



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

Seachange Shed nearly completed at St Leonards



Be part of a great group of blokes

It's almost finished - the Seachange Shed, St Leonards. The first Men's Shed received funding in 2007 from the State Government. One of the first grants was from Bellarine Peninsula Community Bank which helped the group to leverage the State Government grant along with the commitment from the City of Greater Geelong. A second State Government grant helped get the project started. Sincere thanks to all of these granting bodies who have made the dreams of so many come true.

Thank you to those who established the idea and thank you to those who have kept the idea alive and brought it to fruition. Our current group of Seachange men meet weekly learning skills of a culinary nature but they have never lost sight of the goal that brought them together - the SHED.

Any men interested in becoming part of the Shed please contact SpringDale (03) 5253 1960.

Anne Brackley

Coordinator SpringDale Neighbourhood Centre

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2013 - Term 3 Course Guide. Pages 11-14

What's on - June 2013

Saturday

Harvest Basket Produce Swap 9am-11am SpringDale

Saturday

Secondhand Book Sale, St James 9am-5pm

Sunday

Secondhand Book Sale, St James 10am - 4pm

Tuesday

Public Meeting. Streetscape to Artscape 7pm SpringDale

Monday

Queen's Birthday. Public Holiday. SpringDale Closed

Tuesday

8

The Dead Funny Musical Show - Potato Shed

Friday

Winter Solstice - Come On Home John & Baggage - Potato Shed

Saturday

Winter Solstice Come On Home John & Baggage

Friday

Spud Club - Potato Shed School Term 2 ends

- Potato Shed

Sunday

Portarlington market 9am-2pm

Events - June

2 Sunday Reconciliation in the Park,

Johnstone Park, Geelong

10am-3pm

Wednesday 5 **World Environment Day**

Wednesday 5 Millers Fashion Parade,

Friday 7 - Monday 10

Celtic Festival, Portarlington

St James Church Hall 2pm

Saturday 8 - Sunday 25 August

Scarf Festival, National Wool Museum

Monday 10 - Sunday 16 Men's Health week

Friday World Blood Donor Day

Wednesday 19 **Red Apple Day**

World Refugee Day Thursday 20

Friday 28 **Red Nose Day**

Deadlines 2013

July Issue

Bookings/copy required

1 June 2013

Distribution Circulation

Saturday 29 June

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.



SpringDale Community Calendar is a SpringDale Neighbourhood Centre initiative to support the whole community.

f 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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Distributed throughout Drysdale, Clifton Springs, Portarlington, Indented Head, St Leonards, Ocean Grove and selected businesses on The Peninsula. All contributors are asked to provide their articles on disc, Microsoft Word document or email it for ease of processing. Contributions are still accepted as written copy but need to be submitted in the week prior to our copy deadline.

Editing of Contributors Material Contributors should note that the right to modify submitted articles is retained by The SpringDale Messenger as per our policy. Views expressed in this newsletter are not necessarily the views of the publisher, the SpringDale Neighbourhood Centre Inc.



from the centre Anne Brackley [centre coordinator]



Dear Everyone

So much to tell this month and I am not sure where to start.

We have started to be heard and it's so exciting. The Geelong Cemeteries Trust decided to enable the block on the corner of Oakden and Clifton Springs Roads to remain as cemetery land and have a design for this space which can be viewed.

The Council has put money into the budget to enhance the Clifton Springs Fountain. There is another sculpture planned for our area to help us achieve our Streetscape to Artscape dream.

The State Government is looking into light rail from Drysdale to South Geelong. Many of these outcomes have happened because we came together and spoke with one voice. Congratulations to everyone who came to the summit or any subsequent meeting - you have helped to create change.

I understand, we have been included in the first 3 years of National Broadband Network roll out. All great wins for our community.

As I drove to the Potato Shed the other night to see John Wood, I couldn't stop smiling and thinking how lucky we are to be able to have such wonderful opportunities on our door step. It was interesting to know that more than half of the people in attendance at the performance had used the other side of the highway and driven out to Drysdale for this event. With a facility such as the Potato Shed, no wonder we attract so many artisans, of so many disciplines, to live in our community.

A recent forum of VCCCAR (Victorian Centre for Climate Change Adaption Research) focused on the opportunity for art to help communities progress these discussions. With our great number of artists, we are well placed to assist in these discussions.

Extra opportunities are bubbling forward – another group may help to support John Williams and the people who are very interested in having a pier reestablished at Clifton Springs.

Always something new to learn. I have been attending First Aid classes for almost 40 years and each time I learn something more. The order in which actions are done have now been enhanced – DRSABCD – check for Danger, check for Response, Seek help – call ambulance and get defibrillator if one close by, check Airway, check Breathing, perform CPR until you can Defibrillate.

Discussions also ventured into the arena of ambulances carrying electronic means of finding locations (which we had been told during the town boundary discussions – that ambulances didn't carry such devices) and discussions about the locations of defibrillators and their accessibility. A reminder that there is a defibrillator at SpringDale thanks to the generosity of the Drysdale Bendigo Bank. A couple of video clips that Kim, from

National First Aid, recommended Vinnie Jones http://www.youtube.com/watch?v= ILxjxfB4zNk about cardiac compressions only. The other is about heart attacks in women http://www.youtube.com/watch? v=t7wm PWTnDbE. For busy women it is worth a look as heart attack is on the increase in women. It was a great way to spend a few hours and be updated.

A few days ago a lady came into SpringDale and asked if she could pick up a copy of the SpringDale Messenger to send to a friend. She went on to tell us that a friend had settled in Tassie and sent her their town's newsletter. Our resident was quick to venture to SpringDale for another copy of the Messenger to send to her friend because (and this is the really great bit) "Our newsletter is so much better than the one she sent me. I wanted to show her how much better ours is".

The pride on her face when she spoke of our community magazine was heart warming. Thank you to everyone who has had kind words to say about the standard of the Messenger over the last month.

The Messenger is delivered by a company to homes in the Drysdale, Clifton Springs and St Leonards .It is delivered on the last weekend of a month and we would love to know if you don't receive it so that we can ask for it to be delivered to your area — or there might be a volunteer who would like to deliver it for his/her street.

Once again, I remind you that it is through the generosity of our advertisers that we are able to produce this community communication. Please support our advertisers so that they will support our community. We are all here together.

Thank you to everyone who has made this a very positive month for our community.

Anne Brackley

For the whole SpringDale Team.

Volunteer of the Month



Nicole Simpson

This time we celebrate the volunteering of Nicole. Nicole is one of our longest serving volunteers, clocking up almost 9 years of service. Nicole designs a number of our internal posters, Christmas cards and folders along with various other mostly computer based tasks.

Thanks Nicole for all you give to SpringDale and our community.



our reader's feedback

Speed

How can we stop cars speeding in 50km zones?

Bob, Clifton Springs.

Flashing Lights

Obviously those who would like flashing amber lights in the main street are not regular walkers. Those of us who have frequently had near misses with cars and trucks going through RED lights would love flashing lights.

Sue, Drysdale.

Youtube

It's all very well to have Youtube but it would be much better if your website was kept up to date.

Andrea, Drysdale.

Editor: Sometimes as we strive ahead on one front, we lose focus on other important services. We will keep it up to date.

Bypass

Bring on the Drysdale Bypass. **Andrew,** Drysdale.

