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Alex winning a Bronze Medal in the Female 58kg class



Bellarine Secondary College student and Drysdale resident **Alexandra Martin** age 15, has been raising the weightlifting bar since she was just 7 years old. Starting off in All Round Weightlifting in WA, then switching over to Olympic Weightlifting at the age of 10. Training now a minimum of 8 hours a week, Alex has achieved high standards in the sport.

Olympic Weightlifting has seen Alex compete in 4 National Championships,

- where last year she was placed:-• Ist AWF U15 Tournament 58kg class
- 1st Victorian team AWF
- Championships U17 58kg class • 4th AWF Championships U17
- 58kg class



Australian Youth Olympics

other competitions last year saw Alex placed:-

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- 1st Victorian Age Championships 15 year old 58kg class
- Best Female lifter in the VWA Sport and Recreation Cup 2012
- 1st VWA Sport and Recreation Cup 2012 58kg class
- Best female Lifter in Victorian Schools Championships 2012
- 1st Victorian Schools Championship 58kg class

Alexandra was then selected to represent Australia at the **Australian Youth Olympics in Sydney in January 2013**. Competitors from all around the world took place with Alex winning a Bronze Medal in the Female 58kg class. Alex is competing again this year in the Victorian Schools Competition and other State and National Competitions throughout the year. She has her goals set high to participating at Commonwealth and Olympic levels.

As they all call out when she is lifting - go Ally!

ANZAC Ceremony Drysdale



Drysdale RSL Sub-Branch will be holding their annual ANZAC Day March on 25 April 2013.

A service will be held at the **Drysdale Primary School Recreation Hall at 10am.** This will be followed by a march and wreath laying ceremony at the **Cenotaph in High Street at 10.45am.** Refreshments will be served at the hall after the service. All welcome. The Drysdale RSL Sub-Branch meets on the second Thursday each month at 1.30pm. If you are interested in this group you could contact **Mr. George Browney on (03) 5251 3780.** The Drysdale RSL Women's Auxiliary meets on the first Tuesday of the month at 1.30pm.

Please phone Pam (03) 5251 2328 for more details.

More on ANZAC DAY - Page 6

What's on - April 2013

Monday	Easter Monday. Public Holiday. SpringDale closed.	
Tuesday	SpringDale Vacation Care starts 8am – 6pm daily 2 – 6 April Rogers Jolly Pirate Adventure - Potato Shed	
Saturday	Harvest Basket Produce Swap 9am-11am SpringDale	
Sunday	Daylight Saving ends. Turn clock back one hour. Change your smoke alarm battery Lions Garage Sale, Portarlington 8am-3pm	
Saturday	Bush Dance SpringDale 7.30pm	
Monday	School Term 2 commences Ambulance Victoria to talk to Bellarine Woodworkers and general public	
Monday	Girls In Grey - 8pm also Morning Showtime 10.30am - Potato Shed	
Wednesday	DCSCA meeting 7pm – re Drysdale Cemetery	
Friday 19	DCSCA meeting 7pm – re Drysdale Cemetery Muse Collision Dance - Potato Shed	
Saturday	Grand Garage Sale, St James Hall 8.30am Muse Collision Dance - Potato Shed	
Sunday 21	Drysdale market 9am-1pm	
Thursday 25	ANZAC Day. Public Holiday. SpringDale clos ANZAC Ceremony Drysdale 10.45am, Drysdale Primary School	sed.
sunday 28	Portarlington market 9am-2pm	
SpringDale N	leighbourhood Centre Inc. acknowledges the support of:	Compiled & p 17-21 High S The SpringD For all editori SpringDale I E: messenge

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.

Events - APRIL

Monday	1	April Fool's Day
Tuesday	2 - 8	Lego Challenge at National Wool Museum
Sunday	7	Geelong Half Marathon
	11	World Parkinson's Day
Saturday	13	Geelong Botanic Gardens plant sale 10am-4pm
Sunday	14	Geelong Botanic Gardens plant sale 10am-4pm
	24	International Guide Dog Day
Sunday	28	Organ & Trumpet Concert, Drysdale Uniting Church 2pm-3pm

Deadlines 2013

May Issue

Bookings/copy required Distribution Circulation

1 April 2013 Saturday 27 April 7,000 copies

It's all about your business



Support your local magazine The SpringDale Messenger and reach over 7000 homes each month in Drysdale, **Clifton Springs**, Portarlington, **Indented Heads** and St Leonards.

For more information call (03) 5253 1960.

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ial and initial advertising enquiries: Neighbourhood Centre P: (03) 5253 1960 F: (03) 5253 3050 er@springdale.org.au W: www.springdale.org.au

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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.



Dear Everyone

Thank you to all the people who have again let me know that they love to read this part of the Messenger. I have been overwhelmed by the words that people have shared with me. I love writing this column. I love speaking to each and every member of our community. Last month I gave an impassioned plea about what our area is called - but what is a name. The name of wherever we live shouldn't matter - whether we live in Curlewis, Murradoc, Clifton Springs, Bellarine, Leopold, St Leonards, Indented Head, Portarlington, Wallington, Marcus Hill, Mannerim, Ocean Grove, Kensington or Drysdale so long as we wish to work, play or train together does it matter what it is called or what City of Greater Geelong wish to call it. So long as what unites us is more important than that which divides us.

I love our rich history, I love the fact that our water holes were permanent sources of water for our Wathaurong Tribe over the centuries that they lived here and more recently that our town is named after a pioneer woman, Anne Drysdale. I wonder how many other towns have been named after a woman. I would love to have met Anne Drysdale. I love the fact that she was one of 469 Freehold voters in 1845. What a milestone for women and it happened here in Drysdale. This responsibility was taken back guite guickly as they didn't mean for a woman to have the vote. I love looking toward our future and what that might look like and hopefully setting up opportunities that might take many years to be fulfilled but I would enjoy knowing that opportunities and vision are currently being created. But I live in the present - the gift that I have been given and the opportunities that I have to share my time and life with our community.

Yesterday I was sharing a few words with a member renewing his membership and discovered that he has a copy of the road

proposed to divert traffic around Drysdale at a meeting held in 1981 more than 32 years ago. Eddy Hoyer remembers the energy in the room and could point to many of the properties that have been purchased over the last 30 years and how so many properties have made substantial changes to the way that the farm or properties have been managed over the last 30 years. With Eddy's permission, I copied the planning documents, which had 30 year old costings for the project. The project was always to be a single lane up and down.

After a very successful meeting about the Clifton Springs fountain which included the presentation of a couple of photos of the fountain in working order, and the sharing of the above mentioned document, I ask that if you are downsizing or if you believe you have copies of documents which may help to enhance the deliberations of our community - please let SpringDale have a copy. I am seeking any documents that relate to any of the projects that were considered by our community last year. I have heard a rumour that when the pier was demolished a number of years ago, that we were promised a new pier. If you have any information about this we would love to hear from you.

Thank you for your support

Anne Brackley

for the SpringDale Team

Course Guide

Full course guide available from SpringDale – download from the website, call in and pick one up or ring SpringDale to have one mailed out.

www.springdale.org.au



What's on @ SpringDale

SpringDale supports Community Development by promoting ideas from our community. During this month we have new trainers offer new classes and residents asking for classes to return. Please register your interest.

EFT – Emotional Freedom

Techniques – a course that includes information of the energy meridians and trains us to think positively to attract abundance into our lives. If you are interested in more information about this course please ring SpringDale (03)5253 1960.

Our Friendly Cuppa and Chat

group meet on the **4th Monday** of the **month** but we have had a request to have another group start on a Thursday or Friday morning – perhaps the 2nd Thursday or Friday of each month. Eileen our wonderful welcoming volunteer is happy to trial this if there are people wanting to join her. Please register your interest.

Maths games for seniors

We have had a request to help keep our minds active and our maths skills sharp. If you are interested in running or being part of a group with this focus please contact SpringDale.

