers F

Learn how to install & uninstall programmes, clean up deleted items and documents, use cleaner and defragger to keep your computer running smoothly, download software from the internet free, antivirus programmes and others from the internet. Set up your computer the way you want it.

**Skill Level:** Beginner++

**Dates/Times:** Tues 3 May – Tues 21 June

9.30am – 12noon (8 sessions)

**Fee:** \$160 or \$80 Conc

(\$50 Tuition fee + \$30 services fee)

**Tutor:** Lyn Brook, Lynette's User Friendly Computers



### Word & Excel for Small Business

Small Business owners and staff never have enough hours in the day. This course will fix that by improving your efficiency, productivity and profitability. Learn how to format a personalised mailout to your customer, an eNewsletter, use style sheets in Word, add an automatic Table of Contents, include hyperlinks to other websites.

**Skill Level:** Intermediate

**Dates/Times:** Wed 4 May – Wed 22 June

10am – 12.30pm (8 sessions)

**Fee:** \$160 or \$80 Conc

(\$50 subsidised tuition fee + \$30 services fee)

**Tutor:** Jonathan Harris JNH Software P/L



### MYOB for Beginners

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

**Skill Level:** Intermediate

**Dates/times:** Wed 4 May – Wed 22 June

6.30pm – 9pm (8 sessions)

**Fee:** \$160 or \$80 Conc plus Manual \$45

(\$50 subsidised tuition fee + \$30 services fee)

**Tutor:** Brian Knights, Round Table Business Consultants



### eBay – Sellers

Learn how to sell on eBay. Do you have some interesting articles that you've considered selling on eBay and weren't sure how to start? Come along and learn from an eBay trained professional.

**Skill Level:** Intermediate +

**Dates/times:** Mon 9 May + Mon 16 May

6.30pm – 9.30pm (2 sessions)

**Fee:** \$120 or \$110 Conc **Tutor:** Angelo D'Angelo





## Email & Internet

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

**Skill Level:** Beginners

**Dates/times:** Mon 2 May – Mon 20 June

10am – 12.30pm (8 sessions)

**Fee:** \$160 or \$80 Conc

(\$50 subsidised tuition fee + \$30 services fee)

**Tutor:** Jonathan Harris, JNH Software P/L



## Computer Performance & Maintenance

Do you wonder why your computer slows down or runs out of disc space. We will discuss the causes of and how to fix these issues. This entails clearing your computer of unnecessary files and how to keep your computer running at its best performance. We also show you how to fix your computer when it does not boot into Windows and how to respond to error codes on your computer.

**Dates/times:** Wed 4 May – Wed 22 June

1pm – 3.30pm (8 sessions)

**Fee:** \$160 or \$80 Conc

(\$50 subsidised tuition fee + \$30 services fee)

**Tutor:** Jonathan Harris, JNH Software P/L



## Picture Editing & Movies

Learn how to edit, file, categorise and archive your digital photos using Picasa. Learn how to use a Memory Stick and how to resize pictures and share them with your family.

**Materials:** Photos optional

**Dates/times:** Wed 4 May – Wed 22 June

1pm – 3.30pm (8 sessions)

**Fee:** \$160 or \$80 Conc

(\$50 subsidised tuition fee + \$30 services fee)

**Tutor:** Jonathan Harris, JNH Software P/L



## Digital Photography Doctor

Confused by all the settings on your new digital camera? Learn how to get great results from a qualified teacher and master photographer. Understanding shutter speeds, ISO, aperture, different file formats, downloading images, red eye reduction and lighting techniques.

**Dates/times:** Tues 3 May – Tues 31 May

7pm – 9pm (4 sessions)

**Fee:** \$100 or \$92 Conc **Tutor:** George Stawicki



## Holiday Photography

Say *Ciao* (bon voyage, good bye) to horrible holiday photos. Holiday photos should bring back the excitement and adventure of your trip. Yet many people find theirs disappointing. This short course is designed to teach you how to take fantastic holiday photographs in a few easy steps. Say *arrivederci* to problems including poor composition, bad lighting over and under-exposure, and plain old boring pictures. Next trip, people might actually be asking to see your happy snaps.

**Dates/times:** Tue 7 June and Tue 14 June

6.30pm – 9.30pm

**Fee:** \$60 **Tutor:** George Stawicki



## Introduction to Audio

Learn how to rip and record audio, from CD and cassettes, for use with other computer projects and continued enjoyment into the future.

**Prerequisites:** Audio CD (or Cassette), Headphones

**Dates/times:** Fri 6 May – Fri 27 May

10am – 12.30pm (4 sessions)

**Skill Level:** Intermediate

**Tutor:** Pierce Jaques

**Fee:** \$80 Conc \$60



## Sound, Slides & Video

Learn how to combine music and other sound recordings with your photos; to make slideshows and videos for presentation, distribution on CD (or DVD), or viewing on the internet.

**Prerequisites:** Images, Audio CD

(or Cassette), Headphones

**Skill Level:** Intermediate

**Dates/times:** Fri 6 May – 24 June 2pm – 4.30pm

(8 sessions)

**Tutor:** Pierce Jaques **Fee:** \$160 Conc \$80



## General Courses

### French for Beginners.

Want to keep your mind young, meet new people and have lots of fun all in the space of an hour? Come and develop new skills, exercise your mind and challenge yourself by learning a new language. We will be studying French through a variety of mediums. Do come along and join me no matter what your level or ability. All Welcome. This course is for beginners, no prior knowledge required.

