

# pringDale



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

ANZAC Day
In a minute silence we

remember our fallen.

In recent years there has been a tremendous resurgence of interest in ANZAC Day. Now many young families and children attend and we need to retain this involvement. Often these attendees are grandchildren and great grandchildren of Veterans and they do not necessarily understand the symbolism or significance of the Silent Tribute, the Last Post or Reveille. We will endeavour to explain these elements as we proceed through the ANZAC Day service. During the service the New Zealand National Anthem will be played to reflect the origins of ANZAC and the continued close links between our two nations in both War and Peace.

Monday. A Public Holiday is gazetted for Tuesday 26 April. This may confuse some members of the public and we need to stress ANZAC Day and its observance is always 25 April. The ANZAC Day service will commence at 10am at the Drysdale Primary School Hall in Collins Street. Following on from the service those wishing to take part in the march are asked to form up at the Drysdale Fire Station. At the conclusion of the march there will be a short ceremony and wreath laying at the Cenotaph, after which everyone is invited back to the Drysdale R.S.L. for

This year ANZAC Day falls on Easter

LEST WE FORGET.

light refreshments.



# estpac

**Shop 9 Supermarket Complex Drysdale** 

#### Contact

Wayne, Lisa, Bev, Sandra or Rhianon

- (03) 5251 1624
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# events

Friday	1	Messenger copy deadline May	edition
Friday	1	10th Birthday Bash Cabaret Show Potato Shed	
Saturday	2	Drysdale Harvest Produce Swap 9-11	a time
Sunday	3	Daylight Saving ends. Turn clock back one hour	
Tuesday	5	Hit the Road Digger Potato Shed	
Thursday	7	Out of Sight Collision Dance Company Potato Shed	
Friday	8	Out of Sight Collision Dance Company Potato Shed	
	8	Term 1 ends	
Saturday	9	Spud Fest Potato Shed	7/5
Saturday	16	Memories Exhibition SpringDale 9-5 See Page 19	
Sunday	17	Memories Exhibition SpringDale 10-4	
	17	Drysdale market 9-1	
Friday	22	Good Friday	
Saturday	23	Photographic Exhibition SpringDale 10-4	
Sunday	24	Easter Sunday	
	24	Portarlington market 9-2	Total Control
Monday	25	ANZAC Day	
Tuesday	26	ANZAC Day Public Holiday SpringDale closed	1/2
Wednesday	27	Term 2 begins	UK
	P. Personal Designation		Conu do



Copy Deadline for May 2011 Issue Friday 1 April 2011 Distribution - Saturday, 30 April 2011 Circulation - 6500 Copies



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



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 17-21 High Street, Drysdale Vic 3222

Postal Address: PO Box 80 Drysdale

#### The SpringDale Messenger

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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.





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#### Hi from the Coordinator

I just had the best weekend. Harvest Basket group were in the hall and the aromas of freshly picked herbs and vegies were almost overwhelming. In the small kitchen Jordan was teaching a small group about coffee and how to make it and they made me a cup of coffee just the way I like it. Diana shared her knowledge of raw foods and I was able to taste one of the green juices that they produced and learnt of the wonderful properties of parsley. In the Recreation room, a small group was learning about managing poultry in your backyard. Then I met with Diana and some other wellness practitioners and we came up with a plan for a new weekly wellness group.

Sunday I welcomed Julie Mather, who spent the morning and into the afternoon teaching a group how to make spectacular woollen scarves. This all came to be once Michaela asked if we knew anyone who would teach felting. I invited Julie, Michaela organized a core group and then we advertised it and the session was a great success. After the scarf, everyone made woollen flowers and I could see them as fascinators for the next Spring Racing Carnival.

In between I even was able to help with *Clean up Australia Day* with our Guides and Drysdale Clifton Springs Community Association and local residents.

Not every weekend or weekday is quite so hectic but many are. We had a wonderful lady Sandra from *Sole 2 Soul* who gave foot massages one morning as a random act of kindness. I wonder what other people in our community did. I'd like to think that each day we might try do something for someone else (in Guides we call it a good turn).

Our trip to CERES went well with a number of our sustainability superstars getting a chance to talk to each other and plot and scheme what great things we might share together.

The Committee of Management members have all taken the areas that they are championing so seriously. It is heartwarming to have such productive conversations with each of them.

Another special event for SpringDale will be when Pat Norman has her Memories Exhibition and shows her photos of Geelong on 16 and 17 April. Hope you can come along and see Pat's photos and hear the stories behind them.

Our Photography Club is having a Photography Exhibition and Sale on Easter Saturday 23 April 10am – 4pm. Hoping to see you all at SpringDale soon.

Regards

Anne Brackley
for the SpringDale Team

A massage to suit all soles Thank you Sandra.





#### **Farm Management course**

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 to do their self assessment and action planning. The catch – we need 10 people for it to be funded!

**Dates/times:** Tue 3 May and Tue 10 May 5pm – 9.30pm.

**Fee: FREE** (if we get 10 participants) **Tutor:** Geoff McFarlane, EFP Solutions

#### **A Wellness Group**

A wellness group has been planned to start on 11 April from 11am to 12.30pm and each Monday we will have a team of 5 or 6 wellness practitioners, one or two of whom will each share their skills with the group each week. This is the first time that we have set up such a group and I am sure that it is going to work well. The type of sessions that will be shared will focus on meditation, raw foods, orthobionomy, tibetan bowls, aroma therapy and many more. People will need to be a member of SpringDale and it will be \$5 per week. More intensive workshops can then be scheduled as people wish to learn more.

#### For new Health Courses page

#### **Suggested Theme Nights**

We have had the suggestion made to have an ancient Egyptian night or maybe a Medieval night. Dressups, food, maybe readings – please register your interest in these nights.

#### **DEADLINES....**

**Deadline** is a novel by Tom Stacey. **Deadline** is a punk rock band from London.

**Deadline** is a 2001 Swedish film. **Deadline** is the time by which something must be finished and submitted.

The **SpringDale Messenger** appeals to advertisers and contributors to strictly adhere to their deadlines. Creating a magazine can be a difficult process and deadlines are required to ensure that the magazine is ready to go to print on time.

To make it easy for everyone the SpringDale Messenger copy deadline is the first day of every month.



#### From the SpringDale Committee of Management



#### **Shane Coles**

Community Support Champion SpringDale Committee of Management

Over the years the Bellarine area has expanded not only increased residentially and commercially, but culturally. We have an ever increasing older population and a diverse multicultural community with people from all parts of the globe making this their choice of residence.

The committee has recognised the need to support these groups and the goal that I have been chosen to champion is to

" SUPPORT OUR DIVERSE **COMMUNITY UNDERSTANDING AND** KEY COMMUNITY GROUPS".

I have three key areas to attend to. They are:-

· Develop activities that address the effects of ageing in our community and the potential for older people to live in isolation, particularly where retirement

**De Facto Law** 

Worries?

Come in for a free chat

1 High St., Drysdale (old Post Office) Ph: 5251 3453 income has diminished [physical isolation].

- Collaborate with youth agencies to continue to expand the range and extent of services and programs for children and young people across the Bellarine.
- · More effectively welcome new residents to this community, by providing information and support.

These are three extremely important aspects about our community and issues that we face now with our children and parents and in the future when we also become older and may face the issues that so many of our older generation now face.

I will be on a steep learning curb working with the SpringDale team to help achieve our goals. We have already achieved some great results with our Morning Teas, Welcome Kits for new residents, Homework Groups for our youth and

various outings and multicultural evenings at the centre.

