



The SpringDale Messenger



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

Picture perfect



Lights! Camera! Action! at SpringDale Photographic Exhibition

The **Bellarine Camera Club** ran it's first photographic display and sales exhibition at the SpringDale Neighbourhood Centre, Drysdale.

Some 300 printed images along with a similar amount of digital images were on display to the public for their viewing pleasure and purchase.

The exhibition ran from 10am to 4pm on a busy week end and attracted some 200 members of the public. Most who attended commented on the high standard of work displayed and voted it as a huge success for the club and SpringDale.

The event will run again next year on Easter Saturday and Sunday. Members from the Bellarine camera Club would like to thank the public for their attendance and SpringDale for making the venue available.

Any person wishing to be part of the Bellarine Club can contact the club for further information on 0413 607 370.

We also can be found on the internet under the Bellarine Camera Club.

Shane Coles

www.bellarine.livejournal.com/



What are the
The Nelson's
Sixty Fours?

Turn to page 5

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**TERM 3
COURSE GUIDE
PAGES 11-14**

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events 2011 june

Wednesday 1

Messenger copy deadline July edition

Friday 3

Italian night at SpringDale 6pm

Saturday 4

Drysdale Harvest Produce Swap SpringDale 9am – 11am

Friday 10 June

CCP Gig Potato Shed

Friday 10 to Monday 13 National Celtic Festival, Portarlinton

Monday 13

Queen's Birthday Public Holiday

Friday 17 / Saturday 18 / Sunday 19 Winter Solstice One Act Plays – Keep It Secret Potato Shed

Tuesday 21

You'll Be the Death of Me Potato Shed

Sunday 26

Portarlinton Market 9am – 2pm

Saturday 2 JULY

The Sum Of Us Potato Shed



IMPORTANT REMINDER*

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



Copy Deadline for July 2011 Issue
Wednesday 1 June 2011
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SpringDale Neighbourhood Centre Inc. acknowledges the support of:



GEELONG



Department of Planning
and Community Development



Department of Education
and Early Childhood Development



Department of Community Services
and Ageing

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

Production & Creative by **Lyn Ingles - blue pencil publishing**

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Distributed throughout Drysdale, Clifton Springs, Portarlinton, 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]



I wish I didn't love my job so much. There's always something great happening.

Our Wellness group, each Monday 11am, has started and is being well received by many members of our community. We are already being spoken about in other places as the new wellness capital. It will be interesting to see where this takes us and everyone involved. Our Raw Food group is gathering numbers on the first Sunday of the month. The Cheese Club has met a couple of times. Our new Cycling group is just starting and looking at managing risks around riding a bike. What will our next group be? It may be your idea.

As this financial year comes quickly to an end, we are using these last few weeks to achieve the last couple of goals of our Annual Plan. It would be great if we could get 20 people to our June Welcome Morning Tea/Coffee Club. Our numbers have been growing during the last few months. Those who have been to this group love to catch up the next month. This group is especially for new residents who deserve a very warm welcome to our wonderful part of the world but it's great to have long term residents to help with the welcoming. The June Coffee Club is on Monday 27 June at 10.30am and all are very welcome. We do have Welcome Kits for new residents – please let us know if you didn't receive one from your Real Estate agent, because we'd love to give you one.

I was lucky enough to spend one day of the last school holidays with the Vacation Care team and children. We caught the public bus from Drysdale to Geelong. We had morning tea in the Customs Park and looked at all the historic art work that I had seen before but not really understood, until a couple of the children drew my attention to the tops of the art cubes. This is definitely worth a visit and I am glad that

the children helped me to learn more about Geelong. The next part of the excursion was to visit the Geelong Wool Museum. The children enjoyed the visiting exhibition of toys and then we all moved up to watch carpet being created on the 200 year old loom. I found this fascinating and hope to buy a piece of this amazing carpet for SpringDale to have on show. We lunched at Rippleside Park and had time to eat, climb, run, celebrate Abbey's birthday and play. After lunch we walked to the Ford Discovery Centre. Katherine had organised a tour for us where we learnt so much about the T Model Ford up to the Clay Model that happens today. We walked to the Geelong Railway Station to catch the bus back to Drysdale. What a great day, I had fun, learnt heaps and enjoyed getting to know our Vacation Care team including the children. I hope the Vacation Care team need an extra pair of hands next holidays!

Regards and best wishes from

Anne Brackley

for the whole SpringDale Team.

Home and Community Care Modules

opportunities for students who have recently completed a Certificate III in Aged Care – SpringDale in partnership with Ocean Grove Neighbourhood Centre now offers - Home and Community Care (CHC30308). If student holds a current full Certificate III in Aged Care (CHC30208) including first aid and food handling and wish just to complete the 4 additional modules to gain both qualifications the fee is \$200. Dates to be advised.



COURSE UPDATE @ SpringDale

Italian Evening

Date/time: Friday 3 June, 6pm

Fee: \$10 per person or \$5 if you bring a dish to share.

Cheesemaking

There are a couple of extra classes for this term.

Sat 11 June – Mozzarella

Sunday 12 June – Brie

Sunday 19 June – Blue Vein

Fee: \$65

Save money, save energy, save water Workshop

Would you like to reduce your power and utilities bills? Come along and find out how.

Date/time: Wednesday 8 June from 6pm to 8pm. (Light dinner included). **FREE**

Health & Wellness Workshops

Toxic chemicals Workshop

What's all the fuss? What are they? Where are they? What else can I use? Come along to this amazing workshop and learn the answers to these questions and also discover how to feel healthy and vibrant.

Date/time: Mon 6 June 11am – 1pm

Fee: \$30

Blood Group Diet Workshop

Establish how to improve your health if you follow the right diet for your blood type.

Date/time: Mon 20 June 11am – 1pm

Fee: \$30

Tutor: Lisa FitzGerald - Simply Vibrant

Vacation Care @ SpringDale

Winter Program Commencing
Monday 4 July – Friday 15 July
Sessions run from 8.30am to 5.30pm

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Guides enjoying *Supernova*

Drysdale Senior Guides had an excursion to Supernova, which is an anime, cartoon, sci-fi and games convention at the Melbourne Showgrounds. We boarded the train to Melbourne at 8am and arrived at 9am, then to get to the showgrounds, we caught an incredibly jam-packed tram. When we got to the showgrounds we had to wait in line for twenty minutes just to get tickets so we could get in. When we finally entered we were amazed at all the stalls. There were lots of people cosplaying as many different characters from different anime, cartoons and games. We took lots of pictures and brought a lot of stuff. We were so impressed that we have decided to host our own anime, cartoon and sci-fi convention in Drysdale and have applied for a grant from the Youth Foundation. If we receive this grant, the Drysdale Guides will be working hard to host this convention. We want to hold this event because we do not think that people should have to travel into Melbourne to experience the joy of an



anime convention. It is going to be a lot of fun and we are really looking forward to hosting it. Hope you can come, once we set the date.

Please let us know if you are interested in more information or would like to help us. Email: trielaravensakura@hotmail.com
Claire, Emily and Anne

Family Law Worries?

