

The SpringDale Messenger



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

Say Cheese! at SpringDale



Participants in the Cheese Making class at SpringDale Neighbourhood Centre

I've done quite a few paddock to plate sessions at high school in the past, but this was my first adult cheese making class. The students arrived at SpringDale on a sunny Saturday morning and the room began to buzz. Milk out. Heat milk. *Let's make fetta.* Add starter and then the rennet. Wait for the milk to coagulate. Success! The milk set beautifully into silky curds and we learnt how to cut curd.

Let it sit. A bite of lunch (cheese of course) and then we grabbed more milk and started to heat this pot to 90 degrees. A splash of vinegar and presto! ricotta made. Carefully ladling into cheese cloth followed by even more careful ladling of the fetta curds into our special cheese hoops.



The students went home with a batch of fresh ricotta that had to be used that night. One student made pasta carbonara. Another stuffed and baked mushrooms. Yet another stuffed and baked a chicken breast with spinach and their own cheese.

A bit of homework was to carefully turn the fetta and then brine it. Then eat. I guess that homework won't get forgotten! Good energy in the room that day, and excitement at the prospect of another such day soon.

I wonder what we can make next time...

Contact SpringDale Neighbourhood Centre for more information about the Cheese Making courses.
Corinne Blacket



Richard Valasek

International presenter is here to help

Post Traumatic 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
9.30am – 5.30pm **Fee:** \$330

Facilitator: Richard Valasek

**Drysdale/
Clifton
Springs/
Curlewis
Summit
Update
PAGE 3**

What's on - November 2013

MONTH LONG

November



Friday
15

SpringDale Summit 1pm – 5pm
When Dad Married Fury *Potato Shed*

POTATO SHED



Saturday
16

SpringDale Summit 10am – 12noon
When Dad Married Fury *Potato Shed*
Portarlington Uniting Church fete 9am



Sunday
17

SpringDale Summit 1pm – 5pm
HMAS Goorangi Service Queenscliff
Run Geelong
Drysedale market 9am – 1pm
Geelong Health & Fitness Expo



Tuesday
19

The World's Happiest Christmas Show *Potato Shed*

POTATO SHED



Sunday
24

Portarlington market 9am – 2pm
Bellarine Community Choir, SpringDale 2pm

Monday
25

Business SpringDale Breakfast 7am



Wednesday
27

Season Launch *Potato Shed*

POTATO SHED

Friday
29

Bellarine Jongleurs *Potato Shed*

POTATO SHED

Deadlines 2013

December Issue

Bookings/copy required by 1 Nov 2013

Distribution

Saturday 26 October

Circulation

7,000 copies



SpringDale Neighbourhood Centre Inc. acknowledges the support of:



Saturday
2

Harvest Basket produce Swap SpringDale 9am - 11am
Walking Home, Queenscliff to Geelong
St Leonards Community Festival

Sunday
3

Lions in the Park 11am – 3pm, Jetty Road



Tuesday
5

Melbourne Cup Day – SpringDale closed



Friday
8

Desperate Housewives *Potato Shed*

POTATO SHED

Saturday
9

Gala Day, Geelong



Sunday
10

Car Boot Sale Drysdale Station 8am - 2pm



Monday
11

Remembrance Day

Remembrance Day Service 11am Drysdale cenotaph
A Teddy Bear's Picnic *Potato Shed*

POTATO SHED

Tuesday
12

Day for Girls, SpringDale 10.30am



**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

For all advertising enquiries: office@springdale.org.au OR P: (03) 5253 1960 F: (03) 5253 3050

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

W: www.springdale.org.au

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

It is always good to have time away and allow your brain the opportunity to think of ideas that might help our wonderful towns of Drysdale, Clifton Springs and Curlewis.

While walking through parts of Sydney, I was interested to see so much art on the footpath. Plaques for people who owned shops, plaques with quotes and even empty plaques ready to be written on. This is so effective as you are desperately trying not to make eye contact and so you look at the footpath and there is the art.

Because we are the friendliest part of the world, it may not work here as we all welcome each other with full eye contact. We might have to put any artistic signage at eye height. Or maybe like the leopard model that was resting on a branch at Taronga Zoo.

We are hoping to increase the number of people involved in the *Streetscape to Artscape* plan for this year as we were successful in gaining a \$6,000 City of Greater Geelong Arts Grant to help to get some concept plans drawn up for several art pieces which we could hopefully then get funding for.

Last year we held a very successful summit for the town. Because of this event and the participation of our community in it, we have been able to use this evidence to show that we do care and that we are interested in the long term vision for our area.

This year we will be holding a Summit update on Friday 15 November from 1pm-5pm and drinks after that for anyone that is interested, Saturday 16 November from 10am -12noon and Sunday 17 November from 10am -12noon. These were the most popular times last year, but if you cannot make these times please let me know and we will try to extend a time or slip in another one. We will publish these times on our website and try to put all the information prior to the session on the website too.

We are inviting key City of Greater Geelong officers along to be able to answer questions on current projects. Hope you can come along and see where our top priority projects are at and what the plan is for each of them.

We have been working on three very interesting projects - one with Deakin on *sustainability of volunteers*, with City of Greater Geelong on *economic benefits of community organisations* and with other Neighbourhood Houses on *what happens after redundancy* without saying the word redundancy.

Our Strategic Plan is now in place and we look forward to the next 4 successful years with great anticipation and energy.

Wishing you all the best and looking forward to meeting many people over the Summit update weekend. I'll be the one with the big smile.

Anne Brackley.

Business Breakfast



Jude Walker chatting to Allison Baench

Our next **Business Breakfast**, **Monday 25 November 7am – 8.30am**. \$10 for a great full breakfast. This event is open to business owners who work or live in our area. Some community members attend to initiate partnerships with businesses. Our guest speaker is Jude Walker from Geelong Region Learn Local Employment Network. Jude will speak about Networking research she has recently carried out and update on growing employment trends. Jude was very well received last year and we look forward to the update in current employment environment. Looking forward to seeing you there.

Please RSVP

support@springdale.org.au by **Thursday 21 November** for catering purposes.

Dianne Bennett,

Business Breakfast Convenor.

COURSE UPDATE

@ SpringDale

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 we are calling upon experts to present sessions to ensure this course is as good as it possibly can be.

Date/time: Tues 19, Wed 20, Tues 26, Wed 27 Nov 10am – 3pm

Location: Cats Community Centre, Geelong

Tutors: Specialists in their field to be advised.

Fee: Free for this pilot course

Cheese Making with Corinne

Interested in making your own cheese? This time we are making Cheddar. This is a very relaxed way to spend a day. You may like to bring lunch to share and make new friends and conversation.

Date/time: Sat 9 Nov 10am – 4pm
(1 session) **Fee:** \$80

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 16 Nov Sat 23 Nov
1pm-3pm **Fee:** \$80 each.

Ingredients include: casing, meat, spices are provided **Tutor:** Agata Comisso

Holiday Photography

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. Next trip, people might actually be asking to see your happy snaps.

