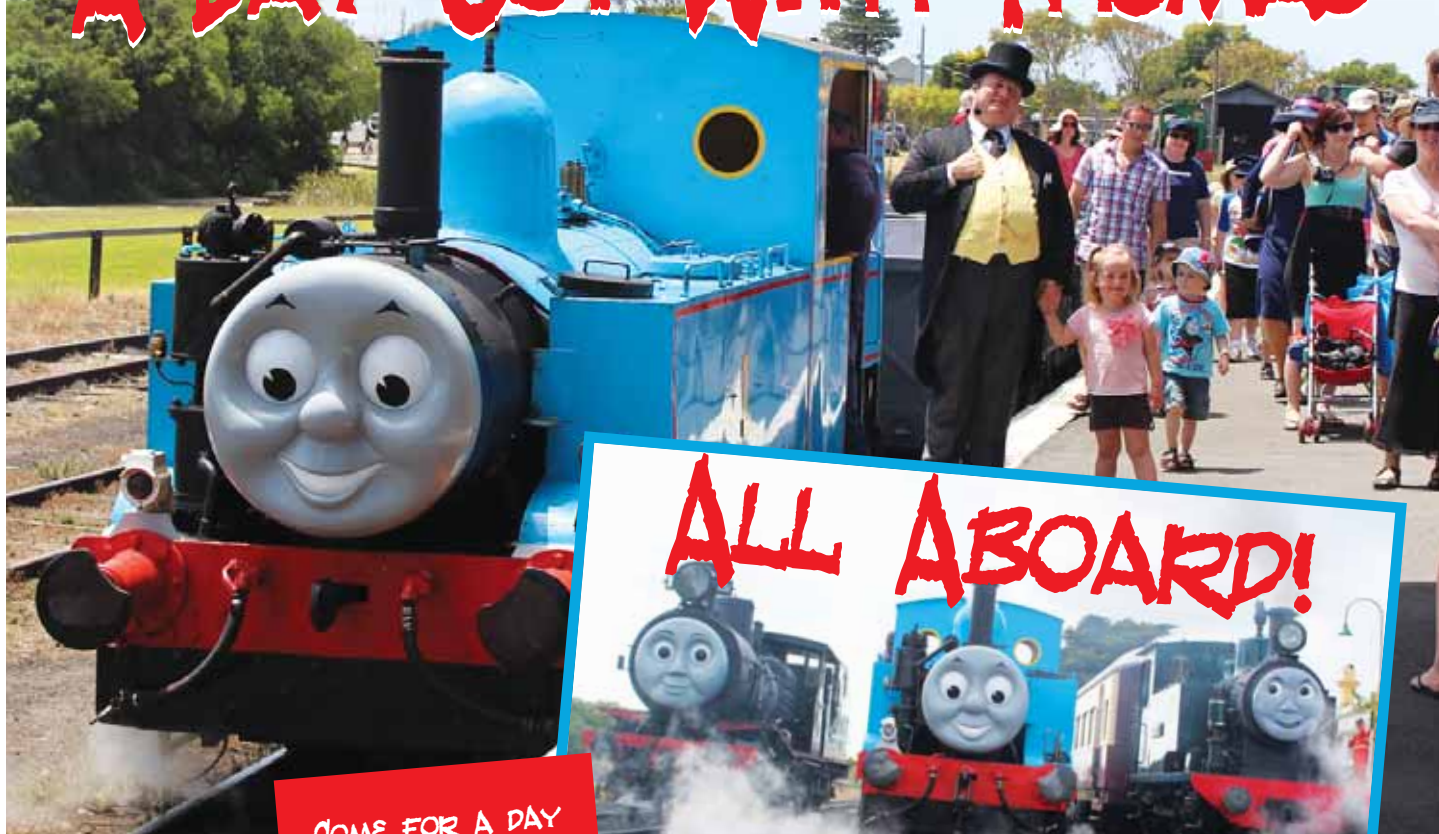


The SpringDale Messenger



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

A DAY OUT WITH THOMAS

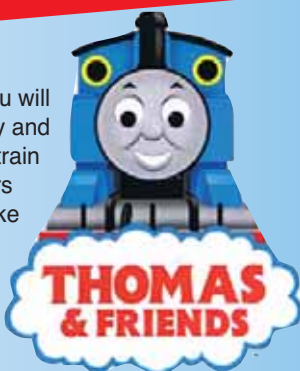


ALL ABOARD!

COME FOR A DAY
OF ADVENTURE AND
FUN WITH THE EVER
FAVOURITE THOMAS
THE TANK ENGINE.

If you have children, then you have heard of *Thomas the Tank Engine*. On 12 and 13 October at the Bellarine Railway, they will host *Thomas and the Fat Controller* at the Queenscliff Station for a full day of fun.

If you have booked online, you will have already selected the day and time for the 50 minute return train ride from Queenscliff to Lakers Siding so you only need to take the confirmation email to the pre-booking tent to pick up the wristbands for the whole family. If you haven't booked online, you will go to the booking office to get your tickets and wristbands. Everything is included all day in your ticket family \$85, adults & children \$22, toddlers \$12, babies free, visit: www.bellarinerailway.com.au to book or for full details



Story continued on page 21



Donna Williams
BA Hons, Dip Ed

Walking in Autistic Shoes

Donna will provide a fascinating insight into the world of Autism as someone who has actually been there. Turn to Page 4 for information about the evening where Donna will present and discuss Autism from her perspective.

Page 4

CHILDREN'S WEEK

POTATO SHED

momentum energy

GEELONG

FREE FAMILY FUN DAY

TURN TO PG 5

What's on - October 2013

Tues Wed Thur Fri
1 2 3 4 Cinderella Potato Shed

Wednesday
2 Millers Fashion Parade, St James Hall 2pm

Friday Sat
4 5 Community Consultations
Potato Shed Interim Strategic Plan
Friday 4 – 3.30pm – 6.30pm
Saturday 5 – 9am – 12pm *Potato Shed*
Drysedale Fire Brigade Garage Sale 8am

Saturday
5 Harvest Basket produce Swap SpringDale 9am – 11am
Clifton Springs Garden Club Open Day 10am – 3.30pm
My Life As A Piano *Potato Shed*
Jackson Hand in Hands Up! *Potato Shed*
Bush Dance at SpringDale 7.30pm.
Drysedale Fire Brigade garage sale

Sunday
6 **Daylight Saving begins.**
Turn clock forward 1 hour

Monday
7 School Term 4 begins

Thursday
10 Table Tennis Open Day,
St James Hall 8.30am

Saturday
12 Day Out with Thomas

Sunday
13 Day Out with Thomas
Brisbane Ranges Wildflower Show 9.30am – 4.30pm
Hot Club Swing Jazz, *Potato Shed* 2pm

Tues
15 The Way We Were Morning Showtime
Potato Shed

Wednesday
16 Drysdale Clifton Springs Community
Association AGM 7pm SpringDale
Biodiversity in Your Backyard *Potato Shed*
Memorial Day – 3.30pm at The Cafe Zoo

Thursday
17 Melodaires 1.30pm – 3.30pm Drysdale Seniors Club
Royal Geelong Show

Friday Sat
18 19 Royal Geelong Show



Sunday
20 Drysdale market 9am - 1pm
Royal Geelong Show
Portarlinton Art & Garden Trail 10am – 4pm
Free Family Fun Day at *Potato Shed*

Mon Tues Thurs
21 22 24 Grade Prep Performing Arts
Workshops *Potato Shed*

Wednesday
23 Geelong Cup
SpringDale open



Saturday
26 Garage Sale Drysdale Uniting Church
St James Trivia Night,
Clifton Springs Bowls Club 6.30pm
Growing Friends Nursery plant sale
at Botanic Gardens 10am – 4pm
Halloweenfest 7 *Potato Shed*



Sunday
27 Growing Friends Nursery plant sale
at Botanic Gardens 10am – 4pm

Monday
28 Pink Ribbon Day



Thursday
31 Table Tennis Open Day,
St James Hall 8.30am
Coryule Choir Concert
1.30pm-3.30pm,
Drysedale Senior Citizens



Deadlines 2013

November Issue

Bookings/copy required by 1 October 2013

Distribution

Saturday 26 October

Circulation

7,000 copies

SpringDale Neighbourhood Centre Inc. acknowledges the support of:



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

If you wish to place your event in the **calendar** and further
issues of **The SpringDale Messenger** please email,
write or call the event details to our office.