I will be working with key groups to increase these achievements and plans are in place for some exciting family orientated evenings at the Centre to promote a family community feel. Multicultural dinners involving, Italian and Russian cuisines are also being planned.

Continued involvement with the Bellarine Youth Development Network with also be a key objective to assist in ensuring that our young people have a strong direction with our assistance.

We are always looking for new ideas on how to make our community strong and supportive. Please contact the Centre and let us know if you have any ideas that may assist our plans for the year. We are also interested in new culinary delights from around the world, so if you have skills in this area we would consider making your culture the theme of one of our multicultural gastronomic events.





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# our reader's feedback

#### **Festival of Glass**

The Festival of Glass was a great idea for Drysdale and hope it is on again next year.

Robert, Drysdale.

Editor: It was great for the area, for artists and for DCSCA.

#### Slow Down

I find it disturbing to see some drivers disobeying road rules around school zones. Please slow down.

Margaret, Drysdale.

Editor: Speed and children do not mix, I hope people heed your plea.

#### History

The articles from Kel and Years Ago are ever so interesting with all the old history of our town.

John, Drysdale.

Editor: I love speaking to Kel, I never know what I'll learn next.

#### Sport

Are sporting activities on the decline on the Bellarine Peninsula? Last month the Messenger had only a couple of sporting articles.

Gwen, Clifton Springs.

Editor: We mostly rely on clubs to submit articles - maybe they are playing sport but not writing about it.

### CHEESE PLEASE

This is an invitation to all the budding SpringDale Artisan Cheese makers who would like to get together and share their successes, ask questions and have a cuppa together. It could be the beginning of the co-operative Cheese Club that has been discussed at the workshops. Come along on Saturday 2 April, 10am to the SpringDale Neighbourhood Centre. Coffee cost is \$2.00. If you have a cheese to share bring it along. Looking forward to seeing you there. Charlene



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# BusinessPROFILE

#### Westpac Bank - Drysdale



estpac

Wayne Elliott has been involved in various Drysdale business enterprises since 1989. For the past 10 years his friendly staff have managed the Drysdale Westpac In-Store Bank in the Safeway Supermarket Complex. For 51/2 years of that decade managerial responsibility was largely assumed by Wayne's wife Lisa, when he acted as a General Manager in Geelong's racing industry.

Wayne's business interests are now firmly refocused once more on Drysdale's Westpac In-Store and as Westpac's manager he can assist customers with their personal banking needs including bank accounts, home loans, credit cards and business accounts to new and existing customers. Westpac in Drysdale is also strongly supportive of community activities, and Wayne's managerial expertise is especially valued by the

local SpringDale Neighbourhood Centre. Wayne was a member of the steering committee which created SpringDale's first newsletter and he still maintains a strong presence in the Centre's many valuable activities.

This popular local identity is certainly very versatile, as Wayne Elliott also enjoys a successful career as an artist. He is an acrylic painter and his creations are now attracting national and even international interest. Some of Wayne Elliott's paintings have been exhibited both in New York and major Australian galleries and some examples of his art have been short listed for various prestigious art awards. Overall, however, Wayne Elliott's strongest commitment is focused on the everyday banking needs for Drysdale, Clifton Springs and the Bellarine Peninsula's growing population and he is ever ready to assist.

Shop 9 Supermarket Complex Drysdale / Opening times: Monday - Friday 9am-5pm Contact Wayne, Lisa, Bey or Sandra for all your banking requirements

# When History met History



L-R: Noel Lindsay, Lynette Willey, Cr. Rod Macdonald

Recently the grounds of the historic Coriyule Estate in Drysdale was the venue for the launch of the new book The Waterholes. A history of Drysdale on the Bellarine. The book has been published by the Bellarine Historical Society as part of its aim to preserve the history of the Bellarine Peninsula.

The book, which was printed with the help of grants from the Councillor Community

Grants Program of the City of Greater Geelong and the Victorian Community Fund Holsworth Local Heritage Trust, was launched by local Councillor Rod Macdonald. It describes the development of the town of Drysdale from before John Batman's arrival in the 1830s to the present day, and includes many photos of people and places related to the early days of the district.

The Coriyule Estate holds a special place in the history of the town, as it was the home of our famous Lady Squatters, Anne Drysdale and Caroline Newcomb. The current owners were generous in their offer of the grounds as a venue for the launch of the book and many of those

present took the opportunity to be taken on a tour around the grounds of the house to see the extensive refurbishments taking place. When finished, the house, which was built in 1849, will again be a splendid example of early colonial architecture.

The book is available from the **Old Court House Museum in** High Street, Drysdale or from the author Lynette Willey ph: 0417 133 177.



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The SpringDale Messenger April 2011 <

### Tassie - A special place in Australia

Traveltalk by Carol McCarthy

I have just returned from The Maria Island Walk – one of Tasmania's best kept secrets.

We spent two nights in permanent luxury tented accommodation and the final night at a beautiful heritage house in the town of Darlington, where a much needed shower was appreciated by us all.

The beaches are amazing - spectacular white sand with super clear, cold water and the swimming wonderful after a long hot day's walk.

If you enjoy active relaxation, spectacular scenery and amazing gourmet food and wine, then this award winning, 4 day eco adventure is for you.

The walk takes just 8 guests per trip and is accompanied by two fantastic guides.

The guides make the trip with their care and their ability to prepare the most amazing food.

Highlights included wine on picturesque Four Mile Beach while keeping the bottle cold in the clear blue water, reaching the top of Bishop and Clerk and experiencing the breathtaking view from the top, having countless encounters with wildlife including wallabies, echidna, wombats and numerous birds.

The walk runs from October to April every year and I highly recommend experiencing it.

For more information on the The Maria Island Walk including all transport to and from the island from Hobart, two guides to accompany your group, three nights' twinshare accommodation on the island, all food and wine, National Park passes and loan of equipment call Carol on (03) 5251 1125.



India

November 2011 with Jean

- Europe Coach Tour May 2012 with Brett
- Ecuador including the Galapogos Islands

  May 2012 with Carol
- Greek Islands & Italy September 2012 with Jean
- Canada & Alaska

  June 2012 with Rod Mortison

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# Mediation



Department of Justice

Dispute Settlement Centre of Victoria (DSCV) is a service provided by the Victorian Department of Justice.

Referrals to Mediation can help you resolve neighbourhood and community disputes.

Do you have residents locked in neighbourhood or community disputes over fences, pets, trees, property damage or unsocial behavior?

- Are disputes between neighbours outside the domain of Council by-laws?
- Have you tried to help, but can't get the neighbours to reach agreement?
- Are the disputes ongoing and using valuable Council resources?

Why not refer these residents to their local Disputes Settlement Centre for a cheaper, and simpler way to resolve problems.

We offer mediation as a way of settling a civil dispute without legal action. Our Service is **free**, Confidential and easy to use. It is flexible in meeting the needs of Victoria's culturally and linguistically diverse community. Interpreters are provided.

The Dispute Settlement Centre can help people with a range of disputes:

- Local community or neighbourhood disputes over fences, noise, pets, trees, property damage or unsociable behaviour;
- Clubs and Organisations whose members are in conflict;
- Relationships between family members (not family law);
- Many other matters, whether court action is involved or not.

What is Mediation?

Mediation is a co-operative problem solving process which can help people reach their own agreements.