Come in for a *free* chat

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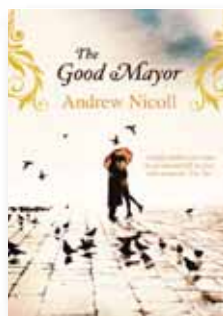


Mention this advertisement and receive a 1 hour free consultation.

The Book Club - *The Good Mayor* by Andrew Nicoll

In May the Book Group met to discuss Andrew Nicoll's novel *The Good Mayor*. This is a first book for Nicoll, a Scottish journalist and quite a departure from our recent readings.

Set in the fictitious town of Dot presumably in the Baltic, *The Good Mayor* is called Tibo Krovic and his delectable and desirable secretary is Mrs. Agathe Stopak. The story revolves around Tibo's infatuation with Agathe and her frustrating love life. She leaves her slob of a husband to take up with a penniless artist who satisfies her physical needs but demonstrates his violent nature by beating her. While all this seems depressing stuff the story is presented in such a light hearted manner that the drama is secondary to the people and place. For instance the plot is interrupted from time to time by comment from St. Walpurnia, a bearded virgin martyr and patron saint of Dot. A ghostly group of circus performers are conjured up by the ancient mother of the café proprietor and they take on the guiding role of bringing Tibo and Agathe together.



If you are prepared to accept a large slice of fantasy mixed with an otherwise kitchen sink drama that is set in a place and time where rattling trams feature large, church bells ring regularly and a brass band performs annually then this book is for you. It is unfair to give an average rating for this book because of the widely differing opinions. One person did not progress beyond the first page another struggled to get half way through, but the remainder of the group were enthusiastic and rated it highly.



Journalist **Andrew Nicoll** has lived in Broughty Ferry, near Dundee, for most of his life. After a brief job as a lumberjack, he has been a journalist for a number of

daily newspapers and is now a Scottish Political Reporter for *The Sun*. He wrote his debut novel, the love story *The Good Mayor*, while commuting between home and Holyrood in Edinburgh.

Nicoll still lives in Broughty Ferry with his wife and three children.

Our next meeting will take place on Monday 6 June at 7.30pm, when we will discuss *Inheritance* by Nicholas Shakespeare. Our choice for July will be *Hopeland* by Paul Murray.

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June - exciting shows at the Shed

The community once again came to the fore in May with many of our locals presenting their work and we are pleased to say this trend will continue in June with the return of the Winter Solstice One Act Plays. Brought to you by Theatre 3triple2, this years evening is titled "Keep It Secret" and will include three one act plays; "The Hollow Tree", "Keep Your Voice Down" and "Allez-Luya". All different from one another, all share the elements of secrecy and fire. These plays are brand new and have been written and directed by Carole Mallet. Morning Showtime returns once again with You'll Be the Death of Me. Presented by Colin Mockett and the Drop of a Hat crew the audience will be entertained by the deadly humour found on headstones accompanied by some grisly and funny songs and jokes from beyond the grave. Kicking off July we are very excited to have Hit Productions back with The Sum of Us, starring John Jarratt. The *Sum of Us* is a humorous but poignant story revolving around the devoted and loving relationship between widower, Harry, and his homosexual son, Jeff, and their individual searches for a partner. A father son story with a big heart!

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.



Sophie & Fiachra



10-13 June 2011

Once again the National Celtic Festival will be held in Portarlington over the long weekend. Performers will come from Ireland, United States and Scotland to join other musicians, dancers, bands and poets in the festival. This great event is now in its ninth year and promises to be even bigger and better than before. Visit www.nationalcelticfestival.com to find out more information.

WIN DOUBLE PASS

Morning Showtime

10.30am
includes morning tea

21 June 8pm

'You'll Be the Death of Me'
 Drop Of a Hat Productions

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COMPETITION CLOSSES 3PM THURSDAY 16 JUNE

WHAT'S ON IN JUNE

10 June - CCP Gig
 6pm - 10pm
 All ages smoke, drug and alcohol free event

17,18,19, June
 Winter Solstice One Act Plays
 - Keep It Secret
 Presented by Theatre 3triple2
 The Hollow Tree, Keep Your Voice Down & Allez-Luya
 Fri & Sat 7.30pm & 6pm Sun
 Adult - \$20 Conc - \$16 Rated: MA 15+

21 June
 You'll Be the Death of Me
 Drop Of a Hat Productions
 Morning Showtime 10.30am
 \$14 incl. morning tea

2 July The Sum Of Us
 Starring John Jarratt
 8pm Adult - \$24 Conc - \$19

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.




2 July
The Sum Of Us
 Starring John Jarratt





17,18,19, JUNE
FRI & SAT 7.30PM
& 6PM SUN



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

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It is all go at St James' Hall

Yes, it's all happening at last. Work has started on the restoration of the heritage listed St James' Church Hall in Collins Street, Drysdale. The first step is restoration work on the Hall itself, supported by a lovely grant from Heritage Victoria. Work will include replacing the metal framed rectangular windows with the original style pointed arch design in timber (there's only one existing original window and that's in the porch, facing the road.) The Bell Tower is going to be reconstructed over the porch – the original bell has been safely stored all these years and of course, much t.l.c. is required for the outside weatherboards of the Hall which are very distressed by now. Then the construction starts, to build a new foyer, kitchen and toilets and link all this to the Church by a covered walkway. A generous Building Community

Infrastructure grant from the Department of Planning and Community Development has finally enabled this work to get going.

As you can see from the photo, much of the finance is in place, but unfortunately, not all. Thank you to everyone who attended the joint St James' Church and Bellarine Historical Society Memories photographic exhibition at SpringDale just before Easter. At that event the final fundraising push for Hall finance was launched, kindly supported by Councillor Rod Macdonald.



St James' Church has produced a Specific Donation Scheme form so that individuals can assist in part or whole to buy items for the restored church complex – such as kitchen equipment. There is also the opportunity to dedicate one of the new windows in memory of a loved one.

If you would like to help, please ring the Parish Treasurer John Marks on (03) 5253 2322, or the Vicar, Fr Robert Myers on (03) 5251 2571 for a Donation Scheme form, or pick one up at SpringDale.

Combined Probus Club of Clifton Springs/Drysdale

At our April meeting one of our members, Elaine Snow, spoke to us of her visits to Gallipoli and the Thai/Burma Railway as a very interesting and pertinent lead-up to Anzac Day. Afterwards we lunched at The Zoo Cafe, where our Coffee Club also met the following week.

On April Fools Day we had a trip to the Flower and Garden Show in Melbourne, which was enjoyed by all who went, although it could get a little tiring! The flowers were beautiful, the gardens inspiring and plenty of useful gardening info for all.

At our meeting next month, on the 13 June, Rosemary Malone from Gateway Support Services will speak to us. 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

Elaine's talk interesting lead up to ANZAC Day



and couples, are welcomed at all our meetings and activities.

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

Drysdale Ladies Probus Club

Walking for Charity

Mr John Olsen attended a recent meeting and spoke of two walks across Australia.

First walk was from Cape York to the South East Cape of Tasmania. The second walk from Steep Point WA to Byron Bay NSW, then back to his home base Geelong. 13,000 kilometres in total pulling a trailer behind him.

Mr Olsen raised monies for *Cerebral Palsy* and *Leukodystrophy*. Thank you Mr Olsen for sharing your adventures.

It was a wonderful achievement.

