



# The SpringDale Messenger



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



Inset: Detail of the dash board.  
Right: David and Albert

## The SpringDale Rover our first electric car

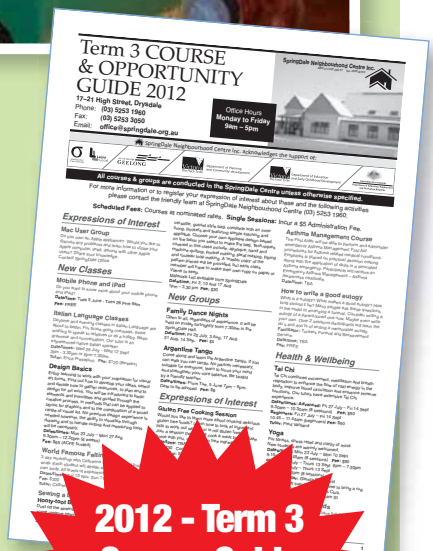
The Bellarine Woodworkers enjoy working with timber sharing their ideas and helping the community. Their latest project is the attractive baby green replica on display at SpringDale. The partly built chassis and associated steelwork, motor, batteries, wheels and part of the wooden body were generously donated to the club by engineer, Arthur Sweatman.

Two of the club's craftsmen, members Albert Hildebrand and David Uprichard, volunteered to complete the construction, which was done over a period of eight months. The club purchased a number of small items, lights, switches, hardware and paint to complete the work.

The car has a 24 volt electric motor, that goes forward and reverse, has a footbrake and handbrake, working lights, pneumatic tyres, folding windscreen, and a built-in battery charger. There is also a removable safety switch.

If you are interested in woodworking and would like to join our group please contact Charlie Christiaans on (03) 5251 3484

Ray Austen.



**2012 - Term 3  
Course Guide  
Pages 11-14  
in this issue.**



● Home Finance Manager available



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# diary dates

# JUNE

## Whole Of June

Objetos Perdidos Art Exhibition  
Potato Shed Community

POTATO SHED

## Friday 1

Family Dancing at SpringDale



## Saturday 2

Harvest Basket Swap 9am -11am  
Werribee Bus Trip 8.30am-5pm



## Friday 8 - Monday 1

Celtic Festival Portarlinton



## Friday 8 & Tuesday 12

Rock Your School  
Secondary school event

POTATO SHED

## Saturday 9

St James' Book  
Sale 9am-5pm



## Sunday 10

St James' Book Sale 10am-4pm

## Monday 11

Queen's Birthday  
Public Holiday  
SpringDale closed



## Wednesday 13

Streetscape Meeting  
at SpringDale 7.30pm



## COPY DEADLINES JULY

Friday, 1 June 2012  
Distribution Saturday, 30 June  
Circulation 7000 Copies

## Friday 15 & Saturday 16 June

Family Dancing at SpringDale



## Wacky One Acts

"Does My Bum Look Big In This"  
& "Barbee Returns"

POTATO SHED

## Saturday 16

Secondhand Saturday  
8.30am - 3.30pm

POTATO SHED

## Tuesday 19 June

Soul Sister Swing  
Morning Showtime

POTATO SHED

## Wednesday 20 June

Warm Fires and Poetry  
Theatre 3triple2

POTATO SHED

## Sunday 24

Portarlinton Market  
9am-2pm



## Wednesday 27

Eltham East  
Primary School Choir  
2pm - 3pm

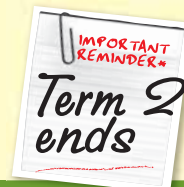


## Friday 29

CCP Gig- All ages event

POTATO SHED

## Term 2 ends



It's all happening at the SpringDale Neighbourhood Centre

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SpringDale Neighbourhood Centre Inc. acknowledges the support of:



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

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

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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.





## from the centre

Anne Brackley [centre coordinator]



Dear Everyone

As the end of the financial year storms quickly towards us, it is time to reflect on our achievements in the last 12 months and to start to formulate plans and budgets for the next financial year. This year has been a huge year for SpringDale and for our community. I believe this is the first time, since the early 1990s, when the Shire of Bellarine was amalgamated into the City of Greater Geelong, that we have taken control of our destiny.

We have started to create a cohesive Economic Development Plan, we have started to think about an Art Installation Plan for Drysdale and Clifton Springs and at the same time working on a plan for Accredited and non-Accredited courses to be presented at SpringDale in the future.

Many of our simple initiatives have been adopted by other communities. Our escorted bus trips on public transport have been adopted by a number of other areas. Food Swaps similar to Harvest Basket are being established everywhere, if you haven't felt the energy in our hall during Harvest Basket, please think about putting that experience on your list of things to do.

The new initiative of working with Bellarine Secondary College students to provide mentoring in the use of mobile phones and other electronic devices has started well and we will be interested in the long term outcomes of this project as the real connections are created. This project was defined and organised quickly in response to the community request.

A number of people have shown interest in Tango dancing and we look forward to that starting June 12 and the Contra dancing will be held on Fridays 1 and 15 June at 7pm. What dance style will be suggested next? We are so lucky to have such a wonderful hall for dancing to take place. Even if you

don't dance you might like to come and enjoy the music with our community.

A choir from Eltham East Primary School is travelling around our part of Victoria and has offered us a performance on Wednesday 27 June from 2pm-3pm; we'd love you to come. There will be 100 tickets at \$5 and this will include afternoon tea at the end of the performance. This will be a fundraiser for our kitchen renovation.

There are more bus trips coming up this month and next month. Our bus trips are great fun and very relaxing. I look forward to scheduling a bus trip every month as we wander around the Bellarine and enjoy spending a few hours, as if on holidays, in our local towns.

Exciting new project for SpringDale "From Streetscape to Artscape" Project has been funded by a City of Greater Geelong Community Art Grant and is supported by Drysdale Clifton Springs Community Association. This project will have, as its main outcome, a community developed plan for art installations in Drysdale Clifton Springs. Please come along and be part of this exciting process. Our first meeting is Wednesday 13 June 7.30pm at SpringDale Neighbourhood Centre.

Later this year we will be formulating our Strategic Plan for SpringDale and would love to hear from people who would like to be part of this process. The last Strategic Plan helped us to stay focused on our goals and we look forward to formulating the next one and the goals and challenges that a new plan will give us.

**Anne Brackley**

*For the whole SpringDale Team.*



## COURSE UPDATE JUNE 2012

### Expressions of interest

#### The Artists Way to higher creativity

An introduction course that is a guide to recovering your creative self. The group are encouraged to explore creativity. It is for someone who dreams of becoming a painter, writer, singer or musician. We start to follow our hearts as we expand and grow, in our endeavour to create.

#### Creative Arts – Journal Writing

Writing your story daily in your journal is a way to remember, a way to document your life's journey. It may be a personal journey or it may be a document for future writing and publishing. Whatever your reason, the process of writing daily unleashes creativity, leaves our problems on the page, so we can get on with our day. It is an intuitive, powerful medium to move forward and articulate our feelings.

#### Creative Arts, Vintage, Hand Sewn Brooches

This is a workshop where you will draw your template, a simple method that will be guided by me, finishing off your image to a hand sewn brooch or necklace of a small bird, which you can wear proudly on your jacket. It can be vintage material or a material of your choice.

**Facilitator** Therese McMaster

#### Hooty-toot Bag Class

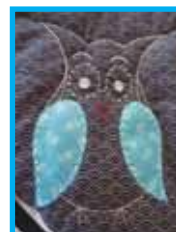
Dust off the sewing machine and come join us for some creative sewing fun. Learn how to make this versatile, gusset style bag, complete with an inner lining, pockets and featuring simple stitching and appliqué. Techniques covered in this class include appliqué, hand and machine quilting, pocket making, pleat making, piping and rouleau loop making. A master copy of the pattern pieces will be provided, but each class member will have to make their own copy on paper or vilene to keep. Materials list available from SpringDale.

I will provide a master copy of the pattern pieces, but each class member will have to make their own copy on paper or Vilene to keep.

Materials List available from SpringDale

**Dates/times:** Friday 3, 10, and 17 Aug, from 1pm – 3.30pm

**Tutor:** Sonia Walder





# Have fun learning and sharing skills

**Winter Program**

**Monday 2 July - Friday 13 July**

**Sessions run from 8am to 6pm.**

**Extended hours.**

**\$45 per day**

Child Care rebate available

**Book now!**

**Limited spaces**

**Call 5253 1960 B/H**





We recently had so much fun catching the bus to Queenscliff. We had a short wait to change buses at Ocean Grove Market Place and wandered through Point Lonsdale and reached Queenscliff. After coffee and cake we visited the Queenscliff Neighbourhood Centre and had a guided tour by Leonie, a delightful volunteer. Lunch and then back on the bus and we were already planning the next trip to Point Lonsdale - what about Monday 25 June, meet at SpringDale at 9.45am with \$2.75 for a day ticket (less if you have a health care or pension card). Hope you can enjoy a few hours with us. We'll be back at SpringDale by 1.40pm.