SpringDale Voucher

Mother's Day was great this year. I received a lovely SpringDale voucher. **Jane**, Clifton Springs.

Ring Road

Surely Drysdale has a big enough population now to support our local businesses. We only want to divert the traffic that passes through town.

Gary, Drysdale

Seen Susan

I loved seeing Susan Taylor in the last Messenger and loved the article.

Joy and Jean, Drysdale

Editor: We love to hear that so many people have read the Messenger and told Susan "I saw you in the SpringDale."

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

De Facto Law Worries?

Come in for a free chat



L A W Y E R S

1 High St., Drysdale (old Post Office) Ph: 5251 3453

NEWS from Lisa Neville MP

Member for Bellarine



Drysdale Cemetery

I was pleased to hear that the Geelong Cemeteries Trust had announced that they would not sell off the large block of the cemetery on the corner of Oakden Road and Clifton Springs Road.

This is great news for the community of Drysdale and Clifton Springs and I congratulate the community members who took up the issue.

myki

As many of you know, I have been very concerned that there are no outlets to purchase or top up **myki** cards on the Bellarine.

The replacement of short term bus tickets from the 19 April means commuters are required to use **myki** cards only and this makes it very difficult for Bellarine residents using the public transport system.

I have written to the Minister for Public Transport asking him to address this issue as a matter of urgency and advise what steps are being taken to rectify this situation and provide a time frame on when **myki** cards will be available on the Bellarine Peninsula.

In the interim, I have just been advised that **myki** cards will be available for purchase on Bellarine buses, and while

this is not a complete solution, it will at least mean residents will be able to use local bus services.

I will continue to push for **myki** cards being available from accessible outlets in Bellarine, as a matter of urgency.

Farmers' Market Support Programs

Applications are open for the Farmers' Market Support Programs. Administered by Regional Development Victoria (RDV), the program is designed to increase the number of famers' markets in Victoria and also to enhance the viability of existing farmers' markets.

Local community organisations are eligible to apply. Activities funded include feasibility studies investigating the establishment of a farmers' market through to existing farmers' market expansions.

For more information, please contact my office or visit

www.dpcd.vic.gov.au/home/grants

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



Delicious Coffee

"I am a coffee addict very fussy about each coffee I sip. I have a small, cheap machine and am always trying to perfect the espresso I produce. Attending the Espresso Coffee course session at SpringDale took the guesswork out of my efforts. Jordan gave us the benefit of his long experience in one morning of practical application. My partner can attest to the great improvement in my coffee brewing results."

Bruce Murray



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A great opportunity for **New SpringDale Advertisers.**

- · A 60mm x 50mm advert in the SpringDale Messenger
- · Line listing in the North **Business and Services Directory**
- A web page as displayed above - optimised for mobile phone platform
- Single Membership of the SpringDale Business Network

Great value for \$175.00

SpringDale 5253 1960

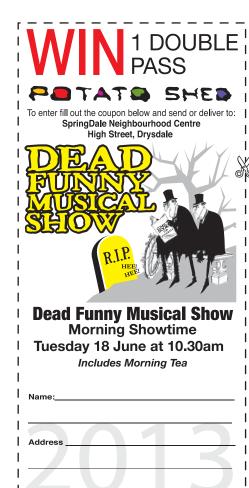
It's Winter

Wow, it's already winter and what a wonderful first half of the year we have had and there's so much more to come! This month Colin and Shirley return for June's Morning Showtime with the Dead Funny Musical Show which takes a darkly funny look at the world of gravestone humour. Also not to be missed in June is Winter Solstice. This exciting annual night of warming entertainment, mulled wine and music will also showcase two original plays, Come Home John and Baggage, all of which is a sure fire recipe for a nice cosy night in. Winter Solstice runs for two nights only. The Potato Shed is your local community arts hub and there are lots of ways you can get involved in our great activities. Whether you're interested in volunteering, learning something new or taking to the stage, you're bound to find the perfect fit at The Shed.

Why not show off your talent at our popular Spud Club on Friday 28 June.

A launching pad for singers, actors, comedians and even the occasional plate spinner, the junior slot kicks off at 6.30pm and adults take to the stage at 8.30pm. 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.







COMPETITION CLOSES 3PM FRIDAY 14 JUNE

Phone No: (03)



31 May

Desperate Housewives presents: Madonna Versus Kylie

Tickets: \$25. BYO drinks and nibbles.

18 June The Dead Funny Musical Show Morning Showtime. 10.30am. \$14 includes Morning Tea.

21 & 22 June Winter Solstice - Come On Home John & Baggage 8pm. Adult - \$20. Conc - \$15

28 May Spud Club 6.30pm - Kids/Teenagers. 8.30pm - Adults \$6 Entry first drink free. Licensed bar available.

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

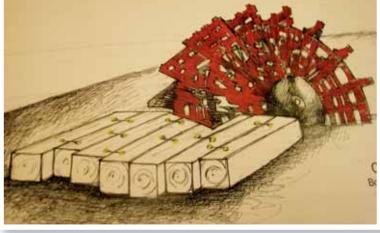


The Potato Shed, Bellarine Multi Arts Centre is located at 41 Peninsula Drive, Drysdale. Ph: 5251 1998



The SpringDale Streetscape to Artscape Project







Thank you to those who offered thoughts and contributions for the development of our Streetscape to Artscape plan for the Clifton Springs/Drysdale/Curlewis community. The plan aims to provide a focused forum for community discussion. We will be continuing to work on this with the City of Greater Geelong over the coming months.

Investigations are underway to facilitate the restoration of the Clifton Springs fountain. Inspections have been carried out on the structure and pump system of the fountain, and recommendations for a range of treatments are being considered by a fountain working party. Stay tuned for further information on the progress of this important project.

A proposal has been developed for a contemporary sculpture by Viktor Cebergs celebrating the rich paddle steamer heritage of Clifton Springs. The sculpture will provide a wonderful addition to the area's growing collection, which includes The Dell heritage signage by Cinnamon Stephens completed in 2011.

All are welcome to attend a meeting at SpringDale Neighbourhood Centre on 11 June at 7pm to hear a presentation on this exciting project.

Scrabble Word for June

This month the word is *gilt*.

Gilt is a young female pig about to have a litter. Scrabble is a good exercise for the brain and is played at SpringDale every Tuesday afternoon at 1pm.

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- 🦝 Indented Head
 - Clifton Springs

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with Alyson Burchell from Tuckers

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.

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Image of The Year

Portrait of an Artist 2 Don Kennyon



Congratulations to Don Kennyon who won *The Image of The Year* with his image *Portrait of an Artist 2*.

The St
Leonards
Community
Camera Club
meets on the
1st and 3rd
Thursdays of
the month at
7.30pm at St
Leonards
Community
Space, Blanche
Street,
St Leonards.
New members

Lynn Blackhall *Volunteer*

and guests are

welcome.

Midwinter Words Weekend

The **2013 Midwinter Words Weekend** will be held on July 20 and 21 at the Ol' Duke Hotel in Newcombe Street, Portarlington.

Participants can choose to attend over the two days which includes writing workshops on the Saturday or Sunday only which is a full day of authors talking about their works. Tickets, when available, will be sold through the Portarlington Neighbourhood House.

For further enquiries, please call Jenny on (03) 5259 1593.





New Golfing Season commences Monday 1 July 2013 to the Monday 30 June 2014. Full and midweek

memberships available



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

FREE
Courtesy Bus Available
Friday & Saturday Nights
5pm - 11pm

Please contact Club for details & bookings.