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Cannon Restored

In 1997 two large naval cannon dating from the 1860s, were found in an archaeological dig in Bendigo under the direction of Fiona Weaver of Belmont. In 2005 they were donated to the Fort Queenscliff Museum for restoration and display to the public. On the 1 May, local historians, Dr Bob Marmion and Marilyn Townsend finally saw the culmination of a 14 year project when the two restored cannon were unveiled at the Fort.

At the same time, Bob and Marilyn launched their exciting new book on the cannon: *The Nelson's Sixty-Fours*. While researching the cannons' history, Bob and Marilyn even visited the Low Moor foundry in England where they were made. Against the backdrop of Victoria's colonial history and the rapidly changing arms technology of the 19th century, the book chronicles the cannons' service in the old Victorian Navy and their eventual journey to Bendigo and onto Queenscliff.

As part of the new display at Fort Queenscliff, a number of local people including students from St Joseph's College, Geelong, and Ron and Matthew Green from the old Soldiers' Home, Drysdale, were involved in the restoration. They also built new wooden gun carriages to sit the barrels on.

Copies of the book *The Nelson's Sixty-Fours* are available at SpringDale for \$20 each.

Bob Marmion is a member of the SpringDale Committee of Management, and we are grateful for his knowledge and expertise.



Top L-R: John Rogers (Save the Cerberus), Fiona Weaver, (archaeologist) Bob Marmion, Marilyn Townsend, Ron Green, Matthew Green and Mike Davies (teacher from St Joseph's).

Left: Bryan Hughes, President of Fort Queenscliff Museum, Marilyn Townsend, Rod Fyffe (Mayor of City of Greater Bendigo) and Bob Marmion.

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RED NOSE DAY Friday 24 June 2011

Red Nose Day, held annually on the last Friday in June, is the major fundraiser for SIDS and Kids. Funds raised through Red Nose Day activities assist SIDS and Kids in providing vital services and programs to the Australian community. SIDS and Kids is dedicated to saving the lives of babies and children during pregnancy, birth, infancy and childhood and to supporting bereaved families.

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KIDS COLOUR FOR A CAUSE

Get your pencils, crayons and textas ready and have some fun with the Red Nose Day Colouring-In-Competition. For your chance to win, simply download the Red Nose Day Colouring-In entry form below (ask mum and dad or a friend to help), colour in the artwork and mail your entry to SIDS and Kids.

Send your entries to: **Red Nose Day Colouring-In-Competition**
Suite 1, 98 Morang Road, Hawthorn, VIC, 3122

Don't forget to write your name, age, address and phone number clearly on your entry form so we can contact you if you win.

Entries must be received by **Wednesday 22 June** so we can announce the winners on Red Nose Day. <http://www.rednoseday.com.au/colouring-competition/>



Red Apple Day



A highlight of **Bowel Cancer Awareness Week is Red Apple Day** on **Wednesday, 8 June**, where Australians are encouraged to help raise funds for vital research and community awareness campaigns through the purchase of a \$2 apple pin. The apple pin symbolises the bowel cancer message. Apples are also a nutritious source of dietary fibre. One in twelve Australians will be diagnosed with bowel cancer by age 85. Both men and women are at risk of developing bowel cancer.

World Blood Donor Day



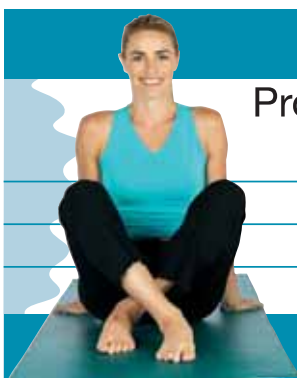
World Blood Donor Day

World Blood Donor Day is celebrated on June 14 every year. It is an opportunity to express gratitude to those who donate their blood in order to save lives. Every blood donation can save three lives. So, please roll up your sleeves and give blood.

To find out more about donating blood call 13 14 95.

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Drysdale T.O.W.N. Club



June Heywood

If you are overweight, you are unhealthy. One of your goals is to become not only a trimmer but a healthier you. You will enjoy life more if you are fit and trim. A new eating plan must be long term, because with the learning of new eating habits, it's much easier to keep the weight off. By paying attention to what we eat, how often we eat and the ritual of eating, we can achieve new personal eating habits – not an easy job when so many bad habits have to be relearned. Preparation is a key factor – mentally, physically and even materially, we need to be determined and focused on our goals.

We have a member at Drysdale T.O.W.N., June Heywood, who has been able to show others how she was mentally, physically and materially prepared to get to her goal weight and to maintain it for 11 years.

June has been an inspiration to many members at Drysdale T.O.W.N.. We have 13 graduates who attend regularly. They all say that keeping to a goal weight is one of the hardest things to do. They find that by attending the club regularly and weighing in they are able to monitor their weight. Should they gain more than the limit allowed, they are quick to return to their food and exercise plans.

Drysdale T.O.W.N. Club's celebration for those members who had the most weight loss or who were the Graduate or Mini-graduate of the year was held in May. We not only celebrated our club's successes but also remembered others by combining it with the Biggest Morning Tea and raised funds for the Cancer Council of Victoria.

If you are interested in joining Drysdale T.O.W.N. Club, we meet every Wednesday morning from 9am to 11am in the Drysdale Football Clubrooms. For more information please call Lyn Ward on (03) 5253 1292 or mobile 0417 536 619.

FLU INJECTION CLINICS

Drysdale Village Medical Centre
7 Palmerston Street Drysdale
(03) 5253 1002

- Attention all patients of **Drysdale Village Medical Centre**
- Flu clinics are now being run daily from **Tuesday - Friday**
- An **evening clinic** is also available **Wednesday 5pm-7pm**

Carbon monoxide is a silent killer.

A recent advertisement campaign has highlighted carbon monoxide. Now is the time to have your heater serviced by a gas heating specialist to check for carbon monoxide leakage. Carbon Monoxide cannot be seen, smelt or tasted, but is deadly if it leaks from your gas heater into a family home.

Victorian families have been urged to get their gas appliances regularly serviced and checked to stop accidental carbon monoxide deaths in a new campaign featuring the parents of two children who died from carbon monoxide poisoning.

Carbon monoxide poisoning in the home becomes a danger when gas appliances, such as heaters, malfunction and do not burn the gas. The appliance may appear to be functioning normally but is also producing poisonous carbon monoxide. There have been nine fatalities from carbon monoxide poisoning in Victoria in the last 11 years.

What should be done?

Regularly check the colour of the flame in the heater. A blue flame burning within the heater is normally an indication of a good flame and that the heater is working properly.

A yellow or sooty flame indicates a faulty heater - apart from appliances where yellow flames are deliberately used for decorative effect.

Look for the following visible warnings that problems exist:

- Soot or discolouration around the gas appliance;
- Yellow flame;
- Heater goes out after a short time for no apparent reason;
- Debris falling down the flue pipe;
- Missing or damaged cowl on the top of the flue pipe.

If property owners and tenants have any concerns about the adequacy of the



ventilation in their homes they should arrange an inspection by a registered or licensed gasfitter.

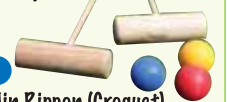
Alternatively call ESV on 1800 652 563 or the Plumbing Industry Commission (PIC) on 1300 815 127.