If anyone would like to have a trip around Drysdale and Clifton Springs with me on Wednesday 27 June and see the new houses popping up in Jetty Road from a different angle, it only takes 20 minutes and

costs much less than a cup of coffee. You can then stay on at SpringDale and listen to a choir from Eltham East Primary School who will be performing at SpringDale between 2 and 3pm. The cost is \$5 and proceeds go to help with SpringDale kitchen renovation.

At last we have a date for the Werribee Zoo trip, Saturday 2 June. The cost of the trip will be \$15 bus fare for adults and \$12 for children and you will need to pay your own entry. We will depart SpringDale at 8.30am and we will return at 5pm. On the way home we may meander a little and see where we end up. Please call into SpringDale and book your seat (payment of the bus fare confirms your spot). There are only 53 seats and the bus is filling fast with people who have been on our trips before.



Above: Eltham East Primary School

**We are also looking for someone to adopt our On the Buses programs and activities. So if you enjoy local travel and enjoy helping people. You might light to be our bus tour guide. Please ring Anne Brackley at SpringDale to volunteer.**

**Anne Brackley**

## our reader's feedback

### Clifton Springs Landmark

Is it possible to have the local fountain revamped or modernised. It has slowly degraded and is a good landmark for the area.

**Ian, Clifton Springs**

### Stop Sign

There is a stop sign on the corner of Carolanne Drive and Clifton Springs Road near the Drysdale Primary School. I have seen many motorists not bothering to stop and am sure there will be an accident soon. Please stop.

**Ros, Drysdale**

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### New Resident

As a new resident I found SpringDale a very helpful organisation and suggest others visit and find out for themselves.

**Geoff, Drysdale**

### Country Living

I left the city to get away from stress, traffic, noise and overcrowding but it seems that I will not be able to enjoy country living for much longer.

**Kevin, Clifton Springs**

### Good Community

I moved to Drysdale 12 months ago and just wanted to say what a lovely place it is to live. Everyone is friendly and helpful and the community all work together. Keep up the good work everyone.

**Kate, Drysdale.**

*We welcome your comments in this our Readers Feedback column, please email to*  
**messenger@springdale.org.au**

## Scrabble Word for May



For Scrabble diehards finding a new or unusual word is sometimes very important. This month the word is katipo. Katipo is a very poisonous spider found in New Zealand. **Scrabble is played at SpringDale every Tuesday afternoon at 1pm.**

## QR at SpringDale



Have you seen these new codes around? QR Codes are a new way to link you to websites using your Smart Phone. SpringDale now has a QR Code (pictured above) that you can use on your smart phone to link to our website. Try it and see you might be surprised. Thanks to Sarah Baker for setting this up for us.

## De Facto Law Worries?

Come in for a free chat

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# Years ago

As reported in The Argus on  
Tuesday 18 October 1927

## Drysdale Cricket Club

### DRYSDALE

The Drysdale Cricket Club has been reformed and the following officers have been elected: President, Mr. Arnold Dean; Vice-presidents Messrs. William Moffatt and Joseph McMahon, sen.; Secretary, Mr. William Nichol and Treasurer, Mr. John Parish.

## It is Winter at the shed

Can you believe that winter is upon us already? It might be chilly outside but it's nice and toasty down here at the Shed and over the next couple of months we've got lots of winter warmers for you. Our fantastic *Objetos Perdidos* exhibition explores all the little things that get left behind. On show in the foyer during the whole month of June, the exhibition is a great opportunity to come and find yourself and explore what it means to leave things behind. The ever popular *Rock School* returns on June 8 and 12. This FREE education and entertainment initiative for school students aims at inspiring thousands of students to follow their passion and get direction and knowledge regarding various careers in the music industry.

Winter Solstice is the time of year at which the sun is at its lowest point on the horizon, but here at the Shed, June is a high point. Between 15 – 20 June, you can enjoy the Winter Solstice play season, where four separate theatre pieces explore the theme of winter from very different perspectives. Morning Showtime continues on 19 June at 10.30am and we're delighted to welcome back the Surf Coast's favourite band *Soul Sister Swing*. Gail, Gayle and Carol will be performing songs by The Andrews Sisters and lots of swinging big band tunes from the 30s. We anticipate that tickets for this show will sell quickly, so get in while you can. All these great events and more can be found at [www.geelongaustralia.com.au/potatoshed](http://www.geelongaustralia.com.au/potatoshed). Call us for tickets on (03) 5251 1998 or visit our Facebook page.

## WIN DOUBLE PASS



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## Tuesday 19 June Soul Sister Swing

Morning Showtime 10.30am  
\$14 including Morning Tea

COMPETITION CLOSSES 3PM FRIDAY 15 JUNE

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**"DOES MY BUM LOOK BIG IN THIS"  
& "BARBEE RETURNS"**

Theatre 3triple 2, 8pm  
Adult - \$22 Conc - \$18

15 & 16 June

**Soul Sister Swing**

19 June Morning Showtime 10.30am  
\$14 including Morning Tea

## What's on at the Shed in June

### Whole Of June

*Objetos Perdidos* Art Exhibition  
Potato Shed Community

### 8 & 12 June

*Rock Your School*  
Secondary school event

### 15, 16 June

*Wacky One Acts*  
"Does My Bum Look Big In This"  
& "Barbee Returns"  
Theatre 3triple 2  
8pm  
Adult - \$22 Conc - \$18

### 16 June

*Second Hand Saturday*  
8.30am – 3.30pm  
Potato Shed Car park  
Open to Public

### 19 June

*Soul Sister Swing*  
Morning Showtime  
10.30am  
\$14 including Morning Tea

### 20 June

*Warm Fires and Poetry*  
Theatre 3triple2  
7pm \$5

### 29 June

*CCP Gig*  
All ages event  
6pm – 10pm

Group Discounts available for all shows. For further information on any of our upcoming events or to book tickets call the **Potato Shed** on (03) 5251 1998  
Tickets can also be purchased at any City of Greater Geelong Customer Service Centres.

**POTATO SHED**

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

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## NEWS from Lisa Neville MP

Member for Bellarine



### Bellarine – State Government Investment

As the Member for Bellarine, I recently raised in Parliament my concern about the lack of money being invested in Geelong and Bellarine by the State Government. Priority projects including a sporting precinct for Drysdale and Clifton Springs, the redevelopment of the Portarlington Primary School and Geelong High School, the next stage of the Shell Road Reserve in Ocean Grove, the Leopold kinder and library in the community hub, the upgrade of Murradoc Road in St Leonards, and at least half hourly train services to and from Melbourne. I also called on the Government to allocate funds in the State Budget to protect jobs, build infrastructure and progress these projects for the region. Unfortunately the budget, tabled on 1 May was extremely disappointing. There is no indication of any funding for projects on the Bellarine Peninsula and a meagre \$113 million for the whole of the Geelong region.

The funding for projects like GPAC is welcome, but the \$3.8 million this financial year for the Geelong Hospital will mean the upgrade will take many years to complete, and there is no funding for a second Geelong Hospital.

As the Member for Bellarine, I will continue to work hard with the community to push for State Government funding for projects provide services and facilities that will improve the quality of life and meet the needs of people in Bellarine, now and into the future.

### St James' Church Hall

Congratulations to the parish community and all involved in the completion of the St James' Church Hall restoration and

rebuilding. The Church parish have worked long and hard to raise funds with events like the yearly book sales, and I was delighted to have been able to announce two grants under the former state government for this important local project. It is great to see the completed works and I know the Hall will be a great asset and continue to serve both the Church and the wider community well into the future.

### Impetus Youth Award Winners

Congratulations to all those in the Bellarine who are winners in the City of Greater Geelong Impetus Youth Awards. I particularly congratulate local winners, Hayden Bishop from Clifton Springs who won the Leadership Award and Rhonda Chudoschnik from Drysdale who won the Worker Award. These awards acknowledge young citizens who are making significant contributions in various areas in their community.

### ANZAC Day

This year, I had the honour of attending the dawn service at Queenscliff, followed by the Portarlington and St Leonards service later in the morning.

These are very moving services and many people attend similar services across the Bellarine to pay their respects to our former and current service men and women. As the Member for Bellarine, I acknowledge the service and sacrifice made by so many Bellarine residents for this nation and also acknowledge the supporting role and the sacrifices made by the families of our former and current service men and women.

### VicHealth Active Club Grants

The following clubs are recipients of VicHealth Active Club Grants - Drysdale-Leopold Pony Club, SpringDale Football Club and Clifton Springs Tennis Club. Congratulations to all those involved in these local clubs for their contribution and hard work in making the clubs and their activities such a success.