SpringDale Neighbourhood Centre

Opening Hours **Monday to Friday 9am - 5pm**
and by appointment.

Compiled & published by the **SpringDale Neighbourhood Centre Inc.** A0024916V
17-21 High Street, Drysdale Vic 3222 | Postal Address: PO Box 80 Drysdale

The SpringDale Messenger | Production & Creative by **Lyn Ingles - blue pencil publishing**

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For all editorial enquiries: E: **messenger@springdale.org.au**

W: **www.springdale.org.au**

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

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



from the centre

Anne Brackley [centre coordinator]



Dear Everyone

I love the opportunities that this role provides. Over the last month I have met and shared conversation with people who are new to the area and trying to find ways to contribute to our community, with professionals who are helping us to be the best that we can be through their professional skills, with people who are looking forward to a change in their lives and how they would like to contribute to the diverse range of activities offered, with people who would like to progress our wonderful part of the world and with people who are generously giving to other members of our community. I have been lucky enough to share incredibly happy moments and celebrations and some incredibly moving moments. I thank everyone for their trust and their time.

Each day I wonder what exciting conversations might be next. The positive energy from these conversations helps to power all the other tasks that need to happen to ensure that SpringDale Neighbourhood Centre provides a wide range of activities, a wide range of services, and a wide range of facilities for our whole community.

One of our other key functions is planning, implementing, and evaluating to start the process all over again. The SpringDale Neighbourhood Centre Draft Strategic Plan for the next 4 years is available for comment and we hope that our community will review it to ensure it meets the needs of our community. The *Streetscape to Artscape* Plan is ready for community comment and hopefully it will gather people around it to progress. The work we have been doing on the Pier and the Lookout seem to be encouraging us to design a Visitors Plan which will add to the suite of plans that integrate to give us a community developed vision for our wonderful part of the world.

The success of the town summit last year has encouraged us to hold another town summit in November. Once again we plan to have information about many of the project and plans that are still either on the table or are progressing. The summit will enable an opportunity for our community to gain up to date information and hopefully facilitate some great discussions. If you would like to assist with this summit or comment on the scheduling of the sessions I'd love to hear from you. The most popular time slots, last year were Friday afternoon 1pm-3pm, Saturday morning 10am-12noon and Sunday morning 10am-12noon. We are thinking the weekend 15-17 November.

We are excited that we are offering more than 40 events for Seniors Month – hopefully there is something for everyone to try and thank you to City of Greater Geelong for giving us a small grant to help advertise this. As I write this I prepare to spend the day with new friends at Bellarine Secondary College at YouthFest, which demonstrates the breadth of our support.

If you have never been to SpringDale before hopefully you'll find the time to pop in during October. Thank you for your support of our community and SpringDale – I look forward to chatting to you soon.

Anne Brackley
for the whole SpringDale Team.

Bring it back please for re-issue.

I love to know that you keep *The SpringDale Messenger* for a period of time – but you may like to pass it onto someone outside our delivery area or if you do dispose of it after reading – please feel free to bring it back to the SpringDale Neighbourhood Centre so we may re-issue it.

We currently print 7000 copies and home deliver in Drysdale, Clifton Springs and St Leonards. It is also delivered to the retailers throughout the Bellarine.

'Wombat in the Woolshed'

is returning to
The SpringDale Hall



FAMILY BUSH DANCE

**SATURDAY
5 OCTOBER
7.30pm to
after 10.30pm**

**• \$10 ADULTS
• \$25 FAMILIES
At the
SPRINGDALE
HALL
in DRYSDALE
www.springdale.org.au**

COURSE UPDATE

@ SpringDale



SpringDale needs your help with YouTube. Our aim is to obtain 100 subscribers to our Channel www.youtube.com/user/SpringDaleNC by 2014 to achieve our goals of Live Streaming.

Please ring (03) 5253 1960 or email admin@springdale.org.au for more information.

Vacation Care



We have had a change in staff for this program and we will be including more activities. The theme for this program is learning from every situation. It will be a great program and we look forward to welcoming all our children back and many new children. Thanks to our community supporting our program.
Ricci Powell, Education Leader
SpringDale Vacation Care.

Spring

Mon 23 Sept – Fri 4 Oct
Sessions run from
6.30am - 6.30pm.
Extended hours.

Book now!

Limited spaces
Call 5253 1960 B/H

**\$45
per day**

**SpringDale
Vacation
Care**

No extra charge
for excursions.
Child Care
rebate available

Email: office@springdale.org.au

our reader's feedback

Chris's ladies

Chris is a very lucky man to have such a lovely group of ladies working for him. (Front cover SpringDale Messenger September). Paul, Drysdale.

Bellarine Heritage

Recently I visited the Old Court House Museum in Drysdale and found them very helpful. They certainly have a lot of records. Betty, Clifton Springs.

Drysdale Bypass

Traffic issues around Drysdale are a major problem. When can we get a Bypass to help alleviate the situation?

Dave, Drysdale.

Great Mag

The Messenger is an uplifting magazine and good for the community. Henry, Drysdale.

Shoulders Course

I loved attending the Fancy having loose, comfortable shoulders session – I will definitely be attending anything Allison is offering in the future, I'm already booked in for the Gentle Art of Body Work

Paula

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

WIN 1 DOUBLE (PASS)

POTATO SHED

To enter fill out the coupon below and send or deliver to:
SpringDale Neighbourhood Centre
High Street, Drysdale

15 October
Geelong –

The Way We Were
Morning Showtime 10.30am
Including Morning Tea



Name: _____

Address _____

Phone No: (03) _____

COMPETITION CLOSSES 3PM FRI 11 OCT

New Courses at SpringDale



Portuguese for the Olympics

Olympics! Come and learn the basics of Portuguese to make your travel experience more enjoyable. Basic simple fun conversation. Agata is a fluent Portuguese speaker.

Date/time: Sat 12 Oct – Sat 30 Nov
(8 sessions) 9am – 10.30am

Fee: \$120 **Tutor:** Agata Commisso

Italian for travel

Italy is beautiful in their Spring if you are planning to go from Easter onwards now is the time to learn. Basic simple fun conversation. Agata is a native Italian speaker.

Date/time: Sat 12 Oct – Sat 30 Nov
(8 sessions) 10.30am – 12noon.

Fee: \$120 **Tutor:** Agata Commisso

Home Made Italian Sausages

In this class you will learn the skill of making sausages - with pork, fennel and traditional secret herbs and spices. Each participant will have the opportunity to make their own sausages to take home and share with the family. BYO Esky or Cooler bag and an apron. We will discuss the difference between fresh sausages and salami which are traditionally made in winter. We will all make the same pork/fennel on the day and discuss other flavour combinations.

Date/time: Sat 19 Oct; Sat 16 Nov;
Sat 23 Nov. 1pm – 3pm **Fee:** \$80 each

Ingredients include: Casing, meat, spices are provided. **Tutor:** Agata Commisso

Sleepless and Need Help

An evening at SpringDale to share some ideas. This especially includes practices that are easier to demonstrate in practice than for me to explain in written words. Some sleeping aids are as simple as putting a tissue with a few drops of pure lavender oil on each side of the pillow so I can breath it in whichever side I lie on. Lavender is one essential oil that is known for its relaxing and sleep encouraging qualities.

Date/time: Wed 30 Oct 7pm – 8pm
Fee: \$5 **Tutor:** Allison Baensch

Future Employment Planning

A number of Neighbourhood Centres in our area have been working together to come up with a course to look at some issues that might face people who are facing an uncertain employment future. We are ready to pilot this program and would appreciate the assistance of some people who have maybe faced this or are facing this issue, if you would like to help please contact SpringDale (03) 5253 1960.

Walking in Autistic Shoes

An autism presentation and question-answer forum with renowned author, lecturer and autism consultant.

Born in 1963, thought deaf and diagnosed as psychotic at the age of two, Donna Williams thwarted institutionalisation, and acquired functional speech in late childhood.

Date/time: Mon 28 Oct 4pm – 5.30pm
or 7pm – 8.30pm

SpringDale Neighbourhood Centre

Fee: \$30 (Prof Dev Cert provided) \$10 Conc

Expressions of Interest

Mouth organs

75% of ukulele players have a mouth organ in the cupboard and would love to know how to play. Are you one of those people? Please register your interest in this course.