**Dates/Times:** Tues 3 May – Tues 21 June

9.30am – 10.30am (8 sessions)

**Fee:** \$90 **Tutor:** Laetitia Cairncross

### Intermediate French

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

**Dates/times:** Tues 3 May – Tues 21 June

10.30am – 11.30am (8 sessions).

**Fee:** \$90 **Tutor:** Laetitia Cairncross

### Bellarine Woodworkers Inc.

Meet first and third Monday of the month at 1.30pm at SpringDale Neighbourhood Centre. New members welcome. Just turn up.

## SpringDale Occasional Care

This will give your child an opportunity to socialise and play with other children in a supervised program with qualified staff and may give you time to yourself.

**Sessions:** Monday, Wednesday and Thursday 9am – 2pm.

Tuesday, Friday 9am – 12noon.

**For further information please phone**

**Occasional Care on (03) 5251 1627.**

Sessions run during school terms only.

## SpringDale Vacation Care

Enrol your kids early for Spring Holidays in the SpringDale Vacation Care. Children between 5-12 years. Conducted in a safe environment.

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

## Non SpringDale Classes & Groups

### Pilates

Open to all ages. Improve your fitness, core strengths, posture, flexibility and sense of well being. Classes cater for clients of varying fitness levels, from beginners through to advanced. Small class sizes allow for individualised attention and direction.

**Dates/times:** Tues 3 May – Tues 28 June (9 weeks) 9.30am – 10.30am (ball class) and 11am – 12noon (beginners to intermediate)

Thurs 5 May – Thurs 30 June (9 weeks)

6.45pm – 7.45pm (beginners to intermediate)

8pm – 9pm (beginners to intermediate)

**Tutor:** Monique MacLeod

**Fee:** \$125 (10 weeks) **Phone:** 5251 2958

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

groups  
& classes  
..join,  
have fun  
and meet  
new  
friends.



Womens Cooking Class



Card Group

## Enrolment & Payment Conditions

### ENROLMENT

To book into a class, **phone (03) 5253 1960**, or call in person, at **SpringDale Neighbourhood Centre, 17-21 High Street, Drysdale, OR**  
Email: [office@springdale.org.au](mailto:office@springdale.org.au)

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

### PAYMENT/ REFUNDS

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

### Privacy: The SpringDale Neighbourhood Centre

respects your right to information privacy. Information collected and held on participants, is kept in accordance with information privacy laws.

# Special Interest Groups

To participate in any of the following groups SpringDale Membership \$5 per year, and \$2 per session unless otherwise specified. Please call SpringDale to confirm details. *These details are correct at time of publishing.*

## Coffee Club

This is an open invitation to all locals to call in for a cup of coffee and a chat on the fourth Monday of the month between 10.30am – 11.30am. Come along and meet new and friendly faces at SpringDale.

## Bellarine Camera Club

For all enthusiastic photographers. Meets every 2nd Tuesday at 7.30pm at SpringDale.

## German Language Group

This group is designed for German speaking people and meets on the 1st Monday of the month at 10.30am.

## Life Drawing

For those who enjoy the experience of Life Drawing. Mon 1.30pm – 4pm. Please call SpringDale to book.

## Book Club

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

**Date/time:** 1st Monday of each month.  
7.30pm – 9pm

## Homework Group

For Years 7 & above. Help with numeracy and literacy skills.

**Dates/times:** Wednesdays from 4pm – 5pm  
**Facilitator:** Bob Marmion

## Activities and Games

### SpringDale Badminton

Any new interested players please contact SpringDale. Wednesdays 1pm – 3.30pm weekly at The Scout Hall Drysdale. **Fee:** \$4 per session.

### SpringDale Jigsaw Club

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

### SpringDale Mahjong Club

Mahjong involves skill, strategy and a certain degree of chance. This group meets Wednesday from 10am – 12noon.

### SpringDale Scrabble Club

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

### Card Games

Members enjoy playing a variety of card games including Canasta, Euchre and 500. This group meets Monday afternoons from 1pm– 3pm.

### Line Dancing

If you can count to four and can tell your left foot from your right, you can line dance! Join our group. Every Wednesday except school holidays.  
10.15am – 12.15pm. \$8 per session.

## Parents & Children

### Drysdale Toy Library

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

## Portarlington Toy Library

Wednesday and Thursday mornings 11am – 12noon and 1st & 3rd Monday evening 6pm – 7pm. Operates out of the Portarlington Pre-school. Look for the balloons and sign. New members welcome.

## Craft

### SpringDale Artists Group

*An Art Group for Artists and Hobbyist Artists*  
If you are a person who likes to continue learning and developing your skills, sharing with other like minded artists and participating in workshops, excursions and preparing artworks for an annual SpringDale Artists' Exhibition, this might be the group for you. Coordinator and Art Tutor – Annette Playsted.  
1pm – 3.30pm (plus annual group membership fee \$5)

### Textile Arts & Crafts Group

Are you looking for inspiration with selected craft pieces you've attempted to create or design. Then come along and enjoy this new group of like minded people who are passionate about quilting, felting/embellishing and mixed media projects, cloth dolls and textile arts.