*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

### Facebook by Sarah

Are you on Facebook? We have been welcomed to the world of the Social Media, FUN. I have created a "LIKE" page on Facebook to help us keep everyone up to date with what is happening at SpringDale, including events, classes, groups and fun activities during the week. We would love you to join us and add comments to our page. If you need assistance with accessing Facebook, feel free to drop in and let our staff know. If we get enough people needing assistance we could look at doing a Facebook session to help you out.

Sarah Baker



### Drysdale Football Tales

In the 1940s Drysdale Football colours were red and white like South Melbourne used to be. Drysdale Football ground had a significant gradient sloped towards the lake. Bells were used for quarters, half time and the start of the game. Changing rooms were very small, just a simple shed on the hill. Kel remembers when Dick Davis was alive and he played down at Queenscliff for the army, he'd take a bucket and a towel with him and wash himself with the bucket of water at the end of the game to get the mud off.

Clary Kilby, a returned soldier from World War 1, who used to sit in the centre of town, where Kel sometimes sits these days, said that when Drysdale changed from red and white they'd never win another premiership – but he was wrong. Chic Wiley from Coryule was one of the best players back in those days.

All footballers went in a dray, a horse drawn vehicle which carried about 18-20 people. Jock Lincoln had one and Phil Shoppe. They'd stop at Bellarine on the way and way back from playing at Portarlington. Back to back two rows, facing out, pulled by 4 medium draft horses.

The women started most of the fights at the footy. The women would have their umbrellas and would jump the fence and strike the players if they hurt a player on their side.

Kel tells the story about how he used to have to wear a respirator because he went so high in the ruck. One grand final Kel had a final kick right on the final bell and Drysdale needed 7 points to win – no one thought he could do. Kel kicked it so hard that the leather went through the goal posts and the tube went through the point post and Drysdale won by a point.

Kel's going to come on our trip to Werribee Zoo – maybe he'll tell some stories on the bus – hope you can come too.

Anne Brackley as scribe for Kel Davis

## 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



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



Combined Probus Club of Clifton Springs/Drysdale

## Caravans and Cabins at Cobram



Last month our Caravans and Cabin Friends enjoyed the delights of Cobram and the surrounding countryside. Although some tourist venues were still closed due to flooding, we managed to visit much of what the locals were offering. Food, especially at the Big Strawberry and at Byramine Homestead, and the floods were major topics at our regular Happy Hour each evening. Apart from seeing the aftermath of the flooding around Nathalia, a great time was had by all.



The speaker at our meeting this month, to be held on 11 June, will be from Niagara Therapy giving us the 7 secrets to staying active beyond 50! Our Trips and Tours Friends have other outings planned following their recent successful trip to Sorrento on the ferry.

Our regular meetings are held in the Members' Room of the Clifton Springs Golf Club from 10 am on the second Monday of each month. We are a social Club for ladies and gents - visitors and prospective members, singles and couples, are welcomed at all our meetings and activities.

**We are wanting want to increase our membership, so come along and check us out. Please contact Dorothy on (03) 5251 3702 for further information.**

## Visit Werribee Zoo by bus



Take the hard work out of a visit to Werribee Zoo. Let someone else drive you there and be refreshed and ready to enjoy the wonderful attractions of the zoo. The trip will be on Saturday 2 June, 2012 with the bus departing at 8.30am and returning at 5pm.

**Board the bus at SpringDale Neighbourhood Centre.**

**Book early call (03) 5253 1960.**

## golfing memberships

**7 Day Golfing Memberships**  
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**\$17\***

**Tuesday**

**Dinner:**  
**Parma Night - 4 types!**

**\$15**

**Wednesday**

**Dinner:**  
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**\$16**

**Sunday**

**Two Course**  
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**BAYSIDE** **june**  
2012

# Streetscape to Artscape



Public Meeting Wednesday, 13 June, 7.30pm at the SpringDale Neighbourhood Centre

The SpringDale "From Streetscape to Artscape" Project has been funded by a City of Greater Geelong Community Art Grant and is supported by Drysdale Clifton Springs Community Association. This project will have, as its main outcome, a community developed plan for art installations in Drysdale Clifton Springs. Please come along and be part of this exciting process. Our first meeting is Wednesday 13 June 7.30pm at SpringDale Neighbourhood Centre. We will be addressed by David Fitzsimmons,

Public Art Officer CoGG, he will show pictures of many art installations across the Geelong region. We will meet artists, Glenn Romanis and Mark Tringham, who have been commissioned to create art works in the new housing estates in Drysdale Clifton Springs. There will be a number of sessions in which we will create a vision for Art across Drysdale Clifton Springs – a plan for our art into the future. Please come along if you are an artist or have an interest in art.



Photographs George Stawicki

## SES Needs Vehicles for Training

The Bellarine SES is calling out to the community for help. The unit is in need of vehicles they can use to train for road crash rescue. In order to be able to assist the community and use the Jaws of Life to extricate people from a car accident the SES volunteers need to train with the gear regularly to maintain their skills. In order to do this the volunteers need vehicles they can use to simulate crash scenes and cut open, prise apart and dismantle.

If anyone has a vehicle whether it is a car, a ute, a van etc. that they no longer want they can give the unit a call and donate the vehicle. Unit Controller Dion Henderson said "We will take most vehicles, but late model cars are especially needed as they have strengthened steel, airbags and



other modern features which can be a challenge."

Some requirements for donated vehicles - full body on wheels, does not need to work mechanically, cars that have little rust otherwise they do not present a realistic scenario, and it does not matter if there is some damage to the car such as damage from crashes.

If anyone can help or has any questions please contact the Bellarine unit on 0427 074 029 or email [bellarine@ses.vic.gov.au](mailto:bellarine@ses.vic.gov.au). For further information contact Rachel Vella, Media Liaison Officer on 0405 250 754.

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"Committed to Caring"

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





# Learn to Love Loaf-ing

In the eighteenth century, industrial developments enabled the millers to introduce many technical improvements - grinding the grain into finer particles, sifting it, bleaching it to make it whiter. Around 1870 mills began to be equipped with powerful steel rollers and sieves of finely woven silk cloth that could separate out all of the bran and also the wheat germ. For the first time it was possible to produce cheaply a highly refined white flour consisting solely of the endosperm. Some was 70 percent extraction, meaning it contained only 70 percent, by weight, of the original grain.

This pleased the millers, who could sell the sifted-out bran at a profit as feed for livestock. Also, because the oil-rich wheat germ had been removed from it, the refined flour could be kept longer without becoming rancid. The flour was less subject to infestation by insects and rodents - simply because it was less nutritious.

The millers' customers were pleased because they could now place on their tables a fine-textured, snow-white bread they regarded as a superior product.



But was it? Compared to coarse-textured brown bread made from 100 percent extraction flour it contained less protein, less the B vitamins, less calcium and iron, and less several different trace minerals. Also it contained much less of the fibre with which we are particularly concerned about.

Here, then, is a plea for the return to the kind of bread that can support life! Crunchy, brown, full-bodied bread that is satisfying and nutritious. Try to cook quick breads made with baking powder or soda, sourdough breads, even special breads to bake in a crockpot and microwave oven.

## Whole-grain Oat Flour

Learn how to make your own whole-grain oat flour at home. None of the nutrients and food factors are processed out or discarded when you make it yourself. Read how it's different and how to use it.

### Oat Flour

1. Place 1 to 1½ cups quick or old-fashioned oats, uncooked in a blender or food processor.
2. Blend or process for about 60 seconds. Makes 1 cup ground oat flour.
3. Store in a tightly covered container in cool, dry place up to 6 months.
4. Use for baking, breading, thickening. When used in baking, substitute up to but not more than ⅓ of the all purpose flour called for with oat flour.

Before you start, there are some special things you should know.  
Ground oat flour is different from all-

purpose flour you are probably using. Smell it. Whole-grain oat flour has a sweet aroma and a nutty fresh flavour. Feel the texture. You can actually see tiny pieces of germ and bran. Please don't sift, or you will lose the important nutrients and food factors.

Baked goods made with ground oat flour tend to be heartier, more tender, sometimes a little crumbly. Like oats, ground flour is deeper in colour than all-purpose flour to begin with, so don't be concerned if your whole-grain foods look a little different from the ones you are used to making. Ground oat flour is easy to use. Start by baking a deliciously moist whole-grain cake, or use it as a coating for baking chicken or chops.



## Cinnamon Apple Bran Bread

- 1 cup whole wheat flour
- 1 cup unprocessed bran
- 1 tblspn cinnamon
- 1½ tspns baking powder
- ¼ tspn baking soda
- ¾ cup undiluted apple juice concentrate
- ½ cup sunflower seed oil
- 4 egg whites
- ½ cup unsweetened apple sauce
- 1 cup peeled diced apple
- ½ cup chopped walnuts

Preheat oven to 180° C. Grease a loaf tin, when using a non-stick pan, oil the base lightly. In a small mixing bowl combine flour, bran, cinnamon, baking powder and soda.