Off around Australia

Are you preparing to go around Australia or parts of it. Ideas and discussion group for people who have been, who want to share ideas and relive the experience, and for those who haven't and are planning to go. Lindsay Wright has offered to facilitate this group. Is anyone interested?

Genealogy

Andrew Robertson has offered to facilitate an ancestry group in 2014. He has discovered many surprises in his family tree and would like to help others to chase their own history in a supported environment if there is interest.

Be entertained at the Potato Shed

IMPORTANT DATE

Potato Shed Interim Strategic Plan community consultations will be held at the Potato Shed on Friday 4 & Saturday 5 October. This is your chance to comment on the future of the Potato Shed. For more information contact the Potato Shed.

We're delighted to be part of the City of Greater Geelong's Seniors Festival in October and to celebrate we're staging three special performances on Saturday 5 October, Australia's Queen of Boogie Piano Jan Preston drops in for a magnetic live performance of her latest show *My Life As A Piano*. On 13 October, you can catch *Hot Club Swing* and on Tuesday 15, don't miss *The Way We Were* which tells the story of Geelong's past in film clips. Grab one of our Seniors Festival flyers for full details.

By far our biggest event of the year

Family Fun Day @ The Shed is BACK.

A brilliant day out for families, this year's line-up is better than ever and it's free. See our ad for more information. Also in October, you'll find CCP's *Halloween Fest* - this popular all ages event is spooky fun and fully supervised. Jackson Hands brings his hilarious *Hand's Up* show on Saturday 5 October after Jan Preston's. On 16 October, we also have Landcare Bellarine and the Bellarine Catchment Network holding another *Biodiversity in Your Backyard* forum and we'll also be unveiling our new bus shelter murals – details to come. There is also a rumour that Barry Morgan will be returning in November. Stay tuned.

Give us a call on (03) 5251 1998
or visit us at www.geelongaustralia.com.au/potatoshed.

You can also book tickets at any City of Greater Geelong Customer Service Centre.

Headline Act

The Mik Moks

Momentum Energy proudly presents
Handball
Power Jump
Power Kick

CHILDREN'S WEEK

FREE FAMILY FUN DAY

at
THE POTATO SHED

11AM-3PM

SUNDAY 20 OCTOBER

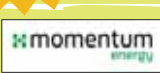
- JUMPING CASTLES
- LIVE THEATRE
- DANCING WORKSHOPS
- PUPPET SHOWS
- DRUMMING
- CRAFT ACTIVITIES
- ANIMAL FARM
- TEMPORARY TATTOOS
- MINI GOLF

WIN PRIZES

- BUNGEE RUN
- MONSTER TRUCK SLIDE
- SKATE PARK • ROVING ENTERTAINMENT
- TRAIN & FIRE ENGINE RIDES

AND SO MUCH MORE...

Family Fun Day is brought to you by the following sponsors:



Family Fun Day could not take place without the generous support of our wonderful local community and volunteers.

Creative Lyn Ingles - blue pencil publishing

POTATO SHED

CITY OF GREATER GEELONG

October at the Shed - be there!

1,2,3,4 October

Cinderella

10.30am & 1.30pm

\$8per ticket \$27Family (4)

4 & 5 October

Community Consultations

Potato Shed Interim Strategic Plan

Friday 4 - 3.30pm - 6.30pm

Saturday 5 - 9am - 12pm

All welcome

5 October

My Life As A Piano

4pm

Adult \$18 Conc \$14

5 October

Jackson Hand in Hands Up!

6pm \$10 per ticket

13 October

Hot Club Swing

2pm \$14 includes refreshments

15 October

Geelong - The Way We Were

Morning Showtime

10.30am \$14 including Morning Tea

16 October

Biodiversity

in Your Backyard

Landcare Bellarine

& the Bellarine

Catchment Network

7.30pm Free Event

20 October

Family Fun Day

@ The Shed

FREE event

21, 22, 24 October

Grade Prep Performing

Arts Workshops

Pre registered schools only.

Parents and friends welcome

see schools for details.

26 October

Halloweenfest 7

CCP Gig

All ages event

Prices TBC



5 October 4pm

My Life As A Piano



CINDERELLA



OCTOBER 1-4

10.30am & 1.30pm DAILY

**Hello!
say it loud...**

I am Barry Morgan.
I am I coming back
to the Potato Shed
Melbourne Cup
Weekend - Sat 2 Nov!

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

POTATO SHED

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

CITY OF GREATER
GEELONG
WWW.GEELONGAUSTRALIA.COM.AU



Ring Road and the Bellarine Connection

I recently raised in Parliament with the Minister for Roads the issue of the Geelong Ring Road. I asked the Minister to urgently review the decision to build section 4C of the Geelong Ring Road to arterial road standard rather than freeway standard. The ring road has been a boon for the Geelong economy and was a great investment by the former State Government in securing the future of the region, but the next stage needs to be built as a freeway and not an arterial road or the economic and amenity benefits to the community will be seriously undermined.

Stage 4C, which is the link to the Surf Coast Highway, will have traffic lights if it is built as an arterial road, which will inevitably slow traffic and deter people from using the road. Ultimately the ring road needs to be and is planned to be extended to Portarlington Road to service the Bellarine Peninsula. However, the decision to build

4C to arterial road standard with traffic lights and speed restrictions will have impacts on both the benefits and of the link to the Surf Coast Highway and also for the future connection to the Bellarine Peninsula. I will continue to push for the Government to review this decision and have section 4C built to freeway standard so it will meet the needs of residents, businesses and visitors to the area now and into the future.

Fire Services Levy

I continue to receive complaints from Bellarine residents and business owners about the burden of the large increases in the Fire Services Levy (FSL) compared with previous years. The levy is set by the State Government and collected by the Council through your rates. While people are happy to pay the FSL, the increase in the levy costs are causing concern. I have written to the Treasurer and also raised the issue in Parliament. If you are concerned about the amount you are paying, please let me know

to ensure I can continue to raise the issue with the State Government on your behalf.

Victorian Seniors Festival

The Geelong Seniors Festival is held throughout the month of October to coincide with the **Victorian Seniors Festival**. For more information on what's happening in Geelong, visit the City of Greater Geelong website www.geelongaustralia.com.au or contact my office. For more information on events in Melbourne and across the State visit www.seniorsonline.vic.gov.au or call **Seniors Information Victoria** on **1300 135 090**.

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

SpringDale Occasional Care - a unique service

Our **Occasional Care** is a very unique opportunity to leave your child/children with qualified childcare workers for shorter periods of time.

We currently have 3 hour sessions and 5 hour sessions which give parents or grandparents an opportunity for a break to do shopping, attend appointments or just a well earned break with a new baby. I am sure there are many more reasons for families to take this opportunity.

We take enrolments for 15 children per session at varied ages. This allows siblings to be together and gain confidence together to leave Mum for these shorter periods. We create an indoor/outdoor program based on observations of the children encouraging the way they would like



Janet and Jean - SpringDale Occasional Care

to learn. Our aim is to nurture their learning and self esteem for their future in kinder and school.

We have reading time, sing songs that all children enjoy immensely and of course so do we. Families are encouraged to supply the children with healthy snacks and lunches. The children and staff share snack and lunch time together and share many

stories. Jean has been with our Centre for 17 years and has seen the Centre grow in many ways.

Jean takes very much pride in creating her program for the children and is amazing with her ideas. Janet has been with our Centre for 7 years and enjoys creating the outdoor environment and supporting Jean and the children/families.

**Need a Will,
Power of Attorney
or Probate for a
loved one's estate?**

Come in for a *free* chat

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- St Leonards
- Indented Head
- Clifton Springs

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Monday - Friday
9.00am - 5.30pm

Saturday
10.00am - 2.00pm



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Telephone: 5255 2663 Fax: 5255 2386

Economic Development for our area

A Pier, Lookout, and forum for great ideas meeting was held recently at SpringDale. We started by looking at the local piers Portarlington, Indented Head, St Leonards, Swan Bay and Queenscliff and finished by looking at our deteriorating piers. We discussed what has happened in the past and the way that the Foreshore Subcommittee negotiated to get the pontoon at the boat ramp. We heard information about the Foreshore Subcommittee and how they strived for a pier a number of years ago

The point of safety was raised as the old pier pylons are not usually shown on maps. It was asked for lighting to be on the new pier for safety.