**Dates/times:** Every Tuesday 1.30pm – 3pm

### Springers Quilting Group

**Dates/times:** Meets on the 2nd & 4th Thursday of the month at SpringDale from 10am – 12noon

### Spinning Wool Group

Do you have or know someone who has a spinning wheel in the house? Why not drag it out and enjoy this relaxing pastime. Suitable for beginners or someone who wishes to brush up on an old skill. Tuition available.

### Card making

A new card making group has started on 3rd Thursday of each month at 7pm for \$12.

### Card stitching

Learn the art of card stitching on Friday mornings  
**Time:** 10am -12noon  
**Fee:** \$6 for 3 cards

## Computers

### PC User Help Group

We can encourage people to follow their interest in computers and share this interest with others.  
**Date/times:** Meets 2nd Tuesday in the month  
4pm – 5pm.

## Health & Wellbeing

### Men's Kitchen

#### – Tuesday Mornings

We will be running a Men's Kitchen every Tuesday morning 10am – 1pm  
**Facilitator:** Maria Menheere  
**Location:** St Leonards Recreation reserve  
**Fee:** price depends on menu

### Men's Kitchen

#### – Wednesday Morning

Come along and enjoy making delicious tasty meals from start to finish. This is a fun group where humour exists, friendships are formed and appetites are fulfilled.

**Fee:** Price depends on menu

**Dates/times:** Wednesdays 10am – 2pm  
OR Thursdays 10am – 2pm

### Men's Kitchen

#### – Wednesday Evening

We will be running a Men's Kitchen every Wednesday evening from 5pm – 8pm.

**Facilitator:** Gaylia Lowe

**Fee:** price depends on menu

### Men's Kitchen

#### – Thursday Morning

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

**Dates/times:** Weekly Thursdays 10am – 2pm

**Fee:** price depends on menu

### Ladies Kitchen – Friday Morning

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

**Dates/times:** Weekly Fridays 10am – 2pm

**Facilitator:** Geoff & friends

**Fee:** price depends on menu

### Pole Walking Group

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

**Dates/times:** Weekly Mondays

(Please contact SpringDale for meeting points)

**Facilitator:** Harold Waldron

### Harvest Basket

Meets 1st Saturday of every month and operates on an honesty system outside SpringDale (inside if wet) to swap home grown vegies.

**Dates/times:** 9am – 10am Swap  
10am – 11am Vegies available for purchase.

### Fun Volleyball

No experience or bikinis necessary! We play with a soft beach ball, and the aim is exercise with a lot of laughs. Other session times possible – please register your interest.

**Dates/times:** Mondays from 9am – 10am

**Cost:** \$3.00 per session

**Location:** Drysdale Scout Hall

**Enquiries:** Pauline Cline Ph: (03) 5253 2717

## Music

### Bellarine Community Choir

Do you enjoy singing and giving enjoyment to others through music? Peninsula residents are welcome to join this new choir, established to perform at functions on the Bellarine. Men and women are required to sing 4 part harmony.

**Dates/Times:** Thursdays at 1.30pm at SpringDale

### SpringDale Singers

A long established and informal non-performing choir which sings both simple and challenging music in full harmony, wholly for the enjoyment of singing. Former choir or music group members can sing again and non-singers are also welcome.

**Dates/times:** Tuesdays 1.30pm – 3.30pm



## Combined Probus Club of Clifton Springs/Drysdale

Our Trivia morning was a great success again, with fun for all in trying to answer the wide-ranging questions put by our erstwhile President Brian. The winning table was presented with a small memento of the occasion and the morning concluded with a BBQ under the trees.

Our Christmas luncheon also went off well; the room at the Football Club had been decorated in the Christmas spirit, and the lunch of turkey and plum pudding, accompanied by an entertaining singer, went down very well. Members left well satisfied after wishing all the "complements of the season."

Meetings are held in the Members' Room of the Clifton Springs Golf Club from 10am on the second Monday of each month.

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## golfing memberships

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### Green Fee Players Welcome

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For all golfing and membership enquiries  
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## Rubber Soul A Tribute to the Beatles



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Email: [admin@cliftonspringsgolfclub.com.au](mailto:admin@cliftonspringsgolfclub.com.au) [www.cliftonspringsgolfclub.com.au](http://www.cliftonspringsgolfclub.com.au)

# Under 25 and Shaking Things UP

*Under 25 and Shaking Things UP* is an initiative that recognises local young people who are doing remarkable things.

In November the Bellarine Youth Development Network called for the community to nominate young people from the Bellarine Peninsula who are talented, passionate, dedicated and inspiring. We have put together a collection of fourteen individuals and groups who have been nominated for the 2010 *Under 25 and Shaking Things UP* list. Here are the first four.

## Mitchell Davey



Mitchell is an inspiring, dedicated and passionate young man. Mitchell started dancing to help with a career in drama and fell in love with it. He has a passion for performance and

shares it by volunteering as a dance teacher, sharing his passion with other young people. Mitch choreographs and teaches a group of dancers through *Jongleurs*, who are a performing arts group operating out of the Potato Shed in Drysdale. Mitchell was recently accepted into full time dance at Jason Coleman's Ministry of Dance. Not bad for 16.

