

## New Venue for Festival of Glass



festival of  
**glass**

SHOWCASING  
**Glass**  
FOR 4 YEARS



The **Festival of Glass** is moving to a new venue. Feedback from artists and visitors alike prompted the organising committee to look for a venue which provided enough room and facilities to cater for the comfort and wellbeing of everybody who attends the Festival. **The Christian College Sport Stadium** ticks all the boxes with four separate display areas, including an air conditioned auditorium and a bright and light enhanced interior which will show off the glass exhibits magnificently. Glass workshops and demonstrations are well catered for in the Sports Foyer. **Situated centrally in Collins Street Drysdale**, the Stadium will ensure that the **Festival of Glass** continues to grow and support glass artists from across the Bellarine as well as the rest of the country. Free entry and there is a chance to win prizes in the magnificent raffle. **Sunday 16 February 10am- 4pm** or email [cd21@bigpond.net.au](mailto:cd21@bigpond.net.au).

*Top: Photograph Courtesy Festival of Glass Right: Hather's Ode to Peyote - Glenda Mac Naughton*

# AN OUT OF THIS WORLD FESTIVAL ANIVENTION

**Sunday 23 February 10am - 4pm**

'Cos Play', relive Lost in Space episodes, try your hand at cartooning, bring your Sci Fi dreams to life. **FREE** stalls on which to seekout bargains and much more. For more information please contact Anne Brackley: [coordinator@springdale.org.au](mailto:coordinator@springdale.org.au) or phone (03) 5253 1960



# Community CALENDAR

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.

**COPY DEADLINE** for March 2014 **Bookings/copy required** by 1 Feb 2014 **Dist:** Sat 1 Mar **Circ:** 7000 copies

SpringDale  
Neighbourhood  
Centre  
Opening Hours  
Mon to Fri  
9am - 5pm  
and by  
appoint.

**Saturday 8**

Harvest Basket Produce Swap 9am – 11am  
as part of Sustainability Weekend.



**Sunday 9**

Car Boot Sale Drysdale Station 8am – 2pm



**Friday 14**

Rocky Horror Picture Show – Potato Shed 8pm

**Sunday 16**

Festival of Glass 10am – 4pm



**Sunday 16**

Drysdale Market 9am – 1pm



**Friday 21**

Hockey Bellarine – Under 10/beginners  
Hockey commences 4.15pm Saint Ignatius College  
(enter off Gillies Road)



**Saturday 22**

Class Clowns – Potato Shed (W/shop 1pm, P/form 4pm)  
Thinking Day for Guides and Founders Day  
for Scouts all over the world

**Sunday 23**

Anivention – Sci Fi Day 10am – 4pm  
at SpringDale Neighbourhood Hall  
Portarlinton Market 9am – 2pm



**Monday 24**

Business Breakfast SpringDale 7am



FEBRUARY

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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.



SpringDale Neighbourhood Centre Inc. acknowledges the support of:







## Coordinators News

Anne Brackley



### Dear Everyone

I believe Relationships are the keys to happiness: Nurturing current relationships, seeking out new relationships and allowing unhealthy relationships to slip away.

Over the break I have been able to reconcile my efforts with my relationships. I love having fun with my family and friends but my fun may not be everyone else's. My family helped to deliver an extra 1000 Messengers, 2014 Business and Services Directories and Term 1 2014 Course Guides and a letter explaining how and why they were being delivered.

They were being delivered because I need to walk, but I need an excuse. They were being delivered because we had an exceptionally well sponsored December Messenger which meant we could print an extra thousand. Our 2014 Business and Services Directory was well sponsored which meant we could print an extra thousand. Because our Course Guide didn't fit in the December Messenger we have printed it in colour. All three publications looked so good that I felt it was my duty to try to inform as many people as possible with these fantastic publications. We only met up with 4 people who were so pleased to receive our package.

Relationships may start with a small gesture, it maybe a greeting as you pass in the street or a smile across a cafe or a package being delivered in your letterbox. We were disappointed when we couldn't find a letterbox and felt we were letting these community members down by not being able to include them in our relationship building and therefore community building exercise.

Other relationships that have been bubbling along are with Clive Whitworth who is a new tutor and he has been creating video stories for some SpringDale activities - the Town summit in November, Making Waves a

SpringDale group that meets the third Sunday of each month in the hall and the performance night for Drama with Deana, another new tutor Della Broderick-Brown. Della is offering classes to help people who have moved to the area to understand their feelings. This is a concept which has occupied my thoughts for many years and Eileen Bain has been able to fulfill part of the role by organising regular morning teas for newcomers. Della will compliment Eileen's efforts and who knows what will be next. I would also love to have almost induction sessions to include meeting your local parliamentarian and councillor, some history maybe with a Kel lilt to it, maybe very factual, and other sessions. I had never thought to call them induction sessions before but I think that's what my add ons might be.

Announcing a new service - Ivan Hawthorn has decided to organise regular sessions at SpringDale for people to have their signature witnessed and that will commence Monday 3 February at 9am with no appointment necessary. Ivan also is happy to share his experiences at Antartica later in the year when he has settled in.

I continue to be amazed by the outstanding people we have in our community and their ability to share and help others.

Please keep reissuing the Messenger to your friend and acquaintances or bring back to SpringDale so we can - but only if you have finished with it. We love to hear stories of people keeping a number of issues to refer back to.