Set aside. Mix together apple juice concentrate and sunflower seed oil.

Add 4 egg whites, one at a time, mixing well after each addition. Add applesauce and apple and mix well. Add walnuts.

Mix in dry ingredients, stir until well combined. Spoon into prepared tin.

Bake about 45 minutes or until a skewer placed in the middle comes out clean.

Cool on a wire rack for 10 minutes.

Remove from pan and let cool completely before serving.

Store the remaining loaf in foil in the refrigerator.

**New Alfresco Bistro  
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# Book Sale at St James'



**St James'** mid-year **Second-hand Book Sale** will be held over the Queen's Birthday weekend, **Saturday 9 June** from 9am to 5pm and **Sunday 10 June** from 10am to 4pm.

Do any of your doors need some attention?  
Replacement? Refit? Update Your Style?

**Obligation FREE Quote.**

Shaun Davis  
0418 396 535



**Davis  
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## Drivers Wanted

**Vision Australia** is looking for relief drivers for their day program transport. Fridays for Bellarine area and vacancies exist for other days in the Geelong area. Full vision Australia training vehicle available or kilometres reimbursement. **Contact Kerryn on (03) 5249 2701 or leave details at SpringDale.**

## Be **Cyber Smart** June 4-8



**STAY SMART ONLINE**

**National Cyber Security Awareness Week** is an Australian Government Initiative designed to raise awareness of cyber security risks and simple steps that can be taken to protect personal and financial information online.

Visit [www.staysmartonline.gov.au/](http://www.staysmartonline.gov.au/) for more material about this week running from **June 4 - 8**.

Geelong police have visited many schools this year to try and ensure that children avoid trouble online. Cyber bullying is now a chargeable offence. Social networking sites are a great way to stay in touch with family and friends but there are dangers, so you need to be very careful.

# 2<sup>ND</sup> HAND SATURDAY

2<sup>ND</sup> HAND SATURDAY is the day to recycle your unwanted stuff for the benefit of the community.



[2NDHANDSAT.COM.AU](http://2NDHANDSAT.COM.AU)

Bring your pre-loved clothes and re-usable household items in good order, plus electronic items in any condition to a drop off site near you. Here's a great way to get rid of unwanted goods and to make sure they end up where they will benefit most and not in a landfill.

Items accepted that **MUST** be in good, clean, reusable condition: clothing, footwear, handbags, purses, belts, ties, scarves, hats, blankets, linen, sleeping bags, ornamental textiles, toys, games, puzzles, books/magazines, DVD's, CD's & records, cookware, sporting goods, craft goods, ornaments, jewellery and household furniture.

Items accepted that **DON'T** need to be in working order:

Print cartridges, white goods, mobile phones and accessories, computer components, plastic bags, DVD/CD players, televisions, stereos, cutlery, microwaves and kitchen appliances.

\* For domestic residents with domestic quantities only. No commercial quantities accepted.

For a complete list of what will be accepted please check our website or call 1300 687 261. Goods not listed won't be accepted, so check if you're unsure.

**DRYSDALE 16<sup>TH</sup> JUNE**  
The Potato Shed - 29-39 Peninsula Drive  
STRICTLY 8:30AM - 3:30PM





# Term 3 COURSE & OPPORTUNITY GUIDE 2012

17-21 High Street, Drysdale

Phone: (03) 5253 1960

Fax: (03) 5253 3050

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

Office Hours  
Monday to Friday  
9am – 5pm

SpringDale Neighbourhood Centre Inc.

ABN 214 042 202 67 No. A0024916V



 SpringDale Neighbourhood Centre Inc. acknowledges the support of:



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.

**Scheduled Fees:** Courses at nominated rates. **Single Sessions:** Incur a \$5 Administration Fee.

## Expressions of Interest

### Mac User Group

Do you own an Apple appliance? Would you like to discuss any problems and learn how to utilise your Apple computer, iPad, iPhone with other Apple users? Share your knowledge.  
Contact SpringDale Office

## New Classes

### Mobile Phone and iPad

Do you want to know more about your mobile phone and iPad?

**Date/time:** Tues 5 June - Tues 26 June 9am

**Fee:** FREE

### Italian Language Classes

Daytime and evening classes in Italian Language are about to begin. For those going overseas, those wishing to speak to relatives or as a hobby. Basic grammar and conversation. Our tutor is an experienced native Italian speaker.

**Date/times:** Wed 25 July - Wed 12 Sept  
2pm - 3.30pm or 6pm-7.30pm.

**Tutor:** Enza Presepino **Fee:** \$120 (8weeks)

### Design Basics

Enjoy learning to work with your inspiration for visual art forms. Find out how to develop your ideas, select and decide how to gather resources, to plan and to design for art work. You will be introduced to basic elements and principles and guided through the creative process, in methods that can be applied to layout for graphics and to the composition of a broad range of visual art. No previous design experience is needed however, the ability to visualise through drawing and to handle cutting and measuring tools will be necessary.

**Dates/times:** Mon 23 July - Mon 27 Aug  
9.30am - 12.30pm (6 weeks)

**Fee:** \$65 (ACFE funded)

### World Famous Felting

3 day workshop with Catherine O'Leary. Felted body wrap. Each student will design a pattern to suit her own body. All levels of experience welcome.

**Dates/times:** Sat 10 Nov, Sun 11 Nov, Mon 12 Nov.

**Fee:** \$300

**Tutor:** Catherine O'Leary

### Sewing a Bag with Sonia

#### Hooty-toot Bag

Dust off the sewing machine and come join us for some creative sewing fun. Learn how to make this

versatile, gusset style bag, complete with an inner lining, pockets and featuring simple stitching and appliqué. Choose your own appliqué design based on the fabric you select to make the bag. Techniques covered in this class include: applique, hand and machine quilting, pocket making, pleat making, piping and rouleau loop making. A 'master copy' of the pattern pieces will be provided, but each class member will have to make their own copy on paper or Vileine to keep.

Materials List available from SpringDale

**Date/time:** Fri 3, 10 and 17 Aug  
1pm - 3.30 pm **Fee:** \$30

## New Groups

### Family Dance Nights

Open to all, regardless of experience. It will be held on Friday fortnightly from 7.30pm in the SpringDale Hall.

**Date/time:** Fri 20 July, 3 Aug, 17 Aug,  
31 Aug, 14 Sep. **Fee:** \$5

### Argentine Tango

Come along and learn the Argentine Tango. If you can walk you can tango. No partner necessary, suitable for everyone, learn to focus your mind and strengthen your core balance. Be taught by a friendly teacher.

**Dates/times:** From Tue, 5 June 7pm - 9pm.

Date to be advised. **Fee:** \$8

## Expressions of Interest

### Gluten Free Cooking Session

Would you like to learn more about cooking delicious gluten free foods? Learn how to look at ingredient lists to work out what is or is not gluten free.

Join a session that we will cook a meal to try or take home with you, using gluten free ingredients.

**Date/time:** TBA

**Fee:** \$30 Conc \$25

**Facilitator:** Sarah Baker

### Computer Sessions

Is there anyone who would like to upgrade to the following programs and learn more about the new features and see what they can do for you?

• Microsoft Office 2010

• Windows 7

### Data Backup

Have you ever wanted to backup your data and didn't know how? Well come along and learn the successful way of doing it.

## Asthma Management Course

The First Aider will be able to perform and administer emergency Asthma Management First Aid procedures for Asthma related medical conditions. Emphasis is placed on practical decision making along with the application of skills in a simulated Asthma emergency. Participants will receive an Emergency Asthma Management - Asthma Awareness certificate.

**Date/time:** TBA

## How to write a good eulogy

What is a eulogy? What makes a good eulogy? How long should it be? Many people ask these questions in the midst of arranging a funeral. Consider writing a eulogy of a parent/loved one now. Maybe even write your own. Over 2 sessions participants will learn the do's and don'ts of writing a memorable eulogy.

**Facilitator:** Tuckers Funeral and Bereavement Service.

**Date/time:** TBA

**Fee:** FREE

## Health & Wellbeing

### 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 27 July - Fri 14 Sept  
9.30am - 10.30am (8 sessions) **Fee:** \$90

**Beginners:** Fri 27 July - Fri 14 Sept  
10.45 - 11.45am (beginners) **Fee:** \$90

**Tutor:** Fred Vahland

### Yoga

For fitness, stress relief and clarity of mind. New students are warmly welcomed.

**Dates/times:** Mon 23 July - Mon 10 Sept  
9.15am - 10.45am (8 sessions) **Fee:** \$90

or Thurs 26 July - Thurs 13 Sept 6pm - 7.30pm  
or Thurs 26 July - Thurs 13 Sept

7.45pm - 9.15pm (8 sessions)

**Fee:** \$90 **Tutor:** Glenda Breedveld

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

**Venue:** Drysdale Senior Citizen's Club,  
Cnr Clifton Springs Rd & Wyndham St

## Dance classes for kids

Toddlers dance activity - let's have fun to music together.