We considered the Lookout concept and agreed that it would be a great asset for the town. We studied all the different lookouts in the area Brown Hill, Barwon Valley, Montpellier Park and Queenscliff.

We talked about how these icons, lookout and jetty, would help to increase the variety of activities for visitors after they had been on our Tourist train.

A great idea that was put forward was to increase the footpaths, which continues to be the call from residents and has been a topic that we have featured regularly in the Messenger over the last 20 years.

Thank you to everyone who came to the meeting and we will be trying to progress all these projects.

We did film the meeting and it is on our YouTube station. Looking forward to your comments and your contributions.



John Williams and Kel Davis in front of the St Leonards Pier.



Laurel Wilkinson and her folder of letters and articles written and collected, about a lookout for our very special part of the world, over many years.

golfing memberships

Golfing Memberships 7 Days
1 Oct 2013 until 30 June, 2014 - \$619.00

Week Day Membership
1 Oct 2013 until 30 June, 2014 \$465.00

Green Fee Players Welcome
- \$30 for 18 holes

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.

TAB Keno "Play by the Bay"

Clifton Springs Golf Club

BAYSIDE BISTRO Clifton Springs

Larger Servings

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 Roast Lunch	\$19 ⁵⁰
Everyday!	Two Course Lunch Special	\$15

Kevin Mahoney
Appearing Friday 4th & 18th October
Be entertained and enjoy the music.

Present this coupon & SAVE

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

Valid from 1st to 31st October 2013

* Not valid Public Holidays or Long Weekends
* Conditions apply - not available on all meals.



2013
oct

For Bookings & Information

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

Neighbourhood Watch - Be safe...always



Operation Safe Plate

BUNNINGS NORTH GEELONG Saturday
October 12, 9.30am - 2.30pm

BUNNINGS TORQUAY Saturday
November 2, 9.30am - 2.30pm.

Prevent theft of your vehicle's registration plates and have one way security screws fitted - a free community service by Neighbourhood Watch. A gold coin donation is appreciated.

Think U Know

NHW Australasia recently signed a partnership with the Australian Federal Police to contribute to delivering the Cyber

Safety and Security Program called *Think U Know* across Australia. The program targets parents and grandparents and provides them with information to help them keep their children and grandchildren safe whilst using the internet, social media, and playing computer games. *Think U Know* is a not for profit organisation that is supported by Australian Federal Police, Microsoft, ninemsn and Datacom. Visit www.thinkuknow.org.au

What Is Ice?

Ice is a common name for crystal methamphetamine. It is more potent than other forms of amphetamine, including the

powder form that is sometimes referred to as 'speed'. This means that ice generally has a stronger effect that lasts for longer than other forms of amphetamine. It also has stronger side effects and a worse "comedown". Amphetamines, including crystal methamphetamine, belong to a group of drugs called stimulants. They speed up the messages going between the brain and the body.

Neighbourhood Watch Theme for October:

– Community Safety Month



Drysdale Clifton Springs Community Association

Where's the long-promised (and overdue) regional sports precinct?

Sports clubs in the North Bellarine concerned that nothing's happened about the proposed regional sports precinct asked DCSCA for advice on how best to restart the project. Our response was to convene a meeting at which clubs stated their hopes for a new precinct and their concern at the absence of progress. We convened a second meeting, this time between sports clubs and local councilors, to discuss how best to restart work on the precinct. In the meantime, however, we learnt that the site of the proposed precinct on the corner of Andersons Road and Grubb Road, is

heavily contaminated with chemicals, which will cost millions of dollars to clear. So we ask: why did the City of Greater Geelong spend ratepayers' money on creating a masterplan for this precinct before even checking that the site is fit to build on?

DCSCA's AGM

DCSCA will hold its 2013 Annual General Meeting (AGM) on October 16 2013 at 7pm, at SpringDale Neighbourhood Centre. The meeting will start with a presentation - open to all - by an outside speaker, followed by the formal business of DCSCA's AGM. Everyone is welcome to attend the AGM, but only DCSCA members can vote on resolutions and in the elections.

Our AGM is our most important event of the year. It's where the DCSCA Committee tells DCSCA members about its work in the past

year and invites their responses; and where members elect a new Committee to run the association for the next year. The DCSCA Committee meets monthly to discuss and respond to local events and issues.

Committee members can also be part of DCSCA's programs - eg. our Open Spaces Network, the Festival of Glass and (in collaboration with SpringDale) the Local Economic Development project and the *Streetscape to Artscape* project promoting local public art exhibits.

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

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

The Geelong Parkinson's Support Groups

Supporting individuals and families living with Parkinson's.



The **Geelong Parkinson's Support Group** meets each month on the last **Friday** at the **Barwon Health Community Centre, 104-108 Bellarine Highway Newcomb** from **2pm-4pm**.

Parking available on-site. Welcome to all *Parkies* and their Carers family and friends. Guest Speakers at most meetings.

CARERS WEEK

The support group welcomes any carers of persons with Parkinson's to wine and dine with other carers in the same situation on **Friday 18 October**.

Sponsored by CARERS Victoria.

For more details contact

Harold Waldron (03) 5259 3134 or Mobile 0417 549 437

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This is an impassioned letter from the Festival of Glass committee. As many local people are aware, the Festival of Glass has been a marvellous event for our local community, with displays and demonstrations of world class glass creations being shown right here on our doorstep. It is the Committee's intention to have this event become Australia's premier Glass Festival, but in order to achieve that, there is much to do.

One of the issues that we have to contend with is the fact that there is very little

Billets required for Glass Festival

accommodation in Drysdale, which has been the subject of some feedback from several exhibitors. The lack of a motel or other accommodation venues often requires our exhibitors to make a dash down here on Sunday morning, or try to find somewhere to sleep out of town. One exhibitor even went as far as Torquay.

During the Celtic Festival at Portarlington, I chose to become a volunteer there to find out how they run their Festival. One of the things I noticed was that they have many people who billet out a lot of the performers. They have been doing this for a number of years and it works quite well. We are hoping that there are people in town who have a spare bedroom and are happy to share their home for a night or two to help out not only a glass artist, but also to add value to the town's economy.

If someone stays in overnight, they are more than likely going to have to eat, buy some food, and spend some time looking at our local attractions.

Maybe you are considering a move towards opening a B & B, perhaps the kids have moved out and you have a spare room, perhaps you have a lovely garden that you would like to show off. Whatever the reason, if you would like to help the Festival of Glass, and you have the time and inclination to offer a billet, then we would like to hear from you.

The Festival is on the 16 February 2014, at the Christian College in Drysdale. Please contact Doug Carson on 0418 371308 or ccd21@bigpond.net.au

Cycling in Geelong and on the Bellarine

An important new book has just been published tracing the activities of cyclists, in all their many manifestations, in the Geelong, Bellarine and Western districts. The book, *A Whirr of Many Wheels* by **Rod Charles**, has all the hallmarks of becoming the base reference for the subject of cycling, not just of racing but of the pastime of cycling and the ways in which the bicycle has been used in everyday life.

The first volume from 1869 to 1914 covers the time bicycle riding was born. Volumes 2 and 3 of this work are to follow, already written but yet to be edited. Volume 2 covers the 1920 to the 1930s, Volume 3 the 1940s to the 1980s.

The first bicycle tour in the district - taken on a boneshaker, no less - was in 1869.



The bicycle was a real mode of transport and recreation. The transformation of the bicycle through the ages is visually obvious and remains an important utility of getting to and from.

Since that time cyclists have taken to the streets, roads, tracks and laneways of the towns and the whole of the peninsula in increasing numbers, because this is a very fine place to ride a bicycle.

As news arrived in the district about new machines and the exploits of riders from overseas, the people of Geelong followed the lead. We are placed in the shoes of

those who cycled and those who were influenced by cycling. This is a general history of the region which stands very strongly in its own right.

This book of 598 pages and with nearly 600 first class illustrations is both a serious and readable chronicle of both cycling and the Greater Geelong and Bellarine.