## Kira Kinsey



In 2010, Kira represented her school in swimming, cross country and athletics. Kira has won the school athletics, swimming and cross country age champion award for

the past three years. Kira was awarded the Junior Rising Sports Award in 2009 and 2010. In addition to these school based achievements, Kira also won seven medals at the Victorian Life Saving Championships while representing the

Ocean Grove Surf Life Saving Club. Kira went on to represent Victoria at the Australian Surf Life Saving Championships.

## Kristina Page



Kristina is the current Junior Girls Sponsored Paddle Star. Kristina won second place in the Victoria State Championships and fourth place in the Queensland State Championships.

Kristina shows enthusiasm and passion in her chosen field.

## Hugh Fleet



Hugh is an outstanding mentor and support for his fellow peers. Hugh has been class captain for the past three years and has been a member of the Student

Representative Council since 2008. Hugh was awarded the St. Ignatius College Academic Excellence Award for his year level in 2008, 2009 and 2010. Hugh was also awarded the Year Level Award for those three years. Hugh has been tagged as a future candidate for College Captain.

## ADRIAN E MANNIX COMMUNITY AWARD

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

This is an occasion to identify the voluntary efforts of an individual made in our local community. 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.

24/7

G

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# GREEN IS GREAT

around the garden

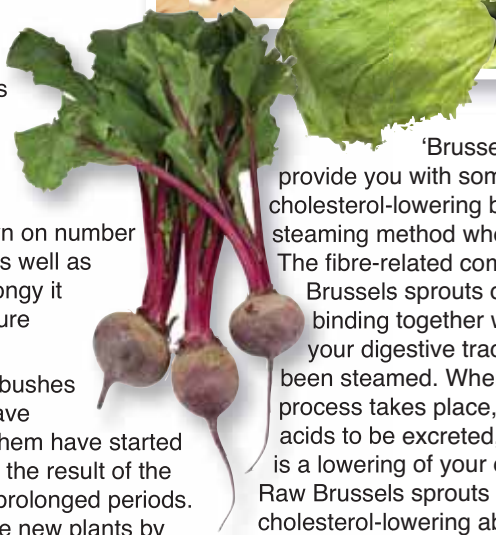


How many years has it been since we have had green lawns all through summer?

One way to keep lawns green is to cut them very high. Lawns cut too low will burn on the first hot day and the soil below will quickly dry out. I have started cutting the lawn on number 6 on the mower and as well as keeping the lawns spongy it helps retain the moisture below.

If you have rosemary bushes or hedges you may have noticed that some of them have started to die; this is probably the result of the soil being too wet for prolonged periods. It is quite easy to strike new plants by cutting off sprigs of existing bushes dipping them in hormone mix or honey before planting them in propagating mixture or even directly into the garden. The excessive rain has also caused much of the stoned fruit to split before ripening.

March is the time to plant out the following seedlings: beetroot, broccoli, kale, leeks, coriander, lettuce and silver beet. Cabbage and Brussels sprouts seeds can be planted under cover.



'Brussels sprouts can provide you with some special cholesterol-lowering benefits if you use a steaming method when cooking them. The fibre-related components in

Brussels sprouts do a better job of binding together with bile acids in your digestive tract when they've been steamed. When this binding process takes place, it's easier for bile acids to be excreted, and the result is a lowering of your cholesterol levels. Raw Brussels sprouts still have cholesterol-lowering ability-just not as much as steamed Brussels sprouts.'

Extract from: *The World's Healthiest Foods*.

**Clifton Springs Garden Club next meeting is on Monday 21 March at 7.30pm in the Drysdale Uniting Church Hall. Everyone is welcome to come along to our friendly club. For any enquiries about the Garden Club phone Lorraine on (03) 5251 1660.**



## Clean Up Australia Day 6 March

### DO YOUR BIT FOR THE ENVIRONMENT

Each year, hundreds of volunteers take to their streets and don their gloves to clean up their local community. Parks, beaches, bushland, waterways, streets and schools, **Clean Up Australia Day** is a simple way you can take action to clean up our Australian environment. This year in our area we are meeting at **The Dell** and **The Basin** from **10am to 12noon**. Please bring gloves, wear shoes and insect repellent. Everyone is welcome, the more the merrier.

**Contact Doug Carson on (03) 5253 1112 or 0418 371 308 for more information.**

## 21st Bellarine Agricultural Show

Join in all the fun at the annual Bellarine Agricultural Show to be held at the Portarlington Recreation Reserve on **Sunday March 13, 2011**. All the old favourites including art show, dog jumping, horses, cattle, handcraft exhibition will be on display.

**For further information visit [www.bellarineshow.com.au](http://www.bellarineshow.com.au) and make sure you come and see the best of the region's produce and livestock.**

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## Congratulations Rex Ruwoldt OAM

Rex Ruwoldt from Clifton Springs was recently awarded an Order of Australia Medal for service to the community through his efforts to preserve the history of the Darwin Defenders. Many people do not realise that Darwin was bombed during World War 2 and Rex published Darwin's Battle for Australia in 2005. Congratulations Rex. *Lest We Forget.*

## The Melodaires - ready for 2011 season

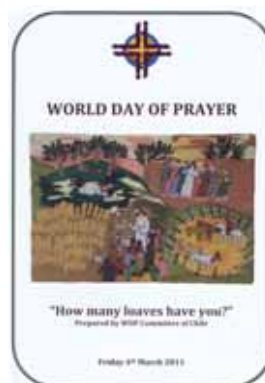


After a most successful 2010 the Melodaires entertainment group are just rounding off rehearsals for their new show featuring songs from Jersey Boys, Roy Orbison and other popular artists.