Community Award Adrian Mannix Award

You are encouraged to nominate someone who you consider plays an important role in making a positive difference to the local community. **Adrian E. Mannix** Community Award Nomination Forms can be obtained from SpringDale and nominations close on 30 April, 2013. A presentation dinner will be held on Monday 27 May

at Portarlington Golf Club.

The Drysdale Rotary Club, Portarlington/Drysdale Lions Club and SpringDale Neighbourhood Centre have combined together to provide this award in memory of Adrian E. Mannix OAM.

The winner will be presented with a trophy and \$500 to donate to the charity of their choice.

our reader's feedback

Yummy

Just love reading and enjoy trying all your yummy recipes. Mary, Clifton Springs.

Front Cover

What a colourful front cover of the March SpringDale Messenger. It is a delight to receive the Messenger each month. John, Drysdale.

Thanks John, the cover illustrated the great evening – hope you can make it to the Bush Dance on Saturday 13 April.

Organ Donation

I think more people should donate their organs and tissues. Australia is a world leader for successful transplant outcomes. Hundreds of people are on Australian organ transplant waiting lists. Please, give someone a new chance of life.

Paul, Drysdale.

Countries that have high organ donation rates have an opt out rather than the opt in that we have in Australia.

By Pass

Hurry up and bring on the By Pass for Drysdale.

Jackie, Portarlington.

Thanks Jackie, the By Pass has been on the drawing board for 30 years.

Pleasant Sunday Afternoon

Presented Bv **Geelong Welsh Ladies Choir** Sunday 21 April, 2013 At 2pm

Uniting Church Hall, Newcombe St. Portarlington.

Choral music to suit all tastes. Tickets \$12, includes a cuppa and homemade biscuits. Further info please phone Barry (03) 5259 3304.



Young Achievers Nominations

The Ted Chidzey Youth Encouragement Award

This award is a great opportunity to acknowledge a young person between 12 - 25 years. Youth is not all about negative publicity, irresponsibility and loutish behaviour.

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

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

NEWS from Lisa Neville MP

Member for Bellarine

Reading Recovery

I recently asked the Minister for Education in Parliament to restore proper funding to the Reading Recovery program for our state primary schools. This internationally recognised program provides a vital resource for primary school children in Prep, Year 1 and Year 2 who have difficulty with their reading. Without the ongoing training of teachers, skills will be gradually lost and the impact of the program totally undermined and this will affect children at Bellarine schools and throughout the state.

Festival of Glass

I was delighted to again be invited to be part of the opening of this year's Festival of Glass in Drysdale. It was the third year of this increasingly well-known and popular event on the Bellarine. This year saw an increase in exhibitors and the skill and creativity on display was wonderful. Congratulations to all the artists, volunteers and supporters.

This glass festival is undoubtedly the best in Australia. It is always a great team effort, but I would particularly like to mention Doug Carson, Patrick Hughes and the volunteer committees, as well as organisations such as the Bendigo Bank



Drama With Deana

Drama & Presentation Skills Workshops for children in grades 1-6.

SpringDale Hall 17-21 High Street Drysdale.

Contact Deana 0417 935 096





and the SpringDale Neighbourhood Centre, for their imagination, enthusiasm, financial support and hard work in developing and extending the festival and for the initiatives flowing from its success.

School Camps future at risk

In Parliament recently, I urged the Minister for Education to resolve the dispute with the school teachers that is having serious consequences for students, teachers and local communities throughout Victoria. The current situation has led to three schools cancelling camps at Camp Wyuna in Queenscliff. This means hundreds of students will miss out on the fantastic learning experience of attending this popular and highly respected school camp program and has a flow on effect for businesses, tourist facilities and ultimately jobs across the Bellarine. I will continue to push for an urgent resolution to the teachers' dispute, with a fair outcome for our teachers.

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



Well done for Term 1

Term 1 done and dusted already, can you believe it?

What a great start to 2013 with a myriad of classes and workshops including our regulars The Ballet School, Bellarine Jongleurs, Collision Dance and several new times and classes added to Dance Initiative's portfolio including tiny tots on Wednesday mornings, add to this newcomers The Art Skool, Raja Yoga and private singing lessons with Rick Peacock. It has been so busy and exciting already, can't wait to see what the rest of the year brings!

With holidays upon us it's time to entertain the kiddies with the first of our school holiday shows. This month we have *Roger's Jolly Pirate Adventure* brought to us by Sally Pearson Productions. Join us to see Roger with his trusty dog Scruff as they face many adventures. Will they get to Treasure Island?

We are very excited to have *Girls in Grey* coming to the Potato Shed in April. Shift Theatre's powerful new piece celebrates the service of the nurses who served during World War I. Developed using eyewitness accounts, *Girls in Grey* features the talents of some of



Melbourne's finest performers to reach across generations in a moving blend of history and theatre brings the voice of three Australian nurses.

Two performances only, a morning showtime and an evening performance, be sure to secure your tickets early. But wait, there's more...our very own contemporary dance company, Collision Dance returns with another original piece – *Muse. Dance + Paint*, always intriguing and innovative, be sure to get along to see these talented performers as they once again transform the Potato Shed. Remember, group discounts are available for all shows.

To book your next night out at the Potato Shed simply visit

www.geelongaustralia/potatoshed or call the Shed directly on (03) 5251 1998 for more info. Like us on facebook to keep up to date with the latest news.





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



POTATO SHED

ANZAC Appeal



The ANZAC Appeal

raises funds to support former and serving members of the Australian defence forces, their allies and dependents when in need. Everyone is encouraged to buy a badge and wear it with pride.

The Cost of Courage

Written by local author Carla Evans



A book dedicated to Australia's 6 former MIA's and their story of retrieval and return to Australia. It contains short stories of Defence Force personnel and civilians who served in the Vietnam War. Denise Drysdale, civilian doctors and recruited newspaper men and photographers share their experiences and thoughts of days spent in war torn Vietnam.

311 pages long with coloured and black and white pictures.

Cost \$25.00 plus p/h, email vetministry@gmail.com or phone (03) 5251 3440.



ANZAC Day

Rubber trees were shrouded in the white mist of the early dawn and dry leaves crackled beneath our clay covered shoes as those who had come to pay tribute on this ANZAC Day, silently walked to the place of Remembrance in Long Tan, Vietnam. This area had witnessed a major battle between Viet Cong and Australian soldiers in 1966. We were a mixed bunch of people; Veterans from Australia, America and Vietnam, wives partners and civilians along with television crews and the ever present green uniformed Vietnamese police officers.

It was an eerie place. We knew that this ground, right where we were standing, had received the blood of Australian and Vietnamese soldiers. The surrounding rubber trees had witnessed the bloodied battle as mortars and bullets and the screams of injured or dying men filled the air. They had heard the rotors of the Iroquois helicopter replenishing needed ammunition, the trumpet signals of the Vietnamese army and the static radio signals of young signalmen sending in urgent reports to Australian headquarters. It was early evening when this battle occurred and at its end, in the stillness that signifies the end of every battle, the bruised and bleeding vegetation together with the shed blood of men was washed in the downpour of the monsoonal rains.

I stood and reflected that many Australians and New Zealanders, wherever they were, would be gathering together on this ANZAC Day, to pause, reflect and remember our history, but also to be conscious of the future of our Nation and a strong pride rose up within me. I realised that I was proud to be an Australian, proud of what my country had achieved and proud to know that our men and women of the Defence Forces never shirked their duty when called upon by a weaker nation to help defend their freedom and liberty. I was proud of the knowledge that our men and women who serve our nation in the theatre of war have a world-wide recognition of their skills and bravery - and sense of humour.

Stand Tall Australia, stand tall on this ANZAC Day and remember who we are and the price paid so that we can live in freedom and democracy. Remember those who are currently serving, and their families. May we continue to support these present members of the Defence Force as we have remembered and honoured those members of days gone by.

Carla Evans

Chaplain Australian PeaceKeepers/PeaceMakers Ass. Victoria Pastor Bellarine Peninsula Christian Church

The Shrine of Remembrance

One of Melbourne's iconic buildings, the **Shrine of Remembrance** in **St Kilda Road, Melbourne** draws hundreds of thousands of visitors each year. It is a place where all can come to learn about the service and sacrifice of Australian service men and women. Admission is free and the **Shrine is open 10am to 5pm daily.** An exhibition, *The Enemy Within,* is on display until 28 July and is a unique opportunity to discover more about Australia's history.