The author, Rod Charles, will be the guest speaker at the October meeting of the Bellarine Historical Society at the Old Courthouse Museum in Drysdale at 7.30pm on 9 October. The book is available from the author at rodcharles@westnet.com.au

For further information, please phone Lynette Willey on 0417 133 177.



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Many people have read the James Bond books and may remember that he always ends off his shower with an ice-cold rinse.

A shot of cold water can impart real health benefits, improve circulation, relieve depression, keep skin and hair healthy, strengthens immunity and increases energy.

However, some people with certain conditions such as heart disease and high blood pressure, should avoid cold showers because of the shock to the body's system.

Take a cold shower now and you could find it improves your health.



Thank you All



L-R: Aileen, Sam, Faye and Joy
After suggesting that we could supply toiletries to help mums within the community, I've been away for a few weeks and when I returned I was overwhelmed by the amount of toiletries that have been donated. Thank you all so much for your contributions we have found great ways to distribute the packs. Special thanks to the **Drysdale Town Club** who have taken this up as a project.
Aileen

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HEALTH & WELLBEING

6-12 October

Mental Health Week



Mental Health Week is an annual national awareness event held in October every year. The aim is to raise awareness of the importance of mental health and wellbeing in the wider community, to increase community awareness and education about mental health issues and to encourage participation in life enhancing lifestyles.

www.vic.gov.au/event/2008/10/mental-health-week.html

28 October

Pink Ribbon Day



Get involved this October. Sell Pink. Wear Pink. Donate to Pink. **Pink Ribbon Day** on **28 October** is a special day that raises awareness about breast cancer. Please help contribute to support a worthy cause and buy a pink ribbon or wear something pink. Early detection of breast cancer means treatment has a much better chance of success. Women aged between 50 and 69 years are encouraged to have a mammogram every two years.

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caring for family health and wellness ...



"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.

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, 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.

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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.

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.

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 with 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 (03) 5253 2800 and schedule an appointment. By bringing in the coupon below, you will receive your special offer of only \$47 for a comprehensive consultation. I look forward to meeting you and helping you and your family achieve optimum health.

Dr Sharon Pedersen-Jones, Chiropractor

BONUS OFFER

Please tick ☐ **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 Dumburra Ave, Clifton Springs to take advantage of this offer.

OCTOBER - SPRINGDALE MESSENGER

40+ EVENTS IN OCTOBER

Activities at SpringDale. Come on... join in... have fun.

All gold coin donation unless otherwise stated.

THURS 3

- 10am** Jigsaw group
- 1.30pm** Bellarine Community Choir
- 2pm** Bring a T-shirt and a fitted sheet to learn professional ways to fold these

FRI 4

- 10am** Cryptic Crosswords,

Lots of FUN

SAT 5

- 9am** Harvest Basket Group
- 10am** Drysdale Felting Group
- 10am** Coffee Appreciation (\$30)
- 7.30pm** Family Bush Dance (\$10)

MON 7

- 8.30am** Pole Walking start at St Leonards
- 10am** Volleyball
- 10.30** Mindfulness Intro session
- 12.30pm** Cards
- 7.30pm** Book Club

TUES 8

- 1pm** Loose comfortable shoulders
- 1.30pm** Singers
- 1.30pm** Scrabble
- 1.30pm** Craft

WEDS 9

- 10am** Line Dancing
- 10am** Mah Jong
- 1pm** Badminton

Be ACTIVE

THURS 10

- 1.30pm** Bellarine Community Choir
- 2pm** Bring a T-Shirt and a fitted sheet to learn professional ways to fold these

FRID 11

- 10am** Cryptic Crosswords,

Join a GROUP

MON 14

- 8.30am** Pole Walking start at Portarlington
- 10am** Volleyball
- 12.30pm** Cards

TUES 15

- 1.30pm** Singers
- 1.30pm** Scrabble
- 1.30pm** Craft

Be Part of the FUN

WEDS 16

- 9am** Drawing Session
- 10am** Line Dancing
- 10am** Mah Jong
- 1pm** Badminton
- 3.30pm** Memorial Day Cuppa at The Café Zoo and share some time and memories

THURS 17

- 1.30pm** Bellarine Community Choir
- 2pm** Bring a T-Shirt and a fitted sheet to learn professional ways to fold these

FRI 18

- 10am** Cryptic Crosswords,

Guess WORDS

SUN 20

- 2pm** Making Waves Music Group (\$5)

Make MUSIC

MON 21

- 8.30am** Pole Walking start at Rail Trail
- 10am** Volleyball
- 12.30pm** Cards

TUES 22

- 1.30pm** Singers
- 1.30pm** Scrabble
- 1.30pm** Craft

SEW KNIT QUILT

WEDS 23

- 10am** Line Dancing
- 10am** Mah Jong
- 1pm** Badminton

THURS 24

- 1.30pm** Bellarine Community Choir
- 2pm** Bring a T-Shirt and a fitted sheet to learn professional ways to fold these

FRI 25

- 10am** Cryptic Crosswords,

Take a WALK

MON 28

- 8.30am** Pole Walking at rail trail
- 10am** Volleyball,
- 10.30am** Welcome Morning Tea
- 12.30pm** Cards
- 4pm OR 7pm \$30** Walking in Autistic Shoes, 2 sessions with Donna Williams

TUES 29

- 1.30pm** Singers
- 1.30pm** Scrabble
- 1.30pm** Craft

PLAY DANCE SHARE

WEDS 30

- 10am** Line Dancing
- 10am** Mah Jong
- 1pm** Badminton
- 7pm** Insomnia sharing great tips

THURS 31

- 1.30pm** Bellarine Community Choir
- 2pm** Bring a T-Shirt and a fitted sheet to learn professional ways to fold these

For more information on these events please call

The SpringDale Neighbourhood Centre (03) 5253 1960

Thank you to
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GEE LONG



The Book Club

RESCUE - Anita Shreve



On Monday 2 September, the Book Group met to discuss an author once again, rather than a particular book. The author of the month was Anita Shreve and with over 16 titles to choose from, we were spoilt for choice. Most members of our group managed to read more than one of Shreve's books with some reading three or more, an indication that her books are generally well-received.

One reader expressed disappointment with her choice, *Rescue*, which she found dull. A common remark amongst our group was that the endings of the stories were an

anti-climax. Despite this, the characters had held our interest, even though we did not find them all likeable. Indeed, all of the human frailties were explored and a commonly occurring theme was infidelity. We wondered if the writer was moralising but felt that she did not seem judgmental. Although some characters suffered because of their actions, the inevitable conclusion was "*life goes on*".

Unlike some authors whose work we have discussed before, Anita Shreve does not write to an obvious formula. There are some recurring themes, perhaps inevitable in such a number of titles, but the novels

are set in various locations and different eras.

From reading details of Shreve's life, both personal and professional, it is possible to see how she has drawn on her own life experiences when writing her books. Anita Shreve grew up near Boston, Massachusetts and taught at High School for a number of years before dropping out to start writing full-time. Finding it impossible to make a living from short fiction, she changed to journalism and travelled to Nairobi where she worked for an African magazine. On her return to the US she worked as writer and editor of several magazines before freelancing while raising a family. Married to a man she met when aged thirteen; she has two children and three step-children. Shreve's first novel, *Eden Close* was published in 1989. *The Pilot's Wife* and *Weight of Water* have both been made into movies.

Averaged, Anita Shreve rated 7 out of 10 with a general consensus that some of her books are far more interesting and enjoyable than others.

Next month we will discuss *To Kill a Mockingbird* by Harper Lee.

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



Volunteer of the Month



Rita Holton

This month's volunteer of the month is Rita Holton. Rita has brightened up the Thursday Men's Kitchen for the last five years with her sunny smile, cheeky laugh and of course, her cooking expertise. Rita is an important part of our volunteer group and Thursday's wouldn't be the same without her presence. We thank her for her enthusiasm and for brightening our week.

Scrabble Word for October - mig



Scrabble is a great game which presents a number of unique challenges to its players. This month the word is mig. Mig is a playing marble, especially one that is not used as a shooter. Mig is also a Russian built fighter aircraft.

Visitors are invited to come along and see some of the action.

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

Course Update

Be fit, stay fit



Yoga

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

Dates/times: Monday 14 Oct – Mon 10 Dec 9.15am – 10.45am (9 sessions)

Fee: \$95 Conc \$86

Tutor: Glenda Breedveld

Materials: Bring your own mat and blanket if required.