Every attempt will be made to arrange

mediation at suitable venues across Victoria.

Is Mediation
Successful?
In over 85% of
our mediations,
the parties in the
disputes reach
agreement.
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South West

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# **Adrian Mannix Community Service Award**



**Adrian Mannix Community Service Award dinner will** be held at Portarlington on Monday 30 May, 6.30pm for 7pm start. Tickets are available from **Drysdale Lions, Portarlington Drysdale Rotary and** SpringDale, \$25 for a two course meal. This will be the 10th time that the award has been presented. All welcome.

Hurry! The Potato Shed 10th Birthday Bash will be about to happen when these publications hit your letterbox. If you haven't got your tickets yet make sure you get onto it as it is set to be a very entertaining night full of fantastic memories and moments that have made the Potato Shed what it is today. One of the wonderful community groups that have contributed to the Potato Shed's success. Collision Dance Company are returning with another original contemporary dance piece Out of Sight. This piece has been specially developed in honour of our 10th Birthday and is sure to be another captivating work. Morning Showtime will see the return of Shirley & Colin performing for the first time in 2011. Hit the Road Digger celebrates the men, the music and the stories behind the building of the Great Ocean Road. Presented through narration, images and song this will be a fascinating look into our local history. And for all the die hard CCP fans out there Spud Fest is back with a full day of music and activities on Saturday 9 April 12noon - 10pm. This is a fully supervised, smoke, drug and alcohol free event.

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.



**COMPETITION CLOSES 3PM MONDAY 1 APRIL** 



1 April Potato Shed 10th Birthday Bash Cabaret Show 8pm All tix \$10

5 April Hit the Road Digger **Morning Showtime** 10,30am \$14 incl morning tea 7 & 8 April Out of Sight **Collision Dance Company** 8pm - \$12 All tix

9 April - Spud Fest CCP Event - 12noon - 10pm Pre Sale - \$15 + book fee Tickets at the Door - \$20 All ages smoke, drug and alcohol free event

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 CustomerService Centres.



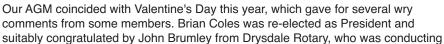


The Potato Shed, Bellarine Multi Arts Centre is located at 41 Peninsula Drive, Drysdale. Ph: 5251 1998



#### Combined Probus Club of Clifton Springs/Drysdale







the elections. Brian will be ably assisted by Dorothy Chase as Vice-President and other members of the new committee.

Our Caravans and Cabins Friends enjoyed several days of fine weather at Port Fairy in February. The happy hours in front of a member's cabin were fun times, as was dinner at The Stump restaurant. It was interesting to see the replica Portuguese caravel in port for finishing touches. It is a small vessel similar to the fabled Mahogany Ship, but a massive hobby undertaking for the builder



This month our meeting is on Monday 11 April, when our Elaine Snow will give an ANZAC Day talk covering visits to Gallipoli and the Thai/Burma Railway. We will enjoy lunch at a local venue after the meeting. Our meetings are held in the

Members' Room of the Clifton

Springs Golf Club from 10am on the second Monday of each month.

We are a combined Club for women and men, and visitors and prospective members, singles and couples, are welcomed at all our meetings and activities.

Please contact Dorothy on (03) 5251 3702 for further information.





#### golfing memberships

**7 Day Golfing Memberships** 1 April, 2011 - 30 June, 2011 - **\$165** 

Weekday Membership
1 April, 2011 - 30 June, 2011 - \$124
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Green Fee Players Welcome - \$25 for 18 holes

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

# Includes 2 course meal \$55 per person CHAIN REACTION A Tribute to the Australian John Farnham Saturday 21 Way 2011



pots for glasses prices Friday Night 5.30-7pm

# Clifton Springs Book early! 5251 3391 Book early! 5251 3391

"Play by the Bay"

### & entertainment

- Sunday \*Lunch 3 Course \$16.50
- Sunday Night is \*Parmi Night Original, Italian, Aussie or Hawaiian \$14.50ea
- Friday Night is \*Steak Night Porterhouse or Rump \$18.50
- · Saturday Lunch
- \*Soup & Main \$10.00

\* Conditions Apply

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Valid to 30 April 2011

Valid to 30 April 2011
Conditions apply - not available on all meals.

For Bookings & information please phone (03) 5251 3391 Clifton Springs Golf Club Clearwater Drive CLIFTON SPRINGS 3222

Email: admin@cliftonspringsgolfclub.com.au www.cliftonspringsgolfclub.com.au



#### Neighbourhood Watch Information

Neighbourhood Watch has a new logo 'Creating Safer Communities', which is aimed at attracting a wider community interest – so watch out for more information.



#### Safer Communities

Greater Geelong, Surf Coast & Colac Otway

#### **Scams**

# It's Personal - Fighting fraud on the home front

Scammers do not stop at anything to target victims, including adopting a personal touch. Increasingly scammers are finding ways to get information about your personal profile and use this to play on your relationships with people and organisations you know and trust.

The effects of scams on victims can be devastating, potentially causing psychological, financial, familial and social harm. Scams can also have a considerable impact on business, with fraudsters' misuse of people's trust in reputable brands or companies having the power to shake consumer confidence to the core.

Scammers don't discriminate - they'll target anyone, be it yourself, a loved one, small or big business, community organisation, charity or government. They also use a myriad of ways to slip under your radar. A phone call, SMS, letter, email, fax, blog, online chat or dating service – scammers will use any of these means to target you.

Here are some tips to keep scammers at arm's length:

#### PROTECT YOUR IDENTITY

Your personal details are private and invaluable – keep them that way and away from scammers.

#### **DON'T RESPOND**

Ignore suspicious emails, letters, phone calls or text messages – press 'delete', throw them out or just hang up.

## DON'T LET SCAMMERS PUSH YOUR BUTTONS

Scammers will play on your emotions to get what they want.

## RESIST THE PERSONAL TOUCH

Watch out for scammers posing as someone that you know and trust, or pretending to know you.

Don't let scammers into your life – protect your identity. Stay one step ahead of scammers.

Visit the Australian Government's SCAMwatch website - www.scamwatch.gov.au to get the low-down on scams that

target Australian consumers and small business.

You can find out how scams work, how to protect yourself, and what to do if you've been scammed.

Neighbourhood Watch Victoria is a proud Partner of the Taskforce and urges you to protect yourself against scams.

Clifton Springs Bayside NHW next meeting at Clifton Springs Bowls Club – all welcome **Monday 11 April, 7pm-AGM.** 

# Crime Stats for GLG 68 Drysdale.

Recent property damage has been reported in Ernstine Way, Collins Street, Wyndham Street and High Street. Theft has occurred at High Street and burglary at Marsh Court and High Street.

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



# 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







# GREEN GYM - Fun, exercise and helping the environment

There are so many fun, healthy and interesting things to do in Victoria's forests, national parks and reserves. Walking, riding and conservation activities are all perfect for maintaining a healthy mind and body.

So if you like the outdoors and want to get active, Conservation Volunteers Australia (CVA) in partnership with Parks Victoria and the Department of Sustainability and Environment (DSE) invite you to join Green Gym.

"Health research has shown that undertaking conservation activities are as good for your health as going to the gym. The Green Gym program is perfect for people who want to do something healthy but who don't want to join a sports team

or exercise indoors" Colin Jackson, Chief Executive Officer from CVA commented.