Fast & Friendly service

Monday Dinner: All Mains
*Conditions Apply

\$17*

Tuesday Dinner:
Parma Night - 4 types! \$15

Wednesday Dinner: 220gm Porterhouse \$16

Sunday Two Course \$19⁻⁵⁰

Two Course

Everyday! Lunch Special

\$15

ENTERTAINMENT



Keyboard Vocalist

Kevin Mahoney

Appearing on Friday 7 June

Come along and have a meal, listen to and enjoy the music

Present this coupon

Buy 1 main get 2nd main half price equal or lesser value (main meals only) Tuesday-Thursday evenings*

Valid from 1 June - 30 June 2013

* Not valid Public Holidays or Long Weekends

* Conditions apply - not available on all meals.





For Bookings & Information

Phone (03) 5251 3391 Clifton Springs Golf Club Clearwater Drive CLIFTON SPRINGS 3222 Email: admin@cliftonspringsgolfclub.com.au www.cliftonspringsgolfclub.com.au

with steve williams

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Winter is a good time to look at your garden with a fresh eye and identify things you want to change. The to-do list for our garden is long and growing.

the time for

For starters, I'm not happy with the amount of extra water the vegie garden has needed during this bone-dry summer, so I'm going to install more raised beds. The existing ground-level beds already have timber surrounds, so all I need to do is add two more courses of sleepers to each bed. I'll use non-toxic Ecowood™ sleepers, not standard treated pine which contains arsenic. The raised beds will be filled with alternating layers of straw, compost and manure. I've found this type of bed to be the most water-wise.

Secondly, there's the new 'edible forest garden'. This is all about utilising the dappled shade under our much-loved jacaranda to grow shrubs and herbs that are both ornamental and useful.

We already have an avocado in a half wine-barrel; it is in its third year now and laden with fruit. The sheltered shade under the jacaranda is ideal for avocados - a rainforest tree that resents fierce sun and drying winds, particularly when young.

Shade-tolerant Lebanese cress, sorrel and salad burnet in pots provide salad leaves, and borage self-seeds readily in this area, helping to keep our bees happy and feeding the soil with extra potash. There are two Chilean guavas which will eventually produce a crop of small, tart berries.

Then there was a scrappy patch of lawn between the jacaranda and the chook pen. We decided to expand the forest garden into this sunnier area. We turned it over to the chooks for a month: the 'girls' soon scratched out the grass and enriched the soil with poop. The next stage was to sheet mulch. Sheet mulching is a great way to create new garden beds without digging. In this case, digging wasn't even an option as the jacaranda roots run all through this area. Here's the procedure.

- Remove any tough, woody weeds by hand.
- Water the area thoroughly.
- Spread overlapping 'tiles' of newspaper about 6 sheets thick.
- · Water thoroughly.
- Cover the newspaper with a layer of compost.
- Mulch with lucerne hay or pea straw.
- · Water thoroughly.

Soon this area will be planted out with herbs and groundcovers such as anise hyssop, yarrow, comfrey and native violets. Seeds can be sown directly into the compost, but to plant seedlings cut a small hole through the newspaper into the soil below.

If you have tough running grass like couch or kikuyu, use a tougher sheet material like cardboard and a thicker layer of weed-free compost on top. You will need to be patient and vigilant, as it can take a year for these grasses to die off. I hope this will give you a couple of ideas for your own little patch of paradise!

Check out Steve's blog at drysdaleharvestbasket.blogspot.com.au for more gardening-related themes.



TIP: No need to rinse containers, just scrape clean and save water!

Common recyclable

items put in the

rubbish bin:

Your recycling is making a big difference. In the last year, recycling from Geelong region households has saved 77,260 cubic metres of landfill space (enough to fill over 30 olympic pools) and reduced greenhouse gas emissions by 17,598 tonnes (that's equivalent to removing 4220 cars from the roads).

But did you know that nearly 20% of the items in our household rubbish bins are actually recyclable? There are now more items than ever that can be recycled so please put the right thing in the right bin.

For more information visit thinkrecycle.com.au

















Tomatoes everywhere



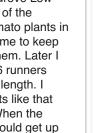
I am a resident in Drysdale Grove Low Care. A few months ago one of the Activity women planted 4 tomato plants in the garden here. She asked me to keep them watered and care for them. Later I noticed each plant had 5 or 6 runners spread out nearly a metre in length. I hadn't seen any tomato plants like that before. Is it a new variety? When the tomatoes started to ripen I would get up to 10 a day. I put them in a bucket and put the bucket in the dining room where the residents and staff could take them. Everyone was pleased with the taste of the red, round tomatoes. I finally picked 158 red tomatoes. When the plants were dying off I picked 130 green tomatoes and the staff made pickles and chutney with

Planting with a passion...



Running a little late in planting the daffy bulbs we threw ourselves on the mercy of Mother Nature and we have underplanted our paddock with over 2000 daffodil and jonguil bulbs. It has always been something we have talked about but never have done until now. As a child we grew daffodils in our extremely long driveway here at Woodend and we sold them for sixpence a bunch at the front gate to the passing visitors to and from their visits to Mount Macedon





Wilfred Bufton



My husband Graham has wonderfully completed the task and now we are going to patiently wait to see those green tops pop through the ground and make it our wonderful host of golden daffodils. I hope the visiting kangaroos do not fancy the lush tops. Watch this space. Lyn Ingles

Yellow Geranium



Released at the Melbourne International Flower and Garden Show this year, the yellow geranium is great for the garden or a pot on the patio. With stunning yellow petals this geranium is a beauty.



A new game can now be played online at www.thinkrecycle.com.au which is a test of your recycling knowledge. This pilot campaign coordinated by Barwon Regional Waste Management Group on behalf of the City of Greater Geelong and other local councils was developed in response to data showing significant amounts of recycled items were still being placed in household rubbish bins. Please try to remember to put the right thing in the right bin.



Economic Development In Drysdale Clifton Springs Curlewis

As Peter Drucket said "The best way to predict the future is to create it."

Over the last few weeks we have been comparing our town summit community consultation held in November last year, with that conducted by City of Greater Geelong(CoGG) consultants in November and December last year. The comparison shows that we did extremely well - with 530 people participating in the Drysdale Clifton Springs Curlewis summit compared with 561 for the whole of City of Greater Geelong, 70 of those were paid staff. It is with such great response that we can be taken very seriously. I congratulate everyone who took part and everyone who has been inspired to have a say since then.

Links to the reports are available via our website.

The goals in priority order are:

Alternative Road / Bypass – 4 out of 5 people rated this as a top 5 priority - the discussion has continued with businesses starting to participate - town forum about this issue to in the very near future please register your interest in being part

Clifton Springs Foreshore 1 in 2 people rated this as a top 5 priority - Drysdale Clifton Springs Community Association has carrying out a project to re-vegetate the cliffs at the Dell - has attracted budget from CoGG.

Clifton Springs Fountain more than 1 in 3 people rated this as a top 5 priority – working party established, \$20,000 in CoGG budget for 2013-14.

Cycling paths trials almost 1 in 3 people rated this as a top 5 priority - DCSCA has been working with CoGG







John Williams and his desire for a pier!

Pier/Jetty 1 in 3 people rated this as a top 5 priority – continues to be driven by John Williams he continues to seek help from a wide variety of sources.