**When planning your program for 2011, please do not hesitate to call Lorraine on (03) 5251 2563.**

## World Day of Prayer

The Christian churches of Chile have prepared the order of service for this year's World Day of Prayer. Our local Day of Prayer service will be held at the Baptist Church, Central Road, Clifton Springs on Friday 4 March at 10am. All people are invited to attend and join us in a cuppa afterwards. The theme of this year's service is *How many loaves have you*, and the Chilean artists co-operative near Conception design the cover especially for the WDP 2011.



## Tuckers Funerals by Women

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## Clifton Springs Baptist Church Playgroup

Session information for 2011

Tuesdays 9.30am-11:15am

Thursdays 9.30am-11:15am

Limited vacancies available in each group.

**For further information please contact the church office at 45 Central Road Clifton Springs on (03) 5253 1833.**



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## New Parish Priest Welcome

Reverend Robert Myers



There's a new face in the Bellarine Anglican Parish – the **Reverend Robert Myers** was inducted as Incumbent by the Right Reverend Bishop Philip Huggins on December 17 with an enthusiastic congregation of parishioners, clergy and visitors from Fr Robert's previous Parish of Blayney, NSW, in the Diocese of Bathurst.

Robert Myers was born in Devon, UK and migrated to Australia with his family in 1965, growing up in NSW and attending University at ANU in Canberra where he graduated with a BSc (Forestry). He trained to be a Secondary Teacher at Newcastle College of Advanced Education and has taught Maths and Science in Queensland, where he was also involved in Inter School Christian Fellowship programs.

Back in the UK for a time, Robert worked for a number of Christian Communities before being ordained in 1995 by the Bishop of Southwark at Southwark Cathedral in London. He has travelled widely, enjoying golf, listening to and making music (he plays the guitar and used to be a brass band player) and motor cycle riding for relaxation.

Father Robert can be found at the Vicarage in Collins Street, Drysdale, and in addition to his regular ministry in the Parish's three centres (St John's, Portarlington, St Paul's, St Leonards and St James', Drysdale) you are invited to join him for Morning Office at St James' Church from 8.30am Tues – Fri each week.

*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





**kel's  
corner**

In talking to Kel the other day, I knew that he had held many roles but never one like this.

"I was lucky enough to be selected to be a

morale officer on a working tour of Singapore. I became part of the contingent to tell stories, yarns and jokes – staying at the Hyatt Hotel. It was a fairly tough thing to do.

Brown's Engineering took on a big contract to dismantle a Jumbo Jet Hanger from Singapore Airways. The hanger was dismantled and brought back by ship to Geelong and transported to Avalon Airport. I was there for a week or so with John Nardoff and his crew. We sat down for breakfast at the Hyatt each morning and it was beautiful. I sampled everything. I'd lift up the lid of the serving dishes and drool. Wandering around the huge airport with security tags on, I saw some of the clear span hangers that could be over three jumbos side by side – it was gigantic. It was so much bigger than the single jumbo hanger that we were pulling apart. The height was amazing and while wandering around I was surprised at men standing on bamboo scaffolding, wearing thongs and shorts – they were painting the purloins. I looked up at them and smiled thinking in Australia you would never be allowed to work like this."

Anne Brackley

## Drysdale Seniors



We have planned for an interesting year ahead with an outing every month starting with a Bay Cruise and lunch on March 31. On March 17 we acknowledge St Patricks Day and we shall have a raffle. On March 21 we celebrate the Club Birthday with a Big Cake and we take the train to Queenscliff and have lunch.

In May for Mothers Day, we'll have a raffle on the 3rd. We'll visit the Werribee Zoo on the 26th where we have lunch and a Safari Trip - all for just \$19.20. Transport will be by bus and please look on the board for more information. The bus leaves at 11am.

We have planned a visit to Ocean Grove, Morning Melodies, Gateway, MCG museum, Jirrahlinga during Seniors Month, and a Ferry trip to Mornington. This takes us to December when we'll enjoy Club Christmas lunch and be entertained by Ron Sudden.

**For information phone (03) 5251 2983.**

**Kids Rotary Fun Run with THOMAS**  
on the Bellarine Rail Trail

**Sunday 13<sup>th</sup> March 2011**  
9.30am to 1.30pm  
**Drysdale Railway Station**

**www.thomasfunrun.com**  
Enquiries: 0412 211 653

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# GEEELONG

## HAVE YOUR SAY

### DRAFT LAKE LORNE MASTER PLAN

Council at its meeting on 25 January 2011 endorsed the public exhibition of the draft Lake Lorne Master Plan.

The Master Plan sets out actions to protect and enhance the significant environmental values of the Lake Lorne reserve, whilst providing new passive recreational opportunities.