Have a great year and know that I will be trying to live up to my motto finding the fun in all I do.

**Anne Brackley**

## COURSE UPDATE @ SpringDale

### Combined - Certificate III

**Aged Care** (CHC30208) and

**Certificate III in Home** and

**Community Care** (CHC30308)



With the demands for Personal Carers within the Aged Care industry or people requiring Carers in nursing homes and private homes this accredited course will enable you to gain employment in this field.

**Book now!**

**Next course commencing Thur 6 Feb.**

**Fee:** Funded \$775 Conc \$627.50

**Full Fee** \$4192.22

(funded price including First Aid).

Additional charges for 1 text book at \$95 to be purchased from the Centre, \$25 for food safety practices including manual. Payment plans available for this course.

**Tutor:** Ocean Grove Neighbourhood Centre

## Business Breakfast Dates for 2014

The SpringDale Business Network Team has another line up of interesting and informative speakers for you at our quarterly Business Network Breakfasts.

The dates for this year will be:

**Monday 24 February 2014**

**Monday 26 May 2014**

**Monday 25 August 2014**

**Monday 24 November 2014**

**Monday 24 February 7am – 8.15am**

**\$10.** Speakers **Lisa Sweeney** re Scams, managing customer expectations and also **Wayne Elliott** re new Apprentice to Business Owner program.

We always enjoy welcoming new people, so please register with SpringDale if you wish to attend.

You will always receive a great breakfast from a friendly team.



## Bookings for the 2015

**North Bellarine Business & Services Directory are NOW OPEN!**

More than 8000 copies of the 2014 edition have been home delivered and 2000 will be distributed to new comers over the next 12 months.

We would appreciate your feedback and feel free to ring **(03) 5253 1960**

or email to **office@springdale.org.au**



## Our Reader's FEEDBACK

### Drysdale is too busy

I relocated to Drysdale to get away from traffic and crowds. Over the Summer I have found the heavy traffic, crowded shops and limited car parking almost unbearable. What can be done to help the situation?

**John**, Drysdale.

**Editor:** *The traffic is tricky through Drysdale during summer, we are working with DCSCA and various levels of government to improve the traffic management. It is great for the shop keepers that the shops are busy. Have you thought about walking to the shops or catching the local bus that circulates 26 times a day, around Drysdale Clifton Springs, Monday to Friday.*

### Delightful Recipes

Having recently retired, I love trying some of your delightful recipes.

**Thelma**, Clifton Springs.

### iPad

My children gave me an iPad for Christmas, so with limited knowledge I will be signing up for a course at SpringDale.

**Kevin**, Drysdale.

### Ring Road

Drysdale needs a Ring Road.

**Pamela**, Drysdale.

We welcome your comments in this our Readers Feedback column, please email to [messenger@springdale.org.au](mailto:messenger@springdale.org.au)



## Buy Bellarine

The **Buy Bellarine Produce Barn** welcomes on board new regional producers Barrabool Hills Beef and Barwon Lamb now on sale in the Barn. In the past few weeks customers have welcomed Meredith Dairy, Spring Creek Organics and Drysdale cheeses. We are open every Saturday and Sunday, 9am – 3pm, Becks Road, Drysdale.

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

**June Hansen**

Buy Bellarine Produce Barn

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

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**RISTEVSKI**  
LAWYERS

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

## NEWS from Lisa Neville MP Member for Bellarine



### New Year Greetings

As this is the first issue of the SpringDale Messenger for 2014, I would like to wish all the readers a very Happy New Year. I trust you have all enjoyed the festive season and were able to make the most of all the beautiful Bellarine has to offer. I look forward to working with you as your representative in State Parliament again this year and providing you with updates in my monthly column.

### Festival Of Glass Is On Again

The Festival of Glass is now in its fourth year and I encourage Bellarine residents to come along and enjoy this magnificent display of glasswork. There are stalls, demonstrations and exhibitions of glasswork with glass art, jewellery and mosaics amongst the items on display. The Drysdale and Clifton Springs Community Association have done a great job of making this festival such a success, so come along and experience it too.

**Sunday February 16, 2014 10am-4pm at Christian College, 40 Collins Street, Drysdale**  
[www.festivalofglass.net.au](http://www.festivalofglass.net.au)

### Mobile Office

Thanks to all the residents of Drysdale and Clifton Springs who attended my mobile office at SpringDale in December last year. It was great that so many people came to see me about issues that concern them and it is a privilege as the local Member of Parliament to be able to assist where I can.

### Volunteers – Life Savers & Fire Fighters

It has been a really busy summer on the Bellarine for our volunteers and I would like to take this opportunity to thank and acknowledge our life savers and fire fighters who give so freely of their time and do such a great job to help keep our community safe. Well done to all of you for the fantastic contribution you make to our community.

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



## Geelong 99.5FM

Recently driving back from Melbourne on a Saturday morning there was little on the radio that attracted my interest. Cricket, horse racing previews, pop music had no appeal, but then I found an interesting program reading a large range of items from The Geelong Advertiser.

Operating out of **Vision Australia's centre at 79 High Street, Belmont**, you can hear newspaper readings, local interviews and more on 99.5 FM.

You can start your day with the Geelong Eye Opener at 7am Monday to Friday, and listen to all the day's news from The Geelong Advertiser to 1pm Monday to Friday and 12 noon Saturday.