National Broadband Network(NBN) almost 1 in 3 people rated this as a top 5 priority - our priority has been increased and now installation should happen in the first 3 years.

Drysdale Urban Design Framework more than 1 in 4 people rated this as a top 5 priority - no action as yet.

Council Ward Boundaries reconnecting Drysdale, Clifton Springs and Curlewis, - no action as yet.

Sports Precinct - the 3 schools located on Peninsula Drive have stated that the extension of Peninsula Drive to Belchers Road must be stage 1 of this project.

Streetscape to Artscape draft report is ready for review and comment. An art piece is suggested and funded for a spot on the plan above the Clifton Springs Boat Harbour.

Drysdale/Clifton Springs Structure Plan no action but Aldi selected its site. cemetery not to become a housing development site.

Lake Lorne - Master Plan has be amended since the heavy rains last year. Stage One building the track around the lake has started.

Marketing our town, Drysdale Clifton Springs and Curlewis, - no action as yet.

Our town boundaries, - 3 boundaries have been changed reducing Drysdale by 7% - those who have had their address changed have received the standard

CoGG compensation package of 10 envelopes and 10 x 60c stamps to compensate for changes.

Economic development, - working party reviewing draft from town summit.

How we are informed of changes to our town eg Hancock St changes - changes to Hancock St went ahead - need to clarify this for future changes and insist that single community members must not be able to change public plans.

Jetty Road Growth - changes to initial plans for shopping and community precinct compared to initial plans.

Lookout – need report form consultants commissioned by Councillor John Doull. Cemetery – the block has been confirmed to remain as cemetery - plan is available for viewing.

Beacon Point Reserve - master plan has been adopted.

Potato Shed - Master Plan in place - no further actions to date.

Sharing forum – not yet established.

New item - Light rail - was an idea mooted during earlier bypass meetings discussions have been had with councillors re this - now has investigation funding from state govt.

To sign up for reminders about events relating to these projects follow this link http://lists.springdale.org.au/

Anne Brackley

Coordinator SpringDale Neighbourhood Centre

bellarine memories

for life's significant occasions

funerals celebrations telling your story

Funeral Directors who offer much more than funeral services.



Richard Grimmett



cnr. Grubb Road and Sinclair Street, Ocean Grove 5255 5500 www.memories.net.au



Courses after hours

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 3 Aug, Sat 7 Sep 10am - 12noon Fee: \$30

Tutor: Jordon Smith

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 17 Aug 9am - 12noon (1 session)

Tutor: National First Aid Fee: \$60

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: : Tue 30 July - Tue 20 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 3 Sep & Tue 10 Sep 6.30pm - 9.30pm (2 sessions) Fee: \$60 Tutor: George Stawicki

Yoga

For fitness, stress relief and clarity of mind. New students are warmly welcomed. Dates/times: : Mon 22 July - Mon 9 Sep 6pm - 7.30pm or Thur 25 July – Thur 12 Sep

7.45pm – 9.15pm (8 sessions)

Fee: \$95 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

Come and join in our classes, gain knowledge and make friends

Our classes have a welcoming atmosphere and are affordable.



Groups after hours

Book Club

All avid book readers come and share your opinions and interpretations of selected titles. Meets first Monday of the month at 7.30pm

Write on Bellarine

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

Music Group

Music is played for pleasure, exploration and performance, ranging from pop, jazz, standards and classical. A new music group now meets weekly every Wednesday at SpringDale from 7pm - 9pm.

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

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.

Meets every 2 months. Next meetings on Sat 3 Aug, then Sat 5 Oct starting at 9.30am. This club is open to people who have attended cheese classes at SpringDale in the past.

Starting at 9.30am.

Cheese Club

Cost is \$1 plus cost of ingredients.



Courses during the day



Discover the artist within - Level 1

A Foundation Art Course in Drawing and Painting for Adults.

Class materials required: A3 Sketchbook or A3 visual diary, 2B and 4B pencils.

Dates/times: Tue 30 July - Tue 17 Sep

9am - 11am (8 sessions)

Fee: \$130 Conc: \$55 Tutor: Annette Playsted There is an information sheet on each of Annette's Art courses that can be collected from the SpringDale Office.

Discover the artist within - Level 2

An Intermediate Level Art Course in Painting and Drawing for Adults who have completed a foundation art course. This course aims to increase media knowledge in the techniques and processes of painting and drawing, improving skills and confidence.

Dates/times: Tue 30 July - Tue 17 Sep 11am - 1pm (8 sessions) or Wed 31 July - Wed 18 Sep 10.30am - 12.30pm (8 sessions) Fee: \$130 Conc: \$55 Tutor: Annette Playsted There is an information sheet on each of Annette's

Art courses that can be collected from the

SpringDale Office.

Develop the Artist Within -**Advanced Workshop program**

This program is for hobbyist artists or art students who have studied at the intermediate level and want to further develop their knowledge and broaden skills and perceptions. Workshops will include: Experiential Media broadening to include new approaches to two and three dimensional media, Building selfexpression, ideas and approaches, building colour and tonal awareness, and shared adventures into Art theory and Art history.

Dates/times: Tue 30 July - Tue 17 Sep 11am – 1pm (8 sessions) Or Wed 31 July – Wed 18 Sep

10.30am - 12.30pm (8 sessions) Fee: \$140 Conc: \$55 Tutor: Annette Playsted There is an information sheet on each of Annette's Art courses that can be collected from the

SpringDale Office.

French for Real 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

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. \$55 Concession Fee consists of the following: \$25 subsidised tuition fee + \$30 services fee

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. Date/time: Tue 27 Aug - Tue 17 Sep 9am - 10am

French for Advanced Beginners.

For those who have attended the Beginners Class

Dates/Times: Tue 27 Aug - Tue 17 Sep

10am - 11am (8 sessions) Fee: \$45 Tutor: Laetitia Cairncross

Intermediate French

For those with some prior knowledge of the language.

Dates/times: Tue 23 Aug - Tue 17 Sep

11am-12noon (4 sessions). Fee: \$45 Tutor: Laetitia Cairncross

Mobile Phone and iPad

Do you want to know more about your mobile phone

Date/time: New times and dates TBA

To be a member of a SpringDale Group you must be a member of SpringDale Neighbourhood Centre (\$5 per year). Group fees range from \$1 to \$11 per session.

Courses during the day continued:

Yoga

For fitness, stress relief and clarity of mind. New students are warmly welcomed. Dates/times: Mon 22 July - Mon 9 Sep 9.15am - 10.45am (8 sessions) Or Mon 22 July - Mon 9 Sep 6pm - 7.30pm

Or Thur 25 July - Thur 12 Sep 7.45pm - 9.15pm

Fee: \$95

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.

Career Development Program

How to market yourself - an employability skill Do you need to write or update your resume? Don't know how to sell your employability skills in an interview? Perhaps you need to organise a portfolio as part of an application into a course of study or job application. This workshop will teach you how to promote yourself. At the end of this workshop, you will have a better understanding of how to analyse advertisements, set goals and write your own action plan. Dates/times: Tuesday afternoons Fee: \$10 Tutor: Dorothy Pearce

What's your idea for a new group or course?

Do you have an idea for a new group or course that you might like to start or suggest? Come along and discuss your ideas. Don't let them fade away



Groups during the day

The friendly Cuppa and Chat Group

Call in for a cup of coffee and a chat on the fourth Monday of the month between 10.30am - 11.30am.