Date/time: Tue 19 Nov and Tue 26 Nov
6.30pm – 9.30pm (2 sessions)

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



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our reader's feedback

Geelong Legacy

Thank you for including mention of Legacy Week in the SpringDale Messenger September issue on page six. A quite prominent position.

Graeme, Honorary Secretary, Geelong Legacy Club.

Traffic problems

What can be done about the traffic on Jetty Road, which is really bad in the mornings?

Ted, Drysdale.

Orange Cake

I have heard your orange cake recipe is really good and wonder if you could email me the recipe. I find many of your recipes are good ones, also the gardening items.

Heather, Clifton Springs.

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



Volunteer of the Month



Brian Sprake

Brian has played many roles within the SpringDale family. As a facilitator within the Men's Kitchen Group, volunteered during Breakfasts at the centre, Member of SpringDale Committee of Management and for the last 3 years as a Tax Help volunteer.

We thought, due to Tax Laws evolving, the Tax Help Program would be phased out, but Brian has been busier this year than for the last few. Thanks Brian for the goodwill and expertise that you bring to our centre.



Pioneer womens' history - Drysdales' Asset

For the last couple of years we have been trying to come up with an 'it' for our town. Maybe it is not just one 'it' but a series of 'its'.

I draw inspiration from the world around me and yesterday it came in the form of a Pixar movie, *Turbo*. A taco restaurant owner decides to put a fast snail in the Indianapolis 500 to bring attention to their strip mall. This is an idea in a long list of ideas. But he convinces the other shop owners, who all work so well together, each supporting each other especially during the tough times.

The one thing that we have that no other place has, is the early history of the pioneer women that settled here - Anne Drysdale and Caroline Newcomb. Anne was the first woman to get the vote in Australia but she only had it for a short while, until it was realised that she was a woman and therefore couldn't be trusted to have the vote.

We could celebrate this achievement to a much greater extent - what woman wouldn't want to come and visit a statue of the first woman to get the vote. Just imagine the visitors that we could host - have your photo taken with our some special women in our heritage. Imagine bus loads of school groups and Probud

Quilting patch of Anne Drysdale and Caroline Newcomb at the SpringDale Centre



clubs coming to Drysdale to learn of this special part of our history. Link this in with a trip on our tourist train and a fish on our future pier and a view from our future lookout and soon we have a suite of things for visitors to enjoy. Also imagine how long people might like to stay with us if we had more accommodation. The services that would then be needed would be significant.

Drysdale Clifton Springs Curlewis Summit Update

If you attended or you didn't attend the Summit last November, then you might like to see and hear about the progress that has been achieved within the past 12 months.

Hoping to see you at the Summit update on Friday 15 November 1pm - 5pm and drinks from 5pm, Saturday 16 November 10am - 12 noon and Sunday 17 November 10am - 12 noon.

Anne Brackley

Pilgrimage of Trees of Life

Saturday 9 November 2013

A special pilgrimage is starting at Basin Reserve on the corner of Basin and Gillies Roads at 11am and ending at Wathaurong Reserve on the corner Collins and Bennett Streets at about 3.15pm. Walk or drive between the various stations to hear readings, to pray, to contemplate, to talk with others about the place of trees in our Christian lives. Lunch will be provided, there is NO cost and it is open to everyone. Please bring a folding chair. "Then shall the trees of the forest sing for joy before the Lord". This event is being organised by Drysdale Uniting Church.



Contact Wayne for more information or to register attendance (03) 5251 2210 or wayne.myers@deakin.edu.au
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R U OK? DAY

Well done to all the schools on the Bellarine who helped raised awareness of R U OK? Day on September 12. This is a great campaign aimed at all of us – young and old, to encourage all people to regularly and meaningfully ask 'are you ok?' to support those struggling with life. For more information about how to ask friends, family or work colleagues R U OK?, go to www.ruokday.com or to connect with crisis support lines, call 1800 RUOKDAY (1800 7865 329).

A Pier for Clifton Springs

The local community have raised with me the idea of rebuilding a pier at the Clifton Springs Harbour. This could be a fantastic asset for the area. I will be working with the community to progress this great idea.

Geelong Animal Welfare Society

Many Bellarine residents regularly pass the Geelong Animal Welfare Society

(GAWS) in Moolap on their way to or from Geelong on the Portarlington Road.

They were appealing for old blankets and towels to keep animals warm and also volunteers. GAWS is a not-for-profit organisation caring for lost or unwanted pets from the Bellarine and Geelong region. You can help them by volunteering, becoming a member or sponsoring them. You can also consider adopting a pet from GAWS or even become a foster carer for one of their animals. For more information, visit www.gaws.org.au and click on How You Can Help.

Community Grants Program

Applications for the second round of Multicultural Festivals and Events grants through the Multicultural Commission are now open. Funding provides community organisations with money to host community festivals and events to celebrate and share their culture with the wider community.

As the Member for Bellarine, I encourage eligible groups on the Bellarine to consider applying for funding under this program. Eligible events range from Women's and Youth Association groups sharing in music, dance, fashion and food, to major public festivals. For more information, contact my office or visit www.multicultural.vic.gov.au/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



The SpringDale Streetscape to Artscape Project

City of Greater Geelong, Community Arts and Festivals Grants 2013 - 2014

SpringDale's submission for *Streetscape to Artscape* stage 2 to develop concept plans for installed public Arts projects has been bolstered by the success of our application for funding. At a wonderful event held at the wool museum, SpringDale and around 40 other community groups received their grant certificate from COCG and share of over \$100,000. It was very exciting to hear the high regard the council has for continued arts work in Geelong. It was even more exciting to hear of what great arts are happening in our community. In a break

from tradition the ceremony included presentations from previous recipients.

This included a brief on the newly formed dance and drama group "Blick" who presented the story, *Red Tree* – which looked at many of the social and mental health issues, to a packed audience.

Presentations from North Geelong College gave a snap shot of the 12 months work, around sharing stories and special memories, and the wonderful musical they produced.

This was aimed at building self esteem and the image of the Northern suburbs. Whilst Doug Carson represented DCSCA and *Festival of Glass* to show how they used their special funding to travel to New Zealand and learn about how to grow the *Festival of Glass* in the future. Four projects on the Bellarine received funding, of which SpringDale was one and three Neighborhood Centres Portarlington, SpringDale and Cloverdale.

Debra Winter
President, SpringDale Neighbourhood Centre

Need more people to make the next step.

President SpringDale Neighbourhood Centre Inc. We now have a plan which highlights sights and ideas that people have suggested would be worthy of celebration in our town. But we need a few more people to help us take the next steps. We would love a mixture of artists and people interested in art. Please come along to the Summit update to see where the plan is up to and volunteer your services.

Anne Brackley



Art in the footpath at Kings Cross for those who try not to make eye contact.