## New Justice of the Peace Service

A new free program to be run every **Monday morning at SpringDale 9am – 12.30pm.**

This service will offer signage of all categories of documents needing witnessing.

The launch of this service is **Monday 3 February at 9am.** This is a successful service offered in Geelong and Corio and elsewhere in Victoria and is now being offered in **Drysdale at SpringDale, 17-21 High St, Drysdale.** No appointments required.

**Ivan G Hawthorn Esq BEM JP FI10**

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## Digital Storytelling

The Digital Storytelling course, run by Clive Whitworth of Bellarine Multimedia is suitable for anyone who has a story to tell and a basic understanding of using simple computer programs. And that covers just about anyone. During the workshop, you will learn how to take a story about a loved one, an event in your life, a travel experience or an achievement and form it into a powerful presentation of words, video, sound and your spoken narration.

During the workshop you will create a video which you will take away on a DVD, but more important than that, you will also take away

the skills with which to make DVD's of your own stories into the future.

"In my experience of running these workshops, people get a huge thrill at seeing the story they bring with them being turned into a well-crafted and well-presented video production.

It is much more about the power of giving voice to our stories than simply using software to create a slide show and can be a very moving experience; quite cathartic even."

**Clive Whitworth**

**WIN** ONE DOUBLE  
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'They're Playing Our Song'  
Matinee 12noon  
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High Street, Drysdale

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COMPETITION CLOSSES 3PM TUES 25 FEB



# 2014

## Season 2014

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**ROCKY HORROR  
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**CLASS CLOWNS - FREE ENTRY**  
FEB 22, W.SHOP 1PM, PERFORMANCE 4PM

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

The Potato Shed, Bellarine Multi Arts Centre is located at 41 Peninsula Drive, Drysdale Ph: (03) 5251 1998

**POTATO SHED**

CITY OF GREATER  
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## SES In Full Operational Mode

With the busy summer period in full swing Bellarine SES Unit has teamed up with Victoria Police in an effort to curb the number of off-road car crashes through a new road safety initiative that features the display of a car wreck from a collision that occurred six years ago.

Twenty-two-year-old Chris suffered extensive brain damage after losing control of his Holden Commodore SS utility and running off a coastal road and crashing into a tree in September 2007. His injuries left him confined to a wheelchair and requiring personal care for the rest of his life. He passed away in 2011 after succumbing to his injuries.

Members from Bellarine SES Unit displayed the car wreck in the Safeway car-park in Drysdale in order to engage with the public and to reinforce the message of road safety. It is a very confronting display - the wreck itself leaves nothing to the imagination. The display also includes a number of story



boards that tell about the aftermath of the accident and the effects on Chris's family and friends.

Bellarine Police Senior Sergeant Angelo Ferrara said the effect of serious collisions reached beyond those directly involved in the collision.

"What happened to Chris not only ended his life, but changed the lives of those around

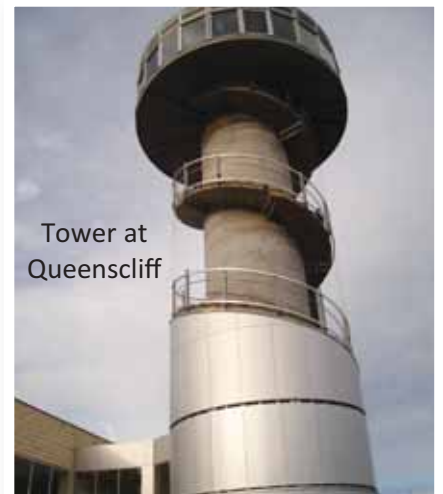
him forever as well. His friends have lost a good mate and his family will never be the same. The damage sustained by the vehicle leaves you in no doubt as to the devastation that can be caused. The number of off-road collisions into trees in this area is very high. We hope that Chris's story will help raise awareness of the need to be careful on our roads."

# A lookout for Drysdale

## Why does Drysdale need a lookout?

I believe there are a few great reasons for Drysdale to have a lookout.

1. When Batman landed at St Leonards and wandered his way up to the Murradoc Road hill, he claimed that the sight he saw was one of the greatest the had ever seen.
2. We did have one. In the 1940s the Drysdale Progress Association erected a lookout but it was removed due to the Second World War.
3. Drysdale needs to build upon the tourism success of the Bellarine Railway to have another world class attraction to keep people in the area for longer to be able to grow more economic development.
4. This is a *recent addition* to my list so everyone can enjoy the world class view not just the few who can afford to live in the properties that have 7 digit price tags. We all deserve to be able to safely enjoy our spectacular environs.
5. The lookout could be part of a bigger complex, maybe even a conference centre, for the walkers crossing the Bellarine hills,



Tower at Queenscliff

the equestrians riding across the hills and the cyclists enjoying the terrain.

There are a number of people interested in progressing this idea but we would be very happy to have more helpers please phone SpringDale to put your name forward.