Life Drawing

For those who enjoy the experience of Life Drawing. Mon 1.15pm – 3.45pm. Please call SpringDale to book.

SpringDale Badminton

Wednesdays 1pm - 3.30pm weekly at The Scout Hall Drysdale. Fee: \$4 per session.

SpringDale Jigsaw Club

Borrow a jigsaw from a big library 40¢ each. The first Thursday of the month from 10am - 12noon.

SpringDale Mahjong Club

This group meets Wednesday from 9.30am - 12noon.

SpringDale Scrabble Club

Held on Tuesday afternoon, 1pm - 3pm and caters for players of all abilities and new players welcome.

Card Games

Play Canasta, Euchre and 500. This group meets Monday afternoons from 12.30pm – 3pm.

Line Dancing

Join our group. Every Wednesday except school holidays. 10am - 12noon. \$8 per session.

SpringDale Artists

The Springdale Artists meet each Wednesday at 1.30 pm. Activities include working sessions, discussions, demonstrations and gallery visits. Unfortunately we have reached our maximum number in 2013 and currently cannot admit new members, however if anyone is interested in joining, please leave your name and contact details at SpringDale and you will be notified as vacancies occur. Wed 1.30pm -4.30pm

Textile Arts & Crafts, Spinning Group

Come along and enjoy 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.

Men's Kitchen - Tuesday Mornings

Tuesday morning 10am - 1pm Location: St Leonards Recreation reserve Fee: Price depends on menu

Men's Kitchen - Wed/Thurs Morning

Waiting list applies. Fee: Price depends on menu Dates/times: Wednesdays 10am - 2pm

Pole Walking Group

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 (Contact SpringDale for meeting points) Facilitator: Harold Waldron

Fun Volleyball

We play with a soft beach ball, and the aim is exercise. Other session times possible register your interest. Dates/times: Mondays from 9am - 10am Cost: \$4.00 per session Venue: Drysdale Scout Hall

SpringDale Wheelie Riders

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.

SpringDale Singers

A long established, informal non-performing choir which sings both simple and challenging music. Former choir or music group members and non-singers are also welcome.

Dates/times: Tuesday 1.30pm - 3.30pm

Bellarine Community Choir

Peninsula residents are welcome to join this new choir, performing at functions on the Bellarine. Men and women are required to sing 4 part harmony. Dates/Times: Thursdays at 1.30pm at SpringDale

Traditional & Digital Scrapbooking

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

Day/Time: Thur 1pm - 4pm monthly. Next meeting 11 July, 22 Aug, and 12 Sep

Fee: \$5

Write About

A small group of committed writers meet on the 2nd Monday from 2.30pm - 4.30pm.

Cryptic Crosswords Group

Have you ever wondered how Cryptic Crossword Puzzles work? Join a group of like-minded crossword fans to learn and share the skills needed to solve Cryptic Crosswords. We will solve cryptic puzzles together in a fun and non-competitive atmosphere. This group is open to all levels of expertise from beginners to those who want to extend their knowledge. Date/Time: Friday weekly at 10am. Fee: \$1 per session.

Come along and have fun **Bush Dance**

Saturday 13 July 7.30pm til late \$10 adults \$25 families

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 NEW HOURS 6.30am - 6.30pm. Fees: \$45 per day. Childcare rebate applies.

Drysdale Toy Library

Tuesday 4pm - 5pm. We have some fantastic toys to borrow (ages 0 - 6 years) so come along and see what we have to offer. Membership \$10 per term

Portarlington Toy Library Operates out of the Portarlington.

Pre-school. New members welcome. Dates/times: Mon 11am-12noon or Wed 11am - 12noon



Expression of Interest

Maybe its time to try something newcalling for your expressions of interest in the following:

Coin Club

Would like to hear from anyone interested in being foundation members of a **Coin Club** at SpringDale. Please contact Josh Gav on 0408 428 596.

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.

Working with Wood

Expression of interest for an Introduction to Working with Wood course will be conducted in a professionally equipped workshop. Training in use of equipment. This could be an evening or daytime class and would run for 8 weeks of 2.5 hour sessions cost \$160 or concession may apply.

Please let us know best time of the day and best day of week for the sessions to suit you.

Commencing 4th Term 2013

Cheese Making could be back

Corinne Blacket from Drysdale Cheeses is will to run Cheese Making workshops if there is interest – Fetta, Ricotta, Creme Fraiche, cheddar etc.

Yoga on Chairs

We held a session of Yoga on Chairs recently and it was very well received might you think about this as wellness option.

Making Fairy Floss

A stall or fete coming up and you are thinking of hiring a fairy floss machine – come to a workshop to learn the skills involved.

Ukulele Classes

We have a few people interested and many people talking about having a go – are you available Thursday or Saturday mornings we only need a few more to start to schedule.

Developing a Marketing Plan

Is your business treading water – maybe a Marketing Plan could take you to the next step.

Political Advocacy

For those who want to make a difference in the community – learn how to lobby for change

Sustaining our environment

Environment sustainability practices to help our world, our community and our family.

Lace Making

Have you ever wanted to create delicate lace ?

Tie Dying

Create a coloured garment using this unique technique



Non SpringDale Classes & Groups

Pilates

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

Dates/times: Tue 16 July - Tue 17 Sep (10 weeks)

- 9.30am 10.30am (ball class)
- 11am 12noon

(beginners to intermediate floor class) Fee: \$125 Thur 18 July – Thur 19 Sep (10 weeks)

• 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.

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.*

Knitting and Crocheting for beginners

A great activity for cold winter days, keep your hands busy and be creative. Learn to knit or crochet a garment of your choice.

Boat and Jet ski License Course

We have run these in the past – is there any interest now

Is there something that interests you and there is not a course to attend... please! Let us know.

Do you have an idea for a new group or course that you might like to start or suggest? What is your dream that we can help make come true?

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.



Enrolment & Payment Conditions

ENROLMENT

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

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

PAYMENT/ REFUNDS

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

Privacy: The SpringDale Neighbourhood Centre

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

The Book Club - author Alexander McCall Smith

On Monday, 6 May, the Book Group met to discuss writer Alexander McCall Smith.

Born in Rhodesia in 1948, he is the writer of The No1 Ladies' Detective Agency series, set in Botswana.

These attracted global recognition in 1999 and later became a TV series. On the

strength of this, he went on to become the author of more than 60 books which have been translated into 42 languages. Reactions of the group members varied, depending, it seems, on which book/s they had chosen.

are reminiscent of cheap romantic fiction in their light content matter. While McCall Smith is a prolific writer, seeming to churn books out effortlessly, all readers had to agree that they are much better written. Given his earlier career as Professor of

Medical Law at the University of Edinburgh, one would expect McCall

> Smith to have goods skills with the English language. He does. He writes simply without overembellishment but a careful use of words

most part, even when his characters are pondering deep philosophical matters or seem to be in the throes of a dilemma. All will be right in the end! Ideal bedside reading or a book to pass the time on a journey.

Included in his works are the Number 1 Ladies' Detective Agency series; The Isabel Dalhousie Novels; The 44 Scotland

> Street series; The Von Igelfeld Novels and The Corduroy Mansions Novels. He has also written more than 20 books for children and numerous academic texts. We rated this author eight out of ten on average.