#### **Calling for volunteers**

Conservation Volunteers would like to invite members of the public to join in on the project that is currently running on the Bellarine Peninsula at Salt Lagoon. Volunteers will help improve vital habitat for wetland species by pitching in to remove woody weeds. Join the Green Gym team and experience the wonders of a natural wetland area and be treated to a free guided ranger walk.

Green Gym members join small teams with free sessions running at Salt Lagoon



from 9am to 1pm on Thursdays and 9am – 2.30pm Fridays for up to 10 weeks. Interested volunteers should contact the Geelong CVA office on (03) 5221 0300. Visit www.conservationvolunteers.com. au/greengym.htm for more information.

# Gianna Venturi Bowen & Remedial Massage Therapist Drysdale & Ocean Grove Clinics (03) 5255 5229 0409 864 250

AAMT Member Health Member Rebates



# World Parkinson's Day



Parkinson's disease is a chronic, progressive neurological condition for which there is currently no cure. 25 Australians are diagnosed every day

with approximately 80,000 Australians currently living with the condition.

Parkinson's Victoria is a not-for-profit organisation that has been supporting people living with Parkinson's for more than 25 years.

For information and support services visit www.parkinsonsvic.org.au/ or phone 1800 644 189.

It is great to have the superstars fighting against Parkinson's disease. People like Mohammed Ali, Michael J. Fox, Brian Grant, Janet Reno and Davis Phinney, to name a few. But what we need is everyday champions who show others what courage means away from the limelight. And in the process we can encourage others to do the same.

http://positivelyparkinsons.blogspot.com/2010\_11\_01\_archive.html



Mohammed Ali, Michael J. Fox in the fight for Parkinson's Disease

# 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

Drysdale Health Group



Are you a healthy weight? Are you feeling as if you need to lose weight? Has your doctor suggested that you lose weight for health reasons? Why not join T.O.W.N. Club Drysdale on Wednesday mornings between 9.00am to 11.30am in the Drysdale Football Clubrooms.

Take off Weight Naturally is a non-profit community organization where members support each other to exercise more and to follow a food plan that suits them. We do not talk about diets, follow fads or drink shakes to lose weight. We learn about how to develop a healthy eating plan, healthy eating habits and encourage a healthy lifestyle.

Losing weight is not only about eating less but about consuming food that is low in fat and low in sugar. A food plan needs to include cereals, vegetables, fruit, lean protein rich foods like fish and chicken and low fat dairy products.

T.O.W.N. Club Drysdale has regular weekly meetings that include group therapy and guest speakers. In the past 6 weeks we have been focusing on Food, Glorious Food.

We have looked at weight loss myths, nutritional advice, the amount of fruit and vegetables that are best to eat, what are trigger foods and the food pyramid and how it can help us. In February our guest speaker helped us with letting go and we practiced how to relax and let go tension and stress.

Whilst losing weight and gaining a healthy lifestyle are our goals, our program is designed to take into account all aspects of our lives and help us provide a balance. Losing weight we can look and feel better and as we look better we want our clothes to support our change, so in April we will be having a fashion parade. You are welcome to come along on April 13 to the Drysdale Football Clubrooms at 11.45am for a light lunch of healthy soup and sandwiches and see a parade of Cliché Clothing. So we know the numbers to cater for you will need to contact Lyn Ward (03) 5252 1292 or mobile 0417 536 619. There is a small fee of \$5.00 that includes entrance and lunch

If you would like to join T.O.W.N. Club or simply visit us to see the things we do in our meetings before you join please contact Lyn Ward.

Would you like to advertise your business in the SpringDale Messenger? Please contact (03) 5253 1840 for more information. We welcome your support

#### Advertorial

The experience from Em-Vious is now available at Razorz Edge in Clifton Springs, Christie Whitehand and Lisa Marshall are providing the same ongoing unisex professional hairstyling in Christies' new venue Razorz Edge.

Present clients are most welcome and new clients are encouraged to visit and discuss their hairdressing needs. The atmosphere is light and uplifting where Christie and Lisa will make sure your visit is a special one. Thank you to all the clients from Em-Vious, hope to see you at Razorz Edge soon.



unisex hairdressing salon

(03) 5251 5644 15 dumburra avenue clifton springs vic 3222

#### Active at all ages award winner -**Harold Waldron** in the company of his SpringDale **Pole Walking** Group.

Reister at SpringDale to join the group on Monday mornings. Register your interest for new evening group





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AAMT Member

Fruit & Nut Loaf

This loaf is like a fruit bread which may be served hot or cold, perhaps spread with a little butter or topped with some homemade iam.

225g white bread flour, plus a little extra for dusting

½ tsp salt

1 tsp margarine, plus a little more for greasing the tray

2 tsp soft light brown sugar

100g sultanas

50g cup no need to soak dried apricots – chopped

50g chopped hazelnuts/walnuts or almonds

2 tsp easy-blend dried yeast

6 tbsp orange juice

6 tbsp natural unsweetened yogurt

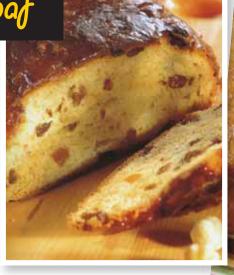
2 tbsp sieved apricot jam

Sieve the flour, salt into a mixing bowl. Rub in the margarine and stir in the sugar, sultanas, apricots, nuts and yeast. Warm the orange juice in a saucepan but do not allow to boil.

Stir in the warm orange juice into the flour mixture with the unsweetened natural yogurt and bring the mixture together to form a dough.

Knead the dough on a lightly floured surface for 5 minutes until smooth and elastic. Shape into a round and place lightly on a greased baking tray (cookie sheet). Cover with a clean tea towel and leave to rise in a warm place until doubled in size.

Cook the loaf in a preheated oven 220° for 35-40 minutes until cooked through. Transfer to a cooling rack and brush with apricot jam. Leave to cool before serving. To test if cooked through, tap the base lightly and if it sounds hollow, it's cooked.





This is a really moist cake, flavoured with chopped pears and cinnamon.

4 pears, peeled and cored margarine for greasing

2 tbsp water

200g cups plain flour

2 tsp baking powder

100g cup soft light brown sugar

4 tbsp milk

2 tbsp clear honey plus extra for drizzling

2 tsp ground cinnamon

2 egg whites

Drysdale. (03) 5251 2453

'In the Village Walk

Grease and line the base of a 20cm cake tin.

Put 1 pear in a food processor with the water and blend till almost smooth. Transfer to mixing bowl. Sieve the plain flour and baking powder. Beat in the milk, sugar, honey and cinnamon and mix well with your fingers. Chop all but one of the remaining pears and add to the mixture. Whisk the egg whites until peaking and gently fold into the mixture and until fully blended. Slice the remaining pear and arrange in a fan pattern on the base of the tin.



Spoon the cake mixture into the tin and cook in a preheated oven  $150^{\circ}$  for  $1\frac{1}{4} - 1\frac{1}{2}$  hours or until cooked right through. Remove the cake from the oven and leave to cool in the tin for 10 minutes.

Turn the cake out onto a wire rack and drizzle with honey. Leave to cool completely, then cut into slices and serve.



### **RAW FOOD GROUP**

meets 1st Sunday of the month register your interest at SpringDale

Annual Show

FIRST PRIZE



Drysdale Guides are winners with their Honey Joys at the Bellarine Show.

Below: Drysdale Guides dressed up in Guiding uniforms from around the world.





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• TUESDAY NIGHTS - All kids meals \$5.95 OR \$7.95 with dessert & drink.