**Anne Brackley**

### Debbie Lee School of Dancing

Drysdale Uniting Church Hall

Principal Teacher 'Debbie Lee'

Classes held **Monday, Tuesday, Wednesday & Thursday**

Classes for **boys & girls**  
**3yrs old to adults.**  
**3yo class Thursday 10 - 10.30am.**

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# Financial Industry Literacy Learning (FILL)

Unravel the acronyms, mnemonics, and 'special financial speak' of the Finance Industry. What are Markets, Stocks, Bonds, Commodities, Futures, Exchange Rates, Securities? What is Revenue, Turnover, Income, Cost, Expenditure, Expense, Profit, Earnings, Return, Credit, Debt, Interest? What is DCF, NPV, IRR, ROI, PE, EPS, DE, EV, CAPEX, OPEX, GDP? What are Franking credits, Dividends, Fundamentals? What is Charting, Technical Analysis, an Indicator, a Moving Average, a Standard Deviation, Volatility? What is a Distribution, Consolidation, Accumulation, Retracement, a Breakout, Short Selling, Hedging? What is a Bear or a Bull market? Why does the 'Aussie' dollar exchange rate (with say the US dollar) move up and down in more or less 'lockstep' with the global prices of bulk commodities such as coal and iron ore?

Learn the literacy of financial markets. Become familiar with financial markets, their global reach, inter-reactions and correlative impacts. Learn how Capital investment, Project financing, and even personal Superannuation works

**Register your interest in SpringDale's proposed Financial Industry Literacy Learning class.** We'll start with learning the basics of 'Finance 101', moving through the various levels and areas of the financial



What is a Bear or a Bull market?

industry, all the while consuming and interpreting the weekly media reporting of both local and global financial industry 'happenings' or events and their likely impacts on us and others.

We will eventually tackle and learn about investing and trading in financial markets such that some may come to feel sufficiently comfortable and proficient to 'dip their toe in the water' of financial market trading or investment and possibly go on to earn themselves a little supplementary income, or just become comfortable about self-managing your 'Super'.

**So if you're interested in 'Interest', then take your FILL and register your interest in SpringDale's proposed Financial Industry Literacy Learning class. Ph (03) 5253 1960.**

# Challenge Accepted



When the Jigsaw arrived



The Jigsaw completed

Everyday a new question. Just before Christmas an almost completed jigsaw puzzle arrived and we were asked would someone like to finish it. Within hours the jigsaw had been adopted and within days it had been completed. Thank you to those who pose the challenges and thank you to those who accept them. What will we be asked to do next?

**golfing memberships**

**Golfing Memberships 7 Days**  
1 Feb 2014 until 30 June, 2014 - \$344.00

**Week Day Membership**  
1 Feb 2014 until 30 June, 2014 \$258.00

**Green Fee Players Welcome**  
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**For all golfing and membership enquiries please phone (03) 5251 3391**

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For Bookings & Information

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

**Wednesday Dinner: 220gm Steak \$16**

**Sunday Two Course Roast Lunch \$19<sup>50</sup>**

**Everyday! Two Course Lunch Special \$15**

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**With every \$8 KIDS MEAL ordered FREE CHOICE of kids dessert choose from Frog in Pond, Icy Pole or Ice-cream.**

**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 - 28th February 2014  
\* Not valid Public Holidays or Long Weekends  
\* Conditions apply - not available on all meals.

**feb 2014**

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



# Tidied our Roundabout



## STREETSCAPE TO ARTSCAPE

### Art a reality

The **Streetscape to Artscape** project is in its third year. We have created a Streetscape to Artscape Plan.

We have brought attention to the Clifton Springs Fountain and stimulated some renovation and upgrade works to ensure that this feature of the Clifton Springs landscape returns to being a symbol worthy of this beautiful part of the Bellarine. We have received a grant from City of Greater Geelong to fund 3 concept plans for 3 art installations and we are working with the City of Greater Geelong to ensure that our progress is in line with the City of Greater Geelong Art Strategy.

If you would like more information about the 3 concept plans and the way that they will be chosen please email [artscape@springdale.org.au](mailto:artscape@springdale.org.au) for more information.

The **Streetscape to Artscape** Stage 1 report is on our website [www.springdale.org.au](http://www.springdale.org.au) or is available from SpringDale Neighbourhood Centre.

Anne Brackley



Picture of plants that could be used in the base of the fountain.



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art, craft & industry



# 2014 festival of glass

Sunday 16 February  
10am - 4pm

**FREE**  
Admission



**The 2014 Festival of Glass is open from 10am till 4pm,  
Christian College, 40 Collins Street, Drysdale.**

**NEW VENUE**

The focus of the **2014 Festival of Glass** is a glass Expo, featuring stalls by around fifty glass artists, craftspeople and companies; demonstrations of glass-working techniques; prize-winners of the annual Drysdale Glass Awards; and Glass on Film - short films presenting glass art, craft and industry.

Visitors to the 2014 Expo can enjoy a full

day out in Drysdale, visiting the Drysdale Market, local wineries and olive farms and riding the historic Bellarine Peninsula Railway between Drysdale and Queenscliff.

The Festival will host a *Bottleneck Guitar* evening on **Saturday 15 February 2014** in partnership with Harvester Moon, 2320 Portarlington Road, Bellarine. Enquiries: (03) 5259 3200. Enjoy dinner with blues

band *Mr. Black & Blue*, plus an auction of glass collectibles. The Festival will also host a series of workshops in glass-working techniques. Dates and venues are on the website.

**The Festival of Glass** is an initiative of the Drysdale & Clifton Springs Community Association Inc. and is a benchmark glass event in Australia.