Gala Day



Gala Day is an annual event in Geelong which has been running each year since November 1916. This year they celebrate the 97th Gala Day which will include many colourful and entertaining floats, performers, dancers and mascots who will proceed down Malop Street. The parade on Saturday 9 November, starts at 11am and attracts crowds who line the streets to see the colourful spectacle. Gala Day has traditionally been a fundraising event for the Geelong Hospital Appeal but has now been refocused as a special free day of fun where the Geelong Hospital Appeal has the opportunity to say thank you to the Geelong community for its support throughout the year. The fun continues afterwards in Steampacket Gardens with children's entertainment, food stalls and an amazing water ski show.

Successful Year for singers



Melodaires Entertainment Group

Melodaires Entertainment Group has enjoyed a very successful year in 2013 and is happy to present *Evergreen Melodies That Will Make Your Heart Sing*. The Show is directed by Alan Wilson, with music provided by Lizzie Coyne and accompanied by Kevin Simmonds on drums and group members performing in colourful costumes, designed by Lana Zanoni. Show dates are the 14 and 15 December at 1.30pm at the Queenscliff Senior Citizens Hall, Symonds Street, opposite the Railway Station. Tickets \$10, Children under 12 years \$5, are available at the door. There will be Door Prizes and Afternoon Tea is provided.

Bookings for the Melodaires are now being taken for next year.
Ring Lorraine on (03) 5251 2563.

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St Leonards Community Festival



The St Leonards Community Festival kicks-off the 2013/2014 holiday season on **Saturday, 2 November 2013** at the **St Leonards Primary School** oval. Festival organiser, Ken Foxcroft, said this year's festival is about promoting St Leonards as a seaside holiday location with strong community involvement and the Festival hosts cultural, culinary and historic activities and club exhibits.

Free entertainment for the whole family, musical entertainment by local live bands, children's activities including face painting, pony rides, the animal farm and the jumping castle, displays for water enthusiasts and representations from Local Government environment groups, Volunteer Services and Local Community Groups make up for a colourful day. A family fishing competition is again available for all ages with prizes totaling \$1000 and the Foreshore Market will also be at the school site offering food, stalls with local produce as well as clothing,

jewellery and a variety of second-hand goods.

Historic displays showcase the development of St Leonards township and region, and depict the achievements of the local Progress Association during its first hundred years. There is also a historic walk around the township with key sites marked with large information boards containing details of St. Leonards past with a walking tour map available on the day. Mr Foxcroft reiterated that "We welcome visitors to our sea change village to enjoy our festival, meet locals and discuss the benefits and challenges of living in our wonderful seaside environment".

Further details can be found at the following:
www.stleonardsfestival.com.au
 and www.facebook.com/stleonardscommunityfestival or
 contact Robert Barker 0400 506 136
 by email on robertb@netspace.net.au

Reading 20 minutes every day



Reading books is a relaxing way to get ready for sleep. For a child, daily reading with an adult begins in infancy, and by the time the child reaches 5 years old they have gained 400+ hours of brain food. The reason you want to spend 20 minutes reading time with your child each night can be worked out mathematically. Reading can be the child reading, the adult reading or talking about books and stories.

Child A: reads 20 minutes each night by 7 nights every week

Child B: reads 5 minutes a night

Child A: 20 minutes x 7 nights a week = 140 minutes/week

Child B: 5 minutes x 7 nights a week = 35 minutes/week

Child A: 140 minutes x 4 weeks each month = 560 minutes/month

Child B: 35 minutes x 4 weeks each month = 140 minutes/month

Child A: 560 minutes x 10 school months = 5600 minutes/year

Child B: 140 minutes x 10 school months = 1400 minutes/year

Which student do you think will be more successful at reading?

Which student do you expect to be more successful at school?

Rotary Club of Drysdale supports local schools and kindergartens in their literacy endeavors to provide the brain food for your child. Parents, grandparents and siblings can also assist by adding more brain food at bedtime. Set a time each night to read and talk with your child (based on Early Start, Strong Finish 2000).

Caroline, Publicity Officer
 Rotary Club of Drysdale

PICNIC IN THE PARK



Clifton Springs Lions Club presents the inaugural **Lions Picnic in the Park** on **Sunday 3 November from 11am – 3pm**. The picnic will be held at the **Clifton Springs Tennis Club, Jetty Road, Clifton Springs** and will feature the 1st Clifton Cup, a hobby horse race for the kids.

A BBQ, jumping castle, face and hair painting, raffles and live music will all be part of the entertainment. Please come along and join in the fun. All profits will go towards the Ryan Wookey Trust Fund and his Alert Dog.

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Bellarine Unit of Victoria State Emergency Service (SES)

National SES Week 2013



National SES Week 2013

Victoria State Emergency Service (SES) alongside our SES colleagues around Australia celebrate **National SES Week from 11 to 17 November** to recognise and acknowledge the incredible year-round efforts of our combined 27,000 volunteers who work tirelessly to keep their communities safe during flood, storm and road accident emergencies.

And the volunteers of the Bellarine SES Unit have been no exception, having not only maintained a round the clock response to communities across the peninsula, but also being deployed to other parts of the state in response to large scale emergencies. This included a response to help clean up after the wild storm that hit Ballarat at the end of November 2012, assisting the CFA at the

fire ground of the Kentbruck fire in far Western Victoria in early January 2013, and more recently helping Victoria Police search for a missing women with dementia in Corio in September 2013. National SES Week also endeavours to increase awareness within communities of SES core roles and culminates in 'Wear Orange Wednesday' on November 13 where all Australians are encouraged to wear orange in a united show of thanks

for the tremendous work done and commitment shown by our SES volunteers.

A range of events will be held across the state to celebrate National SES Week. To keep informed of National SES Week events and competitions as they are announced visit Victoria SES at www.facebook.com/vicses, www.twitter.com/vicsesnews and www.youtube.com/vicsestv

Combined Probus Club of Clifton Springs/ Drysdale

A visit to
Moorabool Valley Chocolates
the home of delicious
hand-made Chocolates



Last month our Club made a trip to the chocolate café at Moorabool. We all enjoyed a coffee and fellowship before entering Lynne's chocolate-making kitchen, where we were given a very interesting demonstration on the time-consuming art of crafting hand-made chocolates. We now understand why such chocolates are quite expensive to buy. After the demonstration we had lunch in the café, with its wonderful rural outlook. Lynne put two big plates of mouth-watering samples of her chocolates on the table for us to try - very yummy!



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.**

Looking on and watching the care and attention the chocolates are receiving during the process of being hand-made by owner and chocolatier, Lynne Meek.