**Date/time:** Tuesday weekly, during school term  
from 9.15am - 10am

**Fee:** \$5 per week/per class

# 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.

## MYOB for Beginners

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

**Skill Level:** Intermediate

**Dates/times:** Wed 25 July – Wed 12 Sept 6.30pm – 9.30pm (8 sessions)

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

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

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



## Introduction to Computers A/B

Introduction to keyboarding and mouse skills.

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

**Skill Level:** Beginner

**Dates/times:** Thurs 26 July – Thurs 13 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



## Introduction to Computers C/E

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

Learn how to create tables, use tabs, columns, clipart and place a border, send and receive emails. Understand the Internet and browse different search engines. Learn about virus protections.

**Skill Level:** Beginner +

**Dates/times:** Tues 24 July – Tues 11 Sept 1pm – 3.30pm (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 and uninstall programs, clean up deleted items and documents, use cleaner and defragger to keep your computer running smoothly, download software from the internet free, antivirus program s and others from the internet. Set up your computer the way you want it.

**Skill Level:** Beginner++

**Dates/times:** Thurs 26 July – Thurs 13 Sept 1pm – 3.30pm (8 sessions)

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

(\$50 subsidised 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 25 July – Wed 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



## 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 25 July – Wed 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

## 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 23 July – Mon 10 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



## 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 23 July – Mon 10 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



## Intro to Web Design with WordPress

Create your own website (or blog) quickly and easily, without needing to learn programming, and then learn how to add images, videos, and links to your pages. If you know how to use MS Word you will have no problems with WordPress.

**Dates/times:** Fri 27 July – Fri 14 Sept 10am – 12.30pm

**Skill Level:** Intermediate

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

**Tutor:** Pierce Jaques



## 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 31 July – Tues 21 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 their photos 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 28 Aug and Tue 4 Sept 6.30pm – 9.30pm (2 sessions)

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



## 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 27 July – Fri 14 Sept 2pm – 4.30pm (8 sessions)

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



# Craft

## Picture Framing

A workshop for people who would like to frame their prints.

**Dates/times:** Sat 8 Sept 10am – 2.30pm

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

# 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 4 Aug or Sat 1 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 4 Aug 9am – 3pm

**Fee:** \$100

**Tutor:** Ocean Grove Neighbourhood Centre



## 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 11 Aug 9am – 3pm

**Fee:** \$100

**Tutor:** Ocean Grove Neighbourhood Centre



## 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 18 Aug 9am – 1pm

**Fee:** \$70

**Tutor:** Ocean Grove Neighbourhood Centre



# 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 18 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-aider 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 11 Aug 9am – 1.30pm (1 session)

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



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

Code ALTFA301B/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 18 Aug & Sat 25 Aug  
9am – 5pm (2 sessions)

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



## Accredited Course

### 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.

**Next course commencing Thurs 26 July.**

**Book now.**

**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

**Venue:** Ocean Grove Neighbourhood Centre



## Art & Craft

### Discover the artist within

A foundation art course in drawing and painting for adults.

Drawing and Painting are enjoyable pastimes and there are fundamental skills that we can learn or improve. Rediscover past ability or learn from absolute scratch. A range of subjects, ideas and drawing and painting media will be explored in a supportive learning environment.

**Materials List:** A3 sketchbook and 2B and 4B pencils. Bring any other art materials that you already have.

**Dates/times:** Tue 17 July – Tue 18 Sept  
(No class 31 July and 7 Aug) 9am – 11am  
(8 sessions)

**Fee:** \$130 or \$80 Conc

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

**Tutor:** Annette Playsted



### Discover the artist within

An intermediate art course in drawing and painting for adults, 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 like minded people. Advanced drawing and painting skills and ideas will be explored with an emphasis on individual needs and preferences.

**Materials List:** A3 sketchbook and 2B and 4B pencils. Bring any other art materials that



you already have.

**Dates/times:** Tue 17 July – Tue 18 Sept

(No class 31 July and 7 Aug) 11am – 1.30pm

or Wed 18 July – Wed 19 Sept

(No class 1 Aug and 8 Aug) 10am – 12.30pm

**Fee:** \$130 or \$80 Conc

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

### Traditional & Digital Scrapbooking

Would you love to organise your precious memories by scrapbooking your photos. Come along and learn traditional & digital scrapbooking solutions. Material list for beginners, tools available for you to use and product available to purchase.

**Day/Time:** Every 2nd Wed 9.30am – 11.30am

**Fee:** \$2 **Tutor:** Lyn Clough

### Mosaic Art Workshop

This workshop will introduce you to the world of Mosaic Art. You will need to have an image in mind that can be transferred onto a floor tile, or be spontaneous and go with the flow. Your creation can be used as either a garden feature or placed in your home. Use your choice of colours from old crockery and tiles. Some materials will be provided including the floor tiles. A list of what you need to bring can be obtained from the centre. This workshop will be inspiring and lots of fun.

**Dates/times:** Sat 18 Aug & Sun 19 Aug,

OR Sat 15 Sept & Sun 16 Sept

1pm – 5pm (both days)

**Fee:** \$80 plus materials.

List available from the centre.

**Tutor:** Jan Ferrari

## 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 24 July – Tues 11 Sept

9.30am – 10.30am (8 sessions)

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

### Intermediate French

For those with some prior knowledge of the language.

**Dates/times:** Tues 24 July – Tues 11 Sept

10.30am – 11.30am (8 sessions)

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

## 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 **Holiday Program** 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

### 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.

### 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 17 July – Tues 18 Sept**  
**(10 scheduled classes)**

• 9.30am – 10.30am (ball class)

• 11am – 12noon  
(beginners to intermediate floor class)

**Fee:** \$140

**Thurs 19 July – Thurs 20 Sept**  
**(10 scheduled classes)**

• 6.45pm – 7.45pm  
(beginners to intermediate/advanced floor class)

• 8pm – 9pm  
(beginners to intermediate floor class)

**Fee:** \$140

**Tutor:** Monique MacLeod

**Phone to book:** (03) 5251 2958

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

## Enrolment & Payment Conditions

### ENROLMENT

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

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

### PAYMENT/ REFUNDS

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

### Privacy: The SpringDale Neighbourhood Centre

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

# Special Interest Groups

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

## New Club

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### Coin Club

Would like to hear from any people who are interested in being foundation members of a Coin Club at SpringDale. Please Contact Josh Gay on 0408 428 596.

## Clubs and Groups

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### The friendly Cuppa and Chat Group

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 some new and friendly faces 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. Meets 1st Monday of each month from 7.30pm – 9pm.

### Write on Bellarine

A group of dedicated writers meet 1st and 3rd Wednesday of each month from 7.30pm.

### Write About

A small group of committed writers meet 2nd Monday of each month from 2.30pm and 4th Monday at 7pm.

## Activities and Games

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### SpringDale Badminton

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

### SpringDale Jigsaw Club

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

### SpringDale Mahjong Club

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

### SpringDale Scrabble Club

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

### Card Games

Members enjoy playing a variety of card games including Canasta, Euchre and 500. This group meets Monday afternoons from 12.30pm – 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. 10am – 12noon. \$8 per session.

## Parents & Children

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### 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. Check out our website for more information.

### 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

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### 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. Wed 1pm – 4pm weekly

### Textile Arts & Crafts, Spinning 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

Meets on the 2nd & 4th Thursday of the month at SpringDale from 10am – 12noon.

## Computers

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### PC User Help Group

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

## Health & Wellbeing

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### Cheese Club

Meets every 2 months. Next meeting Sat 4 Aug. This club is open to people who have attended cheese classes at SpringDale in the past. Starting at 10am. Cost is \$1 plus cost of ingredients.

### 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. **Waiting list applies.**  
**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.  
**Waiting list applies.**  
**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.  
**Waiting list applies.**  
**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:** Anna & Wendy  
**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 9am-10am  
(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

### Bicycle Riding

*Are you a push bkie?*  
Would you like to get involved in cycling again? Join Marilyn and friends on riding adventures starting with bicycle safety.  
**Date/times/fee:** Tues 8.30am - Easy ride, Wed 8am - Hard ride  
**Leader:** Marilyn Townsend

## Music

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### 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



## Festival of Glass 2013



**Meeting Nights – 7.30pm every 2nd Tuesday of the month at SpringDale. More committee members welcome.**

## Celtic Festival



This will be the tenth anniversary of the **National Celtic Festival at Portarlinton**. International, national and local artists will perform at the festival to be held from **8 – 11 June, 2012**. Pipe Bands, Workshops, Celtic music, dancing, songs and markets are all part of the program. It is always a grand occasion for Portarlinton, so make sure you are there to experience all the action.