Photography - Lyn Ingles / Platter - Vauthaung Glass, Heidi Habel - Glass Owl, Glenda Mac Naughton - Beading (Photo supplied), Jan Verouden - Red Platter, Sand & Fire - Woman with Tears

For more information

**[www.festivalofglass.net.au](http://www.festivalofglass.net.au)**

Blog: [www.festivalofglass.blogspot.com](http://www.festivalofglass.blogspot.com) Email: [ccd21@bigpond.net.au](mailto:ccd21@bigpond.net.au)

*Festival Sponsors/Supporters of the Festival of Glass*



# Perfect Again *by Julie Brand*

In 2002 I had a mastectomy. I didn't even know there were 2 t's in the word till I had one. After my hair came back and things looked like they'd be ok again, I went looking for an external breast prosthesis, because my reconstruction hadn't worked. I definitely did not like what I found! So I made my own breast form.

Then three years ago, my partner Franco Pierucci and I decided to get serious about this breast form business and now we have a company that makes customised light weight breast forms for women who've had a mastectomy. It's called Perfect Again Pty Ltd. Just like dentures, our external breast prostheses are customised for each woman and are about 75% lighter than the common weighted breast forms that are everywhere and oh so uncomfortable!

We rented a factory in the industrial part of Portarlington in August 2013, a couple of kilometres from our home, which is where they are made. Right here in Portarlington. We originally started making them by hand using plaster bandage and plaster to take the casts. But this was messy and too time consuming for everyone. But the response from our first ladies was overwhelming.



Franco went to Italy for Christmas 2012 and tracked down a high-tech machine which is perfect for the job and after a month's journey from Italy to Australia by ship, it's now installed in our factory. We can supply perfectly made, customised light weight comfortable breast forms to the women of Australia who need them. We have TGA approval and the Medicare rebate also applies.

Visit [www.perfect-again.com.au](http://www.perfect-again.com.au) or 2/3 Rajah Court, Portarlington or phone (03) 5259 1919 for further enquiries



## New and Used Bras

If you have any new or used bras in reasonable condition that you no longer require, please donate them to Rotary Project Uplift for women in the Pacific Islands. **Point Lonsdale Physiotherapy at 101 Bellarine Highway, Point Lonsdale** are collecting the bras and your help with this project would be appreciated.

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## Corrective Chiropractic Bellarine

*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

## 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.

FEBRUARY 2014 SPRINGDALE MESSENGER





## Banana Peel Tea for Health

Banana Peels are packed full of serotonin which boost your mood and help you feel happy according to a study at the University of Taiwan.

Banana Peels are full of lots of tryptophan that help you sleep better.

Banana Peels contain powerful anti carcinogenic compounds that help to prevent cancer and have lots of carotenoids and polyphenols like that found in green tea that help to keep your immune system healthy. Banana Peels contain lots of lutein which is important for night vision, preventing macular degeneration and helping to prevent cataracts. Banana Peels are full of great anti-fungal compounds, and antibiotic agents that bring about good health.

Make a Banana Peel tea today. Just boil Banana Peels in water for about 15 minutes, let the water cool and you have lots of healthy nutrients that will keep you strong and healthy.



### Drysdale Health Group

Proactive, Preventative & Professional

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



27-29 High St Drysdale  
(03) 5251 2958

## Learn to play Bridge

Bridge is the greatest card game of all providing a challenge and enjoyment.

It keeps your mind active which is good for your mental health. The next beginners' course at the **Geelong Bridge Club, 148 Portarlington Road, Newcomb** will commence in March 2014.

Several local residents from Drysdale and Clifton Springs last year participated in the Bridge course and had lots of opportunities to play in a pleasant and supportive environment.

To make further enquiries or to enrol in Bridge lessons please email [dotgeoffread@gmail.com](mailto:dotgeoffread@gmail.com) or phone (03) 5258 3424.



*Challenge your mind and stay alert and playing card games is great for mind and social interaction.*

### Portside Physiotherapy



Theatre Plaza, Harding Street, Portarlington

**Ph: 5259 1277**

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



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## FREEDOM PERSONAL TRAINING



Where exercise means fitness

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Be motivated today  
call Luke for an appointment today.



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**10/34 MURRADOC ROAD DRYSDALE**



Limited subsidised places are funded through ACFE Funding (Adult Community & Further Education) and are available for those who have a Health Care Card, Gold Card or for those who are on a Pension. \$55 Concession Fee consists of the following:  
\$25 subsidised tuition fee + \$30 services fee

## Computers

### iPad for Beginners

Have you been given or have just bought an iPad and not sure where to start? This could be the course for you. Learn how to use basic iPad functions, practise scrolling, learn about iPad apps and much more in a fun supported environment.

**Skill Level:** Beginner

**Dates/times:** Wed 5 Feb – Wed 26 Mar  
1pm – 3.30pm (8 sessions)

**Fee:** \$160 or conc \$55

**Tutor:** Jonathan Harris JNH Software P/L



### Email & Internet

This class is designed for both those new to internet and those who know basics and would like to extend their experiences. Begin with simple searches using Internet Explorer and basic mail handling using Outlook Express. Discover how to read your mail away from home. Try alternative methods of internet communication including voice, video and interactive chat and learn how to check for and avoid viruses, Trojans and worms.

**Skill Level:** Beginners

**Dates/times:** Wed 5 Feb – Wed 26 Mar  
10am – 12.30pm (8 sessions)

**Fee:** \$160 or conc \$55

**Tutor:** Jonathan Harris JNH Software P/L



### Picture Editing & Movies

Learn how to edit, file, categorise and archive your digital photos using Picasa. Learn how to use a Memory Stick and how to resize pictures and share them with your family.