Even those who had not enjoyed their particular book felt him worthy of a score of six. Next month we will discuss The Dovekeepers by Alice Hoffman and the choice for August is Spirit House by Mark Dapin.



and descriptions. Clean crisp sentences and good character development. He uses few words to

give the reader insight into a character, even for those who have not met this character in another of his novels. He manages to cleverly keep us 'up to speed' without going into unnecessary details. He takes a light-hearted look at life for the

Some rather unkindly felt that his books

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

Combined Probus Club of Clifton Springs/Drysdale

Trip To North-Eastern Victoria

In late April a group of folk from our Combined Probus Club enjoyed a seven day trip of Lakes and High Country based at the Tallangatta Motel where we stayed for the six nights. Daily trips were conducted by the motel bus to destinations including Hume and Dartmouth; Khancoban and Snowy Hydro Scheme; winery and chocolate factory; and places of beauty and historic interest including Yackandandah, Mt. Beauty and Corryong. The magnificent autumn colours in Beechworth and Bright were a source of delight for the photographers in our group and we were also able to see Old Tallangatta due to low level in Lake Hume. There was also a good share of the Fun, Friendship and Fellowship Probus promotes.





You are welcome to our regular monthly meetings, held in the Members' Room of the Clifton Springs Golf Club from 10am on the second Monday of each month.

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







Make it Citrus

Recipes and Photographs courtesy of the Citrus Australia Simon West I Marketing Manager

- Mandarins & Oranges Citrus Australia Ltd



bv Kim McCosker

1 orange, quartered, deseeded and depithed 180g melted butter 3 eggs

1 cup caster sugar 11/2 cups self raising flour

Preheat oven to 180°C. Line two x 15cm cake tins with baking paper. In a blender process the orange until pureed. Add remaining ingredients and process until

just combined. Pour into prepared cake tins and bake for 40 minutes. Remove from oven, cool and serve with your favourite icing.

Citrus Frosting

2½ cups icing sugar 2 tbspns butter

2 tbspns orange juice and zest

Mix all ingredients and use to ice the whole orange cake.

Spicy Orange Chicken

bv Kim McCosker

1kg chicken tenderloins

1 orange - zest and juice

2 tbs kecap manis (Indonesian Soy Sauce)

40g fresh basil leaves

2 tbs olive oil

2 garlic cloves, chopped

Combine zest, juice, soy sauce and basil and stir well. Add chicken strips and toss to coat, marinate for at least 30 minutes - the longer the better. Heat a wok over high heat. Add oil and sauté garlic for 10 seconds, then add marinated chicken and cook, stirring often, for 4 minutes. Optional: Serve with white or brown rice or flavoured couscous.

out of life

The Drysdale Hotel



- Indoor Kids Playroom
- Beer Garden
- TAB Drive thru Bottle Shop
- Meals to 8.30pm daily
- Bottleshop 10am 9pm Sun & Mon 10am - 10pm Tues to Sat



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

Pan-Fried Moroccan Chicken

by Kim McCosker

2 oranges; 1 juiced and 1 peeled and cut into slices 1½ tbspn Moroccan spice 500g chicken strips 3 tbs butter

Place juice, 1 tbs orange zest and spice in a large bowl and season with sea salt and pepper. Add chicken strips and coat thoroughly. Cover and refrigerate for at least 1 hour. Heat the butter in a large frypan. Add the chicken strips and cook on one side for 1-2 minutes or until golden. Turnover, add the orange slices and any remaining marinade and cook for 2-3 minutes until cooked through.

Optional: Serve with couscous, low-fat yoghurt and shredded mint.



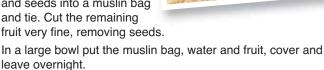
www.oranges.com.au

Making Jam

Orange Marmalade

- 4 oranges
- 1 lemon
- 1 kg of sugar (warmed)
- 1 ltr water

Wash fruit in salted water (approximately ½ tsp salt). Peel and chop 3 oranges, removing the rind, pith and seeds. Place the rind, pith and seeds into a muslin bag and tie. Cut the remaining fruit very fine, removing seed



On the next day, simmer until rinds are soft and water reduced, remove the muslin bag, bring to the boil. Add warmed sugar, stir until sugar is dissolved, boil rapidly until it jells when tested*.

To warm sugar: Place sugar on a lined baking tray and place in a medium heated oven for 5-7 minutes to warm. Gently add to fruit, to avoid splatter. Warm sugar in batches to avoid sugar from melting.

*Note: Testing of marmalade – place ½ tsp on a saucer in the freezer for a few minutes, if it sets then the marmalade is ready. Cool slightly and put into hot sterilised jars.

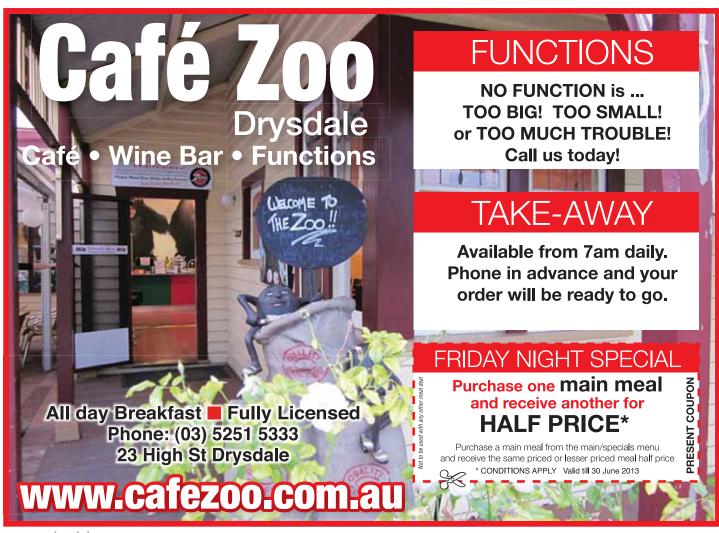
Apprentice Gemma makes her mark



Aspiring Chef and current Café Zoo 3rd Year Apprentice Cook, **Gemma Borgwardt**, has won this year's Rotary Club of Ocean Grove's Scholarship for an outstanding student at the recent Gordon Awards night.

Gemma has grown up in Drysdale and attended local Primary and Secondary Schools before obtaining her apprenticeship after completing Year 12. Her passion has always been cooking and her obvious commitment and work ethic whilst both studying and on the job have been clearly recognised. This award is reflective of Gemma *making her mark* on the hospitality industry.

Family, friends and employers were all in attendance at the Gordon Awards night and were all notably proud when Gemma was presented with her certificate by Geoff Chandler of the Rotary Club of Ocean Grove.





HEALTH & WELLBEING

Relieve Stress

Epsom Salt baths are relaxing and beneficial. They can relieve stress, soothe muscles and soften the skin. Epsom salt has been traditionally used as a component of bath salts. Pour a cup or two of Epsom Salts under

warm, running water to transform an ordinary bath into a gentle, moisturizing spa and soak for 20 minutes.

Try taking an Epsom Salt bath today.