The draft Master Plan recommends the following works:

- A new 2 metre wide walking and cycling track.
- A new boardwalk in the north-west corner of the reserve.
- New 1.2 metre high conservation fencing above the upper water level of the lake to restrict dog access to the waterfowl conservation area.
- New timber post and rail parking barriers along Reserve Road and a section of the Geelong-Portarlington Road to restrict vehicle access onto the reserve.
- New seats and bird interpretation signage at key locations.

The draft Lake Lorne Master Plan will be on public exhibition until 18 March 2011.

Copies of the draft Master Plan will be available for viewing at the following locations:

- **The City's website**  
www.geelongaustralia.com.au/council/yoursay
- **Drysdale Railway Station**
- **Drysdale Customer Service Centre**  
18 - 20 Hancock Street, Drysdale
- **The City's Environment and Natural Resources Unit**  
26 Moorabool Street, Geelong

All written submissions should be addressed to:

**Manager - Environment & Natural Resources**  
City of Greater Geelong  
PO Box 104  
Geelong, VIC 3220.

DSR010311\_1

WWW.GEELONGAUSTRALIA.COM.AU





Drysdale Clifton Springs Community Association

## Festival of Glass a resounding success

A big **thank you** to everyone who made the inaugural Festival of Glass on Sunday February 20 such a success. Local glass artists, craftspeople and businesses responded to the Festival committee's call to make this a real community-building event, as did a range of sponsors, especially the City of Greater Geelong's Arts and Culture Department.

Festival visitors included residents and holiday makers from the Bellarine, Geelong, Melbourne and other parts of Victoria; and the Festival's blog and website attracted visitors from around the world.

Planning for the 2012 Festival is about to start, so now's your chance to enter the wonderful world of glass and to be part of what everyone on the day agreed was a unique, innovative and distinctive event.

## Living and working - here or elsewhere?

DCSCA would like local people to have real choices between living and working on the Bellarine, in Geelong or in Melbourne and so we'd like to see a greater diversity of accommodation types

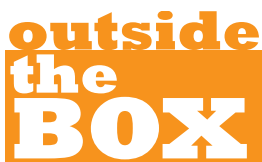
and of employment options available - especially for young people. As our towns grow, we'd like to see their traditional character maintained and enhanced by a greater diversity of accommodation. The council's Structure Plan promised to do both, but it has delivered neither.

We would also like to see the planned growth in population accompanied by a growth and diversification of job opportunities - an issue that the Structure Plan didn't even consider. Land is currently being sold for the 1,500-house Stage One of the Jetty Road, but there will be no new jobs for the people in those homes. The result? The area will become even more of a 'dormitory' for Geelong and Melbourne than it is already; and - in the continuing absence of adequate public transport - new commuters will increase traffic on our roads and greenhouse gases in our atmosphere.

**Contacting DCSCA:**  
**PO Box 581, Drysdale, Vic. 3222;**  
**or [dryclift@bigpond.com](mailto:dryclift@bigpond.com)**

**Please visit DCSCA's blog -**  
**[drycliftdays.blogspot.com/](http://drycliftdays.blogspot.com/)**  
**for up-to-date news.**

*Patrick Hughes,*  
Secretary



with Pierce Jaques

## New Year, New Plans

Go into any shopping centre today and you will hear the dulcet tones of classical music effervescently encouraging commerce and simultaneously keeping the Mallrats at bay - or at least subdued. However, when you're 13, outdoors and

outnumbered by wolves in Norway, the solution is Heavy Metal, and turned all the way up to eleven; as reported in the news recently. In reality the only frightening thing about technology, whether it be playing Bach or Black Flag, is the unknown and the seemingly insurmountable effort required to overcome these concerns - unless you're a wolf perhaps.

To quell that uneasy feeling you get when confronted and flummoxed by the arcane, or inane, domain of technology, and its unfathomable vocabulary which is bleeding into the vernacular at an alarming pace, I have decided to introduce a new lexicon column in the next Messenger (and on the website shortly) to placate these metaphorical wolves. Be they abbreviations, acronyms, anagrams, or antonyms, the most commonly used items of technological jargon, no matter how cryptic or colloquial, will be explained and demystified. My other plan for the year is to offer a course, or series of workshops, as an introduction to Website Design and Management. I look forward to your feedback and answering your queries.

**Pierce Jaques**  
SpringDale

## From Committee

*'I saw it in the Messenger, I read it on the website, I found it in the Business Directory - did you?'*

The SpringDale Messenger, the SpringDale website and the SpringDale Business Directory spread news about what's happening and who's, who in our local community. I've just become the SpringDale Committee of Management Publications Champion. My role is to support, advise and promote the work of the talented and committed volunteers and staff at SpringDale (the Publication team) who make these vibrant publications happen. It is also to support the team to achieve SpringDale's 2009 - 2012 strategic goal of 'Spreading Great Community Messages - Improving communication across the North Bellarine'.

We'd love to hear from you if you have ideas on how we can do this. Do you have ideas for articles you'd like to see in the Messenger, people you'd like to know about or how we could make our website work better for you? What else would you like to see in our Business Directory? Could we make it easier for you to use?

At the Publication's team February meeting we discussed some of these questions and it was terrific to hear how keen the team is to make these publications work for the local community. I also learnt what a multi-skilled team we have - people bring skills in graphic design, data entry, sales, accounting, proof reading, web authoring, reporting and writing.