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1

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# Rejuvenate your Garden in April



April is the month when you can rejuvenate the garden before the chill of winter. After all the heavy rains the gardens are flourishing, so are the weeds. Weed the garden beds and then refresh the soil with manure, sheep or cow are best, and then mulch with sugar cane or lucerne. All of these add nutrients back to the soil. Now is also a good time to move any plants or shrubs that are not doing so well into new ground. Remember to water the plant in with Seasol to help prevent transplant shock.





If you think that they have struggled for too long, pitch them out. You can only be patient for so long.

Start sharpening the secateurs in readiness for the big winter pruning of roses. You don't have to be too fussy with the pruning as roses are fairly forgiving. It is also the time to prune stone fruit, such as plums, peaches and nectarines. Prune to an outward facing bud and try to let airflow within the tree. The rains this year have provided us with a bumper crop of stone fruit and apples. Jams, sauces and pickles abound. The local birds have also had their fair share!

The rains have caused a few fungal problems. Powdery mildew on the zucchini leaves. I cut the affected ones off and still had a huge crop. The tomatoes did well, especially Tommy Toe. Many are still green, this is due to the lack of long hot days, but this means jars of



L-R: Black Spot on roses, Mildew on zucchini leaves, bale of sugar cane mulch.

green tomato pickles. Black spot on the roses too, don't worry about it now so close to pruning time.

If you enjoy gardening, and who doesn't, join a gardening group or a community garden. Get the kids involved as they are the planets future guardians.

I regretfully have to say, this will be my last issue of Around the Garden. Can I just say that I have appreciated all the support that you guys have given me but it is now time to move on and let someone else take the reins. I am certain that whoever takes it on will do a brilliant job.

Happy gardening,

Lorraine.

**Editor:** Thank you Lorraine for the very informative articles. We wish you well.







# **Solar Hot Water Systems**

Part 1

Bruce Appleford

#### Flat Panel Collectors

When we talk about Solar Hot Water we immediately think of the Flat panels that we see increasingly on roofs around us. How do they work?

Firstly, there are two types. The Open System and the Closed System, both systems can use different means to booster the hot water up to the required temperature.

#### The Open System

This system hasn't changed in principal since solar hot water systems came into being. Basic physics are applied - Hot Water Rises. Put a header tank above a solar collector, fill with water and allow the water in the collectors to heat and to rise up into the header tank, thus pushing cooler water down into the collectors to be heated. This cycle continues until the header tank is full of heated water.

#### **The Closed System**

The closed system looks the same as the open system, but with one major difference, the solar collectors are attached to a heat exchanger within the header tank. Like the Open system basic physics are applied - Hot Water Rises, only this time the hot liquid from the solar collectors rises to heat up the heat exchanger, the heat dissipates into the water within the header tank, the

cooler liquid from the heat exchanger flows back to the solar collectors. Note the term used 'liquid' rather than water in the solar collectors, because by the use of Propylene Glycol, an anti-freeze within the closed system, this solar heater can be used in frost prone areas, but can be dangerous if a leak should occur.

In a static position, Flat solar panels are by their nature only partly efficient. This is because to reach maximum efficiency the sun needs to directly overhead, and to be within 15° East and 25° West of North. A way of improving the performance of the flat solar panel is for it to be attached to a tracking system that ensures that the panels are perpendicular to the sun for a greater period of the day. This of course adds to the cost of your Solar Hot Water Unit.

While the sun can provide sufficient energy for plenty of hot water, there will be cloudy days and cold days of winter. This is when a booster is required. Electric or Gas boosted systems are available to suit your needs and your location. If you have access to gas, then an instantaneous gas unit is the most efficient boosting method when hot water is used. If you only have access to electricity, then an electric system works only when the internal temperature in the storage tank drops.



Many thanks to all those who participated in the *Clean up Australia Day.* 



Top: Bron and Jade Below: Gerhard









### NEWS from Lisa Neville MP Member for Bellarine

#### **BELLARINE** AGRICULTURAL SHOW

On Sunday 13 March, I was pleased to attend and open once again the Bellarine Agricultural Show. In the 9 years I have attended the Show it has gone from strength to strength. Its success is due to the hard work of a volunteer committee and I want to thank them for their commitment to the Show and for promoting the important agriculture history and future of the Bellarine Peninsula.

#### **POTATO SHED**

I am delighted to hear that the Potato Shed has attracted almost 100,000 visitors in the 2009-10 financial year. As a vibrant arts and culture venue, the Potato Shed has gone from strength to strength since opening almost 10 years ago. I will continue to advocate to the State Government to secure financial support for the redevelopment of the Potato Shed so it can continue to cater for the Bellarine community. Congratulations to all involved for their hard work and commitment in making this venue such a great success and Happy 10th Birthday Potato Shed.

#### Grants

#### **VOLUNTEER EMERGENCY** SERVICES EQUIPMENT PROGRAM (VESEP)

The VESEP which replaces the previous Community Safety Emergency Support



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

Program offers grants for volunteer groups to purchase new emergency equipment. The VESEP will contribute \$2 for every \$1 of funding up to \$100,000. The grants could fund emergency equipment including trucks, tankers, boats and trailers, as well as fund building upgrades and refurbishments. For more information about the application process, contact my office.

#### VICTORIAN VOLUNTEER SMALL GRANTS

Victorian organisations can apply for Victorian Volunteer Small Grants to attract new volunteers from diverse backgrounds, create new volunteering opportunities and strengthen existing volunteering programs as a way of engaging new volunteers. To be eligible, organisations must be not-forprofit and must involve volunteers at a local level. Grants of up to \$5,000 are available. For further information contact my office.

#### READING CHALLENGE

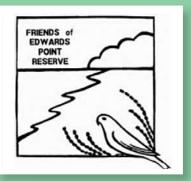
As the Member for Bellarine I encourage local school students to get involved in this year's Premier's Reading Challenge. This year, former Victorian Premiers John Cain, Joan Kirner, Jeff Kennett, Steve Bracks and John Brumby are lending their support to the reading challenge. The Challenge is a great way to improve literacy skills and

instil a love of reading in young people. Parents can support the Challenge by listening to their child read or by reading to them. With a booklist of more than 7000 titles, there will be books to appeal to all readers. Year 3 to 10 students are required to read 15 books or more and students in Prep to Year 2 need to read or 'experience' 30 books by September 16, 2011. Students and schools have up until the end of Term 1 to register.

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

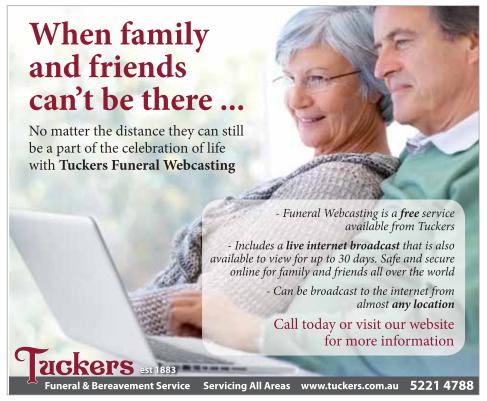
Hon Lisa Neville MP Member for Bellarine (03) 5248 3462





Edwards Point State Faunal Reserve fringes the southern edge of St Leonards near Beach Street. It is a narrow strip of land between Port Phillip and Swan Bay and is covered with a mosaic pattern of coastal woodland and salty wetlands that produce lovely scenery. The Friends of Edwards Point undertake a range of coastal conservation works including weed removal, interpretive sign development and frog monitoring.