Drysdale Health Group

Proactive, Preventative & Professional



- Physiotherapy
- Podiatry
- Myotherapy
- · Exercise Physiology
- Acupuncture
- Pilates
- Naturopathy
- Remedial Massage

27-29 High St Drysdale (03) 5251 2958

10-16 June International Men's Health Week



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

www.menshealthweek.org.au

RSONAL TRAINING nere exercise means fitness ONE ON ONE TRAINING **SEMI PRIVATE** GROUP FITNESS WEIGHT LOSS NUTRITION Be motivated today call Luke for an appointment today. **LUKE LETHBRIDGE 0409 415 839** 10/34 MURRADOC ROAD DRYSDALE

Bowel Cancer Australia





There are more than 14,000 reasons to support Bowel Cancer Australia, one for each person whose life will be changed when they are diagnosed with bowel cancer, and that's just in one year. Show your support by helping us raise awareness during Bowel Cancer Awareness Month (formerly Bowel Cancer Awareness Week) - an annual public education initiative of Bowel Cancer Australia running throughout the month of June (1-30 June 2013). Now in its thirteenth year, the initiative aims to raise public awareness of a disease that claims the lives of 80 Australians every week. www.bowelcanceraustralia.org

5 June **Red Aussie Apple Day**

On Wednesday 19 June, Red Apple Day, Australians are encouraged to help raise funds for bowel cancer research and awareness through the purchase of an apple pin.

www.bowelcanceraustralia.org/bca/ for further information.





HEALTH & WELLBEING



SIDS and Kids

Red Nose Day is the national fundraising event day for SIDS and Kids held throughout the month of June. Red Nose Day provides critical funding for a 24 hour bereavement support service, community education to reduce incidents of SIDS and fatal sleeping accidents, and research into areas such as SIDS and stillbirth. To date it is estimated that SIDS and Kids has saved the lives of over 6.500 babies across Australia. www.rednoseday.com.au

Help Raise Funds



SpringDale Occasional Care is raising funds by selling the new Entertainment Book. This book includes vouchers for dining, entertainment, Video Easy, Arts, Sports, Entertainment and Travel and much more, and costs \$55. Most vouchers give 20-25% off.

If you are interested please see Jean or Janet at Occasional Care. Might be a good idea if you go halves with someone and make even more savings.

Portside Physiotherapy



Theatre Plaza, Harding Street, Portarlington

Ph: 5259 1277

www.portsidephysiotherapy.com.au

Changing Minds Clinical Hypnotherapy

Specialising in:

 Weight issues inc. gastric band Smoking cessation

ssist 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



"Caring for our bodies means caring for its architecture - the spinal cord that keeps us upright, mobile and strong. Maintaining a quality lifestyle through regular spinal care helps us reach our potential," says Dr Sharon Pedersen-Jones.

Corrective Chiropractic Bellarine

caring for family health and wellness ...

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, saving 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

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

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

Dr Sharon Pedersen-Jones. Chiropractor

BONUS OFFER

YES! I would love to receive a complete consultation for only \$47!

> I would like to make an appointment as soon as possible.

Please contact us on 5253 2800 or call into our office, Corrective Chiropractic Bellarine, at 13 Dunburra Ave, Clifton Springs to take advantage of this offer. June SpringDale Messenger

myki **Comes To Geelong**

As from Friday, April 19, you needed a myki card to travel on ALL Greater Geelong, Bellarine and Surf Coast buses. You can buy your myki card from the following in Geelong:

- · Market Square Post Office (Australia Post), 99 Moorabool Street, Geelong
- · Nextra Westfield Geelong, Shop 1180, Westfield Shopping Centre Malop Street, Geelong
- · 7-Eleven Geelong City, 115 Moorabool Street, Geelong
- 7-Eleven Geelong, 50-54 Sydney Parade, Geelong
- 7-Eleven Geelong North, 3/67-69 Separation Street, Geelong North
- 7-Eleven South Geelong, 325 Latrobe Terrace, South Geelong

Alternatively, you can purchase a myki by calling 13 69 54 (13 myki) or online from the Myki website or for more information http://www.myki.com.au/Home

Please note: There is NO outlet on the Bellarine Peninsula at which to purchase a myki card.

Drysdale Branch of The Country Women's Association

The Branch Meetings are held on the second Tuesday of the month at 1pm in the Community Rooms, The Springs Golf Club. Craft Meetings are held monthly on the fourth Tuesday 11am and the fourth Wednesday evening 7.30pm.

Drysdale Branch warmly welcomes any enquires for Information and Membership.

Contact Joy on (03) 5251 3696 or Shirley on (03) 5253 2757.

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National Celtic Festiva

Be part of the southern hemisphere's largest and most diverse celebration of Celtic music and culture at Portarlington over the long weekend, June 7-10. Experience all the magic of Celtic music, dancing, songs and jigs, pipers and drummers, markets, displays and workshops. The return of Irish singer and songwriter, Eleanor McEvoy, will be a highlight this year.



Scarf Festival

With more than 250 scarves on display submitted by individual craft makers from around Australia and overseas, the Scarf Festival 2013 Exhibition runs from 7 June to 25 August, 2013 at the National Wool Museum, Moorabool Street, Geelong. Most of the scarves will be available for purchase, although all will remain on display until the end of the exhibition. There is also an exciting program of craft demonstrations running throughout the Festival.

Are you booked up?

If not, we have a double bill for you leading up and into the Queen's Birthday long weekend.

On Wednesday 5 June the ladies of St James Church in Collins Street, Drysdale, in conjunction with the National Seniors Bellarine, will be putting on another Millers Fashion Parade in their lovely Hall.

The parade commences at 2pm and this is always a good afternoon's entertainment as the \$10 ticket cost includes a scrumptious Devonshire tea. There will be an opportunity to buy clothes and accessories on the day at bargain prices.

Enquiries/Tickets: Pat (03) 5253 1866, Pauline (03) 5253 2717 Jackie (03) 5216 9018.



And then, over the Queen's Birthday weekend of 8-9 June. St James' will be holding another of their very successful huge Secondhand Book Sales in their Hall, Saturday 9am - 5pm and Sunday 10am - 4pm.

With free entry, all abilities access, and refreshments on offer, this will be a delightful place to while away a few hours and stock up on some bargains.

This is an event for all ages with a special children's section providing low tables and seating in a safe environment.

All books are individually priced inside the front cover and laid out in categories.

Enquiries: (03) 5251 2594.

www.bellarineparish.org







SAFER COMMUNITIES NEWS

The Geelong Kokoda Youth Program

This early intervention program provides an avenue to assist young people to reengage with school and break the current pattern of anti-social behaviour. It also provides an opportunity for police and local business people to have more involvement as a positive role model with young people who have had (or potentially will have) contact with police. Businesses have the opportunity to take part in a worth while program and to experience the remarkable change in behaviour of a young person through their positive involvement.

The Program includes extensive training and meeting with a Kokoda veteran to inspire them to walk the Kokoda Track. Businesses have the option to sponsor a young person at a cost of \$6,000 or provide a representative from their business to participate and sponsor a young person at a cost of \$12,000. If you are interested and would like more details please contact any of the following.



Michael Reid, Acting Inspector, Victoria Police, Geelong Kokoda Youth Program Coordinator 0457 516 732 or michael.w.reid@police.vic.gov.au

Warwick Knuckey, Leading Teacher, DEECD, Operation Newstart Geelong Program Coordinator 0488 086 474 or Knuckey.warwick.a@edumail.vic.gov.au

Andrew Brittain, Senior Constable, Victoria Police, Operation Newstart Geelong

Program Coordinator 0439 320 286 or andrew.brittain@police.vic.gov.au

Drysdale Guides



We are in preparation for camp mode with 3 camps coming up in the next few months. Our Senior Guides are planning a weekend by themselves, then they are running a camp for our Junior Guides to share their skills and take their talents to the next level, ending with a winter sleepout with the region. Junior Guides recently raised money for Hot Chocolate Day there is always someone else that we are helping.