Neighbourhood Watch - Be safe...always

Safer Communities News

Pedestrians Take Care

Did you know that jaywalking, crossing against the red light and crossing less than 20 metres from a crossing can each earn you a \$70 fine if caught? Pedestrians - take care.

Police Crush Bikes

Motorcylcists have been put on notice by police, over the use of illegal bikes and will crush any found on public land. The police were given new seizure powers on January 1, and bikes crushed so far this year included trail, monkey and Asianimported motorbikes. These bikes pose a huge risk to families, and children in particular, especially when they ride at night with no headlights. Owners of impounded motorcycles also face towing fees, and council infringement notices.

A police spokesman said everyone was fair game. "Our off-road bikes can get where cars can't and track down people riding in a dangerous manner," he warned. COGG has provided police with two motorbikes to carry out patrols in off-road areas which have been successful. "Motorcycling is banned on council land and in some laneways to prevent environmental and property damage, and to ensure these areas are safe and enjoyable for everyone" Mayor Keith Fagg said.

Hoarding

Do you know someone with a cluttered house or yard that is affecting the way they live? Hoarding is when a person fills their house and/or yard with an unreasonable amount of possessions. The person may be unable to discard possessions that seem useless or of little value. In Australia an estimated 400,000 to 1 million people experience hoarding condition. This is 5 times the rate of panic disorder and schizophrenia.

Hoarding is increasingly recognised as a psychological condition. With a coordinated effort many people can manage and minimise this behaviour.



The risks

A house that is cluttered with items reduces liveability and can lead to serious personal and public health risks from: blocked doorways, smoke alarms that don't work, overloaded or crowded power points, unusable kitchens and bathrooms, no direct access from front door to exit, or limited sleeping space. A clutter image rating scale has been developed and is being used by health and community support agencies to measure the degree of hoarding behaviour.

This may help you assess whether it is time to get help.

For help: Speak to your GP - Discuss what support options are available, or contact Geelong Hoarding Network -Email hwaterson@geelongcity.vic.gov.au



Federal Election – Sat 14 Sept 2013

SpringDale Messenger Policy does not allow any Political advertising to be accepted but does allow Federal, State and Local candidates to publish 150 words and a photo prior to the election. Usually this is very rushed but with so much lead time before the Federal election – Peter Read is the first candidate to introduce himself to us.

Peter Read Liberal Candidate



I am Peter Read, Liberal candidate for Corio. I will be working hard to represent Drysdale, Clifton Springs and Curlewis.

I was born and educated in Geelong. My father was a local shearer. I attended St Joseph's College, then joined the Australian Army and became an officer, achieving the rank of Lieutenant Colonel. My military career has taken me all over Australia and the world. I have now returned home to live, with the aim of making Geelong and the Bellarine an even better place to live.

I have already met with many locals, but I think it important that I listen to as many people as possible in the northern Bellarine. With your support I will fight for local jobs and help to combat government waste and cost of living pressures.

You can contact me at PO Box 20, Geelong VIC 3216, call (03) 52431508 or e-mail peter.read@vic.liberal.org.au



Know your Consumer Rights

People in our region can face challenges to their rights as consumers.

Consumer Affairs Victoria provides independent, reliable information and assistance to help you protect your rights.

We can advise on:

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- Renting
- Retirement villages
- Shopping including refunds, warranties and shopping from home
- Buying a car
- Product safety
- Scams
- Incorporated associations

Consumer Affairs Victoria staff are available to provide assistance from our offices in:

Geelong – 65 Gheringhap Street (03) 5224 8072

Warrnambool – 192 Liebig Street (03) 5560 5273

Our mobile service also visits your area.

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

For updates on consumer issues, follow us on Twitter, at twitter.com/consumervic

Dispute Settlement Centre of Victoria

The Dispute Settlement Centre of Victoria (DSCV) helps people to resolve their own disputes. Many disputes can be resolved through communication and negotiation, which can help to reduce costs, delays and legal action. The DSCV provides a free service and can offer advice and tips for dealing with matters yourself. The Centre also provides neutral, objective mediators to help you resolve disputes of any size or complexity.

The DSCV can be contacted on a free call number 1800 658 528 or locally on (03) 5215 8591 or you may like to use the DSCV

Organ and Trumpet Concert

Drysdale Uniting Church will be presenting an **Organ and Trumpet Concert on Sunday 28 April** in the church from **2pm to 3pm**. It will feature a program of classical and baroque delights, of music by Handel, Purcell, Mozart, Scarlatti, Bach and Torelli, and will be led by

Brendon Lukin (*Organist at St. David's Uniting Church, Newtown*) with John Collinson on trumpet/cornet and Cath Lukin as vocalist.

Tickets are \$10.00 for the concert and afternoon tea and are available from Wayne - (03) 5251 2210.



website. DSCV can assist with many types of disputes, for example: Animal behaviour, Body corporate issues, Drainage, Fences, Noise, Planning and environmental issues and Trees and gardens. DSCV is free, confidential and easy to use.

Dob in a dumper

If you see someone dumping rubbish call the EPA's 24 hotline on **1300 372 842** or the City of Greater Geelong on **(03) 5272 5272**. Dumping rubbish is a crime. Geelong has much to proud of – let's keep our city beautiful.

You can do your bit to stamp out illegal dumping.

When the Council has to clean up dumped rubbish it wastes public funds that could be spent on community services. **Dob in a dumper.**

CORE FINANCIAL PLANNING

Do you have a Financial Adviser?

Our firm has been delivering strategic financial planning advice to clients on the Bellarine Peninsula for over 20 years.



Shop 4, 50 Hitchcock Ave Barwon Heads 3227 Office Hours Monday-Thursday 9am- 5pm Friday 9am - 4pm Core Financial Planning is an Authorised Representative of Magniture Group Pty Ltd. AFS license No. 221557

In Praise of untidy gardens

vith steve williams

Close your eyes and imagine a vegie garden ... Now, did you visualise neat, straight rows of cabbages, carrots, onions and other plants? I'm betting you did!

in our

The habit of neat gardening is solidly entrenched in my English heritage and is a difficult one to break. But over the last couple of years I've learned to fight my inner control freak and let edible plants do their thing. So these days my vegie garden is a bit more chaotic, with selfseeded 'volunteer' cucumbers scrambling through the rhubarb, old flower heads left on the artichokes and a lot more plants that have gone to seed.

This spring I was caught out by fennel and leeks bolting before I could harvest them. But instead of pulling them out, I let them flower. Both have been a magnet to bees and other beneficial insects over the summer, more than making up for the missed harvest.

The big, beautiful flower wasp you can see in the photo is a predator of the curl grubs which eat our lawns and the roots of our plants. She digs in the soil in search of grubs and lays her eggs in them. Like many insect-eating insects, she needs a lot of energy to go out hunting – and she gets that from nectar.

Carrots, onions, leeks and fennel have composite flower heads made up of hundreds of tiny simple flowers. These are ideal for predatory insects such as native wasps, ladybirds and hoverflies to feed from. The mouthparts of these garden helpers are not well-adapted to feed from the big, showy blooms in our flower gardens.

Letting vegies flower and go to seed attracts the beneficial critters to our gardens and helps to keep them there. So next time there's an outbreak of aphids or mites, help will be near at hand. Of course, you also need to resist the urge to use 'chemical weapons' on the pesky invaders.





Good bugs don't just need tucker, they also need shelter. That means dark corners and hollows to hide in. That's the case for our native blue-banded bee, for example, a wonderful pollinator of tomatoes, capsicums and other solanacea. Spiders too are amongst our greatest friends in the garden, and overenthusiastic dead-heading and pruning means fewer structures for them to build their webs between. Often gardening books encourage us to 'tidy up' our gardens at this time of year, as summer vegies come to an end and our spring vegies are still tiny seedlings. A certain amount of tidying may be necessary, but I hope you'll be encouraged to leave a few messy corners for the good bugs to live in!