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Li River Yangshuo - Cycle or take a golf cart into
the countryside, enjoy a cooking class,
Xian - visit the Terracotta Warriors, Yangtze River
Cruise - 4 day cruise from Chongqing
to Yichang, Beijing - Tian'anmen
Square, the Forbidden City,
The Summer Palace, The Great Wall

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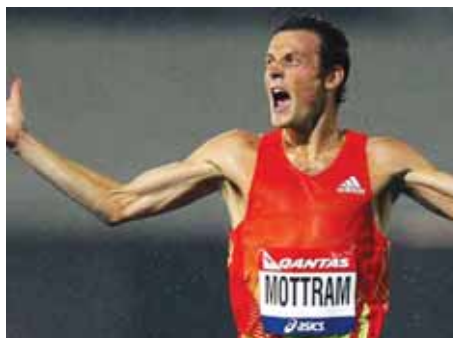
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Geelong Health and Fitness Expo



The **Geelong Health and Fitness Expo** will be held at The Pier, Geelong on **Sunday 17 November** from 10am - 4pm. With over 60 health and fitness related businesses showcasing goods and services plus a range of interactive zones there will be something for everyone. Olympic Long Distance runner **Craig Mottram** will share his training secrets, discuss his diet, and give an insight into the sacrifice and commitment required to achieve greatness. The Expo will be looking for Geelong's strongest man and woman.

Healthy Heart



You can avoid heart problems in the future by adopting a healthy lifestyle today. One good way to keep your heart healthy is to exercise for thirty minutes every day of the week. Maybe you could try walking, running, golf, cycling, dancing or bowling. Research has proven that exercise not only improves the quality of life but it decreases the incidence of disease, chronic health conditions and obesity. Get some regular daily exercise now so you can reduce your risk of fatal heart disease.

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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.

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

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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.

NOVEMBER SPRINGDALE MESSENGER



HEALTH & WELLBEING

Hula Hooping for health



You may not have touched a hula hoop since you were 10, but the humble hula hoop is a bona fide piece of workout equipment that can tone your thighs, abdominals, gluteals, and arms. Hula hooping is more than just fun as it can also be a great mental and emotional medicine too. Hula Hoop exercises are a great fat burner. Some of the large muscles of the body are activated causing higher blood flow and increased heart rate.

Queen of the swingers, Grace Jones, hula hooped during her performance at the Diamond Jubilee concert. The First Lady, Michelle Obama, an advocate for health and fitness, has been seen hula hooping on the White House lawn.

So find some time, grab a hoop and enjoy the health benefits of Hula Hooping, a fantastic exercise.

During November each year, *Movember* is responsible for the sprouting of millions of moustaches around the world. With their *Mo's* men raise vital funds and awareness for prostate and testicular cancer and mental health. As an independent global charity, *Movember's* vision is to have an everlasting impact on the face of men's health. *Movember* challenges men to grow a moustache for the 30 days of November, thereby changing their appearance and the face of men's health. Since its humble beginnings in 2003 in Melbourne, Australia, *Movember* has grown to become a truly global movement inspiring more than 3 million to participate across 21 countries. Go to au.movember.com/ for all the relevant information.



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25 November

White Ribbon Day

White Ribbon Foundation (Australia)

The White Ribbon Campaign aims to raise awareness among Australian men and boys about the roles they can play to prevent violence against women. **The campaign calls for men across Australia to speak out and take an oath swearing never to commit, excuse or remain silent about violence against women.**

www.whiteribbon.org.au

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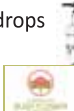
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At our club meeting this month we were fortunate to have as our guest speaker Mike Dugdale, Senior Photographer for the Geelong Advertiser. He gave members an overview of behind-the-scenes activities of a press photographer and how it works today in the electronic world. Mike took us on a quick trip down memory lane to the time when he started with the 'Addy' some 30 years ago, and moved to the present day and the massive changes that are still occurring. It was a night well-worth attending and we hope to see Mike back again another time with the next update of the fast moving area of photojournalism.

Club member Jon Bagge was successful at the Royal Melbourne Show this year



where he took out *Best in Show* and 1st Place in the Experimental Photography Section with his self-portrait *Look Both Ways* and was also awarded a commended for his image *Sparks* in the same section. Congratulations Jon.

Are you interested in photography and learning more about your camera?

Visit bellarinecameraclub.org.au for further details about the club and meeting dates/agendas. BCC meets at Drysdale, SpringDale Neighbourhood Centre twice

a month and offers members a chance to learn, grow and share ideas with other like-minded photographic enthusiasts. The club provides a positive environment for members to learn about photography and develop photographic skills through competitions, presentations by local

professional photographers, photographic image specialists, retail discounts, and social activities. Our club welcomes new members with various photographic interests and at all skill levels. We endeavour to make all experiences both rewarding and enjoyable.

If you would like to know more please contact: **Secretary: Val Moss 0407 019 939**
val.moss@bigpond.net.au
Membership: **Roger Northam 0419 254 525**
northam25@bigpond.com



Drysdale Clifton Springs Community Association

Many communities in Australia are actively recognising their particular Aboriginal heritage as the country prepares for a referendum on a proposal to recognise its Aboriginal peoples formally in the country's Constitution.

For example, in May Victoria's State Government decided to name the 4.5m arterial link (formerly known as 4C) in Armstrong Creek Baanip Boulevard in honour of Willem Baanip, a Wathaurong man. Born in 1836 near what is now Market Square, Willem lived on the Duneed Aboriginal Land Reserve near to the current Ghazeepore Road and died in 1885. In a more recent act of recognition, the City of Greater Geelong council

decided on 24 September, that the Aboriginal flag will fly alongside the Australian flag over City Hall.

A local act of recognition

In the lead up to the Constitutional Recognition referendum, we in Drysdale and Clifton Springs could formally recognise the area's Aboriginal people and heritage. The culture of today's Wathaurong people goes back thousands of years and continues to enrich the area. It's been suggested to DCSCA that that we ask people on the north Bellarine how they would feel about renaming the Portarlington Road as Wathaurong Way. Communities often name roads after local dynasties and Drysdale and Clifton Springs is no exception. How appropriate, then, to name Portarlington Road after the area's longest-standing dynasty – the Wathaurong people.

To make the re-naming a real act of community recognition, it needs support from across the community. DCSCA invites local people to start conversations in the area about the proposal and to tell us your views.

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/

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Vishing

An increasing number of people fall for a persuasive phone scam known as 'vishing'. Be on alert to protect yourself against it. Fraudsters have been calling people and posing as someone from a bank's fraud investigation team, the police, a telephone or internet service provider, a utility company, etc. The scammers then try to get credit or debit card details, internet banking security codes, bank account details or other personal information. Remember that banks and other legitimate organisations will never request you to divulge these details to them.

Hoon Drivers

Who's watching? Reports of hoon driving help Victoria Police target repeat offenders and focus on specific locations. If you know the identity of a hoon driver, have knowledge of hoon driving activity,

or are able to provide a description of vehicles involved (make, model, colour, registration number) you can report this to Crime Stoppers without revealing your identity.

Contact the Crime Stoppers Hoon Hotline on 1800 333 000 or report it online at www.vic.crimestoppers.com.au

State Highway Patrol Blitz On Road Work Zone Speedsters

Victoria Police are getting tough on speeding drivers who ignore road work zone speed restrictions. The State Highway Patrol are now patrolling road work zones on highways throughout Victoria. People working in these zones have been identified as some of our most vulnerable road users and Victoria Police is committed to ensuring their safety. All motorists must drive at a safe speed within the limits and the road conditions.