If you can help in any way, could you please contact Will Johnston on A/H (03) 5257 3221.





Great music, relevant messages, friendly atmosphere.

Sunday 10.00 am (Includes Kids ROK Zone & ROK Toddlers)

> 276 - 290 Jetty Rd Drysdale (03) 5253 2241



Drysdale Clifton Springs Community Association

# **Building enjoyment** at The Dell

DCSCA, the Bellarine Historical Society and a local designer are creating new signs around The Dell to outline its history and attractions; and DCSCA is exploring how to enable people with limited mobility to access The Dell. These initiatives combine two DCSCA projects. Our 'Open Spaces Network' aims to retain and promote the area's dwindling open spaces, such as The Dell; and our 'Streetscape to Artscape' aims to create a network of art exhibits/installations around the area - such as The Dell's new signage.

# Building a local business voice

DCSCA continues to encourage the creation of a local business 'voice' and February saw three DCSCA business-oriented initiatives. On 21 February, SpringDale's Business Network team and DCSCA co-hosted the first Business Network Breakfast for 2011. The speaker was Ms. Bernadette Uzelac, Executive Officer of Geelong Chamber of Commerce (CoC). Ms. Uzelac invited local businesses to form a Bellarine 'chapter' of the CoC as a possible step towards a Bellarine Chamber of Commerce and a strong local business voice.

On 23 February, DCSCA officers discussed the local economy with Mr. Terry Demeo, Head of the City of Greater Geelong's Economic Development Unit. We'd like to see a greater diversity of local jobs, especially for young people, so that the growing population can choose to

work on the Bellarine or commute elsewhere. One strategy could be to promote the Bellarine as a centre of glass-based art, craft and industry, building on the enormous local support for DCSCA's recent Festival of Glass; and we suggested how the Council could contribute to this. Mr. Demeo offered to host a workshop for local businesses later this year and we will work with him to make the event a success. (See 'Council cautious about local economy' on drycliftdays.blogspot.com [2 March 2011].)

Finally, DCSCA is working with local Councillor Rod Macdonald to install signs at entrances to our towns, to promote our businesses, services and other attractions.

Contacting DCSCA: PO Box 581, Drysdale, Vic. 3222; or dryclift@bigpond.com

For up-to-date news, please visit DCSCA's blog - drycliftdays.blogspot.com/

Patrick Hughes
DCSCA Secretary



Kel was telling us about a horse collar that he has in his collection. It was used on the Fire Brigade horses in larger cities. Melbourne, Geelong, Bendigo and Ballarat all had large fire stations and professional firemen.

Kel holding the metal horse collar that was used by Fire Brigade horses

He told us they had horse drawn apparatus with a pump cart worked by about 6 men, 3 either side. I was most surprised to learn that the collar was made of metal. It was hollow and about the thickness of your leg. When the fire bell rang 2 fireman slid down the pole, yoked up the horses with the harnesses that were suspended above the horses. The collar locked itself as it came round the horse's neck. All other collars, of the day, were made of leather packed with straw but this would combust very quickly, so that's why light steel was used. The collars were made by blacksmiths. We are talking about the late 1800s to early 1900s. Drysdale didn't get a fire station until the 1940s and it was a Bush Fire Brigade.

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BELLARINE FURNITURE

7-9 Marine Parade, Ocean Grove Ph: 03 5255 2288 Fax: 03 5255 4499 info@bellarinefurniture.com.au www.bellarinefurniture.com.au The men were expected to beat out grass fires with leather fire beaters on a bamboo cane.

Kel is a Life Member of Drysdale CFA

Kel is a Life Member of Drysdale CFA and attended many, many fires, all hours of the day and night. He even needed to stay overnight after some fires to prohibit looting. Kel has great admiration for all of our local volunteer firemen and women, who are on call 24 hours a day. He reminisced about the fire bell, then the fire siren and now the fire brigade members having pagers to summon them to action.



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# Inaugural PHOTOGRAPHIC EXHIBITION

On Easter Saturday the 23 April, 2011 between the hours of 10am to 4pm the Bellarine Camera Club with hold its inaugural Photographic Exhibition at the SpringDale Neighbourhood Centre, Main Hall situated in High Street Drysdale just opposite the Shopping Centre.

Images from local photographers will be on display for your viewing pleasure. Meet the photographers and possibly purchase one of their works.

This club has been together for the past 18 months and is always seeking new members.

This exhibition is to show the local and outside public the beauty of photography and how it never



ceases to amaze people with images that portray life as it is today and in the past.

A percentage of the sales and proceeds from gold coin entry will be donated to the SpringDale Centre.
GOLD COIN ENTRY.

For more information please contact Shane on 0413 607 370.





# Door-to-door sales people

Consumer Affairs Victoria can help you with advice about your rights when salespeople knock on your door.

A salesperson can't come into your home without your permission - and they must leave immediately if you tell them to.

Door-to-door salespeople can only visit you between:

- 9am and 6pm Monday to Friday, and
- · 9am and 5pm Saturday.

They cannot visit on Sundays or public holidays.

If you buy something, a door-to-door salesperson must give you a written agreement to sign, and provide you with a copy of the agreement straight after you do so. You have the right to 'cool off' - change your mind - for up to 10 days after you sign the agreement.

If you don't want door-to-door salespeople to visit you, display the Consumer Action Law Centre's 'DO NOT KNOCK' sticker, which warns sales representatives they are breaking the law if they knock on your door. To obtain a sticker, visit a Consumer Affairs Victoria office or request one by sending a stamped, self-addressed envelope to the Consumer Action Law Centre, Level 7, 459 Little Collins Street, Melbourne VIC 3000.

For free advice and assistance with door-to-door salespeople, visit Consumer Affairs Victoria at: Geelong – 65 Gheringhap Street (03) 5224 8072.

Our mobile service also regularly visits your area. Call us for details.

Consumer Affairs Victoria consumer.vic.gov.au 1300 55 81 81 (local call cost).



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# 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

# Men's Shed Hosts Cluster Meeting

Clifton Springs Community Men's Shed hosted the Barwon Region Sub Cluster meeting of the Victorian Men's Shed Association on 3 March. The meeting was attended by nearly 50 members of Men's Sheds in the Barwon Region including Bakers Oval, Geelong, Colac, Lara, Clifton Springs, Geelong East, Ocean Grove, St. Luke's Highton, Torquay and St Laurence Park/ Lara.

Guest speakers included Rob Knowles and Greg McKendry from local community radio FM 94.7 The Pulse who spoke of the forthcoming Blokes Day Out with a promotional night and activity day on 3 April. Amanda Miggins (Men's Shed Liaison and Client Outcomes) from



Department of Human Services, outlined changes effecting Sheds following the change of government. The meeting centred around issues concerning the operation of Sheds and ways these matters may be addressed both on a community and a political level. A member from each Shed reported on current activities related to that Shed and what

was planned for the future. The next meeting is planned for 3 June at Geelong East Men's Shed.

The Clifton Springs Community Men's Shed located at the rear of Central Baptist Church in Central Road aims to provide men of all ages a place to integrate, socialise and take part in organised activities, with an emphasis upon improving self-esteem

and men's health and relationships. This is particularly important to single and/or infirmed men so they maintain a degree of self worth and useful input to our community.

Members meet each Monday at 1.30pm at the Shed. If you are interested in joining this community group, please contact the Secretary on 0459 213 153.

Memories are made of this...