Check out Steve's blog for more gardening related themes.

drysdaleharvestbasket.blogspot.com.au



Combined Probus Club of Clifton Springs/Drysdale

Committee, camping and caravanning



Our Caravans and Cabins Friends camped at Paynesville in February, and returned with stories and photos of fun on the water and around the Happy Hours; the next CCF will be to Echuca in May. We are also readying for our bus trip to Tallangatta later this month.

February also was our AGM, and the new committee is getting to work planning for the coming year, so come along to a Club meeting as a visitor and check us out. Our Coffee

Club is also back to full strength (*with full strength coffee for some*). Our regular monthly meetings are held in the Members' Room of the Clifton Springs Golf Club from 10am on the second Monday of each month, so the next Club meeting will be on Monday 8 April when Anne Brackley from the SpringDale Centre will be our speaker.

Please contact Dorothy on (03) 5251 3702 or Peter on (03) 5253 2212 for further information.

Toy Boys visit Royal Children's Hospital

Over the past twelve months the Clifton Springs Community Men's Shed (CSCMS) have worked diligently upon a project to design and make quality wooden toys for the Royal Children's Hospital (RCH) to assist their fundraising activities. With aid of generous sponsorship the project was undertaken by a group of our Shedders affectionately known as *The Toy Boys*. These fellows have produced a significant quantity of quality items such as 3 carriage trains, racing cars, trucks all brightly painted with all materials being fully researched to ensure child safe materials were used.

During a recent visit to the RCH Foundation, a group of our Shedders, presented more than 30 individual toys to Irene Crebbin and staff who enthusiastically expressed their gratitude and thanks.

CSCMS President David Cornwell outlined that our Shed, along with about 900 other Men's Sheds throughout



Australia, has a focus of being a place where men get together to partake in a wide range of activities, be it working with wood or metal, art, gardening along with plenty of blokes social interaction, all with an aim of betterment of men's health and wellbeing within local communities. He went on to say that "at Clifton Springs we endeavour to focus on various community activities such as members visiting a local Nursing Home each week to have *'mini She'* activities for the male residents. As many of our members are grandfathers we wanted to brighten the lives of kids."

With the combined talents/work experiences of our members and the generous financial support, the project is aimed to assist the ongoing work of such a vital institution as the RCH.

The Toy Boys project will continue to be an ongoing commitment.

CSCMS is open to visitors each Monday 1-30 to 3pm and is situated at the rear 45 Central Road, Clifton Springs or Phone 0459 213 153. Clifton Springs Community Men's Shed



FABULOUS States

Figs can trace their history back to the earliest of times with mentions in the Bible and other ancient writings. They are thought to have been first cultivated in Egypt. Figs are a good source of potassium, a mineral that helps to control blood pressure. Figs are a good source of dietary fibre, calcium, vitamin B6, manganese and contain many antioxidants. Though figs are seasonal fruits, they are available throughout the year in the dried form, but there is nothing like the unique taste and texture of fresh figs, which are luscious and sweet.

Visit http://localfoods.about.com/od/ summer/tp/QuickFigs.htm



Fig and Pancetta Salad

Fig Crostini

Add chopped figs and chopped, cooked pancetta or bacon to a simple tossed green salad. A balsamic vinegar dressing is a good match, and nice, too.

Finely chop figs and toss with a drizzle of balsamic vinegar and salt to taste. Let the figs sit while you cut baguette slices and toast them. Top the toasts with the fig mixture and a grind or two of freshly ground black pepper. You can spread a bit of fresh goat cheese on the toasts first, if you like, or crumble some blue cheese on top if that sounds tasty.

Wrap each fig with a piece of bacon (I like to use a slice of bacon halved lengthwise and wrap it around the fig in a spiral).

Place figs on a baking sheets and broil, turning as needed, until bacon is crisped and browned. Serve hot.

Thin strips of pancetta or prosciutto work nicely, too.

Bacon Wrapped Figs





Halve figs lengthwise. Melt a tablespoon or two each of butter and honey in a small frying pan and put the figs, cut-side down, in the pan. Cook until everything is bubbling and the figs start to brown a bit. As they cook, spoon the melted butter and honey over the top of the figs once or twice. Remove the figs from the pan and serve with cream, whipped cream, yoghurt, or ice cream on the side, if you like.

To make a bit of a sauce, add a tablespoon or two of port, madeira, or brandy to the remaining butter-honey mixture while the pan is off the heat. Whisk to combine into a quick and lovely sauce to pour over the figs.



Honey Fried Figs



The Drysdale Hotel

- Indoor Kids Playroom
- Beer Garden
- TAB Drive thru Bottle Shop
- Meals to 8.30pm daily
- Bottleshop 10am 10pm daily 10am – 11pm Friday & Saturday

The Drysdale Hotel Reservations 03 5251 2301 Collins St Drysdale www.drysdalehotel.com.au





Rosemary has traditionally been associated with remembrance, both in ceremony and as a medicinal herb. A clinical study has found that small amounts of the herb increase memory within just a few hours. Rosemary is used as a decorative plant in gardens and has many culinary and medical uses. The leaves are used to flavour various foods, such as stuffings and roast meats. Rosemary essential oil (inhaled, not ingested) has previously been shown to boost mood, concentration and memory. While more research is



needed, regularly using rosemary in cooking is a great idea, not only may it boost your memory, like many herbs and spices, it is also packed full of disease preventing phytonutrients. Rosemary is high in iron, calcium and vitamin B. The Virgin Mary is said to have spread her blue cloak over a white blossomed rosemary bush when she was resting, and the flowers turned blue. The shrub then became known as the 'Rose of Mary'

Drysdale Health Group

Proactive, Preventative & Professional



Pilates
 Naturopathy
 Remedial Massage

Exercise Physiology

Physiotherapy

Myotherapy

Acupuncture

Podiatry

27-29 High St Drysdale (03) 5251 2958

Drysdale Village Medical Centre

Welcomes

Dr. Miriam Ferres and Dr. Zahra Assarian

New Patients Welcome

Flu Clinics NOW RUNNING Please phone clinic for session times on (03) 5253 1002

Parkinson's Help



World Parkinson's Day on 11 April is an opportunity to raise awareness of the condition. Parkinson's disease is a chronic, progressive neurological condition for which there is currently no cure. Twenty-five Australians are diagnosed every day, with approximately 80,000 Australians currently living with the condition. If you have recently been diagnosed with Parkinson's and would like some advice, one of SpringDale's volunteers, Harold Waldron, would be more than happy to assist you. Harold has led the Geelong Parkinson's Support Group for over 30 years. The Group have regular monthly meetings from 2-4pm at the Barwon Community Health Centre, Bellarine Highway, Newcomb on the last Friday of each month.



Well Women's Clinics

Bellarine Community Health wishes to advise that the Well Women's Clinics have resumed for 2013 with generous half hour appointments conducted by qualified Pap test nurses. Day and evening clinics are available by telephoning the Service Access Officer - (03) 5258 0812. Fees apply and are income based. Denise Heathcote

Community Health Nurse

Changing Minds Clinical Hypnotherapy

• Weight issues inc. gastric band • Smoking cessation

Assist with breaking unwanted habits, stress, anxiety, fears, emotional issues, confidence and more. \$70 per session Please call me for a free consultation. Tel. 5251 5157 or 0450 723 540

Sharon Munt BA Hons D.M.H.D.Hyp.CPNLP Dip



www.springdale.org.au

Active Seniors

According to a recent study, active seniors have greater protection against developing dementia. Participating in leisure activities can be fun and the Drysdale Senior Citizens have a lot to offer the local residents. From indoor bowling to cards, bingo to exercises, line dancing to snooker, bus trips and lunches. Drysdale Senior Citizens are certainly the way to go, so why not drop in to their club rooms at the Town Square, on the corner of Wyndham Street. Drysdale and find out all about what they have to offer. 55 years young are welcome to come and join the fun at the Club.