**Materials:** Photos optional

**Dates/times:** Mon 3 Feb – Mon 31 Mar  
10am – 12.30pm (8 sessions)

**Fee:** \$160 or conc \$55

**Tutor:** Jonathan Harris JNH Software P/L



### Computer Performance & Maintenance

Do you wonder why your computer slows down or runs out of disc space. We will discuss the causes of and how to fix these issues. This entails clearing your computer of unnecessary files and how to keep your computer running at its best performance. We also show you how to fix your computer when it does not boot into Windows and how to respond to error codes on your computer.

**Dates/times:** Mon 3 Feb – Mon 31 Mar  
1pm – 3.30pm (8 sessions)

**Fee:** \$160 or conc \$55

**Tutor:** Jonathan Harris JNH Software P/L



### Digital Storytelling

The story behind our photographs can so easily be lost in time. Learn how to convey memories and emotions to your loved ones in a video clip.

- Craft an effective story from your experiences and memories.
- Make an audio recording of that story
- Use simple software to add music, sound effects and images to bring your story to life.

Each participant will produce a completed video.

**Materials:** A laptop is supplied, bring your own USB stick. Your own photographs/video clips.

**Dates/times:** Mon 3 and 10 Feb 6pm - 10pm  
and Sat 22 Feb and 1 Mar 10am - 4pm  
OR Thurs 6 and 13 Mar 1pm – 5pm  
and 22 and 29 Mar 10am – 4pm.

**Fee:** \$160 or conc \$80 **Tutor:** Clive Whitworth,  
Bellarine Multimedia Services

**Venue:** St Leonards Community Space



### MYOB for Beginners

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

**Skill Level:** Intermediate

**Dates/times:** Tue 4 Feb – Tue 25 Mar

9.30pm – 12noon (8 sessions)

**Fee:** \$160 or \$55 Conc plus Manual \$45

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



### Intro to Computers F

Learn how to install and uninstall programs, clean up deleted items and documents, use cleaner and defragger to keep your computer running smoothly, download software from the internet free, antivirus program s and others from the internet. Set up your computer the way you want it.

**Skill Level:** Beginner++

**Dates/times:** Thur 6 Feb – Thur 27 Mar  
1pm – 3.30pm (8 sessions)

**Fee:** \$160 or conc \$55

**Tutor:** Lyn Brook, Lynette's User Friendly Computers



### Introduction to Computers C/E

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

**Skill Level:** Beginner +

**Dates/times:** Tue 4 Feb - Tue 25 Mar  
1pm – 3.30pm (8 sessions)

**Fee:** \$160 or conc \$55



### Buying and Selling on eBay

Does eBay confuse you? Would you like to be able to buy and sell on eBay with confidence? Then this course will navigate you through the process of getting started and using this worldwide facility to buy or sell your chatties. Please register your interest so we are able to conduct this vital course for you.

**Dates/times:** Friday mornings, 3 sessions

**Dates TBA**

10am - 12.30pm (8 sessions)

**Fee:** \$80 or conc \$75 **Tutor:** Brett Kerr



## Accredited Courses

### Food Handling and Safety

(Apply basic food handling)

*Code SITXOHS002A*

Great for school leavers, volunteers and those already employed in food related areas. This accredited module will give knowledge and skills in correct and safe food handling, storage and hygiene. Update your skills and improve your job prospects today.

**Dates/times:** Sat 15 Mar 9am – 3pm

**Fee:** \$100 or conc \$83.15

**Venue:** SpringDale

**Tutor:** Ocean Grove Neighbourhood Centre



### Responsible Service of Alcohol

Covers all areas relating to the service of alcohol in and around licensed premises. Participants receive a recognised certificate in RSA from Liquor Licensing Victoria.

**Dates/times:** Sat 22 Feb 9am – 12noon

**Fee:** \$70 or conc \$64

**Venue:** SpringDale

**Tutor:** Ocean Grove Neighbourhood Centre



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

*Code ALTF301B/21569VIC*

Level 2 is an Accredited Certificate, valid for 3 years (with CPR and Anaphylactic updates) and is a requirement for many courses, organisations and work places.

**Dates/times:** Sat 22 Feb & Sat 1 Mar 9am - 5pm  
(2 sessions)

**Full Fee:** \$170 or conc \$145

**Tutor:** National First Aid



### First Aid – CPR (Perform CPR)

*Code HLTCP201A*

(Cardiopulmonary Resuscitation)

Do not wait until it's too late. Learn CPR today. CPR training offers learners the opportunity to achieve confidence in the performance of cardiopulmonary resuscitation in a safe environment. It is recommended that CPR updates are undertaken annually. First Aid/CPR is the first 3 hours of First Aid - Level 2.

**Dates/times:** Sat 22 Feb 9am – 12noon (1 session)

**Tutor:** National First Aid **Fee:** \$60 or conc \$55



### Combined – Certificate III

**Aged Care (CHC30208) and**

**Certificate III in Home and**

**Community Care (CHC30308)**

With the demands for Personal Carers within the Aged Care industry or people requiring Carers in nursing homes and private homes this accredited course will enable you to gain employment in this field.

**Book now!**

**Next course commencing Thur 6 Feb.**

**Fee:** Funded \$775 Conc \$627.50

Full Fee \$4192.22

(funded price including First Aid).