I believe that knowing what's happening in our community, sharing what we know and knowing who to contact for what helps us to feel a sense of belonging in our local community. We can more easily see connections and possibilities and create conversations about what's working for us, what we want to know, celebrate, share and imagine in our community. Let us know how we can better do that through SpringDale's publications and/or if you'd like to join us in making the publications happen please be in touch. In 2011 we'd especially love to hear from volunteers with experience in advertising sales and in website management.

**Glenda Mac Naughton,**  
Publications Champion  
SpringDale Committee of Management



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## AUSTRALIA DAY AWARDS

Congratulations to Rex Ruwoldt of Clifton Springs who was awarded the Order of Australia Medal for his service to the community through the Darwin Defenders. It is very important that the part of history about which he wrote in Darwin's Battle For Australia be remembered and preserved to be passed on to younger generations. His service to the community has been justifiably recognised and I am so pleased that his achievements have resulted in this award.

## COMMITMENTS TO THE BELLARINE

As I mentioned in a previous edition, I am honoured to continue to represent the Bellarine in the Parliament of Victoria for a third term and I will continue to work hard for all our constituents. One of the Labor Government's election commitments was to fund \$500,000 towards the Springdale Sports Precinct at Drysdale. The new government has not made this commitment, so I will be working very hard to make sure that this critical development occurs.

The Master Plan for this sports precinct is now on exhibition at the City of Greater Geelong office in Drysdale for community discussion and feedback.

I shall also be advocating strongly that the commitments the new State Government has made for the Bellarine are delivered.

This is a very important project to support the growing community of Drysdale and Clifton Springs and the Bellarine and I am determined that the new Government does not forget the needs of our electorate.

## GRANTS

For information about National Youth Week 1 – 10 April 2011 go to [www.youthcentral.vic.gov.au](http://www.youthcentral.vic.gov.au) or the national website [www.youthweek.com](http://www.youthweek.com).

In 2010, more than 20,000 young Victorians took part in the celebrations and it is hoped that even more will get involved this year. 84 organisations across Victoria would receive a \$2000 grant to run a National Youth Week project in 2011, which would involve local young people working in partnership with local councils, community organisations or schools. The theme for National Youth Week 2011 is Own it and these communities are supporting young people to do exactly that – celebrating their talents, ideas, contributions and achievements

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

## Local Councillor Comes to Drysdale Primary School



At the end of last year Councillor Rod Macdonald came to talk to our Grade 6 students about the role of Local Government in our lives. Kaycee and Brodie wrote about his visit.

Councillor Macdonald gave us a very interesting talk about our Local Government so that we could learn what they do. He is a councillor for the Cheetham Ward which has about 13,000 legal voters living mainly in Leopold and Drysdale/Clifton Springs. We learnt a lot about what our Local Government does such as Meals on Wheels, garbage collection, road maintenance, parks, gardens, pools and animal care. He gave us time to ask questions and we had so many that Mrs. Mac had to stop us in the end.

Councillor Macdonald gave us prizes for the people who asked the best questions.

Councillor Macdonald explained why he was interested in Local Government and encouraged us to become involved in becoming part of a team or to help others by working together. Our council elects members every four years after the ratepayers vote. When people want something done or changed, the council listens to their opinions then tries to make the best decision for everyone. At the moment they are expanding our local Drysdale Library and adding more technology that will be a benefit to us all.

*Thank you for a very interesting talk Councillor Macdonald.*

## our reader's feedback

### Australia Day

It was very good to see all the Aussie hats and flags on Australia Day. It is indeed a great country.

**John,** Drysdale.

*Editor:* I had a great morning celebrating our great country with like minded people.

### SES

The SES provide a wonderful service and their volunteers should all be congratulated on keeping the community safe.

**Lesley,** Drysdale.

*Editor:* Our volunteers Australia wide are being tested at the moment – thank you to everyone who gives their time in the service of others.

### Microchip Pets

Last year more than 3,000 unwanted animals were destroyed in the Geelong region. I urge all pet owners to have their animals microchipped, so they can be returned if they go missing.

**Pat,** Clifton Springs.

*Editor:* Pets usually have a special place in the family, it's almost hard to believe that people don't do this.

### The Springdale Messenger

I enjoy receiving **The Springdale Messenger** and admire the beautiful production and the effort you put into it.

**Wendy,** Clifton Springs.

*Editor:* Each month we try a little harder to better the one before.

## WANTED

Teams and Players for Saturday completion At **Peninsula Netball Courts** on a Saturday Independent and club teams all age groups from Netta, Junior, Senior and Mixed Competition Starts on Saturday 26 March Please Contact **Joan on 0402 268 620** or **Donna 0407 512 069**

Also we are looking for umpires please Contact **Laura on 0430 150 701**

We are having a try out day at the Peninsula Netball Courts

On **Wednesday 2 March at 4.30pm** With a free sausage sizzle for all participants.

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# AUSTRALIA DAY 2011 in Drysdale



On a cool and overcast day on January 26, Drysdale joined the ranks of other towns and cities across our Nation who have celebrated Australia Day since its origin in 1946. There were over 200 people that met on the Village Green to be entertained by 3 members of the RUSTY band. Also present were the Portarlington/Drysdale Lions Club who did a magnificent job in cooking the sausage on the barby, and all necessities were supplied by Woolworths, a sponsor of Australia Day events.