For any enquiries, please contact (03) 5251 2983.

Cardiac Arrest

Community members are invited to join the **Bellarine Woodworkers and Ambulance Victoria on Monday 15 April at 1.30pm at SpringDale** for an informative talk. Ambulance Victoria promotes the Chain of Survival, the world wide guideline for response to sudden cardiac arrest. A cardiac arrest patient's chance of survival increases dramatically for each link that is strengthened in the chain.

L-R GEMMA, EMMA, CHRISTIE & DONNA

World Day of Safety



The **World Day for Safety and Health** at Work is an annual international campaign to promote safe, healthy and decent work.

It is held on **28 April** and has been observed by the International Labour Organization (ILO) since 2003. 28 April has also for long been associated with the world's trade union movement's commemoration of the victims of occupational accidents and diseases. www.un.org/en/ events/safeworkday/

Massage for Women & Adolescents

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Combining Massage, Reflexology & Body Balance Techniques for your wellbeing needs.

For appointments (03) 5251 5644

15 dumburra avenue clifton springs vic 3222



Hop on your bike



Would you like to get involved in cycling again? Rides vary in difficulty and start from **SpringDale at 8am**. New riders welcomed and shorter rides are graded to suit individual needs.

Dates/Time/Fee - Rides Mon, Tues, Wed, Fri and, Sat or Sun. SpringDale membership is all you require. Contact Marilyn Townsend on 0400 884 880.



www.isda.com.au

CHRISTIE WHITEHAND AND DONNA WOULD LIKE TO WELCOME EMMA AND GEMMA TO THE RAZORZ EDGE TEAM.

All new and existing clients welcome.



Economic Development in Drysdale **Clifton Springs Curlewis**

Over the last 30 years, various levels of government have been working towards a part solution for our traffic issues. Those of us who can remember the traffic of 30 years ago, it's hard to contemplate how the Bellarine Rural Shire had such vision to suggest a road to negotiate some of the traffic around the centre of Drysdale.

Last year, during discussion with City of Greater Geelong planner, Terry Demeo we were told that the one thing that would increase Economic Development in the Drysdale Clifton Springs area is a road around the centre of Drysdale. A number of meetings and a number of articles have been written about this topic over the last 18 months. Last November, during a town summit we received approximately 300 responses and it was almost unanimously voted that a road around the centre of Drysdale is the most important issue facing our community.

The Urban Design Framework for Drysdale documented in 2011 and finalised in 2012 is designed with the road around the township of Drysdale in place.



I understand all businesses in the Drysdale township were invited to be part of the process.

During the last month Mel McNiece from Autopro in Drysdale surveyed 20 local businesses most of whom were unaware of the plans to put a road around the township.

As the upcoming Federal and State government elections get closer with every month, it is important that our community speaks with one voice is

united with the one message. Let's get together in May and have a robust discussion about this topic and try to get to a consolidated view. If you would like to be part of this discussion please register your interest to ensure that you receive an invite to ensure that you don't miss out.

Email admin@springdale.org.au (03) 5253 1960.

Anne Brackley

Coordinator SpringDale Neighbourhood Centre



DRYSDALE CEMETERY



Wednesday 17 April 7pm Start

SpringDale Neighbourhood Centre 17-21 High Street Drysdale



PRESENTING AT: DRYSDALE/CLIFTON SPRINGS COMMUNITY ASSOCIATION MEETING



FOCUS POINTS

- Power Point Presentation.
- Information on Geelong Cemeteries Trust and it's operations
- Future Plans for the Drysdale Cemetery

Gather ideas from the local community regarding their expectations of the Trust and their local cemetery.

Geelong Cemeteries Trust 141 Ormond Road Geelong East Victoria 3219 Phone: (03) 5221 1077 Fax: (03) 5221 7031 Email: info@gct.net.au

www.gct.net.au



I was sitting pondering the other day and wondered how many of you readers out there are involved with groups that give back to the community you live in? Well, volunteering for your kids sporting groups, schools, opportunity shops, CFA etc. is fantastic and the groups really appreciate that support and could not survive without you. If you are not actively volunteering would you consider joining a service group such as Rotary? We have a very active club here in Drysdale that is in desperate need of increasing numbers to be able to continue the good work our ageing members have already started.

I joined Rotary myself 2 years ago to meet new people and network for the business that I work for. I have developed some great friendships plus I feel I am putting something back into the Community I live in. Our weekly meetings are held on Monday nights at the Clifton Springs Golf Club you are welcome from 6pm for a 6.30pm start and ends at 8pm after a lovely meal. Call Brian Gray if you would like to visit a meeting and find out more about what we do. There are choices of committees that will fit with your preference and personality they include; Youth, Art Show, Miniature Train and International Aid. Guest Speakers are invited to share their stories with us and in return we donate funds to their cause. Want to know more, call our **Membership Secretary Brian Gray**

- (03) 5253 2979. **Caroline Rickard**

Publicity Officer, Rotary Club of Drysdale

Clifton Springs Lions Club



This newly formed branch is interested in hearing from local residents about practical ways the Lions Club can help their community. A survey form is available at various outlets including SpringDale, Drysdale Library and the Drysdale Senior Citizens Centre. If anyone is interested in joining the **Clifton Springs Lions Club, who meet** on the first and third Monday of the month, they can telephone Lyn McInnes - 0418 501 710.

As a Lions Club member, you'll join a local group of service-minded men and women who are doing local volunteer work to support your community.

Bargains galore at **Lions Garage Sale**

A bargain hunter's paradise awaits visitors to the Lions 2013 Giant Garage Sale to be held in Portarlington on Sunday 7 April. Items for sale will include furniture, household goods, books, tools, china and glassware and bric-a-brac. Organised by the Portarlington/Drysdale Lions Club, the sale will be open from 8am to 3pm at the 'big green shed' at the Lions Village, corner Hood Road and Gellibrand Street (Melway 444 J8). Donations of saleable items are welcome, with the exception of mattresses, electrical goods, junk and livestock.

A Change of Career

The Cycle of Life Andrew Smith

Aged Care is in need of people from all walks of life that have a natural empathy for others, a caring nature and believe that everyone deserves dignity and respect. Life is a cycle. From the moment life begins until the very moment it slips away, it confronts us with challenges, rewards and a rollercoaster of emotions in between

I moved to Clifton Springs with my family in mid 2010. After spending a number of years in the I.T. sector I was ready for a change. The first thing I noticed was that there was a large retired population and a number of aged care facilities on the Bellarine Peninsula. I decided that some volunteer work in a care facility might give me more insight as to what life is like for the elderly and if I could effectively perform those duties and most of all enjoy it. After several months of volunteer work, I realised that I had developed a desire to assist people in maintaining more independence and be able to remain in their own homes for as long as possible.

SpringDale Community Centre was about to commence courses for Aged and Community Care so I quickly signed up. The course was run by Kerry Wilson who has spent many years working in the



To arrange for a pick-up, please contact Lion Robert - (03) 5259 3113, Lion Bruce - (03) 5259 3080 or Lion Gary - (03) 5251 1380 (Drysdale). Proceeds from the sale will be distributed to local community and charity organisations.



industry and is not only an excellent instructor but a fantastic advocate for the highest standards of aged care. The course was run two days per week over a period of six months. Kerry made the course very interesting and at the same time fun to attend which makes for an excellent working environment.

After completing my certificates in Aged and Home and Community Care, I obtained a Working with Children Check and moved straight into a position with Mercy Health Best of Care Barwon.

I now have a career that I love and earn an enormous amount of fulfilment from. I go home at the end of each day's work feeling good about myself and how I have been able to make other peoples life easier. There are times when it can stretch your heart strings to have to say farewell to a soul you have cared for, but it gives you strength in knowing that you made their journey easier. After all, life is a cycle.



* New Chapel* * Seating for 200+ * Audio / Visual / Recording * Catering

"Committed to Caring" cnr High St & Murradoc Rd, Drysdale Phone - 03 5251 3477 24 Hours - 7 Days

> ~ *Caring experienced staff* to meet individual needs Prepaid & Prearranged Funerals also available

News from St James



Much is happening – children's parties are popular, and a Bouncy Castle has been spotted on a couple of occasions. Catering by the ladies of St James is also very much in demand and events for Christmas are already well booked up!