The gasfitter who services your appliance must have a carbon monoxide (CO) analyser/detector that has been calibrated correctly in the required time frame to detect CO. The CO reading must be less than 10 parts per million (ppm).

Have you ever considered playing BOWLS or CROQUET

Why not contact

The Drysdale Bowling and Croquet Club
where both games are played in a competitive, yet friendly and relaxed atmosphere.



For more information:

Dale Hateley (Bowls)
0427 091 374

Min Rippon (Croquet)
(03) 5250 1071

Burn up to 2000 kilojoules in 30 minutes? Believe it.

Our 30-minute circuit works every major muscle group, two muscles at a time, so you can burn up to 2000 kilojoules. All with a trainer to teach and motivate.

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DETAILED PROGRESS REPORT



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*Free week may be redeemed on first visit or exchanged for special membership discount. Not valid with any other offer. Valid only at participating locations. CurvesSmart. Powered by MYTRAK. © 2009 Curves International, Inc. All Rights Reserved.

- Bowen Technique (NST)
- Naturopathy
- Therapeutic Touch

Natural Therapist Wholistic Body Therapy

Maggie Gove N.D.
Clifton Springs 3222

Phone (03) 5251 1188
Member ANTA, TTAA, ISSSEEM



ANZAC Day

On ANZAC Day this year there were a number of ceremonies held across the Bellarine. I had the opportunity again to spend time with veterans, their families and community members to pay tribute to the sacrifice of so many men and women who lost their lives or suffered injury to ensure we have the freedoms we all share today. It is an important time when we stop to remember the sacrifice made by so many men and women in service to this nation, both our former and current service men and women.

I am always impressed by the large number of Bellarine residents who come to pay their respects at services held across the peninsula on ANZAC Day.

Drysdale Recreation Reserve

I am delighted that the Drysdale Recreation Reserve will receive \$60,000 towards installing a new netball court and floodlights. This funding, under the Victorian Country Football and Netball program will greatly support this popular

sport in Drysdale and on the Bellarine.

Volunteer Grants

I encourage volunteer groups in the Bellarine electorate to apply for a grant under the Victorian Volunteer Small Grants Program. Community not-for-profit organisations involving volunteers at a local level are eligible under the grants program through the Department of Planning and Community Development. Grants of up to \$5000 are available for Victorian organisations to:

- attract new volunteers from diverse backgrounds, eg. Indigenous people, newly arrived migrants, people with disabilities
- create new volunteering opportunities
- strengthen existing volunteering programs as a way of engaging new volunteers.

For guidelines and information on the application process visit www.grants.dpcd.vic.gov.au or call the Grants Information Line on 1300 366 356.

Victorian Learn Local Awards

I encourage Bellarine residents to nominate adult learners, educators or education providers in this year's Victorian Learn Local awards. If you know an individual or organisation that has contributed to Learn Local education and training, the awards, supported by the Adult, Community and Further Education (ACFE) Board, provide an opportunity to celebrate the inspirational efforts of learners, practitioners, teachers and managers working in Learn Local organisations across Victoria. There is \$45,000 available in six award categories. Nominations are open April 18 – June 24, 2011. For more information or to nominate online, visit www.acfe.vic.gov.au

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

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Thank you to Neighbourhood
Watch GLG58,59 for donations
to Springdale, Drysdale Guides
and Drysdale Scouts. Your gifts
were gratefully received.
Your support of our community
will be surely missed.

Years ago

As reported in The Argus on
Saturday 29 September 1928

DRYSDALE

*Mr. George Lunn, on the eve
of his marriage, was presented
with a brass vase by members
of the Drysdale Methodist Young
People's Guild and the church
choir.*

*The Drysdale Progress
Association held a very successful
concert and dance for the new
tennis court funds.*

Toy of the Month



This month's toy is a construction set called **Frame to Frame**. It encourages children to build something large enough that they can crawl inside.

Some of the benefits of such toys are:

- They offer the child an opportunity to build their ideas and solve problems.
- Construction toys help children develop fine motor skills and eye-hand coordination.
- These toys stimulate children's imagination and creativity.
- It is a good for their social development by learning to share and cooperate with others.
- Asking your children about the model they have created will encourage their language skills.

<http://e-articles.info/e/a/title/The-importance-of-Construction-Toys-for-children/>

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

Ann Ferguson Drysdale Toy Library Coordinator

Funeral Plans

Free Information
and Practical Advice

Community Relations Officer, Alyson Burchell will provide local information and practical advice about funeral planning, funeral service options and local cemeteries.

**1st Friday of every month
9.30am till 1.00pm**

Springdale Neighbourhood Centre
High Street, Drysdale



Call Alyson on
5221 4788 or visit
www.tuckers.com.au
for more details

Tuckers

Tuckers Funeral & Bereavement Service - Est. 1883

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User-Friendly
Computers**

**Personalised
Tuition
& Training**



Phone (03) 5259 2060

Serving the Bellarine Peninsula

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

Term 3 COURSE & OPPORTUNITY GUIDE 2011

17-21 High Street, Drysdale

Phone: (03) 5253 1960

Fax: (03) 5253 3050


Email: 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
GEELOG



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

New Course for SpringDale Combined - Certificate III Aged Care (CHC30208) and Certificate III in Home and Community Care (CHC30308)

With the demands for personal Carers within the Aged Care industry or people requiring carers in Nursing Homes and private homes this accredited course will enable you to gain employment in this field.

Dates/times: Info session Thur 21 July 10am – 11am
Thur/Fri weekly commencing 28 July. 23 weeks, 9am – 3pm

Fee: \$990 Full Fee OR \$607.50 (*funded price including first aid*). Additional charges for 1 text book at \$95 to be purchased from centre, \$25 for food safety practices including manual.
Payment plans available for this course.

Tutor: Kerry Wilson

Calling for interest Certificate III in Children's Services (CHC30402) or Certificate 3 in Education Support (CHC30808) to be run at SpringDale in conjunction with Ocean Grove Neighbourhood Centre.

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 30 July 1.30pm – 5.30pm

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

Health & Wellness Workshops

Body as Artist

This group of classes involves 3 days of gentle bodywork woven in with creative expression. Participants will have an opportunity to attend to their aches and pains - learning gentle bodywork - while integrating the experience through the arts.

Fee: \$150 or Conc \$80 for all 3 days for the following 3 courses. Individual courses \$80 OR Conc \$50.

Tutor: Allison Baensch

Toning the Torso

We will learn to create a stable foundation for the body. What are stories and images, sounds, textures and colours of our torso?

Here we have the chance to simultaneously relieve and prevent back pain and get to know ourselves better.

Date/time: Sat 16 July from 10am – 4.30pm

Artful Arms and Spacious Shoulders

How to ease tension and pain in your shoulders and arms and find their inherent forms of expression.

Date/time: Sat 4 Aug 10am – 4.30pm

Lyrical Legs, and Feet in the Fourth Dimension

Nothing weird or spooky!! In this class we will incorporate the dimension of time with space (length, width and depth) We will develop appreciation for the likes of our legs and feet and all they do for us. At times we take our feet and legs for granted. But not any longer!

Date/time: Sat 17 Sept 10am - 4.30pm.