Swimming Pool Fences

Now is the time to check the Safety of Your Pool Fence Before Your Child Does! Pool-Gate Drowning is one of the leading causes of death for Australian children under 5 years of age and the majority of these incidents happen in backyard swimming pools. A large number of drowning deaths in these pools are as a result of faulty fencing or non-compliant with Australian Standards.

Kidsafe Victoria has partnered with a number of stakeholders to encourage all pool owners to check to check the safety of their pool fences and surrounding areas. For more information and to access the campaign resources, including the online home pool safety tool, please click on the link below. Visit <http://www.lsv-from-anywhere.com.au/poolchecklist/login.php> to get started on your home pool safety assessment today.

St James

All over the country *Blessing of the Animals* celebrations took place on 6 October, and at St James Church in Drysdale pets were invited to join the Sunday 10.30 am Service, to recognise the joy and companionship which they bring to their owners. There was a good turnout, as can be seen from the photo with the Vicar, Rev. Robert Myers, and after a little excitement as the pets encountered each other, they settled down very quietly to enjoy their blessings. Many elderly people, especially those now living alone, rely greatly on their pets for company and the undemanding love they provide. All the pets attending this service could take away a certificate to record this wonderful occasion and it was certainly a very sociable event. This annual festival celebrates the life of St Francis of Assisi, patron saint of animals.

Bless our Furry Friends



Years ago

As reported in *The Argus* on Wednesday 21 December 1938

Clifton Springs

The proprietor of the Clifton Springs Hotel, near Geelong, announces that the hotel, which was damaged by a gale early this month, has been completely repaired and renovated.

An ample supply of water has been available to keep the greens and fairways of the Clifton Springs golf course in good condition.



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A-maizing Sweetcorn

Corn on the cob is one of the treats of summer. The sugars in corn kernels turn into starch quickly, so you need to eat the cobs fresh and you can't get much fresher than backyard sweetcorn plucked straight from the plant, lightly steamed or grilled and delivered hot to your plate.

To grow successful backyard sweetcorn you have to be able to meet a few basic requirements: a sunny position; support against wind damage; moderately dense planting in blocks; and warm, constantly moist soil containing lots of nitrogen and organic matter.

Sweetcorn is wind pollinated: for corn kernels to develop, the pollen needs to get from the tassel-like male flowers on the tips of the stalks to the silky threads of the female flowers lower down. This requires careful spacing. If you overcrowd your corn or plant it in long rows rather than blocks, you'll end up with cobs that have very few kernels on them.

The best spacing seems to be intervals of about 25cm, in blocks at least a metre across. Individual plants usually produce two or three stalks, so these 16 plants per square metre will hopefully produce at least 30 corn cobs. Most varieties of sweetcorn will grow to 1.5 metres or higher and although their stems are very sturdy, they do need support against strong winds as they become heavy with developing cobs.

One way to get good spacing and support is to plant the corn in cylinders of wire mesh about 50cm high and 1.5 metres in diameter. A wider mesh that you can get your hand through makes weeding easier. Prepare the soil inside the cylinder with lots of compost and well-rotted manure, making a shallow bowl-shaped depression. This allows water to run into the centre, helping to ensure that all the plants get plenty of moisture.

Direct sowing is best for this fast-growing member of the grass family. Unfortunately, freshly sown corn kernels are a tasty treat for mice and pigeons, and the lush young shoots of corn seedlings are a welcome snack for a hungry snail, so it's a good idea to protect your new plantings from marauders. A litre milk carton with the ends cut off, secured by two bamboo skewers will do the trick nicely. Mulch thickly around these plant protectors with peastraw to keep the soil moist.

A few weeks after sowing, your corn should be sturdy bright green seedlings. From now on their growth rate in the warm summer days will be phenomenal. A fortnightly feed with a high nitrogen liquid fertiliser such as fish emulsion will give your plants a boost.

The sweetest, biggest cobs are produced by hybrid plants. If you want to keep and dry your own cobs for sowing next year, you'll need to grow an open-pollinated, traditional variety instead. Traditional corn varieties tend to have a more distinctively 'corny' taste than the rather sugary sweet hybrids.



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Blooming Plants and Home Made Fair

The Portarlington Uniting Church will conduct its annual Fete/Fair on **Saturday 16 November**, in the **Church Hall, Newcombe Street, Portarlington**, commencing at **9am sharp** until early afternoon.

A feature will be the sale of about 200 potted pelargoniums, mostly in full bloom, together with other plants, a well-stocked Home Made stall (craft etc), a yummy cake stall and delicious morning tea.

Pelargoniums are ideal coastal plants and will add a dash of colour to your garden.

All items very reasonably priced. Come down for a browse, enjoy a cuppa and scones, and maybe purchase something for your garden or pantry.



For more information please call Barry on 0427 513 950.

Clifton Springs Garden Club

Garden Club

When do you spray apple trees? What is the best weed killer? If you want all the answers about gardening then become a member of the Clifton Springs Garden Club.



Clifton Springs Garden Club meets every third Monday evening at 7.30pm in the Drysdale Uniting Church Hall, Palmerston Street, Drysdale. Please ring Lorraine on (03) 5251 1660 for any enquiries.

National Recycling Week

11-17 NOVEMBER



NATIONAL
RECYCLING WEEK

PLANET ARK

National Recycling Week aims to improve the positive environmental outcomes of recycling by increasing community awareness, increasing collection rates and reducing contamination. Local councils, businesses and community groups are encouraged to join in throughout the week.

recyclingweek.planetark.org/about

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RSL Rose



The RSL Rose is regal burgundy and soft amber which will look resplendent in the garden. The rose is hardy, continuously in bloom and has a light perfume. The concept of an RSL Rose was originally proposed by the family of the late Robert 'Bob' Brown, a long term member the Returned and Services League. This initiative of having a dedicated rose was enthusiastically taken up by the Morwell RSL community who have guided this project, with the assistance of the Victorian State Branch. Please help the RSL community and returned veterans with the purchase of this beautiful rose.

Remembrance Day

The 11th hour of the 11th day of the 11th month has attained a special significance in the post-war years. On the 11 November, Remembrance Day, all Australians should observe one minute's silence at 11am to remember those who died or suffered for Australia's cause in all wars and armed conflicts.

The red remembrance poppy has become a familiar emblem of Remembrance Day, so wear it with pride and remember our soldiers. A service will be held at the Drysdale Cenotaph at 10.50am on Monday 11 November and all residents are welcome.

The Drysdale RSL meet on the second Thursday each month at 2pm.

LEST WE FORGET.

HMAS Goorangai Service



This annual service commemorates the sinking of the Minesweeper HMAS Goorangai in Port Phillip on 20 November, 1940 with the loss of all hands, and is held each year on the Sunday nearest to the anniversary. On Sunday 17 November a ceremony will be conducted by naval organisations and the Queenscliff/Point Lonsdale RSL.