## Scenic Tours Information Night

**Thursday 14 June**  
**Ocean Grove Bowls Club 6pm,**  
**Drinks and Nibbles**  
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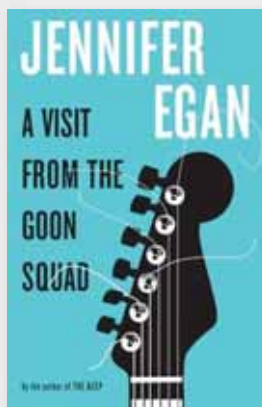
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## The Book Club - A Visit from the Goon Squad

On Monday May 8, the Book Club met to discuss Jennifer Egan's book *A Visit from the Goon Squad*. The book begins with the story of Sasha, aged 35, pretending to be much younger on internet dating sites. Sasha has kleptomania for which she is receiving counselling. Bennie is a failed musician - a very mediocre bass player whose dream was to become famous with his punk rock band. He does have an ear for music though and goes on to make his fortune as a band manager. Sasha has become his PA.

There are a vast number of characters within the music industry, their friends, families and publicists and their lives intersect and interweave over the years and over the generations. As at least four of the chapters were originally published as short stories in various magazines, this reinforced the feeling of some readers that the whole was rather disjointed.

Most of the chapters are in the first person and the various voices can be confusing for the reader who must initially establish who is relating that chapter and its place in time. Each chapter seems to draw the reader in and is like a separate vignette.



Author



Jennifer Egan

One becomes immersed in that character but it is sometimes difficult in later chapters by other characters to remember the connecting threads.

This book is different from anything else that any of our group had read and while most agreed that it was a very clever piece of writing, many did not read more than a couple of chapters. The chapter in the voice of a 15

year-old is written in the style of a Power Point presentation.

Readers were very mixed in their reaction to this and many other aspects which seemed like an exercise in "clever writing", not appreciated by all.

As several of our group had not felt willing to read the book to the end, we found it impossible to rate it. Other readers will need to read this book and form their own opinions.

**June's discussion will be about *Dreamscapes* by Tamara McKinley and in July we will discuss *The Troubled Man* by Henning Mankell.**

**Our meetings at SpringDale on the first Monday of each month at 7.30pm are informal and new members are always very welcome. For more details, contact SpringDale on (03) 5253 1960.**

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## Give some blood please

**World Blood Donor Day on June 14** is a reminder of the importance of blood donation. 1 in 3 people will need blood in their lifetime, while just 1 in 30 people currently donate.

# RED NOSE DAY

## Buy a Red Nose

**Red Nose Day** on June 29 provides critical funding to reduce incidents of SIDS and fatal sleeping accidents and research into areas such as SIDS and stillbirth. It is estimated that SIDS and Kids has saved the lives of over 6,500 babies across Australia.

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## Men's Health Week 11-17 June

Often when health issues arise, men do very little. It is very important to get advice or treatment early when you have a health problem. During International Men's Health Week every attempt is made to increase awareness of good health in men, boys and their families.

The theme for 2012 is environMENTS'. Visit [www.menshealthmonth.org/imhw/imhw.htm](http://www.menshealthmonth.org/imhw/imhw.htm) for some helpful tips.

Men's Health Week in Australia is organised by the Men's Health Information and Resource Centre (MHIRC). MHIRC receives government funding and partners with organisations nationwide. Events will be held across Australia. Men's Health Peer Education (MHPE) will be promoting Men's Health Week via our MHPE volunteers. We are very proud to be a partner of this event.

### Aim of The Week

Men's Health Week is an international celebration of the positive roles men and boys play in our society, as well as an

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**Ph: 5259 1277**

[www.portsidephysiotherapy.com.au](http://www.portsidephysiotherapy.com.au)

### Make a Donation

Help us raise awareness and promote early diagnosis, which will save lives! **Donate Now.**

**1800 555 494**



**Bowel Cancer Australia**

INCORPORATING THE  
Bowel Cancer Foundation

## Buy a Red Apple

On **6 June, Red Apple Day**, Australians are encouraged to help raise funds for bowel cancer research and awareness through the purchase of an apple pin.

Visit [www.bowelcanceraustralia.org/bca/](http://www.bowelcanceraustralia.org/bca/) for further information.

examination of environments that are leading to adverse male health outcomes.

### Theme of The Week

This **Men's Health Week** theme is the role of our environments (or environMENTS) on men's health.

There are some specific things about your own environment that directly impact on your health.

Healthy environments are why we have parks, gardens, trees, food and herb gardens, family days by the beach, dads and kids days, and national parks.

Social connections also keep people healthy. Actively involving others in your life is an essential ingredient to being healthy and remaining connected to the world. These connections are such a central part of your environment. Your ability to maintain social connections at different life stages varies and there are times such as, retiring or moving to a new city which can impact on your ability to foster those connections.

**For more information and how you can get involved, please visit**  
[www.menshealthweek.org.au](http://www.menshealthweek.org.au)

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The **Drysdale Health Group**, is committed to providing professional therapy based health care to our community.

We have developed the **Drysdale Physiotherapy** clinic to provide Pilates exercise programs, strength training classes and continue to provide excellent individual treatment of spinal pain, sports injuries and post operative rehabilitation.

We welcome **Emma Zahl** a very experienced physio to our team of **Peter Terry** and **Simon Seignior**. Emma has had 10 years of treating spinal pain and is a wonderful asset to our clinic. We have **Marg Hole** and **Julie Mather**, who continue to provide their first class myotherapy and remedial massage.

**Jenny Layton** is our **Acupuncture** specialist who treats many pain and systemic illnesses.

**Jarrod Carter** is our **Naturopath** who helps many people with digestive and complex health problems.

**Max Simmons** is our **Psychologist** seeing clients on Wednesday and Thursday. We also welcome **Australian Hearing** who do hearing tests and fit hearing aids.

We welcome all new and current patients to our centre and we all strive to help you have a healthy and happy life.

Good health, to all.

*Peter Terry.*

## Drysdale Health Group

Proactive, Preventative & Professional

- Physiotherapy
- Podiatry
- Psychology
- Myotherapy
- Exercise Physiology
- Acupuncture
- Pilates • Naturopathy • Remedial Massage

27-29 High St Drysdale (03) 5251 2958

## Oats

*It is the grain with everything*



Oats contain large amounts of soluble fibre and can lower high levels of cholesterol in the blood and have anticoagulant properties, making it heart-friendly. If you want to live to 100 and be in good shape, start eating more oats. It is the grain with everything. It is high in fibre, has a low GI so will help keep diabetes at bay, a good source of magnesium, manganese, phosphorus and vitamin B1. Not only are oats tasty and very versatile to cook, they are healthy and cost effective.

## Oaty Ginger Cookies

### Ingredients

- 115g butter
- 100g margarine
- 260g peanut butter
- 150g caster sugar
- 2 eggs
- 220g dark brown soft sugar
- ½ tspn vanilla extract
- 200g plain flour
- 2 tspn bicarbonate of soda
- 1 tspn salt
- 1 tspn ground ginger
- 80g porridge oats
- 90g chopped crystallised ginger

### Method

Preheat oven to 180 C. In a medium bowl, cream together the margarine, butter, dark



brown soft sugar and caster sugar. Beat in the eggs, peanut butter and vanilla. Combine the flour, bicarbonate of soda, salt and ground ginger, stir into the creamed mixture. Finally, stir in the oats and ginger. Drop heaped spoons of the batter onto ungreased baking trays.

Bake for 10 to 12 minutes in the preheated oven, until golden brown. Remove from the baking tray to cool on wire racks. Store in an airtight container when cool.

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In June, there are a few urgent jobs to do in my garden: clear out the last of the summer vegies; prepare a bed for early onions and get the seedlings into the ground; sow green manure (eg. peas and oats) in vacant beds; get composting. On the whole, though, it's a quiet time of year when I can reflect on last season and plan for the next.

I think about what went well, and what went not so well. Did I have a bumper crop of tomatoes, but not many capsicums? Were the strawberries all leaf and no fruit? Did the brassicas bolt to seed? Now comes the hard part: working out why some plants didn't thrive.

*Factors on my mental checklist include:*

### 1 Competition from trees

This tends to creep up on me because I forget that trees grow! What was a nice, sunny bed last year may have been robbed of late afternoon sun by a growing tree, and tree roots will travel a long way in search of water and nutrients.

### 2 Pests and diseases

When I pull up finished plants, I have a look at the root ball: is it big and healthy, or does it look stunted? Reasons for stunting include irregular watering when the plant was getting established, soil deficiencies, and attack by curl grubs (the fat, white, C-shaped beetle larvae) and nematodes (microscopic worms).