Memories Exhibition, SpringDale Hall, Drysdale Saturday 16 April, 9am-5pm, Sunday 17 April 10am-4pm.



#### Don't you just love old photographs -

they bring back memories of how things used to be. In conjunction with the Bellarine Historical Society, St James' Church is putting on an exhibition of old photographs from around Australia and New Zealand and of Geelong over the last century. This is a fundraiser for the Restoration of St James' Church Hall and since building work is due to start shortly, the Exhibition will be held in the SpringDale Hall over the weekend before Easter. In addition to a wonderful selection of photographs, the Bellarine Historical Society will be selling their full range of excellent publications, including their latest release 'The Waterholes' – A History of Drysdale on the Bellarine - and the ladies of St James' Church will be providing refreshments with a selection of their famous cakes and slices. There will also be fundraising items for sale, so bring your friends and the kids, there'll be something for everyone. Only another \$100,000 is now required to meet the Church Hall funding target, so do visit this nostalgic exhibition.





### St James' Book sale

St James' Book sale was a great success and they thank everyone for the donated books. As last year, donations have been made from Book Sale funds to Clifton Springs and Drysdale Primary Schools. Betty Wilson, the Book Sale organiser, is an ex school librarian and always found it heartbreaking that children, whose parents could not afford to send them on school excursions, had to spend their day in the library instead of enjoying a day out. Therefore, this money is intended to assist children from disadvantaged families to attend those outings they would otherwise have missed. Collection of books has already started for next year and with the building work imminent, donations of your books are very welcome.

Book Sale enquiries phone (03) 5251 2594.

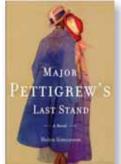


# The Book Group -

#### Major Pettigrew's Last Stand

On Monday March 7 the Book Group met to discuss Major Pettigrew's Last Stand, a novel by Helen Simonson. With a cast of delightfully eccentric characters such as those found in television programs like To the Manor Born, Helen Simonson paints a picture of life in a quiet backwater English village which is on the cusp of development and

modernisation. The reactions of the various characters to the winds of change are amusing. The character of the Major is an old-fashioned ex army type. Proper manners prevent him from having any close friends and he was devoted to his late wife Nancy. With her passing, the major has retreated over the years to a quiet life and the golf club where he feels safe. Each of the characters is in his or her own way a social climber, with the possible exception of Mrs. Ali. She seems reconciled to her status in life as her late husband has taught her the value of quietly getting on with life and ignoring the social snubs that are dished out to 'people of colour'. The Major's realisation that he is falling in love with Mrs. Ali,



whilst trying to come to terms with the loss of his brother, the pending loss of the antique guns that had belonged to his father and the Major's disappointment in the man that his son Roger has become all make the threads of the story.

What could have been a clichéd and dull plot has been well written and many modern aspects and social dilemmas are

cleverly included. There is love, jealousy, religion, petty mindedness, prejudice, greed, social ambition and career ambition all guiding the actions of the many characters. Helen Simonson manages to draw all of these elements together into a charming and amusing story. Rating average given for this book was eight out of ten.

The Book Club meets at the SpringDale Centre on the first Monday of each month at 7.30pm for about 90 minutes. Our meetings are informal and new members are always very welcome.

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

# Drysdale Easter Walk of Witness



A walk through the streets of Drysdale on Good Friday, April 22 will witness to the true message of Easter. For the past 15 years the combined Churches of Drysdale and Clifton Springs have joined together to celebrate this important Christian day with a silent walk of witness commencing at 11.30am from St James' Anglican Church. A large wooden cross will be carried, hymns will be sung and church members will read passages from the Bible and prayers will be said at various stops along the way.

From the Anglican Church the procession will cross to the Christian School, then on to the corner of Murradoc Road and the village green. From there it will move to the steps of the Uniting Church and on to the car park at the rear of the church. Following the walk morning tea, coffee and hot cross buns will be served in the Uniting Church Hall. This Annual Walk of Witness hopes to convey to the community the true message of Easter and what happened all those years ago to Jesus on the Cross on Good Friday. The message brings hope to many, that in spite of our faults and mistakes, people do not have to carry guilt with them forever, if they are truly sorry for what they have done.

# **Playing Cards**

As children am sure most of us all enjoyed the card games Go Fish and Old Maid. But how well do we really know a pack of cards. What does the King of Spades hold in his hand? Which King does not have a moustache?

There is a pleasant group that gathers at SpringDale every Monday afternoon that can tell you all the answers. They play an assortment of card games and enjoy the mental stimulation and friendly company. If you are interested in this activity please contact SpringDale.



### Toy of the Month



Child-size vacuum cleaner which is suitable for 3-4 year old children.

While children are young we need to do many activities to strengthen their large and small muscles. Pushing this vacuum cleaner around like Mum or Dad may help this development to occur. Pretending to help with the housework encourages fun, creative and active play with a toy designed to encourage physical development. The Drysdale Toy Library is open on Wednesday morning from 9am to 10am.

Ann Ferguson Drysdale Toy Library Coordinator



#### New Health Courses at SpringDale





#### The Bee's Knees

If you want to have strong, comfortable, flexible knees, we have the class for you!

This is a 2-hour class where you will learn some gentle bodywork to help your knees do their job more easily. No experience is needed. Bring a partner if you can.

If you have a dicky knee or two, or an interest in knees, you are welcome to join the class. Even people who have had their knees replaced can come. Better to have bee's knees than dicky knees, don't you think? No prior learning is required. \$15 per person (\$8 concession).

**Date/time:** Fri 27 May 7pm - 9pm **Fee:** \$15 per person (or \$8 conc) **Facilitator:** Dr Allison Baensch

#### The Pelvis, The Pelvis

Anyone who has a pelvis is welcome to join our class. So much can be done to help our lower torso become more comfortable, balanced and healthy!

This one-day class is useful before, during and after pregnancy and menopause, as well as for children and men of any age. During the class, we will learn and share releases for the pelvis, psoas and lower back. The work is gentle and comfortable to do and receive. Come to the class as a family if you like.

No prior learning is required. BYO lunch to share.

Fee: \$80 per person (or \$50 conc)

Date/time: Sat 28 May 10am till 4pm

Facilitator: Dr Allison Baensch

#### **Family Care Workshop**

Ortho-Bionomy works really gently with the body. It is safe, effective and comfortable. As a former classroom teacher I love sharing this bodywork with children (and adults), who often become highly skilled.

For many years, my main bodywork clients were babies with developmental issues and children who were having difficulty at school with concentration,

coordination and so on. As well I worked with adults who suffered from back pain and a variety of other issues.

Some of my research explained how children and adults can learn these skills to increase comfort and flexibility.

Your family is invited to join this one-day class. No prior learning is required.

Fee: \$100 per family group (\$40 conc) Date/time: Sun 29 May 10am - 3pm Facilitator: Dr Allison Baensch loves comfort and delights in how our bodies organise themselves to be well. Her recent research thesis was based on trusting the body's wisdom. Allison is keen to share gentle bodywork skills with community members as well as professionals.

#### Felting onto silk scarf

Decorate a hand-dyed silk scarf by felting wet wool tops and tussah silk onto it. Take home a beautiful scarf. Bring apron and name tag. Please have your lunch prior to class.

Cost: \$25. All materials provided.