Those interested assemble at 11am at the Queenscliff/Point Lonsdale RSL and march to Ocean View car park for a ceremony at the Goorangai memorial cairn at 11.30am.



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Swapped a welder for a boiler

Lindsay Macauley Age: 83 Born: Geelong

Joined Wednesday's Men's Kitchen in 2006

Occupation: Boilermaker and welder.

Hobbies: Loves woodworking **Favourite recipe:** Bread and Butter Pudding

Bread and Butter Pudding

85gm sultanas
2 tblspns brandy, warmed
5 eggs
300ml pouring cream
300ml milk
55gm caster sugar
Rind of 1 orange
1 vanilla bean, seeds only
½ tspn ground cinnamon
8 x1.5cm thick slices of day-old white bread
60gm soft butter, plus extra for greasing
1 tspn demerara sugar

Combine sultanas and brandy in a small bowl and set aside to cool. Combine eggs, cream, milk, caster sugar, orange rind, vanilla seeds and cinnamon in a jug. Whisk vigorously to combine and set

aside. Spread both sides of bread slices with butter and halve lengthways. Scatter one third of the brandied sultanas into a lightly greased 1litre capacity ovenproof dish. Trim bread slices to fit dish and layer, scattering remaining brandied sultanas between each layer.

Pour cream mixture evenly over bread slices and stand until bread has completely absorbed cream mixture (about 1 hour). Preheat oven to 180C. Scatter demerara sugar over pudding and bake until golden and custard is firm (30-40 minutes).

Serve immediately or at room temperature, lightly dusted with icing sugar, and with scoops of vanilla ice-cream or cream to the side, if desired.



Lindsay Macauley

From a classroom to the kitchen

David Schofield

Age: 65 Born: Geelong

Joined SpringDale Wednesday's Men's Kitchen in 2006

Occupation: Former school teacher

Hobbies: Loves to travel, sport, walking, swimming



David Schofield

Minestrone Soup

3 bacon rashers, rind removed, roughly chopped
2 carrots, peeled, chopped
2 celery sticks, chopped
1 Désirée potato, peeled, chopped
2 garlic cloves, crushed
1litre (4 cups) beef stock
300g can red kidney beans, rinsed, drained
425g can rich and thick finely chopped tomatoes
40g (½cup) 3-minute Rollini pasta
Salt & freshly ground black pepper
⅓ cup chopped fresh continental parsley

Place the bacon, carrots, celery, potato and garlic in a large saucepan and stir to combine. Cook over high heat, uncovered, stirring often, for 5 minutes. Add the beef stock, red kidney beans and tomatoes to the pan, cover and bring to the boil. Reduce heat to medium-low. Simmer, covered, stirring occasionally, for 30 minutes or until the vegetables are tender. Increase heat to high. Add pasta and cook, uncovered, stirring occasionally, for 3 minutes or until pasta is al dente. Season with salt and pepper. Ladle into serving bowls and sprinkle with parsley. Serve immediately.

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Peter's Inspiration

Peter Nicholls was inspired by an article appearing in the SpringDale Messenger some months ago and decided to make this model. Peter grew up in the Wimmera and Mallee and was familiar with many large pieces of machinery. Peter has always been interested in the role that horses played in opening up the Wimmera and Mallee area for water, cropping and general development in the early days of pioneering. Work was done by the Clydesdale horse teams with scoops etc. to make the Wimmera-Mallee channel system throughout Western Victoria, used in early clearing of trees from land and the list could go on.

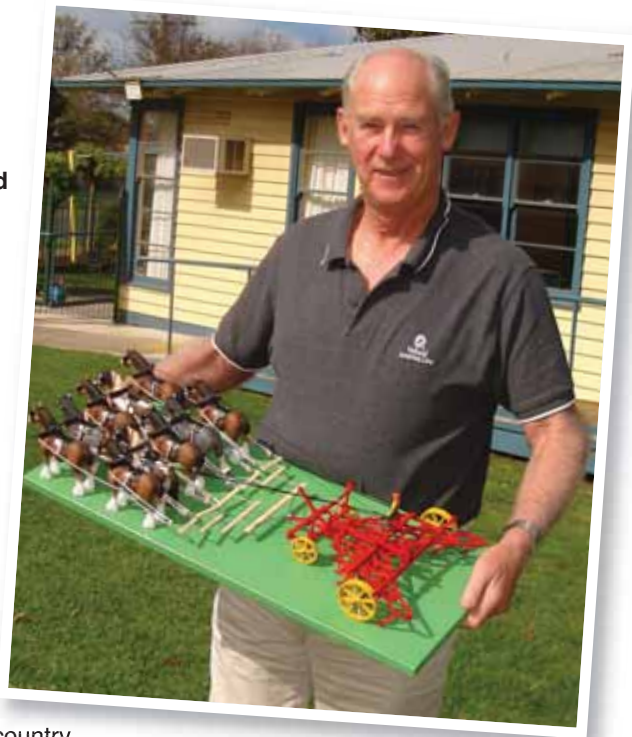
The working horse teams were first used to pull machinery for the growing of crops (wheat, barley, oats, etc.).

The 10 horse team on display:

- each horse is pulling against each other
- each horse is pulling the same load, all is done through a pulley system, chains and pivot locations right back to the centre point at the scarifier (Swing tree assembly).

- the scarifier was copied from a photo in the Rupanyup area (Ackland Scarifier). The tynes are clamped to the frame, the machine is lifted by levers and screw lifts later as developments improved. The team was controlled by the farmer sitting on the machine.

Farms have expanded to large holdings and are mostly done by one man compared to 2-3 men in early days. By preserving history like this, people can imagine the hardships the early men and women had in opening up this wonderful country. Tractors nowadays pull massive widths in air conditioned cabins, radios, GPS equipment, mini refrigerators and all sitting in a comfortable dust free environment.



Peter holding his model scarifier and horses.



Kel took great interest in Peter's model. "To see something like this, with a team of draft horses, is the type of thing that put Australia on the map. Horses pulling scoops, tumbling tommys, ploughs, cultivators and wagons, big wagons. I remember using a tumbling tommy to level the block for our house 65 years ago. Behind a team of 2 clydesdales holding the reigns and the handles, jiggle the handles and skim the top off the mound til the scoop fills. Then push down on the handles to lift the front of the blade. Thorses would then walk on to the low area. Once there you would pull up the handles to catch the blade in the ground. You would let it go and the



Peter & Kel - a scarifier in common



Kel on horseback where the round-about is now situated near the hotel in Drysdale.

horses would walk on dragging the scoop and helping to distribute the dirt. They would then walk around and a whoa back would get the horses to back up a little so I could flip the scoop into working mode. You'd be surprised how much dirt you can shift with a scoop." Kel demonstrated these movements.

Kel went on to speak about Ronnie Macdonald from Swan Bay Road, a great man with a team of horses. When he put in big water holes he would feed his horses, milk the cows, have breakfast, pack lunch for himself and the horses. They would stop for lunch for an hour to allow the horses and men to have lunch and rest. It would take a Clydesdale an

hour to eat a square kero tin of chaff out of a nose bag, with the bit removed. Kel went on to cast his voice strongly as Ronnie would. It was easy to tell that Ronnie had impressed Kel. His horsemanship must have been inspiring to behold.