New Opportunities

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.

Date/times: Fri 19 Aug 6pm

Fee: \$10 per person OR \$5 if you bring a dish to share.

New Group

Bicycle Riding

Are you a push bike?

Would you like to get involved in cycling again?

Join Marilyn and friends on riding adventures starting with bicycle safety.

Date/times/fee: TBA

Expressions of Interest

Parenting Positively Parenting Workshop

Would this workshop meet your family needs?

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. Please let us know your availability to attend this session.

Raw Food Workshop

Introduction to using RAW FOODS in your eating plan. Learn how to create fresh, delicious and healthy juices and raw treats. These methods preserve nature's enzymes and the vitality in the food you eat. Health, energy, wellness & weight benefits can be achieved. Help MAKE and TASTE the raw food creations.

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: Tues 26 July – Tues 13 Sept 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

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: Thurs 28 July – Thurs 15 Sept 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

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 26 July – Tues 13 Sept 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 27 July – Wed 14 Sept 1pm – 3.30pm (8 sessions)

Fee: \$160 or \$80 Conc

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

Tutor: Jonathan Harris JNH Software P/L



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: Thurs 8 Sept + Thurs 15 Sept 1pm – 4pm (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: Wed 27 July – Wed 14 Sept 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: Mon 25 July – Mon 12 Sept 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: Mon 25 July – Mon 12 Sept 10am – 12.30pm (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 26 July – Tues 23 Aug 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 6 Sept and Tue 13 Sept 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 29 July – Fri 19 Aug 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 29 July – Fri 16 Sept 2pm – 4.30pm (8 sessions)

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



Craft

Picture Framing

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

Dates/times: Sat 10 Sept & Sat 17 Sept 10am – 12noon

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

Craft - Quilts with Sonia

• How to make a quilt sandwich - Class

Date/time: Fri 29 July 12.30pm – 3.30pm

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. **Fee:** \$30

• Basic Quilting Techniques Class

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

Date/time: Fri 5 Aug 12.30pm – 3.30pm **Fee:** \$30

• New Quilt Spring Sprouts

A bright cheery quilt design featuring simple patchwork baskets and needle turn appliqué flowers and leaves, just in time for Spring.

Date/time: Fri 19 August – Fri 2 Sep 12.30pm – 3.30pm (3 sessions) **Fee:** \$90

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.

Times: 10am – 4pm

Dates: Sat 16 July - Mozzarella

Sun 17 July – Brie

Sat 13 Aug – Introduction to cheese making

Sun 14 Aug – Danish Blue (NEW)

Sat 20 Aug – Haloumi & UHT Goats Milk

Sun 21 Aug – Brie

Fee: \$65 per session



Sat 30 July – Pecorino (*Workshop - Sausage Making following this session*)

Dates/time: 9am – 1pm

Fee: \$65 per session

OR both courses for \$120

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 6 Aug or Sat 3 Sept 10am – 12noon **Fee:** \$30

Tutor: Jordon Smith

Food Handling and Safety

(Apply basic food handling)

Code SITXOHS002A

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 13 Aug 9am – 3pm

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



Food Safety Supervisor

Code SITXFSA001A

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 20 Aug 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 6 Aug 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 13 Aug 9am – 12noon (1 session)

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



First Aid – CPR (Perform CPR) and Anaphylaxis

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 6 Aug 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 13 Aug & Sat 20 Aug 9am – 5pm (2 sessions)

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



Art & Craft

Discovering the artist within

A foundation art course in drawing and painting 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 26 July – Tue 13 Sept

9am – 11am (8 sessions)

Fee: \$130 or \$80 Conc

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

Tutor: Annette Playsted

Discovering the artist within

An intermediate art course in drawing and painting 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 26 July – Tue 13 Sept

11am – 1pm or Wed 27 July – Wed 14 Sept

10.30am – 12.30pm

Fee: \$130 or \$80 Conc

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



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 26 July – Tue 13 Sept

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 29 July – Fri 23 Sept

9am – 10am (9 sessions)

Beginners Fri 29 July – Fri 23 Sept

10.15am – 11.15am (9 sessions)

Tutor: Fred Vahland **Fee:** \$100

OR Tues 26 July – Tues 13 Sept 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 25 July – Mon 12 Sept

9.15am – 10.45am (9 sessions)

OR Thurs 28 July – Thurs 15 Sept 6pm – 7.30pm

OR Thurs 28 July – Thurs 15 Sept 7.45pm – 9.15pm

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

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

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 26 July – Tues 13 Sept

9.30am – 10.30am (8 sessions)

Fee: \$90 **Tutor:** TBA

Intermediate French

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

Dates/times: Tues 26 July – Tues 13 Sept

9.30am – 10.30am (8 sessions)

Fee: \$90 **Tutor:** TBA

Bellarine Woodworkers Inc.

All keen woodworkers have the opportunity to meet on the 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.**

Fees: \$45 per day. Childcare rebate applies

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 26 July – Tues 20 Sept

(9 weeks) 9.30am – 10.30am (ball class) and

11am – 12noon (beginners to intermediate)

Thurs 28 July – Thurs 22 Sept (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.



Card playing

**Groups
& Classes.
Join in,
have fun
and meet
new friends.**



Cooking

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

- 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 1st Monday & 3rd 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 40¢. 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. Watch our website for new arrangements.

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.

Art/Craft

SpringDale Artists

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.

Dates/times: Every Tuesday 1.30pm – 3pm

Card making

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

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

New - Wellness Group

The group is on Monday's (during school terms), from 11am to 12.30pm. They will focus on meditation, raw foods, orthobionomy, aromatherapy and many more health related topics. Cost is \$5 per week.

New - Raw Foods Group

We have a new group starting on the first Sunday of each month, from 12noon til 2pm. Cost is \$4.00. All welcome to attend. Please bring a raw plate to share, from vegies, fruits, nuts, seeds.

New - Cheese Club

First Saturday of every second month. This club is open to people who have attended cheese classes at SpringDale. Cost is \$1 plus cost of ingredients.

Next meeting: Sat 2 July at 10am.

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

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

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

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

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

A Musical Delight



An afternoon of choral music will be presented by the Coryule Chorus at the Drysdale Senior Citizens Club on Sunday, 5 June at 2.00 pm.

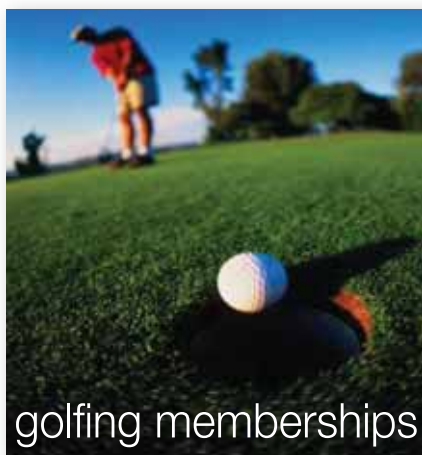
The choir, consisting of approximately 30 singers from around the Bellarine Peninsula, have been rehearsing weekly since August last year towards their presentation, A Musical Delight. They have already performed publicly at various venues and events around the

Bellarine, including the region's Australia Day celebrations at the Portarlington Golf Club. As well as a variety of songs that will be sung in harmony by the choir, there will also be some very talented soloists leading the choir in some universally popular songs that will be enjoyed by all. The general public are invited to attend this concert, and admittance is by a gold coin at the door.