Additional charges for 1 text book at \$95 to be purchased from the Centre, \$25 for food safety practices including manual. Payment plans available for this course.

**Tutor:** Ocean Grove Neighbourhood Centre



## General Courses

### A Taste of 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. Food, fun and conversation.

**Date/time:** Sat 8 Feb & Sat 22 Feb  
(2 sessions) 9am – 10.30am

**Fee:** \$30 **Tutor:** Agata Comisso

### A Taste of 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. Food, fun and conversation.

**Date/time:** Sat 8 Feb & Sat 22 Feb  
(2 sessions) 10.30am – 12noon.

**Fee:** \$30 **Tutor:** Agata Comisso

### Espresso Coffee Making Workshop

Looking for employment in the Hospitality Industry? Improve your knowledge, skills and techniques, understand the workings of the Espresso machine and the coffee culture.

Small groups, so enrol early.

**Dates/times:** Sat 1 Feb, Sat 1 Mar 10am – 12noon

**Fee:** \$30 **Tutor:** Jordan Smith



### Digital Photography Doctor

Confused by all the settings on your new digital camera? Learn how to get great results from a qualified teacher and master photographer. Understanding shutter speeds, ISO, aperture, different file formats, downloading images, red eye reduction and lighting techniques.

**Dates/times:** Tue 11 Feb – Tue 4 Mar  
7pm – 9pm (4 sessions)

**Fee:** \$100 or conc \$92 **Tutor:** George Stawicki



## Holiday Photography

Say *Ciao* (bon voyage, good bye) to horrible holiday photos. Holiday photos should bring back the excitement and adventure of your trip. Yet many people find their photos disappointing. This short course is designed to teach you how to take fantastic holiday photographs in a few easy steps. Say *arrivederci* to problems including poor composition, bad lighting over and under-exposure, and plain old boring pictures. Next trip, people might actually be asking to see your happy snaps.

**Dates/times:** Tue 11 Mar & Tue 18 Mar  
6.30pm – 9.30pm (2 sessions)

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

## Yoga

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

**Dates/times:** Thur 6 Feb – Thur 3 Apr 6pm – 7.30pm  
OR 7.45pm – 9.15pm (9 sessions)

OR Mon 3 Feb – Mon 31 Mar  
9.15am – 10.45am (8 sessions)

**Fee:** \$95 or 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



## Cheese Making with Corinne

Interested in making your own cheese? This is a very relaxed way to spend a day. You may like to bring lunch to share and make new friends and make conversation. This session will include haloumi, sour cream and ricotta. You will be asked to bring some kitchen equipment.

**Dates/times:** Sat 22 Mar OR Sat 29 Mar 10am – 4pm  
(1 session) **Fee:** \$80

## Passata Making

Always wanted to make your own Italian tomato sauce – now you can learn how – you will take home a number jars of tomato sauce to turn into a great Italian meal. **Date/time:** Sat 15 Feb 8.30am – 10.30am  
OR Fri 28 Feb 8.30am – 10.30am

**Fee:** \$80 **Tutor:** Agata Comisso

## Hot Chilli Jam, Double Baked Tomato Sauce and Citrus Tomato Jam

Learn a variety of skills for making jams and preserves. Take home a number of jars of condiments to be used for dipping, in sandwiches, on a pizza base or even a cheese platter.

**Date/time:** Sat 1 Mar 9am – 12 noon  
OR Fri 14 Feb 9am – 12 noon **Fee:** \$80

**Fee:** \$80 **Tutor:** Agata Comisso

## Discover the artist within - Level 1

A Foundation Art Course in Drawing and Painting for Adults.

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

**Dates/times:** Tue 4 Feb – Tue 25 Mar  
9am – 11am (8 sessions)

**Fee:** \$130 or conc \$55 **Tutor:** Annette Playsted  
Materials list available from SpringDale office.

## Discover the artist within - Level 2

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

and drawing, improving skills and confidence.

**Dates/times:** Wed 5 Feb – Wed 26 Mar  
10am – 12.30pm (8 sessions)

**Fee:** \$130 or conc \$55 **Tutor:** Annette Playsted  
Materials list available from SpringDale office.

## Develop the Artist Within – Advanced Workshop program

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

**Dates/times:** Tue 4 Feb – Tue 25 Mar  
10am – 12.30pm (8 sessions)

**Fee:** \$140 or conc \$55 **Tutor:** Annette Playsted  
Materials list available from SpringDale office.

## French for Real Beginners

Want to keep your mind young, meet new people and have lots of fun all in the space of an hour? Come and develop new skills, exercise your mind and challenge yourself by learning a new language.

We will be studying French through a variety of mediums. Do come along and join me no matter what your level or ability. All Welcome. This course is for beginners, no prior knowledge required. (New beginners have 30 minutes by themselves and then blend into the Advanced Beginners class)

**Date/time:** Tue 4 Feb – Tue 25 Mar 9am – 10am

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

## French for Advanced Beginners.

For those who have attended the Beginners Class in 2012. **Dates/Times:** Tue 4 Feb – Tue 25 Mar  
9.30am – 10.30am (8 sessions)

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

## Intermediate French

For those with some prior knowledge of the language.

**Dates/times:** Tue 4 Feb – Tue 25 Mar 10.30am – 11.30am (8 sessions) **Fee:** \$90

**Tutor:** Laetitia Cairncross

## Yoga on Chairs

Would like to do Yoga but would feel more comfortable sitting. This course may be you.