Donations to Drysdale and Clifton Springs Primary Schools have again been made from January Book Sale proceeds, to enable children from disadvantaged families to attend school outings – St James' way of thanking the local community for all the wonderful donations of books and magazines. The refurbishment loan for the Hall is now down to \$84,000, and a mid year Book Sale will be held in the Hall on 8 – 9 June, so mark your diaries now.

St James has been fortunate to receive a generous donation of very good quality

The Book $C|_{UD}$ – A Suitable Boy by Vikram Seth.



On Monday, 4 March, the Book Group met to discuss Vikram Seth's *A Suitable Boy.*

The staggering size of this mammoth novel (1474 pages) meant that most of our group had been unable to finish reading the book in time for our meeting, which made for an interesting discussion. Most felt that it was worthy of completion, given sufficient reading time. It is pleasant reading, but equally easy to put down.The author took many years to complete this novel, his second, which he had intended to be a much shorter story about an Indian mother's search for a suitable husband for her daughter.



- Foodbank Plus
- Second Chance Clothing

276 – 290 Jetty Rd Drysdale Ph. (03) 5253 2099 Somehow it evolved into an epic covering not only the four families key to the story, but the political issues of post-partition India in which it is set. Indians who lived through these times claim that it is a true picture of that period.

Patience is required of the reader who must learn the various castes and religious groups as well as the names of many characters vital to the plot. The various forms of address can also be a little confusing. His foreword to the book is in the form of an amusing poem which gives the reader an insight into the character of the writer.

Vikram Seth is an interesting person. Born in Calcutta in 1952 (*about the time this story is set*) he admits to having created composite characters using various family members and friends.

Seth's education covered schools and universities in India, England, California and finally China where he studied classical poetry having learned Mandarin as one of his many languages. His CV indicates a man who likes to challenge himself constantly through study, languages, music and writing. It seems that he is now challenging us to read this novel and gain an insight into the world in which he was raised initially. And prepare yourselves - A Suitable Girl is expected to be released soon. It would not be fair to rate this novel without finishing it but most readers felt that in would score quite well on completion.

Next month we will discuss Alice Sebold's *The Lovely Bones*. May, will be an '**author month'** – any book by Alexander McCall Smith and the choice for June is Michael Kirby: *Paradoxes and Principles* by A J Brown.

furniture and household effects from ex parishioners who are downsizing and these items will be included in a grand sale at the Hall on Saturday 20 April. On Sunday 19 May there will be a concert by the Coryule Chorus at which a short history of St James will be included – more notes for your calendars!

The new St James Keen-Agers Table Tennis group has made a good start in the Hall and is thrilled to have received a COGG Councillor Community Grant of \$1,650 for table tennis equipment to start them off. They held an Open Day on Tuesday 12 March – so those interested could see for themselves how much fun table tennis can be for both guys and gals. They play on Tuesday and Thursday mornings, but Thursdays are not so crowded, so do consider going along for a look round. Contact details: Hall Hire 0468 381 529, Book Sale (03) 5251 2594, Catering (03) 5253 1230, Keen-Agers Table Tennis (03) 5251 1418.

Weekend Plant Sale



The Friends Nursery, located at the rear of the Geelong Botanic Gardens is holdings a weekend plant sale on April 14 and April 15 between 10am and 4pm. There will be a large range of plants including perennials and drought tolerant species.

It is possible to purchase plants from the **Friends Nursery** which is open **every Wednesday from 10am – 12 noon.** The Nursery offers expert advice and help you make the best selection for your garden conditions.

Garden Club

A growing number of gardeners are building their lives around their hobby and swapping gardening tips regularly with members of the community. The Clifton Springs Garden Club meets every third Monday evening at 7.30pm in the Drysdale Uniting Church Hall, Palmerston Street, Drysdale. If you are interested in joining the Garden Club, please contact Lorraine on (03) 5251 1660.



by Carol McCarthy

Since my first trip to Africa in 1989 I have promised myself I would go back to Zimbabwe. It has been country in turmoil politically which caused great suffering to its people, its wildlife and of course, in turn, tourism. In December, Glenn and I finally made it back. After crossing the South African border where the countryside was dry and arid, we made our way to the Eastern Highlands bordering Mozambique. It was surprisingly lush and beautiful. The Mountains, where not forested, are covered in beautiful tea plantations. We came here in search of some rare birds and were thrilled to find so many species surviving in these highlands. The lodges were full of character and reeked of old colonial Zimbabwe.

Our next stop was Bulawayo and the Motopos National Park. The Motopos has spectacular scenery with huge granite boulders balancing precariously on top of each other. Our highlights here apart from the stunning scenery, were the San (Bushman) rock art and to walk within 9 metres of White Rhinos.

Heading west to the famous Hwange National Park where our home for the next couple of days was Somalisa Camp. With only 6 luxuriously appointed tents this certainly was glamping not camping. Somalisa Camp is completely open to the wildlife, there are no fences here. In the afternoon elephants walk through to drink from the camp's waterhole. The real highlight here is when the elephants drink out of the swimming pool while you are in it. Looking up into the mouth of this enormous animal while it is drinking from just inches away is an experience worth travelling to Africa for. Somalisa is rich in game, with too many species and sightings to mention here. We were fortunate enough to sit and watch a pride of lions at a waterhole on sunset.



These beautiful animals went about their daily business without a care in the world. Watching them from an open jeep just feet away is such a very special thing to be able to do. After some time spent in Botswana fishing for tigerfish, we finished at the stunning Victoria Falls.

If you have a dream to go to Africa, come along with us this year. We are taking 2 small groups in September and October. The first to Botswana and the second to see the wildebeest migration in Kenya. Give me a call for more info.

Safe travels

Posh pigs



Leslyn Spencer, former volunteer in the early days of SpringDale and now resident of Seaviews Manor, was very pleased with her entry for the Bellarine Agricultural Show and her 2nd Prize. The colourful pigs were amongst many entries received when the Bellarine Show was held last month on the Labour Day long weekend. The Bellarine Agricultural Show once again proved a great success showcasing agricultural, photography, cookery, handcrafts and much more and is always a wonderful family outing.

Bring out the needles

A fundraiser for the **Cancer Council**, **Victoria** to be held on the **23 May** in conjunction with **Portarlington's Biggest Afternoon Tea** is asking the community for colourful beanies or toys. The Mad Hatter's Tea Party is an exhibition, competition and sale. Using textiles and creative ability, make a beanie or toy. Prizes will be awarded and it is hoped that numerous entries are received under the category of Wonderland Toy including White Rabbit, Cheshire Cat, Caterpillar and Queen of Hearts.

All enquiries should be directed to Barbara Wilson-Browne (03) 5259 3113.

Funeral Planning, Options & Advice



Providing free information and practical advice about different types of Funeral Plans. Alyson is available on the 1st Friday of every month at the SpringDale Neighbourhood Centre.

Call Alyson at Tuckers on **52214788** or visit **www.tuckers.com.au**

...for a life worth celebrating. www.tuckers.com.au 5221 4788



My Kids

A year ago we moved to a five acre block in Drysdale just above the Pony Club. We had to work out what we were going to do to keep the grass and blanket weed down on what had been a horse property. There were problems with agisting horses and everyone said there were too many problems with sheep. The only positive suggestions were goats. We knew nothing about goats; but everyone said we would love them.

We read up on them a little and spoke to a few people with knowledge of goats and decided that it was Boers that we needed. Boers originate from South Africa and are bred for their meat. Goat meat is the most commonly eaten meat in the world. It was off to the Geelong Livestock Market we went. (Incidentally if you have not been to the market it is well worth a visit. It is held every Monday morning and you can buy or sell anything from guinea pigs to cattle.) We bought a few goats and they were delivered that afternoon. Several months later we returned and bought another seven.