### 3 Soil deficiencies

If the soil is too acid or alkaline, plants can't take up nutrients from the soil. A quick pH test identifies problems. The soil also needs plenty of organic matter to keep it full of beneficial bacteria and earthworms, and to hold onto water and nutrients that will otherwise drain away. Generous quantities of compost help with that.

### 4 Seasonal variation

Wet, dry, cool or hot weather at the 'wrong' time can set back growing plants or reduce harvests. There's not much I can do about that, except to remember that climate and microclimate impose limits on what I can grow, and some crops may be marginal. I tried for three years to grow rockmelons in my small, shady garden, then I gave up.



**There are plenty of fruits I can grow instead!**

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around the **garden**

## Basin Reserve a Drysdale Landmark

The reserve is a great place to see how the Bellarine Peninsula once looked. It is only a small reserve but it is an important refuge for native plants and animal species. The small rises and well-drained slopes around the basin are scattered with Black She-oak and Austral Grasstree which give the place a distinctive feel. The regionally significant Nodding Green Hood Orchid can also be found by keen eyes. Wrens, noisy Miners with their alarming calls and parrots such as the Red Rumped Parrot are found here.

The basin is a small ephemeral wetland which means it naturally only holds water for some of the year.

A small trail runs around the reserve and makes a good circuit walk. There are a number of places along the trail to pause and take in the surroundings. A stairway leads down to a viewing platform and seating area above the wetland sedges. Further along a bench seat provides a more elevated view.



Top: Green Hooded Orchid  
Below: Red Rumped Parrot



Unfortunately the reserve hosts Cinnamon Fungus - a disease which can cause dieback in many plants, particularly the Austral Grasstree. Please stay to the tracks and, if possible, clean mud from shoes before entering or leaving the reserve. Entry and car parking is from Belchers Road, Drysdale.

Thank you to all who entered our beautiful

### Harvest Book Giveaway.

Our lucky winner is **Kevin Dalton**  
Congratulations



### Clifton Springs Garden Club

Clifton Springs Garden Club meets every 3rd Monday evening of the month at 7.30pm in the Drysdale Uniting Church Hall, Palmerston Street, Drysdale.

If you are interested in all aspects of gardening then come along and enjoy the company of fellow gardeners. We have informative speakers, gardening trips and hints and tips from fellow gardeners.

Come and join our happy and relaxed gardening club. Enquiries ring Lorraine on (03) 5251 1660.

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### Trading Hours

(Drysdale & Ocean Grove)  
Mon - Fri 7.30am - 5pm  
Sat 8am - 12noon

### Ocean Grove only:

Sun 8am - 9am  
Public Hols 8.30am - 10.30am

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### Drysdale

40 Murradoc Rd, Drysdale VIC 3222 (03) 5251 3854



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Drysdale Clifton Springs Community Association

## Drysdale & Clifton Springs Community Association Inc.

DCSCA's campaign for an immediate start to the proposed Drysdale bypass is well under way. The planned bypass will, effectively, run between the Jetty Road roundabout and the Geelong-Portarlington Road at its junction with Whitcombes Road, but far more people than just Drysdale residents will benefit from it. The population of the north Bellarine is set to increase enormously, yet no major roads are planned to accommodate the associated increased traffic. The resulting increased traffic congestion in Drysdale will lengthen travelling times from Portarlington, St. Leonards and Indented Head to Geelong and Melbourne; and it will also make the proposed Portarlington to Melbourne ferry

far less attractive for commuters from Geelong.

Consequently, DCSCA is seeking support for the bypass campaign from community associations in other Bellarine towns; the St. Leonards Community Association has expressed its support already.

### Counting vehicles

Vic Roads have stated that the traffic capacity of Drysdale High Street is 24,000 vehicles a day - after which, a bypass is needed. In mid-2011, Vic Roads found that 18,000 vehicles a day use the High Street - 2/3 of the 'tipping point' for a bypass. Since then, the first of the 1,500 houses in Stage One of the Jetty Road estate have started to appear; with more to follow in the 300-lot Central Walk estate. If work on the bypass started now, it would probably be completed just as traffic in the High Street reaches Vic Roads 'tipping point' of 24,000 vehicles a day.

### A bigger picture

A Drysdale bypass is part of a broader vision of economic development in the north Bellarine. At the heart of the vision is a new light industrial precinct in

Murradoc Road, offering a diversity of business and employment opportunities. The proposed bypass will cross Murradoc Road near Clarendon Road, creating excellent road access into and out of the precinct.

Creating the precinct would involve creating new access roads into the area immediately north of Murradoc Road; extending the existing 'business/industrial' zoning in Murradoc Road eastwards to Clarendon Road; and creating tree-lined service roads on the north and south verges of Murradoc Road to offer easier delivery access and outdoor dining and performance spaces, effectively extending Drysdale town centre eastwards.

### Contacting DCSCA:

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

For up-to-date news, please visit DCSCA's blog - [drycliftdays.blogspot.com/](http://drycliftdays.blogspot.com/)

**Patrick Hughes,**  
DCSCA Secretary

## Caring for our Country grant - Doug Carson

Over recent months there has been a lot of activity and planning happening as we work towards using the Caring for our Country grant for the rehabilitation works at the Dell. DCSCA applied for a grant in the middle of 2011 and were awarded \$15000-00 to conduct a series of weeding activities to get rid of the Boneseed, Italian Buckthorn, Polygala and Boxthorn that are infesting the area beneath the new lookout. The plan is to remove these weeds as much as possible and have a replanting program to re-introduce indigenous plants back into area.

There are also some erosion gullies forming and hopefully we will be able to trial a new type of mulch filled sock, that can be secured into these gullies, which will stop the erosion and promote stability of the soil and allow the plants to take hold in solid ground.

The exciting part of this program is that we are holding a Community Environment Day on the 22 June, at the Dell, where

the grade 3 students from both the Drysdale and Clifton Springs Primary schools will be taking part in an Environmental Challenge and awareness day. There will be 5 activity programs associated with 1. A rock pool ramble and marine interpretation; 2. Weed identification and control methods; 3. Flora interpretation and interaction; 4. Planting and propagation activity, and the importance this is to sustain animal life; 5. Cultural and Heritage activity. The students will be organised into 5 different groups and will spend 25-30 minutes in each activity before moving to the next one.

DCSCA is using the skills and knowledge of the Bellarine Catchment Network and the City of Greater Geelong as well as other local identities to help run the day. The activities begin for the students at 10am and will finalise with a lunch being served by the Portarlington/Drysdale Lions Club.

Parents and local members of the Community are most welcome to come and join in the fun.

Because of the steep terrain, and as part of the grant application, DCSCA will be utilising qualified contractors using safety harness apparatus to safely gain access to the areas where the weeds are established, so that they can be removed safely. The same methods will be used to do the mulching and replanting, however we are hopeful that at some stage we will be able to have the local community and the members of DCSCA involved in a ground level replanting scheme, so that we can continue the process of improving the beautification and the profile of the Dell.

### Doug Carson

President

Drysdale & Clifton Springs Community Association Inc.

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## New Lions for Portarlington/Drysdale Club



*President Portarlington/Drysdale Lion Robert Wilson-Browne and District Governor David Lowing*

District Governor David was delighted to induct two new Members during his official visit held, at the Guide Hall, Boat Road, Portarlington, with high quality catering provided by the Portarlington Girl Guides Committee.

Russell Bath of St Leonards and Glen Jose of Portarlington, have both recently moved into the area. New Lion Russell was sponsored by Lion Trevor Hirth and Lion Glen by Lion Gary Bennett.

District Governor David expressed his admiration at the amount of work done by the Lions of Portarlington/Drysdale Club and their great support not only for their local communities, but also Lions State, Australia wide and internationally.

"Your Club had proved very successful in Youth Activities, with 6 Primary Schools involved in the Worldwide Peace Poster Competition, 8 children sponsored to Lions Licola Wilderness Holiday Camp for underprivileged children, and 3 contestants in the Australia wide Youth of the Year Quest" said Lion David.

"You are also sponsoring swimming lessons for several handicapped children and helping with the Portarlington Primary School vegetable garden"

"The formation of the Lions Branch Club at Clifton Springs was well under way and it was good to see 9 of their members in attendance tonight."

This Club's support for the Portarlington annual Festivals was intense, with sausage sizzles, rubbish collections and crayfish spins at the January Mussel Festival, and sausage sizzles and general assistance at the June National Celtic Festival. Many members also billeted musicians for the weekend.

Portarlington/Drysdale Lions meet on the 2nd and 4th Wednesdays of the month and are always looking for more members to help in and around their community.

**Anyone interested can phone Membership Officer Alby Rhodes on (03) 5253 2631, who is also the contact for any interest in the new Branch Club at Clifton Springs.**

## Probus Club of the Peninsula

### Celebrating 25 Years



The Probus Club of the Peninsula recently celebrated 25 years with a special morning tea and BBQ and a good time was had by all. The club meets on the first Monday of the month at 9.15am at the Drysdale Football Club rooms.