Kel remembered all the names of the parts that made up the model. The winkers on the horses heads, the collar and haymes, the running chains to ensure that each horse pulled its own weight, backband and hooks – so the chains stayed up and didn't trip the horse and the swingle trees.

Anne Brackley
Scribe for Kel Davis

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Invitation

Tuesday 12 November
at 10.30am



SpringDale
Neighbourhood Centre

Personal invitation to come and see what a very new group in Drysdale is doing. Days For Girls is a quality, practical and sustainable hygiene solution for women and girls in under developed countries.

Come and join Diane, Karen and Pam for a cuppa and a chat to find out more about our project.

Phone Diane: 0400 712 829 or email geelongcoast@daysforgirls.org



The Bellarine Community Choir



Presents their annual Pre-Christmas community concert for 2013 at the **SpringDale Hall, High Street, Drysdale** **Sunday 24 November at 2pm.**

Guest Artists and other Bellarine Peninsula Groups will also be performing.

Come along for an afternoon of fun and popular music and support your local musicians.

Our Motto is *Of the Community,
For the Community.*

Come and Support Drysdale Cricket Club

AUTOPRO Classic Car SHOW



**Sunday 5
January**

A great way to support the local Drysdale Cricket Club and get into the community spirit will be to go to the **Autopro Classic Car Show on Sunday 5 January 2014.**

You can check out the Classic cars, Muscle cars, bikes, and old tractors and trucks and be entertained with live music. Plenty of food and drinks will be available.

We had over 400 cars at last years event and it was a huge success.

On the Saturday night we will be holding a car cruise leaving from the Cricket Club rooms. Last year there were approx 100 cars, which was fantastic. Come along and enjoy the evening.

There will be over \$500 worth of prizes to win at the Car Show

For more information about this Classic Event
please contact

Mel McNiece Owner/Operator
Autopro Drysdale (03) 5253 2811

Interested in learning Skype?



For the next couple of months we are looking for any interested volunteers who would be willing to help us test Skype online and at SpringDale Neighbourhood Centre. If you've ever wanted to know how to use **Skype** or **Google Hangouts**, or other online services, then we'd love to hear from you. We will be testing different methods so we would love you to get involved and receive your feedback about how using this technology might help SpringDale better serve the community in the future.

If you are familiar with a computer or iPad and would like to participate please come along to **SpringDale on Friday 15 November 5pm – 8pm.** Please email Pierce at admin@springdale.org.au to register your interest.



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A worthy proposal

I am proposing a community project that I'm currently calling *The Wall of Wisdom* and I am hoping that you would be able to find a little time to help me out.

The idea behind the wall is to create spaces for people to display quotes where others can see them. Almost a year ago I came across a quote from my hero Nelson Mandela - *The greatest glory in living is not in never falling, but in rising every time we fall.*

The quote inspired me so much I decided to print it out and stick it on my wall. This was the first of many pages to go on my wall.

I now have quotes ranging from Horace (Roman Poet) to Mr Tolkien author of *Lord of the Rings*. I have been inspired by these quotes all year, and I'm also a big fan of TED (Technology, Entertainment, Design) Talks *Idea's Worth Sharing*. Their goal is to gather intelligent people to deliver speeches about a range of subjects. If you have not seen them I highly recommend looking them up www.ted.com.

The idea of creating a platform for others to come along, add content to something that would inspire other people to make them think and see the world from a different perspective is a commendable one.

My idea is to create a space or put aside an area such as a wall. This area could be used by anyone to place words, sentences and paragraphs that they perceive as inspiring. A family could use their hallway or kitchen wall and place quotes, sayings, anything that inspires them and brings out the best.

This could be done as a community project in our local neighbourhood centre where visitors are free to place inspiring words upon it and where others could see and be inspired.

My thoughts are, taking the greatest words of humanity and using them to inspire ourselves and others.

Looking forward to hearing from interested people.

Zachery James Kingsbury



Zachery James Kingsbury



Nelson Mandela

Please contact the SpringDale Centre for more information (03) 5253 1960.

A short history of Ortho-Bionomy

What on earth is Ortho-Bionomy?



Arthur Lincoln Pauls

During the 1970s, a man called Arthur Lincoln Pauls was teaching judo in London. Several of his students needed to see an osteopath and Arthur was told it might be a good idea for him to learn osteopathy so he could help his students. He enrolled in a course, but became uncomfortable when told to make adjustments to realign the body. His judo training had taught him to go with the flow of energy and not try to counteract it. In other words, if an opponent came towards him to attack, he would allow their movement and weight to carry them forward, while he stepped aside, rather than using effort to stop them in their tracks and push them back.

Arthur Lincoln Pauls,
Founder of Ortho-Bionomy

Then Pauls discovered the work of Laurence Jones, a Canadian osteopath who developed *Positional Release*, a way of placing the body in positions of comfort for a while, until pain and tension were released. This was a revelation to Pauls, who began to use the technique with clients. Pauls found that by employing homeopathic principles such as: doing less to create a greater response, and following the body's natural tendencies, clients' discomforts were relieved.

He also found he could reduce the length of holding time for each position by being very gentle, and by paying careful attention to the way he interacted with the client.

When he was developing the work, Arthur Lincoln Pauls wanted it to be used by everyday people. The work is safe and simple to learn, without any background being needed. Arthur did not want Ortho-Bionomy to be appropriated by professionals, he wanted everyone to have access to the freedom of movement and relief from pain it can bring.

Dr Allison Baench continues to offer sessions at SpringDale Neighbourhood Centre in Ortho-Bionomy.

We are fortunate to have Allison in our community. For more information please contact SpringDale (03) 5253 1960.

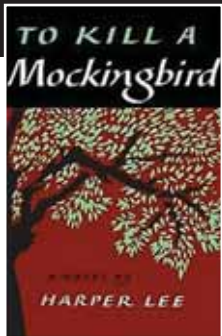
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The Book Club

To Kill A Mockingbird _ Harper Lee



Harper Lee



Gregory Peck as Atticus Finch along with Scout (Mary Badham) and Jem (Phillip Alford).

On Monday 7, October the Book Group met to discuss an old classic – *To Kill a Mockingbird* by Harper Lee. The writer is now 87 years old and still living in Alabama. This novel was published in 1960. Her subsequent story *In Cold Blood* was never published.

This is one of those books that everyone thinks they must have read at some stage or at least seen the film, made in 1962 and starring Gregory Peck as Atticus Finch. Therefore most of us had some pre-conceived ideas which led to disappointment for some and pleasant surprise for others. *To Kill a Mockingbird* has been on school reading lists and is definitely worthy of discussion from many

aspects.