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



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Trip to Barwon Park Mansion



Last month a group of us had lunch at the Winchelsea Tea Rooms, before going to Barwon Park Mansion. After a talk about the interesting history of the Mansion, we split into two groups and each group was shown around the House by a guide. What a beautiful home it must have been, built as a place to entertain.



It is sad to know that Thomas Austin died only six months after its completion and Mrs Austin lived there alone for 40 years. At the conclusion of the tour, we enjoyed a very nice Devonshire Tea. We are a social club for ladies and gents, couples and singles, and 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.**

Rotary



Looking for something to do?

It's that time of year when the weather is getting warmer and we feel like getting out and about. Why not make your way down to Portarlington to the Point Richards Miniature Railway and give your kids and yourself a ride or two around the track. Make a day of it and bring your family, friends and a picnic. Alternatively looking for a different thing to do for your child's birthday then make a booking and make it a special memory. The railway is a project of the Rotary Club of Drysdale and has been helping families enjoy special times over the last fourteen years. Why not check out our website to see when we are running and any special days that may be operating. If you have an interest in trains maybe you would consider getting involved with Rotary and volunteer to help with maintenance of the miniature trains or with the general running days. Contact Brian on (03) 5259 3545.

Caroline, Publicity Officer
Rotary Club of Drysdale



Come and support and enjoy the **Point Richards Miniature Railway**.
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in our
Garden



with steve williams

Prolific Pumpkins

If you have a lot of space in your garden, pumpkins are a no-brainer. Just sow the seeds in compost-rich soil, water in and let 'em rip. Given sufficient food and moisture, pumpkins and other cucurbits (cucumbers, zucchini, squash, melons, etc.) will happily do their thing – which is to run riot, fruit prolifically and eventually succumb to powdery mildew at the end of the summer. However, if you have a small suburban backyard, this rampant growth habit can be a problem.

One solution is to grow smaller varieties. There are many pumpkin varieties to choose from, and some of them will produce compact one-kilo fruit. These are just as tasty as the larger varieties, if not more so, and are much more convenient for the kitchen.

Generally, small-fruited varieties are also small-leaved and less vigorous than big bruisers like Jarrahdale, Kent, etc. That means that they can be grown successfully up a trellis. The vines and tendrils are amazingly strong and will safely hold a two-kilo football-sized fruit. You will still need to keep them in check, but if you can fit a 2 metre high sturdy trellis in a sunny spot somewhere in your garden, you can certainly grow pumpkins, even in a small backyard.

In the past I've grown Potimarron (pictured), a French heirloom variety supplied by the Diggers' Club (diggers.com.au). The brilliant orange teardrop-shaped fruit look great and taste even better. The skins are tender enough to eat when the fruit are sliced, brushed with olive oil, dusted with sea salt and roasted in the oven.



pumpkin flower



Steve and Potimarron

This year I'm trying out another small, edible-skinned pumpkin: Black Futsu, a rare Japanese variety supplied to me by heirloom vegie expert Willa Lord (willasheirloomseeds.blogspot.com.au). Willa grows a vast array of rare pumpkins and tomatoes on her small Taggerty property and is a regular fixture at the Healesville Sunday market (first Sunday of the month).

Now that the soil is warming up, it's time to get your pumpkins started. You can sow them direct, or start them in pots. Either way, protect the seedlings from slugs and snails – e.g. by using the eco-friendly Multiguard pellets (not the highly toxic blue-

green ones). Leave at least a metre between plants, preferably two – overcrowding will hasten the development of powdery mildew.

Make no mistake though – if you have cucurbits, they WILL eventually get powdery mildew. You can control it by inspecting the leaves regularly and picking off any affected ones. A milk spray (1 part milk to 9 parts water) also helps to delay its spread. Never use chemical fungicides on food plants – they're not good for you, and they're toxic to bees. And without bees, you'll have to fertilise all those pumpkin flowers yourself ...

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Garden Club

The Clifton Springs Garden Club is having an Open Day as part of Seniors Month on Saturday 5 October at the Drysdale Uniting Church Hall, Palmerston Street, Drysdale. From 10am to 3.30pm there will be plants, gardening magazines and books for sale, Devonshire Tea, Exhibition of plants grown by members, photographs of flowers, Botanical paintings, and a giant raffle of all things gardening. Entry is a gold coin donation and Devonshire Tea is \$5. If you need any further information telephone (03) 5257 1566

Brisbane Ranges Wildflower Show 2013

This is a rare opportunity to see a showcase of Victoria's local wildflowers and plants of the Brisbane Ranges National Park at Anakie on Sunday 13 October from 9.30am to 4.30pm. Guided bus tours, local plants for sale, photographic displays and free workshops will be conducted at the Anakie Hall, Staughton Vale Road, Anakie. Entry is \$5.



Plant Sale - Growing Friends Nursery

The Growing Friends Nursery is holding a weekend plant sale on **26 - 27 October from 10am - 4pm** and there will be a large range of plants including perennials and drought tolerant species propagated by the nursery from plants at the Geelong Botanic Gardens. The Growing Friends Nursery is located at the rear of the Botanic Gardens behind the Botanic Gardens Office. Parking is available at the rear of the Gardens next to the nursery.



Spring into action!

Spring is often the time of year associated with new beginnings, change, and growth as we start to look forward to longer sunshine-filled days.

It is time to start thinking about spring cleaning your house, your body and your life. Perhaps it's time to de-clutter your mind. Many of us harbour negative emotions such as anger, jealousy and even hatred; however these emotions are not only worthless, they can also be detrimental to your health and happiness. An effective method to deal with any anxiety and stress is Hypnotherapy. Remember that worrying won't change the future; it will only ruin the present.

Maybe it's time to spruce up your diet? You may notice that you are carrying few extra kilos. Perhaps you feel a yearning to get yourself looking how you'd like to look. In hypnosis you can eliminate harmful foods, get motivated for exercise and really get

yourself on the right road to health and success.

How are you spending your time? Is it on things worth spending it on? The truth is that many of us go through our lives wasting precious hours on things that don't matter and then complaining that we can't fit in things that do.

Even when we make a very small difference to our routine or outlook, it can make a significant impact on our feelings of well-being.

Motivational speaker Ed Foreman says: *"If we always do what we've always done, then we're going to get what we've always got."*



So whether you are looking to shape up your diet, get motivated for exercise, quit the ciggies or simply feel good about yourself. Hypnotherapy can assist in these permanent changes.

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

Things are *Hotting Up* for the Seniors Festival

Don't miss this new band, *Hot Club Swing*, on our scene. They play French Gypsy Jazz in the tradition of the original masters, Django Reinhardt and Stephane Grappelli. The music originated in the 1930s but is still thriving today, with the band tilting their hats to jazz/swing, Eastern European and Latin American influences. Come and experience why this group is a must see on the Seniors circuit. *Hot Club Swing's* third CD '*Douce Ambiance*' will also be available.



Sunday October 13, 2pm - 4pm, The Potato Shed, 41 Peninsula Drive, Drysdale, \$14 (incl. afternoon tea). Enquiries: (03) 5251 1998.

On a Mission - Uganda 2014

In June next year a small team of adults and students from Drysdale, Clifton Springs and Portarlington will be travelling to Uganda.

Why Uganda?

Uganda is a country that has suffered terribly under Idi Amin and the Lord's Resistance Army (LRA) when hundreds of thousands of people were killed. Now it is a country decimated by the HIV/AIDS pandemic. There are about 3.5 million child orphans in Uganda (UNICEF 2010). Orphaned children live in fear each day, often living on the streets, rubbish dumps or with abusive extended family that treat them like slaves.

We will be going to two different locations

Operation Uganda is located in one of the

slum areas in capital city of Kampala. It is run by a couple of Aussies, Russell and Jenny Barton, who moved to Uganda from Brisbane after a house fire led them to evaluate how they were living their lives. They now run an orphanage, community health education and development programs as well as vocational training for the women. We will help with the community lunch, health and education programs.