Visit
www.coryulechorus.weebly.com
for further information
about the choir.

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june

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flaunting a fishy menu....

tasty tuna mornay

1½ cups milk
1 bay leaf
1 slice of onion
5 black whole peppercorns
60g butter
1 onion, finely chopped
1 celery stick, finely chopped
¼ cup plain flour
425 can tuna in brine, drained
and save the brine
¼ tspn ground nutmeg
⅓ cup cream
¼ cup finely chopped parsley
1 cup grated Cheddar
½ cup fresh breadcrumbs
paprika to taste

A really tasty recipe to prepare ahead of time and a hearty warming meal to enjoy after the footy game.



Preheat oven to 180° C

Heat the milk, onion slice, bay leaf and peppercorns in a small pan and bring to the boil. Remove from the heat, cover and leave to infuse for 15 minutes. Strain and reserve the milk.

Heat the butter in a pan and add the onion and celery. Cook, stirring for 5 minutes or until the onion is soft. Add the flour and stir for 1 minute or until the mixture is bubbly. Remove from the heat and carefully stir in the combined reserved milk and tuna brine. Stir until smooth. Return to heat and stir until the mixture boils. Reduce the heat to low and simmer for 5 minutes or until thickened.

Add the nutmeg, cream, parsley and half of the cheese. Stir until the cheese is melted. Remove from the heat, add the flaked tuna and season with salt and freshly ground pepper. Stir to combine.

Spoon the mixture into a greased oven proof dish. Sprinkle the top with breadcrumbs, paprika and remaining cheese. Bake for 15 minutes, then place the dish under a hot grill for 2 minutes to brown the breadcrumb topping.

This recipe may be used for pancakes or pastry cases. Tuna may be replaced by salmon.

Did you know?

Avocado touch test - To test whether an avocado is ripe, flick off the small stalk at the end. If it comes off easily, the fruit is ripe. Alternatively, cradle the avocado in the palm of your hand and apply gentle pressure to the stem end. If the avocado yields to slight pressure, it is ripe and ready to eat.

Better dressing - A salad dressing made in a blender or food processor will not separate as quickly as one which is simply shaken in a glass jar.

Capsicum skins - To peel grilled or roasted capsicums, cover them with a damp tea towel. They will cool quickly and the skins will come off easily.

Cheese-freeze - Parmesan cheese can be stored in an airtight container in the freezer. It never freezes solid, so it can be grated as soon as you take it from the freezer.

Cooking pasta - To prevent pasta from boiling over and sticking together, add some butter or oil and salt. Always add the pasta to the water after it has boiled, not before.



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salmon patties

650g potatoes chopped
425 can red salmon
2 spring onions finely chopped
¼ cup chopped parsley
2 tspns grated lemon rind
1 egg
5 slices bread, crusts removed
40g butter
¼ cup olive oil
lemon wedges to serve

Boil the potatoes until very tender.
(See note below on suitable varieties)
Drain well and mash.

Place the salmon in a bowl and break up the flesh with a fork removing all the bones and skin.

Add the spring onion, parsley, lemon rind, egg and mashed potato, stir well. Shape into patties.

Chop the bread in a food processor until it forms fine crumbs. Gently roll the patties in the breadcrumbs until well covered and press firmly onto the pattie with your hands.



Heat the butter and oil in a large frying pan. When the butter is foaming, add the patties and cook each side for 3-5 minutes, or until golden brown. Drain on paper towels. Serve with lemon wedges.

Potatoes that are ideal for mashing - Idaho, Sebago, Coliban or sweet potato is a tasty replacement.

Salmon may be replaced by tuna.

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FAGG'S MITRE 10 now at Wallington

Barry & Keith Fagg, Directors of Fagg's Mitre 10, are very pleased to announce their purchase of the Mitre 10 business at Wallington, as of May 1, 2011.

The business, which is on the corner of Bellarine Highway & Grubb Road, is the third major store in the Fagg's Mitre 10 group.

The store was previously owned for many years by John & Prue Webb. "We plan to build on the Webb's excellent work by continuing to progress the business", Keith Fagg said. "This store is in a convenient, central location within the Bellarine Peninsula and has a comprehensive range of timber, building materials, hardware, paint, plants & garden products, together with helpful & experienced staff."

"Over coming months, we will be working on many aspects of the business, all aimed at improving our customers' experience in dealing with us." Mr. Fagg said. "We very much welcome feedback from our customers across the Bellarine Peninsula so we make sure we are meeting their needs."

"The manager of the hardware store is Nick Chandley and Dale Simpson is the manager of the Timber Centre. "Both Nick & Dale are very experienced and are keen to deliver the best possible service to our customers" Mr. Fagg said.

"To purchase the Wallington Mitre 10 business is a significant commitment for our family company", Barry Fagg said. "However, we believe this is the best way forward to secure the store's future as a locally-owned Mitre 10 business totally focused on serving the people of the Bellarine Peninsula."

"Over the next few months, we will also be completing a major re-development of our South Geelong complex", Mr. Fagg said.

"This will bring all our hardware, timber, building materials and garden operations into the one 11,500 sqm building on Barwon Terrace. This will mean true „one-stop" shopping, easy access and greater convenience for our trade and retail customers". Keith Fagg.

Fagg's Mitre 10 is a fourth generation family business, whose origins date back to 1854. Fagg's is the eighth oldest family business in Australia. The business also trades from large sites on Barwon Terrace,

South Geelong and on Anakie Road, North Geelong. The business now employs over 200 people.

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YouthFest 2011 is coming up in September at Bellarine Secondary College.

If you are part of a community group, that has a youth interest, you might like to be part of this day.

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in our gardens with steve williams

June in the edible garden

Luscious fennel bulbs

In the next few days I'll be sowing Florence fennel. This versatile veg is best grown from seed and likes a rich, moist soil with a good side dressing of a balanced fertiliser. Make sure that the soil never dries out or you'll end up with tough, skinny stalks instead of juicy, fat bulbs. If you sow now, you'll be harvesting in October–November.

Get the compost cranking

With verdant autumn lawns and fading summer veg, there's no shortage of material to boost your compost production right now. Just remember that good compost requires a balance between juicy, green (nitrogen rich) and dry, brown (carbon rich) materials. Too much nitrogen and your compost will be a slimy mess; too much carbon and it will stubbornly refuse to break down. Consequently, compost bins tend to work best when they're filled with alternate layers of green and brown materials. Ideally, make each layer no more than 20cm thick. You can use a garden fork to fluff up your compost – compost microbes need to breathe! If you have too much of one thing (eg. lawn clippings or autumn leaves), don't be tempted to cram it in and hope for the best. Keep the surplus in rubbish sacks until it's needed. Comfrey leaves and blood and

Fennel needs plenty of food and water for juicy bulbs like these.



bone are good compost activators. We have a friend who insists that compost benefits from a good dose of human wee every once in a while. I think she uses a bucket for collection, rather than scandalising the neighbours.