It is the voice of Scout Finch narrating the story, so we must view through the eyes of a young girl who is growing up (some time in the 1930s) in a house without a mother. Both of the Finch children love and respect their father whom they call by his given name as his method of child-rearing is unique and questionable in those times.

Atticus, a lawyer, must defend an innocent black man against a charge of rape and the reader, living in a more enlightened age, knows that this will not have a happy ending.

It is a close town; the Finches have lived in this district of America's *deep south* for

generations and it is a place where everyone knows everyone else's business and the Finch children have their place in this society. Newcomers have difficulty fitting in as discovered by the new, young schoolmistress. We see the children coming to understand that their neighbour *Boo Radley* might not be a bogeyman after all and another cantankerous neighbour is dying and trying to do so without the drugs to which she has become addicted. Atticus Finch is able to teach his children vital life lessons by his example and tolerance of others. Are the many and varied characters believable? The reader must travel back in time to a place where racial divisions are vast and the days of slavery are not ancient history. Discussion within the group was interesting and proves that it is always worth a second visit to these well-known stories. We rated this book eight out of ten.

Next month we will again discuss an author – Alex Miller. Many titles to choose from. At our December gathering, we will discuss prize-winning novel *Foal's Bread* by Gillian Mears

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.

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 activities including bingo, indoor bowls, crafts, line dancing, luncheons and social outings, trips and tours.

It's a great way to keep active and socially connected.

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

Portarlington Drysdale Lions raffle boosts local groups



Twenty-six local organisations are the big winners from this year's highly successful Community Raffle conducted by the Lions Club of Portarlington/Drysdale.

By participating in the raffle, the organisations are sharing ticket sales of \$14,680 – an increase of 70 per cent on last year's effort.

Unlike other raffles, all money raised by the Lions Community Raffle is returned to the participating organisations, such as local schools, sporting clubs, etc. thereby keeping the money in the local community.

The Lions Club manages the running of the raffle and provides the prizes.

In essence, participating organisations do not need to run their own raffle as they keep all the funds they raise in selling tickets.

Now in its third year, the Lions Community Raffle is one of the Club's major annual projects and is attracting increasing support as local groups become more aware of the value in being involved, demonstrated by the increasing amount made each year.

For more information or to enquire about joining Lions, contact Roger Sanders on 5259 3010.

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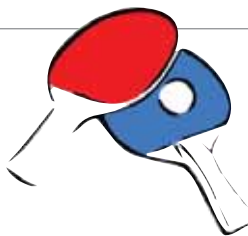
St Leonards Fishing Competition

Be part of a great family event for all ages and enter the St Leonards Festival Fishing Competition on Saturday 2 November. Lines can be put down at 6pm on Friday 1 November and be pulled up on Saturday 2 November at 3pm. \$5 entry fee for each competitor and prizes and trophies will be awarded in numerous categories.

www.stleonardsanglingclub.org.au
for all the competition information.

Table Tennis

Every Tuesday and Thursday, bright and early at 8.30am, a group of people meet at St James Hall to play table tennis. You have to be over 55 years of age, so there are no young whipper snippers there, though they would be hard pressed to beat some of our players. It's not serious, in fact it's probably the best laugh I have all week, as we do our best to keep the ball hitting the table, in the right place of course.



But those tricky serves with heaps of spin on them are a bit much for some of us. For \$3 you get to have fun and exercise from 8.30am til 11am, have a cuppa and a biscuit, make new friends and have a good laugh. What more can you ask for? So come along and join us some time.

Walking Home



Walking Home, a family friendly event, is on again this year on 2nd November. The walk begins in Queenscliff, proceeds along the Bellarine Rail Trail and concludes at Steampacket Gardens at the Geelong Waterfront. The total walk distance is 37km but walkers can choose to do a particular section of the walk if preferred. You can choose from four distances, depending on your fitness level and time availability. At the Geelong Waterfront will be a free public event featuring speakers and live entertainment to support the homelessness in our region.

For more information visit:
www.salvationarmy.org.au

Run Geelong



Last year thousands of people participated in Run Geelong and raised over half a million dollars for the Children's Ward at Geelong Hospital. This year Run Geelong will be bigger and better than ever, so register now and start training. Run or walk or just get involved.

Visit www.rungeelong.com.au and help support the Geelong children on Sunday 17 November.

Eureka Climb

Sunday 17 November



The race to the top of Melbourne's tallest building is on again with over 2,500 climbers set to raise money for Whitelion and Interplast Australia and New Zealand and earn the ultimate view from the top of the Eureka Tower.

Eureka Climb is an event for people of all ages and levels of fitness to walk/run/climb their way up 88 floors of one of the world's tallest residential towers. With an entertainment precinct at the bottom of the Tower for friends, family and supporters, it's a fun day for everyone.



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SPORT

It's all happening at Clifton Springs Golf Club



Annual Open Tournament commencing Sunday 10 Nov

Plenty is happening on the golf scene at Clifton Springs over the coming months commencing with our Baywater Estate Annual Open Tournament commencing on Sunday 10 November and finishing on Sunday 17 November. Day 1 commences with a 4BBB stableford with a 1pm shotgun start followed on Monday 11 November with the Ladies commencing their events with a 4BBB stableford, also a shotgun start commencing at 9.30am. Day 3 sees 2 events being played, firstly a men's veterans 55+ individual stableford with a tee off time of 8am shotgun followed by a Men's individual stableford with a 1pm shotgun tee off. Day 3 see the traditional ladies Irish 3 ball event with all ladies teeing off at 9am. Thursday event is a men's 4BBB stableford with the first hit off being

7.30am through until 12.30pm. Friday 15 November is the flagship event for the ladies with their Open Championship being played which is also a South Western District Merit Award Event. Tee times for this 18 hole event commences from 9am. The penultimate event for the golfing week is on Saturday which is the prestigious men's 36 hole open championship which is also a Geelong and District Golfing Association Merit Event which is also the last one for the year. The week comes to a close with the ever popular Mixed Gentsomes event which commences with 1.30pm shotgun start and ends with the closing dinner. **Entries are available from the club or pro shop and can be downloaded from the website www.cliftonspringsgolfclub.com.au**

Pro Am is played in January 2014

The second major event happens on Sunday 12 January which is the Parkers Steakhouse Clifton Springs Golf Club Pro Am with a 2 shotgun start the call of the day with the first at 7.30am and the second at 12.30pm. Once again the best professional golfers available will be competing in this unique event where amateur golfers get the rare opportunity to play along with professional golfers. The club is also hoping to attract a fine array of celebrity golfers as it has done in the past. The prize pool for the professional golfers is \$10,000 and as an added bonus Clifton Springs and Curlewis Golf Club have combined to offer a bonus pool for the best aggregate score from both events and the winner will walk away with a \$2,000 1st prize bonus. Preceding the Pro Am will be the annual Sportsman's Night to be held on Saturday night and more information will be released shortly.

For sponsorship packages, amateur entry forms or tickets to the Sportsman's Night contact the club on (03) 5251 3391 or visit the website on www.cliftonspringsgolfclub.com.au.

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