Make new friends, learn new skills and have fun with energetic activities. The Drysdale Guides meet every Thursday afternoon at SpringDale at 4pm for girls aged 6 – 11 years and 6.30pm – 8pm for girls aged 11 – 18 years. Girl Guides is part of a worldwide movement with more than ten million members in over 145 countries.

For further information on the Drysdale Guides contact Anne Brackley on (03) 5253 1960.

Anne BrackleyDrysdale Guides

Reconciliation in the Park



On Sunday 2 June Reconciliation in the Park takes place at Johnstone Park, Geelong from 10am to 3pm. Displays of indigenous cultural activities, boomerang painting, didgeridoo playing, damper making and free family fun activities.

Visit www.geelongonfire.org.au to discover all about this popular event.

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Carting grain a tireless job

On my way to see Wilfred Bufton, to take a photo of the tomato plants that he tended tirelessly over summer and way beyond (see gardening pages), I saw Kel and asked him to come with me to Drysdale Grove. Kel recalled "I carried grain from many farms around the Bacchus Marsh area near Bufton's farm. We carted grain from near Bacchus Marsh and Ballyang to the Lara station or to behind Pilkintons in North Geelong where there were huge stacks of wheat in bags. Blood would

be running out of your hands - we'd load with a stick - this long (about 2 foot long). The farmer did the initial harvesting if he had the machinery and placed the bagged wheat in double rows as they came off the harvester. Then the bags were topped up in the paddock by a contractor who was paid to sew the bags. The skill in filling the bags so they contained 186lb ie: 12 bags to the tonne was very interesting to hear about.

The contractor had a glove with a coin (penny) in the centre for helping to punch the needle through the sack bag. He had a long galvanised funnel that he lifted up and down the side of the bag to let extra grain



276 - 290 Jetty Rd Drysdale





Kel, Jack the dog and Wilfred Bufton

into the bag so that it became consolidated." said Kel.

Kel on one side and either Jackie Mckiernan or Keith Nicholson on the other and Reg Butcher on the truck stacking the wheat bags - loaded 84 bags ie 7 tonne by lifting the bag with a stick to help lever it and throw it up onto the truck. Reg Butcher was the first in the area to purchase an elevator run by a water cooled motor a Ronaldson Tippet. The same machine is still in the area and it was built by Munroe's Engineering Ballarat.

Anne Brackley

Drysdale Seniors

The Drysdale Senior Citizens Club provides a relaxed environment where people can enjoy the company of others and participate in a wide range of activites including bingo, indoor bowls, crafts, line dancing, luncheons and social outings, special interest activities, trips and tours. It's a great way to keep active and socially connected. For any enquiries, please

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Rotary Club of Drysdale



Myalie Loveday invited speaker for the evening

Rotary Club of Drysdale had as the guest speaker Myalie Loveday. Jenni Casey introduced Myalie who is a local Jewellery designer and artist. Creativity by Myalie is her label and she spoke about how she has been designing and making jewellery for the past 10 years and that she has been a Silversmith for the past 3 years.

Myalie also explained that art was in her family and her mother was a Graphic Designer. Silversmithing not only involves sterling silver but also copper and brass. Myalie showed us many of her creations and some of the Rotarians purchased some of her work. She also had some of her artwork which was on display.

Myalie said "I enjoy a lot of different crafts and drawing and I am self taught. Since I was young it is something I have always enjoyed and loved doing to express myself through my work and to share it with others. My Pa was one of my biggest fans, he always encouraged me to keep going and do what I loved. I am lucky to have some of his old tools which I use when I am working with silver and wear his wonderful old leather work apron that he wore, and it feels like he's always with me."

Jenni thanked Myalie for her presentation and presented her with a small gift.

Years ago

As reported in The Argus on Tuesday 26 March 1895 **GEELONG**

A stack of hay belonging to Mr. P. O'Halloran, farmer, residing near the Drysdale Road was destroyed by fire on Saturday night. The stack was valued at £100, but was insured for only £50 in the Royal Insurance Company's office.



Clifton Springs Tennis Club Champions

Our Senior Club Championships were played recently in perfect conditions on Saturday afternoon and evening.

Tess Havelberg retained her Ladies A grade Championship in a competitive final against Sally Hill. In the Men's A final Josh Matthews was victorious in a gruelling 3 set match over 2010 and 2011 Champion, Peter Havelberg.

Julie Couchman defeated her daughterin-law Calli Couchman in the Ladies B competition.

Eric Wilkes was the winner of the Men's B grade and Joel Wilson took out the Men's plate.

A big crowd enjoyed the atmosphere of the finals played under lights and a BBQ meal served on our new outdoor area.

Graeme Reid

President



Club champions: Julie Couchman, Eric Wilkes, Josh Matthews and Tess Havelberg

Drysdale Tennis Club

Drysdale Tennis Club is looking for interested ladies to join its teams for the Winter Mid-Week Ladies Competition. The ladies play on a Tuesday from 10.30am to around 12.30pm. A pleasant lunch is enjoyed afterwards. The more ladies that can play means that more teams can be filled and a wider range of grades become available.

The winter season begins on 9 July 2013. Please phone Janina on (03) 5251 2512 or Robyn on (03) 5253 1898 if you would like more information or are interested in playing tennis.



Go Hawks.

Football fans enjoyed watching Tom Mullane-Grant kick eleven goals in a recent match against Portarlington. Let us hope that all is on track in the next few matches as the Hawks head for another flag.

Round 8 for the Hawks is away against Torquay on 1 June, Round 9 is away against Barwon Heads on 8 June, Round 10 is home against Ocean Grove on 15 June, Round 11 is away against Anglesea on 22 June and Round 12 is away against Modewarre on 29 June.

Go Hawks.



The City of Greater Geelong's 2013 - 2014 budget includes money to improve the Clifton Springs fountain. The City of Greater Geelong owns the Clifton Springs fountain and is responsible for maintaining it as part of the city's collection of public art. DCSCA members are part of a working group of local people concerned about the fountain who have been talking to councillors and officers about the fountain's future. The working group will offer some possible next steps for public comment at a public meeting on June 11 at the SpringDale Neighbourhood Centre.

Fountain Project

The fountain project is a partnership between DCSCA and SpringDale. It is the first in a DCSCA program Streetscape to Artscape of creating public art through local consultations. In another development, DCSCA has discovered that the former council set aside money four years ago for a piece of sculpture on the Clifton Springs foreshore. We are working currently with Cr Lindsay Ellis (Coryule ward) to establish tendering and public consultation processes to ensure that this money is used to create public art that reflects local people's views about the area and its future.

A Drysdale-Geelong rail link?

The Victorian state government will commission feasibility studies into new rail services between South Geelong and Drysdale and between Grovedale and Torquay. High quality public consultation about the feasibility studies will be the key to their success and DCSCA is ready to do what it can to make that happen. DCSCA has long called for a study into a Geelong -Bellarine light rail service, to reduce local petrol-based traffic and create new local jobs. Our interest in local rail grows from our program Going Green on the Bellarine, which aims to make the area a showcase of tomorrow's green economy.

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/



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