**If you would like to know more about the Probus Club please contact the President, David Kerr on (03) 5251 1040.**

## Senior Citizens Club

### Friendly place for social activities

Drysdale Senior Citizens Club provides a friendly place for social activities for people living in Drysdale and Clifton Springs. A large range of interests include indoor bowls, cards, bingo, yoga, line dancing and billiards.

If you are wishing to meet new friends and have some fun, please feel free to visit our club rooms.

**For more information please telephone (03) 5251 2983.**

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# SPORT

## A successful start to winter sport



*The Boys Football Team celebrate their win.*

Students from six schools across the Connewarre region descended upon Drysdale to compete in the inaugural Connewarre Zone Lightning Premierships for winter sport.

In a new initiative this year, the traditional weekly winter sport fixtures have now been replaced with a single day round robin competition.

The school itself was a hive of activity, hosting the Girls' T-Ball, Mixed Netball and Boys' and Girls' Volleyball while the Drysdale Recreation Reserve played host to Boys' T-Ball and Girls' Netball.

In stark contrast to many of the training sessions, the games were played under beautiful sunny skies and the younger children really enjoyed being able to see the senior students represent the school. Their support and enthusiasm really helped contribute to a wonderful atmosphere on the day.

The Football competition was held at Ervin Reserve in Newcomb and there was a large contingent of parents and families who ventured out to lend support to their children.

In the end, Drysdale Primary School were victorious in the Boys' Football, Girls' T-Ball and the Girls' and Boys' Volleyball. These four teams have secured the right to represent Connewarre in the Barwon South Western Zone later this term. Fortunately, this also means that their winter sport season will continue as they train, practise and prepare over the coming weeks for the next competition.

A day like this was a logistical challenge with so many games and sports being played at once, spread across three different locations. To have it run successfully is a credit to not only the staff who helped coordinate the day, but to the many parents who came along and not only supported their children, but assisted with the countless other tasks that needed doing. From assisting with first aid, to managing and coaching teams, to providing fruit and drinks to the players, to keeping score and goal umpiring, so many roles were willingly filled by Drysdale parents and we are very thankful for their assistance.

We wish all the teams luck as they continue to represent Drysdale Primary School with pride.

## Lifetime Achievement Award for Janina Randone



Drysdale Tennis Club's (DTC) longest serving member Janina Randone was honoured with a lifetime achievement award to acknowledge the years of dedication and hard work that Janina has shown the club since she joined in 1956. Janina is the current Treasurer of DTC and she was presented the award by fellow committee members Robyn Sadler (President) and Alistair Gore (Secretary) on Tuesday, 3 April.

As well as coordinating the Drysdale Mid-Week Ladies competition, Janina currently serves on the administration committee for the Bellarine Peninsula Tennis Association. This is one of the largest associations in the region with approximately 36 teams participating in the midweek competition.

Janina gives a great deal of her time to DTC. She is the unofficial caretaker, carrying out repairs and maintenance when needed. She, along with others has worked tirelessly to raise much needed funds for the club over the years.

## Drysdale Hawks

The Hawks are kicking goals and excited fans love the action and the thrill which comes with the wonderful game of football.

- Round 8 for the Hawks is home against Torquay on 2 June.
- Round 9 is away against Barwon Heads on 9 June.
- Round 10 is home against Ocean Grove on 16 June.
- Round 11 is away against Anglesea on 23 June.
- Round 12 is home against Modewarre on 30 June.

**Go Hawks.**



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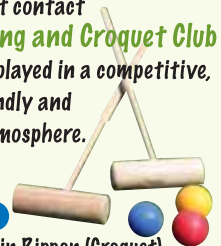
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# SPORT

## Clifton Springs Tennis Club

### Junior Club Championships



**Joshua Matthews**  
U/17 boys champion

Our junior championships were held in April and a good day had by all - well done again Di Green for managing the event. There was some fantastic tennis played from our stars of the future. It is always a great day watching our juniors playing such quality tennis. Our champions for 2012 are as follows: Boys U17 Joshua Matthews, Runner up Mark Core, Girls U17 Natalie Spaleta, Runner up Ellie Batterham, Boys U12 Dale Perkins, Runner up Josh Harkins, Girls U12 Jordan Tabakovic, Runner up Phoebe Patten.

The Clifton Springs Tennis Club is fortunate to have a healthy relationship with our long term club sponsors.



**Girls champions Natalie Spaleta U/17 and Jordan Tabakovic U/12**

We have over 190 members and our club is a vibrant sporting facility with a mixture of members and the broader community regularly frequenting our facilities. The exposure that we offer our sponsors is great value for money and we have a package to support all budgets. If your business is interested in sponsorship please contact Graeme 0400 225 853.

For those interested in social or competitive tennis this year the following is available: on Monday and Wednesday evenings we have mixed tennis, Tuesday is Men's night and Thursday is Ladies' night. If interested contact **Julie Elstone on 0417 015 742**. For Saturday competition the contact is **Paul Roberts 0428 201 182**, junior competitions contact **Di Green 0488 109 191**, mid-week ladies, **Glenda Callow (03) 5251 2796** and for coaching during the week contact **Mark Hagebols 0416 288 956**.

**Graeme Reid**, President.

## Clifton Springs Bowling Club

With the conclusion of all annual meetings and consequent elections the club, under new leadership is looking forward to the new year and its many challenges.

New members are eagerly sought and will be made most welcome. Having three greens, two of which are synthetic social bowls are played most days throughout the year. Our Ladies usually compete on Tuesday mornings with Men playing on Wednesday and Friday (mornings in the summer and afternoons in the winter) followed by mixed social bowls every Saturday afternoon. Beginners are encouraged to regularly try their skills here where they will always be warmly embraced.

Clifton Springs enters teams in Geelong Regional pennant competitions both mid-week and Saturday throughout the summer season.

The club actively pursues a calendar of social events and supports a program of bowling tuition for Secondary Schools on the peninsula.

Free coaching is made available to all bowlers both new and seasoned and for those inclined to "give it a try" a variety of loan bowls are freely available.

**Roy and Joy VERRAN**  
03 5253 1517  
royandjoyv@gmail.com



**All sporting associations have your news published in this Drysdale /Clifton Springs Community Springdale Messenger Magazine. Contact the Springdale Neighbourhood Centre on (03) 5253 1960 for more information.**

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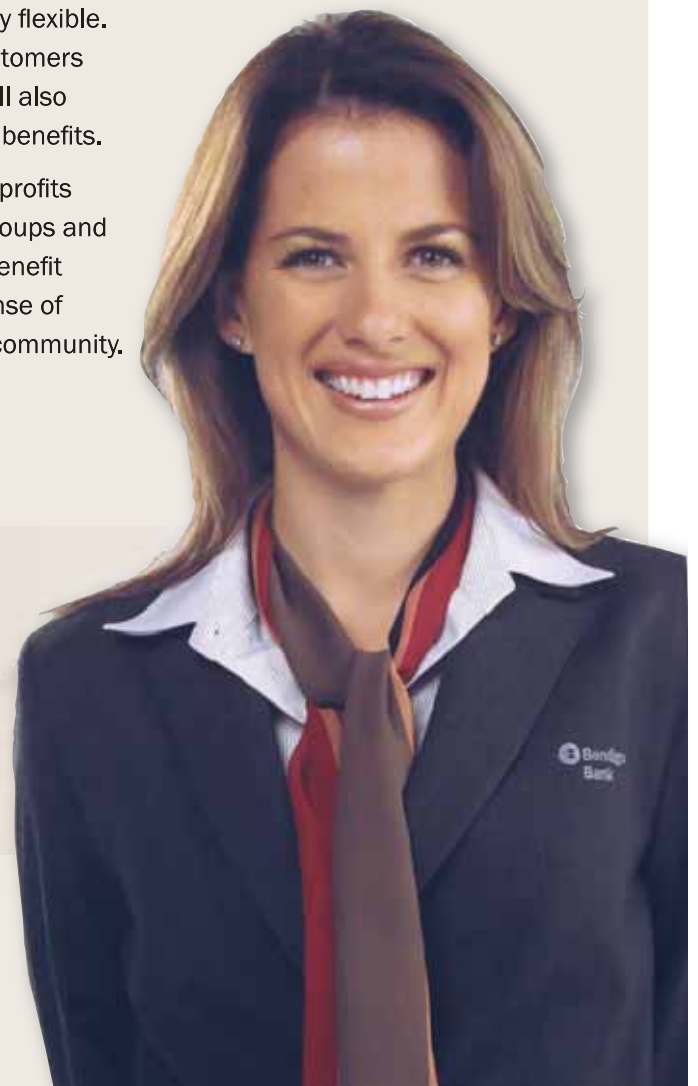
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