Members of the Senior Citizens, SES, AAFC members of 429 Squadron, who provided the services of the Colour Party, Drysdale Community Association, Rod Macdonald from the City of Greater Geelong, members of the Bellarine Community Choir who sung 3 songs, *The National Anthem*, *I Still Call Australia Home* and *I Love a Sunburnt Country* and finally the Bendigo Bank, Drysdale fish and chickens, Ken Harold and Barwon Water who all teamed together to produce the first celebration in this area for Australia Day. The guest speaker was Mr. John Burke, a noted former football player and currently an Ambassador for Australian Day.



His talk centred on opportunities that we have as Australians to pursue our skills and talents and used Gary Ablett Junior and Lleyton Hewitt as examples. He stated that Australia is a country that encourages people to better themselves and our community. Sometimes during calamities such as bush fires and the recent floods, Australians have the ability to inspire others around them to work together for the benefit of those concerned. Mr. Burke quoted what our Australian recent V.C. recipient Corporal Roberts-Smith said in his speech while addressing the media, "I was just having a crack at helping my mates." Mr. Burke also encouraged us to celebrate our Australia Day more and to be proud of who we are. He said, "We live in a beautiful country. In Drysdale we do not have to walk far to be at the sea to observe mountains and appreciate the beauty of our land. We need to draw the experiences from members of the other 199 countries that now live in Australia for the benefit of our country."

Carla Evans

## Laughter. Is it really good for you?

We all know that laughing makes us feel great. But did you know that clinical research shows that laughter has a positive impact on physical, psychological and social health and wellbeing?

The ancient Greek philosopher Aristotle viewed laughter as "a bodily exercise precious to health", and ongoing clinical research shows that when it comes to complimentary and preventative health and wellbeing, laughter has an ever increasing list of positive benefits. Research shows that, on a physical level, laughter boosts the immune system, improves circulation, reduces the risk of heart disease, reduces blood pressure, and provides a good work out for the heart and lungs. It reduces pain, raises good cholesterol, provides a gentle aerobic work out, and reduces blood glucose levels of those with type 2 diabetes. You really can laugh your way to a healthier, happier you.

Researcher Dr Michael Miller of the University of Maryland recommends a daily dose of just 15 minutes of laughter as a way to maintain good health. There's no trick to laughter. Simply start with a smile, one that includes the muscles around your eyes. Even a fake smile, as long as it includes the muscles around your eyes, will have a positive impact on your mood. Then add a simple giggle, it might feel a bit strange at first but persevere, practice makes perfect as they say. Stretch your arms as high as you are able to open out the chest, tilt your head back and laugh for no other reason than the knowledge that laughter is good for your health and makes you feel fantastic. Practice your smile, giggle and stretch several times a day. In just a few days it will become a habit that you won't want to break.

Attending a community laughter club is a great way to practice your laughter in a group setting. A full list of Victorian Laughter Clubs can be found on the Community Laughter Clubs page on the Let's Laugh website

[www.letslaugh.com.au](http://www.letslaugh.com.au) along with other details. See also the information about the **Laughter Program afternoon** at **Vision Australia Centre, 79 High Street, Belmont** on 4 March at 1pm.

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# SpringDale FC seeking soccer players



The winter outdoor season is approaching fast with kick off expected during the first weekend of May. The club is seeking boys and girls of all abilities 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 the local Sunday morning social competitions that run through to early September. Training is generally 6pm on Friday evenings, outside on Clifton Springs Primary School Field initially, then moving indoors to Drysdale Primary School Hall when daylight saving ends. Children are very welcome to take part in our graded training sessions, whether they want to play in Sunday morning competition or not.

The club will also have two mens teams playing in outdoor competition on the Sundays, as well as social and competitive futsal teams for men, women and youth of both genders.

The club is building interest in a womens outdoor team and is expecting to enter a girls under 15's futsal team into Victoria's elite Melbourne Futsal League, with several state team players flying the flag for Drysdale and Clifton Springs. Other programs the club is heavily involved with include Active After Schools Community

programs, primary school clinics and the Big Issue Street Soccer program in Geelong.

Thank you to our friends and community partners, Headspace Barwon, Lisa Neville MP, Rod Macdonald, SpringDale Neighbourhood Centre, Momentum Energy, Drysdale & Clifton Springs Community

Association, Clifton Springs Primary School and Drysdale Primary School for their continued support of our programs.

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

**If you want to belong to a team and have fun and keep fit, this may be for you.**

**Clifton Springs Bowling Club** is running a series of **THREE** learn to Bowl afternoons each Sunday from 27 March, starting at 1pm sharp as part of Bowls Australia's *Get On The Greens* program. Each Sunday session will run for about 2 hours, for ages twelve years and upwards. Maximum age 100. A green fee of \$5 will apply each week, with a free sausage sizzle to follow. Please wear flat soled shoes. Bowls will be provided. Kindly be at check-in no later than 12.45pm please. Come along and try your hand at this most popular game.

**For further information contact Roy on (03) 5253 1517 or Jean on (03) 5251 1593.**

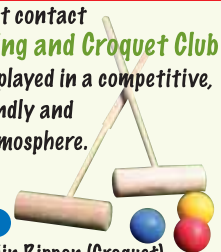
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