Bushikori Christian Centre is in a rural area in eastern Uganda. The people in this area are extremely poor and many rely on subsistence farming for survival. This organisation has a unique connection with Geelong when a newly retired couple happened to meet Pastor Sam Wandendeya who was looking after a group of orphans. Years later he visited

Geelong and the Australian Support Committee was formed to organise the sponsorship of these orphans so they could attend school and receive health care. Over the years a Health Centre, Primary School, Library and Administration Offices have been built. We will be helping in these areas. We are investigating the possibility of building a playground for the school.

Donations – Can you help?

Team members are funding their own expenses but we are organising fundraising to enable us to undertake the projects planned.

We are seeking donations of coloured felt tip pens (textas) for craft activities with the children and new baby clothes for the maternity clinic.

For further information about the mission contact Liane Foord liane@thefoords.net

St James Matters

Thank you to all of you who are continuing to donate good quality books and magazines for St James' next Fundraising Book Sale in January. The outstanding building loan is down to \$82,000 and we are working hard to reduce it further. Many of you know that books can be left in the Vicarage porch opposite the Church tower. Unfortunately the wind and rain have been blowing in there so, until further notice, we are asking please that books are delivered on Thursdays between 9.30am and midday direct to our book sorting shed at the rear of the Hall – this will ensure that they are safely stored in dry conditions. We are very willing to collect quantities of books – please ring any of the following: Gwen and Graham (03) 5253 1230, Robin and Dorothy (03) 5251 3702, Mark and Pauline (03) 5253 2717, Pat and John (03) 5253 2322.

Our next Fundraiser is a **Millers Fashion Parade in St James Hall at 2pm on Wednesday 2 October, cost \$10 including Devonshire tea afterwards.** Clothes available for purchase on the day at great prices, but cash only. Tickets: Pat (03) 5253 1866.

Then we're holding another **Trivia Night at**



Clifton Springs Bowls Club on Saturday 26 October, 6.30pm. Teams of 8 (max), cost \$10 per person to include tea/coffee and slices in the interval. (BYO snacks, but no BYO alcohol - drinks from the bar). St James thanks the Bowls Club most sincerely for hosting these events for us. **Tickets/Enquiries: Pauline (03) 5253 2717 or Pat (03) 5253 2322.**

Our catering team is gaining an excellent reputation and a new venture is a delicious High Tea (max 40 guests). Catering enquiries: **Gwen (03) 5253 1230 or Jane (03) 5251 3368.**

St James Hall is now a very popular local venue. If you would like to book the Hall or any of the smaller spaces, please contact: **Pat 0468 381 529.**

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From a bank to a stove

Brian Sprake

Age: 70

Born: Ballarat then moved to Bacchus Marsh.

Occupation: Former Bank Manager, retired and moved to Ocean Grove in 2002.

Hobbies: Horse breeding, gym **Favourite recipe:** Best Ever Curried Sausages

Brian's favourite Curried Sausages

750g thin sausages

1 onion, finely chopped

1 Granny Smith apple, finely chopped

2 teaspoons curry powder

1 tablespoon plain flour

2 teaspoons brown sugar

1½ cups beef stock

2 teaspoons mango chutney

2 teaspoons sultanas

1 teaspoon apricot jam

1 tomato, diced

1 tablespoon coconut

1 cup milk

Salt and pepper, to taste

Gently boil the sausages for approximately 15 minutes, then peel off skin and cut in half.

In a frying pan, add a knob of butter and sauté onion and apple for 10 minutes.

Add curry powder, flour and brown sugar, and brown for 5 minutes.

Add beef stock, chutney, sultanas, apricot jam and salt and pepper.

Gradually add milk, tomatoes and coconut.

Place sausages into curry mixture, simmer gently for 15 minutes, and serve with fresh beans and boiled rice.



Brian Sprake

Locked in the kitchen

Richard Sampson

Age: 82

Born: Eaglehawk, Bendigo

Occupation: Locksmith, retired and moved to Clifton Springs in 2006 and joined Wednesday's Men's Kitchen.

Favourite Recipe: Sweet and Sour Pork



Richard Sampson

Sweet and Sour Pork

600g diced pork

1 onion sliced

1 cup each carrot, green capsicum, celery

1 level tblspn soy sauce

½ level tspn chopped ginger

2 level tblspns cornflour

1 level tblspn sugar

½ cup pineapple pieces

- (no sugar added)

1½ cups pineapple juice

- (no sugar added)

¼ level tspn Chinese 5 Spice

2 level tblspns chicken stock powder

1 level tblspn tomato sauce

2 level tblspns tomato paste

Prepare all vegetables, leave to one side. Brown pork in a non-stick fry pan that has been coated with cooking spray. Add onion, carrot, capsicum and celery, cook a further 5 minutes. Add ginger, soy sauce, sugar, Chinese 5 Spice, stock powder, tomato paste and sauce then pineapple pieces. Blend cornflour with pineapple juice, add to pan. Cook a further 5-7 minutes or until vegetables are just cooked. Serve with rice or pasta.

You may substitute pork with skinless chicken breasts or with fish fillets cut into chunks. Cook fish in the last 5 minutes of the method.

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Coryule Chorus



Seniors Week Concert, Thursday, 31 October

Drysdale's own community choir, the Coryule Chorus will be adding to the atmosphere and entertainment during Seniors Week at the end of October.

They will be performing a concert at St James Anglican Church, High Street, Drysdale at 1pm on Thursday 31 October. As well as the choir performing a repertoire of favourites, there will also be soloists

Adrian Higginbotham and Bob Ball, together with a trio. Another feature of this concert will be the performance of the Coryule Song, written by local artist Gillian Turner depicting an illustrated history of the Drysdale area. There will be an afternoon tea served following the concert. Admission will be by gold coin.

Not just for the fellas!



Bellarine Woodworkers does have women members, however, at the moment there is only one. The club would love to encourage more women members. Thea Horevoorts has recently completed two magnificent jewellery boxes. Thea loves trees and enjoys making boxes from wood that would otherwise become landfill or firewood. She would certainly recommend more women to our club because our Wednesday Morning group is not only a learning experience but peppered with fun and laughter!

20-28 October

Children's Week



Children's Week is an annual event celebrated in Australia during the fourth week in October. Children's Week celebrates the right of children to enjoy childhood. It is also a time for children to demonstrate their talents, skills and abilities.

www.napcan.org.au/campaigns

Course Update

Learn to save a life

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.

Dates/times: Sat 16 Nov
9am – 12noon (1 session)

Tutor: National First Aid

Fee: \$60

(First Aid/CPR is the first 3 hours of
First Aid - Level 2. Sat 16 Nov & Sat 23 Nov)

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kel's corner

Overlooking the Portarlington harbour I recall catching bass yabbies. We would carry a shovel and drag an inflated rubber inner tube with a crate forced inside it and a sieve inside that. We would wait for the tide to go out and then look for mounds of sand with a sink hole in the centre.

By sieving the sand we would uncover bass yabbies – which were great fishing bait. Bass yabbies only have one claw (also known as one armed bandits). We would put damp seaweed in the crate and transport the live yabbies to Bermagui or Merimbula.

You could always get fresh mussels attached to the pier and go down to Lakers Cutting just before Queenscliff to catch good brim.

We talked about the difference between a spade and a shovel. A spade has a flat head on the handle, it can have a short or long handle and a shovel has rolled edges. Most square mouthed shovels had short handles and a number to denote the size. I remember picking up coal from Huddart Parker Limited, an Australian Shipping Company depot on the lower end of Moorabool Street, right near the wharf. We, Reg Butcher the driver and myself the jockey, would use coal scoops that were made of aluminium and had very high sides. It would take about 15 minutes to load a couple of yards onto the back of the tray truck – there was no bob cat or front end loader, it was all manual work.

Black coal was taken to the second Clifton Springs Hotel for the donkey to run the hot water service for all the bathrooms. The rest of the load would have been steel barrels with Melbourne brewery beer for Clifton Springs Hotel and wooden barrels of beer, kegs 5, 9 or 18 gallons from Volum Brewery Malthouse, Corio Street Geelong, for the Drysdale Hotel.

Kel Davis

PS: I learnt that each pub only sold one type of beer

Anne Brackley



Geraldine and a day to remember



Gerri Bien, my partner came to the area in 1986 with her sons David, Chris and Josh who had cerebral palsy. She overcame many things in her life. I met her in 2003 and she changed my life. Although she had a great deal of sickness during the last stages of her life, she was always so happy. Everyone that met her didn't just like her, they loved her. She loved Volkswagen(VW) cars and I promised to rebuild her one once I retired. Unfortunately, I didn't have time to get a VW until after she died. I gained a great deal through building up the VW. When I drive it, it's like she is there with me.