Feed the soil with green manure crops

With the winter sun low in the sky, some of my veg beds don't get enough sunlight to grow a crop successfully. I keep those beds working by growing a green manure mix. This typically includes a grass and a legume –eg. oats and peas, or barley and lupins. The green manure crop is slashed down and dug in before it starts to flower. This gives the soil a boost of nitrogen, carbon and organic material, shades out weeds and gets the bed in top condition ready for spring.



More info in our **Drysdale Harvest Basket** blog. Go to www.drysdaleharvestbasket.org and follow the link.

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Kel's corner

Asparagus

Kel has told me a number of things about asparagus in Drysdale and many people have told me of asparagus coming up in their backyards in Clifton Springs. Now I would love to have a crown from one of the old plants. (Kel's on the hunt for me but if you have one to offer I would like to hear from you).

Asparagus was an incredibly important part of the Drysdale economy. Many people were employed to cut asparagus

nearly every day during the warmer months from September to Christmas. The families that Kel remembers having asparagus farms are Peel, Whitcombe, Bryant, Reynolds and maybe Filbay.

"I worked on Alan Bryant's farm before he was married, he bought Jack Whitcombe's farm in the 1940's. I was only young, probably 13, I did a bit of everything. As the asparagus cutters cut the asparagus, they placed them on top of the mounds in bunches. I had a horse pulling a tiny sledge with banana boxes on it, as the horse walked between the mounds I picked up the bunches and placed them, with the heads the same way, into the boxes. You couldn't ride or drive the horse you just controlled it with words – gidup and woah."

"Reg Turner (Ron Turner's father) picked me up and took me to work each morning. His role was to ensure each bunch was correct for the market. He sat on a stool under a skillion. He placed the stalks in a gauge and then trimmed them to the correct length, bound them and placed them in boxes ready for market."



Asparagus Tool

"All the asparagus had to be white, green stalks were chopped out, thrown away and left in the row. Green asparagus occurred when the cutter missed a top on one day by the next day the stalk was 6 inches (15cm) through the ground and green. The cutters would look for the tips of a sprout, just breaking through the ground, a cutter would push her/his thin knife into the mound and just cut that stalk. The mounds were about 2 foot 6 inches (75cm) high sculpted by horses pulling ploughs and the ends were manually sculpted. Asparagus took about three years to mature and then it lasted for many years."

Anne Brackley

Repowering Australia for a Safer Future

FREE Seminar
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SpringDale
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11am.



Come and hear how Australia can make the switch to 100% renewable energy in 10 years. Beyond Zero Emissions (BZE) is an independent, volunteer-based research group. Their award-winning plan:

- was developed in partnership with the University of Melbourne Energy Institute.
- is fully-costed and provides baseload power.
- uses commercially available technology already going ahead overseas.

This is our blueprint for a future freed from climate-changing fossil fuels.

On the buses

Have you noticed how many people are riding on our buses now? The interchange outside SpringDale is busy many times a day as people alight from the Clifton Springs bus and board the bus to Geelong or across the Peninsula. I was notified of a change to the Clifton Springs bus route recently and decided to ride the bus around Clifton Springs and back to work. The ride took 20 minutes and was very pleasant and a great way to see what is happening in the area. Our Vacation Care group uses the buses each school holiday to help educate the children in the use of public transport. It is so easy to transport the children this way and relatively inexpensive and great for the children, environment and our community.

We do consider the bus time tables when we are scheduling groups and classes. I'd love to hear from other people who love our buses too. Another bus trip is being planned in partnership with the Drysdale Bowling Club to the Otway Fly. The bus will cost approximately \$20. We have chosen **Saturday, 23 July**. We will depart SpringDale at 8am. Please book your seat at SpringDale, payment will ensure that your seat is reserved.

My cousin Raymond is driving our bus and we have ensured it's not a home match for Geelong on that day (*which does concern some of our community*).

Hoping to share a great day with you – I love our bus trips, I learn so much from the people who attend and try to share information that I know with interested people.

Anne Brackley

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Photograph Julie Aylwin

New signage at The Dell

Over the last year, DCSCA, the Bellarine Historical Society and other interested groups have advised the City of Greater Geelong on the form and content of new signage at The Dell and on the construction of a new lookout over the area. The signs should enhance people's enjoyment of the area by giving background information about the area's formation and history. The recently formed Friends of The Foreshore has taken a keen interest in

this project and if you would like to join them in protecting and enhancing The Foreshore, please contact DCSCA.

Engaging with 'bigger pictures'

DCSCA is a member of the Affiliation of Bellarine Community Associations (ABCA) - the democratically elected 'peak body' concerning local community issues, which represents all nine community associations on the Bellarine Peninsula. Through the ABCA, we have been discussing a range of Bellarine wide

issues (eg. public consultation, public infrastructure and the potential for rising sea levels) with some senior City of Greater Geelong managers. We've also been calling for local communities (through ABCA) to be involved in discussions about land use in the region being held by the G21 organisation, which represents governments and businesses in the Geelong region. These 'high-level' meetings with managers and ministers can (sometimes!) enable us to deal effectively with local concerns when purely local action can't. Local changes are often parts of a bigger picture, so DCSCA - by itself or as part of the ABCA - often has to be involved in these 'bigger pictures'. Nonetheless, we keep our sights firmly on our primary aim - to promote local people's wellbeing and to help them address issues that concern them.

Contacting DCSCA: P.O. 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

IN-COUNCIL - Rod Macdonald
Councillor for Cheetham Ward
PO Box 104 Geelong VIC 3220
E: Rmacdonald@geelongcity.vic.gov.au
Phone: (03) 5250 1011
Fax: (03) 5250 2655



working with SpringDale Neighbourhood Centre to provide a temporary customer service facility while the library is closed.

Bellarine Rail Trail

Improvement Project - Stage 2 update

A toilet and rest stop will be built at Suma Park Station. A potable water point will also be installed (including a dog bowl). Works at the Curlewis dip will also be undertaken to improve safety for cyclists. Sealing of the trail will continue out from Christies Road in Leopold to Curlewis Road. The trail is experiencing a significant increase in usage and continues to be an important tourist attraction and council is committed to its ongoing development.

Lake Lorne Walking Track

Council received a total of 16 submissions, both from the public and statutory authorities. A meeting of the Project Working Group will be held later this month to assess all the submissions and provide direction on the matters raised. Letters will then be forwarded to all those that made submissions advising them of the feedback from the Project Working Group meeting. It is anticipated that the report to Council will be presented next month. A final copy of the Lake Lorne Masterplan will be sent to all of those who made submissions.

Jetty Road development update

The Development Plan (which is a series of masterplans) required under the Development Plan Overlay Schedule 22

(DPO22) within the Greater Geelong Planning Scheme, has been approved for Stage 1 of the Jetty Road Urban Growth Area. Four planning permits (one for each developer) have been issued for multi-lot subdivisions within Stage 1 of the Jetty Road Urban Growth Area.

Council is currently considering two additional planning permit applications for a multi-lot subdivisions along with an application to construct a vehicular and pedestrian bridge over Griggs Creek. This bridge will connect Bayshore Avenue to the Jetty Road Urban Growth Area. A Planning Scheme Amendment (C188) is currently being exhibited. The Amendment proposes to rezone a parcel of land from Residential 1 to Business 1 and apply a Design and Development Overlay, to facilitate the development of a Neighbourhood Activity Centre within Stage 1 of the Jetty Road Urban Growth Area.