It is difficult to know where to start in describing their personality and traits. They are extremely friendly, very



inquisitive, playful and adventurous. If you have them from kids they grow up with you and you discover that each has its own personality. Whenever they see you they bleat and come running up to you; they love human company and contact. They are very calming and welcoming.

Our goats love visitors, so if you would like to visit and see my family, arrangements can be made through SpringDale.

Lindsay Wright

Lego Challenge



LEGO fever will hit the **National Wool Museum** in the Easter 2013 school holidays with the Green City Challenge Build. This event will offer hands on building with designated building tables providing an engaging, entertaining and fun experience for families. On completion the LEGO base plates created by each family will be put together on a central area to display the green city.

This event will be held daily from 2 April to 8 April at the National Wool Museum, Moorabool Street, Geelong.



One of the biggest fears we can have is speaking in front of strangers. In high school it was daunting, but these days it's not so hard as I've got an important message to share.

Recently I spoke to some workers in a factory, many of whom had suffered injury on the job. I was invited to help prevent future mishaps. Some workers laughed when the boss introduced me as the local Chiropractor, saying that nobody there had a 'bad back'. So I decided to share a story that changed their thinking about chiropractors only being needed for 'bad backs'.

On 18 September 1895 in Iowa, a janitor named Harvey Lillard stopped to talk with a Dr Palmer who was working late in his clinic. Lillard told Dr Palmer that 17 years ago he bent over and heard a 'pop' from his back, after which he became almost deaf. Fascinated, Dr Palmer tested a theory he was researching. He examined Lillard and found a lump on his back. Palmer recognised it as a badly misaligned vertebra and reasoned that since it occurred when Lillard went deaf, that restoring it to its proper position might also restore Lillard's hearing. Dr Palmer performed an adjustment by pushing the vertebra back into its normal position.

What happened next changed history. Lillard went to the open window and heard a sound he hadn't heard for 17 years – the clatter of horse's hooves.

Chiropractic was born! Today, Chiropractic is one of the fastest growing healing professions in the world, with

over 6,000 Chiropractors world wide serving over two million people every day.

- People see Chiropractors for help with headaches, migraines, chronic back pain, neck pain, shoulder/arm pain, whiplash from car accidents, backaches, asthma, allergies, numbness in limbs and sports injuries just to name a few things. While Chiropractors receive thanks for helping people with many of these problems, they cannot take this credit.
- The truth is that Chiropractors have never healed anyone of anything. What they do is perform a specific adjustment to remove nerve pressure, and the body responds by healing itself. We get tremendous results. It's as simple as that.

When spinal bones shift out of alignment, they can choke messages running through the tiny nerves that exit the spinal cord. Chiropractors call this Vertebral Subluxation. Tension from prolonged or unusual patterns of sitting and standing, strain from walking, exercising or sporting injuries and stress from personal, professional or emotional tension all affect our body's alignment and can cause dysfunction.

 Often this happens without symptoms as only a small percentage of our nervous system carries or perceives pain.

Our body can be heavily stressed without any alarms or bells going off.

The only way you and your family can know if your nervous system is healthy, is by having your spine checked professionally for Vertebral Subluxations.

Normally our new patient examination costs over \$210, but readers of *The Springdale Messenger* can receive our complete consultation (along with x-rays if required) for only \$47!

To take advantage of this offer, you can phone my assistant, Liz, on 5253 2800 and schedule an appointment. By bringing in the coupon below, you will receive your special offer of only \$47 for a comprehension consultation. I look forward to meeting you and helping you and your family achieve optimum health.

Dr Sharon Pedersen-Jones, Chiropractor



What is that grave on the Hill?



The other day a young gentleman, who is currently building off Wintersun Court, came to visit SpringDale to ask about the Bellarine Historical Society and their opening hours. After receiving an answer he went on to ask if we knew about a Gange family grave near where he is building. He wanted to be forearmed with information, prior to his daughter asking the question.

Funnily enough, as happens regularly at SpringDale, Kel and I had just made an arrangement to visit this very grave for our article this month. Over the last week, Kel and I did visit the grave and took photos at the grave site and also had a wander around our Drysdale Cemetery.

It was interesting trying to find the grave. Kel remembers how he would visit it in previous times. He always accessed it from Portarlington Road, down a laneway that doesn't seem to exist anymore, just up from Allen's farm. There were 2 Allen's farms – the closest to Drysdale was "Acc-er-ate" Allen, Stan Allen – who was a mechanic and could use a lathe to engineer pieces that you couldn't buy, he was a very good shot too. The next Allen farm was occupied by 2 sisters and one





brother Frank. The sisters used to lead each dairy cow with a piece of string, to the bale for hand milking. Kel went on to tell other stories re the Allens – feel free to ask him about those when you see him next.

We tried his way from Portarlington Road and he told me of many jobs he'd undertaken in this area and he would see the grave from the road. "It used to be in paddocks with not much else around it – not like now" he said. After finding the grave site and paying our respects, we visited the Drysdale Cemetery on the way home and took photos of a few graves that date back to 1852. Once again Kel reminisced about

the times he spent digging graves at night after very full days on the transport. It's hard to imagine Drysdale back then. Our excursion has encouraged me to spend many hours trying to research more about this time. The Gange grave site is Heritage listed as a site of local significance and predates our local cemetery by a few years. "John Thomas Mitchell Gange was granted this parcel of land in the mid 1860's by the Drysdale family of Coryule for whom he had worked as Foreman for some years. The Headstone commemorates his passing in 1868, his wife's passing in 1882 and the tragic loss of their children between 1848 and 1855". (Ref. www.onmydoorstep.com.au) Anne and Kel

Scrabble Word for April - guar



Scrabble is an immensely popular game and thinking of high scoring or unique words during the middle of the game is often a tough task. This month the word is *guar* which is a plant of the legume family. About 80% of the world production of the guar bean occurs in India.

Scrabble is played at SpringDale every Tuesday afternoon at 1pm.

JIGSAWS GALORE



SpringDale has over 4,000 jigsaw puzzles available for loan

Englishmen, **John Spilsbury** invented the jigsaw puzzle in 1767.

Spilsbury was an engraver and mapmaker and the first jigsaw puzzle was a map of the world.

Why not help cover the dust on your dining room table with a jigsaw puzzle today? Jigsaws are available from SpringDale for 40cents each and can be borrowed on the first **Thursday of the month from 10am to 12noon.**

Years ago

As reported in The Argus on Tuesday 18 November 1924

DRYSDALE

Milk is coming into the cheese factory at the rate of close on 2,000 gallons a day. The output of cheese is over six tons a week.



Clifton Springs Fountain

Thank you, thank you, thank you, more than 30 people attended a meeting about our Clifton Springs Fountain. Almost every person spoke to the subject and a wide range of views were aired. A small team of residents have taken on the task of developing 3 options which may include plants, water and glass. These options will then come back to our community again for more discussion and hopeful acceptance of one of the options.

We continue to discover some of the history – we have recently been given copies of photos showing the fountain working and the surrounding garden being well tended. When the fountain was first installed it also had wings on land across either side of Bayshore Avenue and these wing segments also had well tended gardens under the governance of Bellarine Rural Shire. These blocks were sold after the amalgamation to City of Greater Geelong (approximately 15 years ago) and the money was to be used to maintain the fountain.



If you have photos that we could copy or more information about this topic please bring it in to SpringDale for it to be collated and the full picture assembled.

I am more than happy to pick anything up – please ring SpringDale, I would love to hear from you.

The Clifton Springs fountain meeting was videoed and is now on our website, **www.springdale.org.au**

We commit to keeping you up to date with progress and would love you to sign up to the SpringDale email via our website – or please phone SpringDale and give us your mobile phone number to receive text updates or address to receive mail by post.

Hopefully we'll have a couple of minutes to share the progress of this opportunity at the Drysdale Clifton Springs Community Association meeting on Wednesday 17 April 7pm at SpringDale.