She always wore black and red and was always immaculate. A memorial service was held in Drysdale with 41 people in attendance 2 years ago. On Wednesday 16 October, 2013 at 3.30pm - join us for a cuppa at The Café Zoo, a coming together for people who remember her or remember someone like her. **Brian Rossi.**



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Years ago

As reported in The Argus on
Wednesday 5 September 1928

DRYSDALE

The Drysdale Bush Nursing centre has provided a motor car for the nurse, and is extending the service to Portarlington. The Richardson Municipal Bowling Shield, won by the Bellarine Council team, has been placed in the Council chamber at Drysdale.



Opportunity to know about us



Welcome to the first of what will be a regular column in the SpringDale Messenger from the Bellarine Unit of Victoria State Emergency Service (SES). This column will be an opportunity to find out what the SES is all about and what the Bellarine SES Unit is up to.

Based in Grubb Road in Drysdale the Bellarine SES Unit is made up of around twenty-five volunteer members who respond 24/7 to storm, flood, road rescue and other emergency incidents right across the Bellarine Peninsula.

Over the past twelve months the unit has received 160 requests for assistance with 29 of those having coming from Drysdale, Clifton Springs and Curlewis. The last month has been our busiest of the year to date with our crews responding to

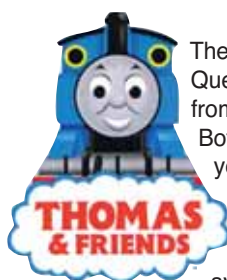
numerous reports of damage to buildings and trees down due to the persistently strong winds which have been battering the peninsula. The most significant storm incident occurred in Clifton Springs on the 18 August where the entire sheeting from the top level of a two storey house was uplifted by the winds and carried in to a house two properties along the street causing extensive damage to the tiled roof. SES crews spent six hours on site clearing up the debris and putting in place tarpaulins to the two houses to protect them from the elements. And with the recent high winds it is timely that September saw the launch of StormSafe Week, which is an annual campaign run by Victoria SES with the aim to raise awareness of key storm safety messages.

Storms can happen anywhere, at any time of year and are often accompanied by strong winds, large hailstones and lightning. Actions that people can do to prepare their homes and businesses for storms include things such as clearing gutters, trimming tree branches, tying down loose objects, and parking cars undercover. These simple actions can make a difference as we have recently seen first-hand that the amount of destruction that can potentially result when a storm hits can be quite significant.

To report a flood or storm emergency call **132 500**, or for further information on how to keep **StormSafe** head to www.ses.vic.gov.au/prepare/stormsafe

Bellarine SES Unit Contact Details
bellarine@ses.vic.gov.au
www.bellarineses.org.au

Story continued from page 1



The trains leave Queenscliff every hour from 10.30am to 2.30pm. Both before and after your train trip to Lakers Siding, you can enjoy any or all of the attractions available. Attractions

always available are: Free *Thomas the Tank Engine* movie, *Thomas the Tank Engine* Tattoos, Free showbag for each

child, *Thomas the Tank Engine* Jumping castle and slide, Blow *Henry's* whistle, ride the big train pulled by *Oliver* or another of *Thomas's* mates, Ride on the *Troublesome Trucks* pulled by *Thomas*, Colouring competition, *Sir Topham Hat* is always available for a chat and picture, Childrens' maze and *Bulgy the Doubledecker Bus* rides.

Other attractions depending upon availability include: Bellarine Woodies display and sale of fine craftsmanship, Victoria Police vehicle and representative, SES Vehicle(s) and representatives and

various refreshment selections, Vintage vehicles provided by local car clubs and Steam tractor demonstrations.

You can bring your own food and drinks and have a picnic or if you don't and you get thirsty or hungry, there are always several alternatives including all of Queenscliff just down the street.

For souvenirs of your day, the kiosk also has a wide variety of Thomas toys and usually has wearing apparel as well.

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Course Update

Restoring the Body

Posttraumatic Stress Disorder (PTSD) is an injury of the body.



More accurately we might say it is the failure of the body to recover from the injury. The body is intertwined with its environment and with others. The body is not individual but is social. Boundaries are fluid. A radical rethinking of the body leads to understanding of how trauma is held in the body and how to disentangle from the past. Studying biological learning and control gives guidance to how to recover from the injury.

Date/time: Sat 9 and Sun 10 Nov
9-30 am – 5.30pm **Fee:** \$330
Facilitator: Richard Valasek

Fancy having loose, comfortable shoulders? Again by popular demand.

That is our aim for this class in gentle bodywork, (*mostly Ortho-Bionomy*).

We will work in pairs to refresh and softly ease tight, sore or weary shoulders using simple, natural positioning.

No experience is needed.

Everyone is welcome.

Bring a friend if you wish, for the same price.

Date/time: Tues 8 Oct
1pm – 3pm

Facilitator: Dr Allison Baensch
- *bringing a light touch to learning vital health skills.*

Fee: \$20 for 1 or 2 people

Contact SpringDale for more information on these courses (03) 5253 1960.



Position 4
To release mid shoulder blade tension.



Position 6
To ease upper arm discomfort.



Position 7
To release upper bicipital tendon tightness.

Happy 100th Birthday Lilian Margaret Hyland



Margaret was born **Lilian Margaret Chilton** in Southport in the County of Lancaster, United Kingdom on the 16th August, 1913.

With her parents, Arthur and Alice Chilton and older brother Thomas, Margaret sailed to New Zealand on the ship Athenic from Southampton to Wellington in 1926 where she later married Nelson (Bill) Hyland in 1937.

A few years after Bill passed away Margaret came to Australia to live with her daughter Barbara and family in Geelong.

She now resides at Drysdale Grove Aged Care in Drysdale.

On the occasion of her 100th birthday Margaret enjoyed three days of celebration culminating in a beautifully presented 'High Tea' at St. James Hall, Anglican Church, Drysdale on Saturday, 17th August. This happy event was attended by friends, daughter Barbara, three grandsons Keith, Mark, and Hamish Gawne, and their respective families.

There were seven great grandchildren present.

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New coach welcomed at Clifton Springs Bowling Club

New members are most welcome. The club now employs a professional coach, Larry Donnahue. Larry's coaching sessions are free to all members and intending members.

Sessions are conducted on Monday and Friday afternoons and every 2nd Sunday morning.

Social Club competitions occur on Tuesdays, Wednesdays, Thursdays and Saturdays. With the new Pennant season imminent all intending competitors are encouraged to participate in both the Social competitions and the Coaching sessions to enhance their proficiency. For the socially minded, Club Dinners cum Social evenings occur monthly with a fun Karaoke night planned for Friday 11 October.

16 October Ride2Work Day



Ride 2 Work Day has become an established event on the annual workplace calendar. Whether you're a regular cycle-commuter or you're just thinking about having a go, now is the time to start planning for Ride to Work Day.
www.bicyclenetwork.com.au/general/ride2work/93176/



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Come along to SpringDale and keep fit

SpringDale Badminton

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

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

Line Dancing

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

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

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.



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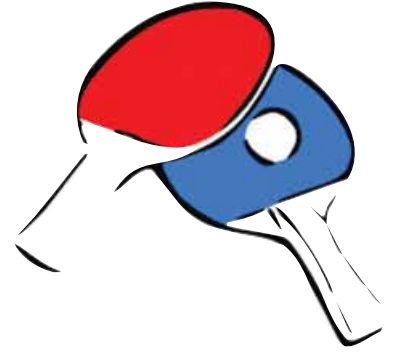
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Table Tennis for the 55+



Keen-Agers is a Victoria wide organisation to promote Table Tennis for those aged 55+ in a non competitive environment where the aim is simply to make new friends and have fun while getting some exercise. As part of the Seniors Festival, St James Keen-Agers are holding two "Open Days" so why not drop in to see what it's all about – equipment provided.

Join them for a hit on Thursday 10 and/or Thursday 31, October 2013 from 8.30am to 11am. Refreshments included, all for free.

St James Hall, Collins Street (Portarlington Road), Drysdale.
Enquiries: John (03) 5253 1334 or Mark (03) 5253 2717.



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