Drysdale Clifton Springs Sports Precinct Master Plan

Council is currently working through the submissions with the consultant and will make the required changes. Once the report is finalised it will be submitted to Council for endorsement and released to the public. The final report is expected to be submitted to council within the next 6-8 weeks. For any further enquiries please contact Sport and Recreation, Kristyn Aquilina (03) 5272 4328.

Drysdale library refurbishment

The detailed design plan has been signed off and once quotes have been assessed a contractor will be appointed. The library will be closed for approximately 10 weeks during construction. Council officers have also been

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Jonathan Harris
President
SpringDale Committee
of Management

Our Mission Statement is "...to provide community strengthening services, to improve the quality of life, for the residents of the North Bellarine." This is our driving force in whatever we do and since we are currently two years into our three year goals we would like to let you know how things are going.

1. Spreading Great Community Messages – is being achieved with increased circulation of the Messenger in a more colourful and vibrant publication,

the website continues to include more features. We are working towards also spreading information by email.

2. Our diverse community – is enhanced with more kitchen groups, more homework groups and an increased number of Welcome Kits and Morning Teas.
3. Training for a positive future – is undergoing rejuvenation with becoming a Registered Training Organisation and we regularly introduce new courses most recently like cheesemaking and farm management.
4. Maintaining social connections – specifically our aim here is to make new connections and hence combat social isolation, while at the same time strengthening and building on our existing connections.

5. Room for our Centre to grow – we are currently reviewing our projected needs and hence our space requirements and we are doing this within the CoGG urban design framework. We have many great ideas for projects and growth and already we know that what we need is space. PLEASE CONTACT US IF YOU HAVE SOME TO SPARE.
6. Going even greener – this goal has great potential and is largely related to our space issue, projects include renewable energy, permaculture and cogeneration.
7. Getting Governance and management right – we have a passionate team that meets every month with the aim of overseeing SpringDale and steering the above goals.

our reader's feedback

Photocopying

I have just discovered that you do very reasonable photocopies. It will save me travelling to Geelong in the future.

Don, Clifton Springs.

Editor: *It's great to learn something new about where you live. Happy you found out about this service.*

Insufficient car spaces

It is getting harder to park near the Drysdale shops and even when visiting SpringDale

I have difficulty. With all the new proposed houses in the area, what can be done to relieve the situation?

Meg, Drysdale.

Editor: *This is a problem. A couple of years ago there was a project to focus on the walkability of the area, unfortunately this project has lost its momentum. Not everyone can walk but if those who can, did, it would leave parking spaces for those who need them. Hope you might like to become involved when it starts up again.*

Volunteers

Volunteers are the life blood of the community and was pleased to see that the SpringDale coordinator gratefully

acknowledged their contribution.

Annette, Clifton Springs.

Editor: *The simple words "Thank you" can make such a difference to those who give their time so generously.*

Footy

Am glad that the footy season is on. Just love the colder days, the hot pies and the fight for the ball. It is good to see that the Messenger displays forthcoming matches.

Ed, Drysdale.

Editor: *Lots of people do love the footy, I'm so glad that you are happy.*

Men's Shed

I am new to the area and look forward to each Tuesday morning with Maria and the Men's Shed at St Leonards, when I can chat to new found friends and prepare, cook and eat lunch with them.

Fred Knox, St Leonards.

Editor: *I am lucky enough to have dined with the men on a couple of occasions. They seem to have lots of fun.*

Concerned Grandmother

I am very concerned at the practice of parents taking their children out of their vehicles from the driver's side of the car. This is extremely dangerous and I urge parents to be more thoughtful for their children's safety.

Shirley, Drysdale.

Editor: *It scares me everytime I see this.*

Solar Solutions

Your article on *Evacuated Tubes* in the May issue was terrific. It sent me scurrying onto Google to have a better look. We are moving to a cooler climate where according to the research they are more efficient than the panels and are used around the world in places with -15° and we are now far more informed as to the about the advantages for our new home. It is amazing all the new technologies that are available and we really do owe it to our planet to work with it rather than against it. We are trying to make our footprints on this earth far more accountable.

Lyn, Clifton Springs.

Editor: *Perhaps we can persuade our author to supply more information on further solar developments.*

Raw Foods

I had the most wonderful inspiring time with Dianna at her Raw Food workshop. The food was so yummy and healthy. The healing properties of eating raw food are tried and proven. Raw food will change your life. My body and spirit says bless you and thank you Dianna's raw food and SpringDale.

Warrick and Cathy

Editor: *Thank you, we are very lucky to have such informative people within our Wellness circle here at SpringDale.*

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DRYSDALE/CLIFTON SPRINGS DISTRICT SPORT

2011 Soccer Season Kicks Off

SpringDale FC's teams kicked off the season in style at the start of May in the junior and senior grades. We successfully hosted the small sided football on the first weekend of the season and our under 7's and under 9's teams had a great time along with the visiting teams from Breakwater, Barwon (Grovedale), Surfside Waves (Ocean Grove), Barwon Heads & Bellarine Sharks (St Leonards). We now have enough players for 2 under 7's teams and our numbers and interest in small sided junior football seem to be growing rapidly within Drysdale/Clifton Springs and beyond. After a very successful Active After Schools Communities program, our primary school programs return closer to home when we will be working with Clifton Springs Primary School and Drysdale Primary School.

As well as our outdoor junior teams, SpringDale FC has a futsal (indoor 5 a side) soccer team, SpringDale Yellow Submarines, competing against Geelong based teams at the Barwon Valley Activity Centre on late Friday afternoons. The team had developed magnificently and is undefeated, top of the table and playing some fantastic futsal.

The senior men's teams have started strongly, with the first team travelling to Bell Park in Division 2 and pulling off a 5-0 victory despite having only ten men for the whole match. Daniel Roddis netted a hat trick in a strong all round team performance. The reserves faced a tricky visit to Corio in Division 3, but despite



fielding an inexperienced team they grabbed a late equaliser through player coach Craig Plummer, to build on an earlier Daniel Knowles debut goal, to record a creditable 2-2 draw.

We are always seeking new volunteers and players for junior and senior teams,

a warm welcome awaits you at the soccer club representing Drysdale and Clifton Springs.

Contact Geoff Briggs on 0428 501150 or visit our website at www.springdalefc.com.au

Thanks to our supporters and Community Partners - Momentum Energy, Bellarine Branch Bendigo Bank, Lisa Neville MP, Headspace Barwon, SpringDale Neighbourhood Centre and Drysdale & Clifton Springs Community Association. Thanks also to Clifton Springs Primary and Drysdale Primary Schools for their continued support.

DRYSDALE HAWKS

This season the Drysdale Hawks have a new coach, James Colbert, who is hoping to have a good year with his skilled players. James was assistant coach at Camperdown then Grovedale.

Round 8 for the Hawks is away against Modewarra on 4 June. Round 9 is home against Barwon Heads on 11 June, Round 10 is home against Torquay on 18 June and Round 11 is away against Queenscliff on 25 June.

Enjoy the atmosphere of the local footy with all the controversy, passion and emotion. Go Hawks.



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