Date/time: Sun 1 May 12noon - 4pm

Sat 7 May 12noon - 4pm Tutor: Lyn O'Brien

### Drysdale Ladies Probus Club - comes of age



Drysdale Ladies have come of age

The February meeting was a 21st Birthday celebration. The club being chartered on February 26 1990 led by Foundation President Marguerite Edgar, who is still a current member along with five other Foundation members.

As the result of a lucky badge number draw, Treasurer Lorraine McCallum had the honour of cutting the birthday cake, made and decorated by club member, Kath Gunn.

Congratulations Drysdale Ladies.

#### **SYNTAX**

#### The Retronym

A retronym is a modification of an original word or idea to allow for sub classifications due to technological or historical development.

The original television broadcast system became analogue due to the introduction of digital. The guitar became acoustic because of the invention of the Electric Guitar. Radio was separated into AM and FM, AM being the original. The term Classical Music wasn't used until the mid 19th Century; according to Wikipedia. Conventional war (non-nuclear) and conventional oven (non-microwave), mechanical mouse (a computer mouse with a ball for tracking movement),

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Old Testament, Optical Zoom, paper (or hard) copy, Silent Film, Snail Mail, Vinyl Record, VHS player, and Whole Milk, are all examples of retronyms used today.

Some retronyms are less frequently used than others; an analogue watch is one with a dial and mechanical arms, intended to distinguish it from a digital watch. I've rarely heard people say this though. The most common computer jargon retronyms, other than analogue, are offline and wired. Offline (not connected to the internet) and wired as apposed to wireless.

Send any feedback to office@springdale.org.au (please write syntax in the subject line).

Pierce Jaques



# Drysdale Community Craft Celebrates Lois Traill's Membership

Members from the Drysdale Community Craft shop chose Cafe Zoo as the venue to celebrate the 85th birthday of a very special member, Mrs Lois Traill.

Lois was also awarded our 1st honorary membership for being 80+ years young and a long time member. During her 18 years with our craft shop, she has made more than 670 golly dolls, hundreds of classy lady broaches, peg dolls, evening bags and many more superbly hand crafted and original items.

Lois is an inspiration to all for her boundless energy and creativity, 'a true women of substance'. Drysdale Community Craft supports local talent and various charities.



Lois receiving her Award

# Can you hear the cars coming?

When you are walking to school along the suburban roads where there is no designated footpath, and you are listening to your ipod and walking with your back to the traffic can you hear a car coming or realistically can you see it?

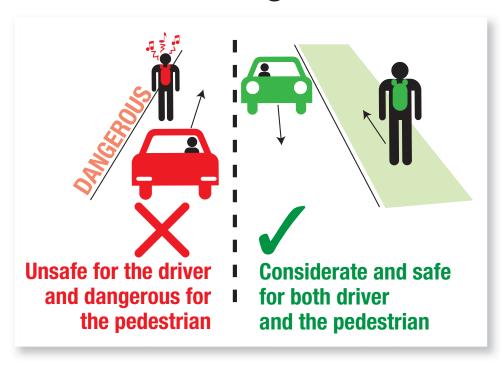
There is an alarming amount of kids that every morning walk to bus stops listening to the music and are oblivious of traffic that is on their streets.

You can neither see or hear vehicles coming when your concentration is elsewhere.

# Tips for walking on the roads are:

- Always walk towards oncoming traffic. You are able to see approaching traffic and stay safe. It is wrong and unsafe to walk with your back to the traffic.
- 2. Use a footpath if provided instead of the roadside.
- 3. Do not plug earpieces in your ears and have music so loud that you are unable to hear approaching vehicles.
- 4. Step up onto the nature strip or verge if the oncoming car is about to pass





another vehicle near you. On some streets there is not enough room for a pedestrian and two passing vehicles. Stay safe and step out of their way.

- Always walk in a single file, walking beside each other takes considerable space for a vehicle to avoid you if an oncoming car is approaching it.
- 6. Practice the looking right, look left, look right again and if clear cross the road safely and use the traffic lights to ensure your crossing is safer at busy intersections if they are in place. Remember a vehicle takes considerable space to stop, so always use caution and keep your attention

on your safety. You are in control of yoursteps, so be sensible and remain safe.



# SpringDale Football (Soccer) Club - Seeking Junior Soccer Players



Calling all cyclists

Are you an owner of a bike that has spent too much time in your garage, gathering dust, providing a wonderful home for spiders? Is anyone interested in forming a Cycling Group in association with our SpringDale Neighbourhood Centre?

I have been a mad keen cyclist in the past (well, twenty years or more ago), completing some fantastic bike rides around Geelong. I would love to get really involved in cycling again. It's always easier when one has some cycling buddies to motivate and share the experiences.

We live in a unique area with many delightful rides available to us. The rail trail is on our doorstep and there are many quieter roads linking the towns on the Bellarine. I would like to join with like minded people who just want to get back

on their bikes, get some extra physical activity and the enjoyment from being outdoors. I envisage, during the week rides, starting with just one each week and if people get really excited about the group we could offer more. Cycling is so much fun and often the support of the group is all the inspiration we need to get back onto our faithful treadlies.

So, I'm asking those in our community, retirees with spare time on their hands, anyone really, who has a dusty bike in the shed and just needs that little push to dust it down and bring it and you, most likely, to life again. Riding is so much fun and it's even better riding together.

Marilyn Townsend - retired from the work place and now living life to the full. Please call Marilyn on 0400 884 880 if you are interested.

SpringDale FC, the soccer club representing Clifton Springs and Drysdale, is running weekly open junior training sessions at 6pm every Friday. The sessions are at Clifton Springs Primary School until daylight saving ends when the sessions move indoors to Drysdale Primary School Hall. Boys and girls of all ability levels are welcome between the ages of 4 and 11 years old and can either just take part in training or join in with our under 11's, under 9's and under 7's small sided football teams in social competition on Sunday mornings from May to September. To find out more about SpringDale FC's soccer programs, visit our website at

www.springdalefc.com.au or contact Geoff Briggs on 0428 501 150.

#### **Go Hawks**

A new season of football kicks off this month. After being Premiers in 2009 and 2010, this will be a big year to see if we can score a hat trick. Round 1 for the Hawks commences away against Torquay on 9 April, Round 2 home against Queenscliff on 16 April, Round 3 away against Portarlington on 25 April and Round 4 home against Anglesea on 30 April. Let us all try and support the local team with the brown jumper and gold vee by attending one of their matches.

### Years ago

As reported in The Argus on Friday 18 November 1887 STEAD'S RABBIT ANNIHILATOR

At the request of the members and officers of the Bellarine Shire Council, a public trial of Stead's rabbit annihilator was made on Wednesday on Mrs. Cuthbert's estate, about three and a half miles west of Drysdale. The country in the vicinity, which is undulating, consists of rich loamy sand, here and there bristling with bracken, which forms a cover for rabbits.



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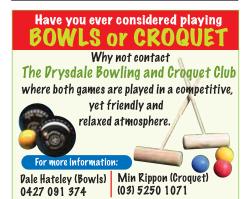
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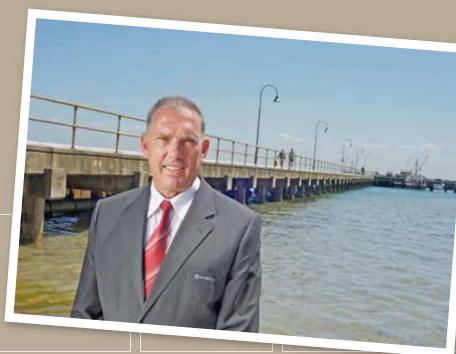
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