Anne Brackley SpringDale Coordinator



festival of 2355

2013 Festival of Glass

Thousands of people braved 38 degree conditions to visit the Glass Expo at the Bellarine Secondary College basketball stadium. The Expo was the focus of the 2013 Festival of Glass, now in its third year. After a traditional 'Welcome to Country' from Uncle David Tournier, of



Wathaurong Aboriginal Co-op, Geelong's new Mayor, Cr Keith Fagg, opened the Expo, ably supported by Cr Rod Macdonald and Ms Lisa Neville MP. As visitors strolled around the 70-plus sites, they saw everything from leadlight to lampwork, from splashbacks to platters and from beads to bottles. Visitors and exhibitors remarked on the diversity of the exhibits, the high quality of the entries in the glass-art competition and the attractiveness of the raffle prizes donated by exhibitors.

Since the Expo, many exhibitors have posted messages of thanks and appreciation on the Festival's Facebook page. Several exhibitors remarked on the Festival's high degree of organisation. E.g. 'We exhibitors don't have to worry about anything other than our own tables during setup, take down, and the day itself.' The Festival Committee is basking in those kind words, before addressing the list of suggested improvements for 2014.

Walking/cycling on the map

The DCSCA's Neil McGuinness has been advising map-maker REMA on the routes of local, DCSCA-designed walking/cycling trails. The outcome is that REMA's latest map of Drysdale and Clifton Springs shows, for the first time, a walking/cycling trail running from the Drysdale railway station to The Dell and Beacon Point, with loops around Lake Lorne and McLeod's Waterholes. In another first, the map of the Bellarine Peninsula (on the back) shows the Rail Trail, plus a variety of coastal walks.

These new trails are part of DCSCAs 'Open Spaces Network' - a program to protect our open spaces from development and link them by a network of walking/cycling trails.

What next for our cemetery?

Geelong Cemetery Trust has again asked DCSCA's help to organise a public meeting to explain its plans for the future of Geelong's cemeteries.

The meeting will take place at SpringDale Neighbourhood Centre at 7pm on 17 April 2013. Everyone's welcome.

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

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



Mosaic Memories in a Rainbow

Local hobby artists Fiona Brown and Geoff Pretty, both from Drysdale, have spent the last nine months creating a colourful mosaic celebrating the lives of Mel and Penny Chambers, sisters who perished in the Black Saturday fires.

Made to celebrate the young women's lives rather than focus on their deaths, the mosaic grave tops reflect Mel's love of the beach and Penny's of the bush.

Fiona and Geoff who are neighbours, learnt about the proposed project through Fiona's brother Andrew Thomas and Geoff's nephew Ben Monagle, who were the inspiration for the project.

The artists said their colourful work which was delivered to the Arthur's Creek cemetery by volunteers from the Queenscliff/Pt Lonsdale Lions Club recently would ensure the sisters were forever joined by the colourful glass rainbow across their graves.



Volunteers of the Month



Merle and Gordon Wells

This time we celebrate a couple **Merle and Gordon Wells** who have been volunteering at SpringDale for just over 4 years. They have been employing their skills to help SpringDale in many ways.

Merle spends most Tuesday mornings typing and performing reception duties and Gordon is our resident handy man. Gordon has used his woodworking skills to build our art boards for Art Shows and has been one of our Bus drivers on many excursions.

Thank you both for all your efforts, energy and skills that you share so freely with our community.



Change your smoke alarm battery Daylight saving ends on April 7 in Victoria.



Working smoke alarms provide vital early warning in the event of a fire. When people are asleep, they cannot smell smoke. Smoke alarms are essential to wake people if a fire breaks out; they give occupants early warning and time to evacuate safely. Change your smoke alarm batteries every 12 months at the end of daylight saving and use a longlasting alkaline battery.



Daylight Saving ends



Victoria's period of daylight saving will end on **Sunday 7 April 2013**. At end of daylight saving period, move clock back one hour at 3am summer time to 2am standard time (*Eastern Standard Time*).



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Drysdale has a soccer club



SpringDale Football Club has changed its name to Drysdale Soccer Club.

The club is off and running in its preparation for the 2013 season, with junior training under way each Wednesday in Drysdale or Clifton Springs at 6pm and Seniors training Wednesdays at Howard Glover Reserve, Eastern Gardens at 6.30pm.

In our local communities, we are running Active After School soccer programs at

Drysdale Primary School on Tuesdays and at Clifton Springs Primary School on Thursdays, before moving on to Portarlington PS on Mondays in term 2. In one of the clubs social events, our junior players got a taste of the big time when they provided half time entertainment in front of nearly 14,000 people at the recent Melbourne Heart v Sydney FC match in the A-league (see picture).

The club is expecting to enter under 7's mixed, under 9's mixed and under 11's boys and under 11's girls teams into the local small sided football junior social competition, as well as open age men's teams (our youngest player is 16 and our oldest is 74!), so please get in touch if you want to be involved. Come and join/support the club that supports our local communities. A massive thanks to our sponsors and community partners, without whom the club could not exist -Drysdale Primary School, Clifton Springs Primary School, Bendigo (Portarlington & Drysdale) Community Bank, Lisa Neville MP, Headspace Barwon, Councillor Rod Macdonald, Bravehearts, DCSCA and SpringDale Neighbourhood Centre.

Contacts: Email –

info@drysdalesc.com.au

For Seniors

Jarrod Gladman - 0431 215 722; For Juniors Paul Rawson - 0414 461 112; for all other matters Geoff Briggs on 0428 501 150. Visit our website at www.drysdalesc.com.au to find out more about the Drysdale Soccer Club.

Fun Volleyball

Fun Volleyball is a SpringDale Group which plays on Monday mornings for approx 1 hour, starting at 9am in the Scout Hall, opposite the SpringDale Neighbourhood Centre (*entrance between The Humble Chef and the Drysdale Craft Ladies' shop*). The members are mostly seniors, both male and female and play with a soft beach ball. No previous knowledge of Volleyball is necessary as "Jungle rules" apply and the game is not taken seriously. If you can miss the ball and laugh about it, you'll fit in nicely – there's much hilarity, especially when things go wrong! The aim is to have fun, get plenty of exercise and improve hand/eye co-ordination. After the game its straight round for coffee, to put back on the calories that have been have lost! Cost is \$4 per session (*first session is Free*) and new members would be most welcome. The photo shows some of the members, before the game. Enquires: **Pauline (03) 5253 2717.**













Carpet Bowls



What a great way to spend about 3 hours on a Monday afternoon. For the cost of a tiny \$2.00 you can be having a great time with a friendly group of people, playing a



fun, not competitive, game of carpet bowls at Parks Hall, Portarlington. This club has been in existence for approximately 30 years.

First playing at Indented Head Boat Shed, then for the last 5 years enjoying the comforts (heating and cooling) of Parks Hall every Monday afternoon from 1pm for 1.30pm start, except public holidays. We play two games of carpet bowls, then a much needed cuppa and biscuits and a friendly chat then another game of bowls, after which we pack up the equipment and off we go to our respective homes feeling great and knowing that we have had a nice easy game and with the thought that next Monday afternoon will be another happy start to the week.

If you would like to join our happy group of ladies and men bowlers even if you have not played carpet bowls before, or if you have not played for some time you would be most welcome.

Either ring Marie (03) 5251 1444 or just come along to Parks Hall, Portarlington, Monday afternoons at 1pm for a 1.30pm start.



Centre bounces are back. Football has returned. Once again, players will pull on their brown jumpers with a gold vee. With a new President and a new Coach this season, the Drysdale Hawks have their focus firmly set on winning another premiership. Football ignites great passion and brings people together. Country football is an integral part of the community with much talk on match strategy, high kicks, spectacular goals and hammys. Round 2 for the Hawks is home against Angelsea on 6 April, Round 3 is home against Modewarre on 13 April. Round 4 is away against Portarlington on 27 April.





Geelong Half Marathon 2103

This is a well established event celebrating 25 years in 2013. The flat course along the scenic Barwon River presents runners with an achievable challenge and with the option of a relay for those with less training.

The event takes place on 7 April at 8am with registration under the Moorabool Street Bridge of the Barwon River.

For more information visit www.gcc.asn.au or phone Ken Walker on 0421 936 794.





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