**Dates/times:** Mon 3 Feb – Mon 31 Mar  
11am – 12 noon **Fee:** \$90 or conc \$81

## Ukulele Intermediate

A class for those who are part way along the path to learning how to play the Ukulele and improve their skills. **Date/time:** Thur 6 Feb – Thurs 27 Mar  
9.30am – 10.30am (8 sessions) **Fee:** \$85

**Tutor:** Sarah Carroll

## Ukulele Beginners

A class for those who are wanting to get started to learn the Ukulele – no experience necessary but you will need to bring a Ukulele.

**Date/time:** Thur 6 Feb – Thurs 27 Mar  
10.30am – 11.30pm (8 sessions) **Fee:** \$85

**Tutor:** Sarah Carroll



Brain Training ✓  
Learn Local ✓  
Meet People ✓  
@ SpringDale

*Ortho-Bionomy®*

*Ortho-Bionomy is a registered trademark of Ortho-Bionomy Australia Ltd and is used with permission.*

## Ortho-Bionomy

*SpringDale has been able to attract a number of Ortho-Bionomy practitioners to our midst over the last few years, including international trainer Richard Valasek in November 2013. In 2014 we are extending the range of classes being offered.*

## Taste of Ortho-Bionomy

Two different sessions will be presented on the two Friday evenings listed. People may like to attend one or both sessions.

**Dates/Times:** Fri 7 and/or 14 Mar 7-9pm  
**Fee:** \$20 or \$15 conc each session

**Tutor:** Dr Allison Baensch PhD

## Fundamentals of Ortho-Bionomy (Phase 4)

Ortho-Bionomy (a form of gentle bodywork) is a system of health care that involves supporting the body in positions of comfort, allowing recipients to release and resolve tension and pain. The techniques are safe and comfortable. Movements are made slowly and gently, guided by the body's preferences.

Learn how to: relieve or prevent muscular and joint pain, injuries, and headaches for you, your family and friends.

## What will happen in the class?

We will experience, learn and exchange simple, gentle and effective release positions for most joints of the body. There are no prerequisites for the class

**Dates/Times:** Fri 7 Mar 7-9pm, Sat 8 Mar 9.30am-5.30pm, Fri 14 Mar 7-9pm, Sat 15 Mar 9.30-5.30pm

**Fee:** \$330 (\$300 if booked by 20 Feb)  
**Tutor:** Dr Allison Baensch PhD

## Isometrics

Isometric (accompanied by isotonic) techniques work with muscular tension patterns as well as muscle tone. During the class, these techniques are presented and practised. Through gentle restraint of movement, while the muscle is engaged, self-corrective reflexes are stimulated and habitual holding patterns can be released. Participants learn how conscious play with subtle resistance can help promote change from rigid physical patterns to greater mobility. This way of working allows people to actively participate in their session, and promotes self-reliance. Isometrics are great to use with family and friends, or to add to the 'toolkit' of anyone who works with the body, such as massage therapists, nurses and so on. Athletes and other performers enjoy the resulting freedom of movement, and many people who want a stronger sense of self find this work affirming. This class forms part of the Society of Ortho-Bionomy International Practitioner Training Program. This class is open to everyone, no previous learning is required.

**Dates/Times:** Wed 12 Feb – 5 Mar 10am – 3pm  
**Fee:** \$330 (\$300 if booked before 28 Jan 2014) or \$55 conc (if eligible)

**Tutor:** Dr Allison Baensch PhD **Venue:** TBA

## Fancy having loose, comfortable shoulders?

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.

**Dates/times:** Tues 4 Feb 1pm – 3pm  
**Fee:** \$20 or conc \$15

**Tutor:** Dr Allison Baensch PhD

# Current Exhibition and Floor Talk

*Drysdale artist and art tutor at the SpringDale Centre, Annette Playsted currently has a one person exhibition on display at Drysdale Village Medical Centre in the waiting areas of the centre.*

Titled **A JOURNEY. WEST TO EAST, INDIAN TO PACIFIC** the twenty-six images and diary entries, trace the journey from the west to the east of our vast country, from the furthest point west on Rottnest Island across the continent, finishing at Central Station Sydney. **The Exhibition is on show until February 21, 2014.**

The artworks are in a variety of media – watercolours, acrylics, oils, pastels, and mixed media. Scale is also explored in this collection of 27 artworks, from the intimate to the expansive.

The artworks are for sale and DVMC Commission goes to World Vision.

In Annette's remarks at the opening of the Exhibition she talked about the challenges she faced. She was captivated by the changes of the terrain on the long trip from the west to the east, but even more so by the amount of stuff we humans have distributed along that track. Evidence of us everywhere. This needed to be documented in the artworks.

She said she was also challenged, not just by the spectacular landscapes she saw, but more by the vast expanses that could be deemed boring. The challenge was to bring it all to life and not just look for the picture postcard views of this stunning land.

She hoped she has surprised with some of her choices of image.

Annette will give a floor talk at the exhibition on Wednesday 12 and Friday 14 February at 1pm and warmly welcomes people to come and share thoughts about the exhibition.



Annette Playsted



Supportive friends at the exhibit



## SpringDale Life Drawing Group welcomes new members

- Venue – St James Hall Drysdale
- Time – Monday 1.15pm - 3.45pm (during term time)
- Untutored – participants welcome at all levels
  - Bring paper and drawing materials
  - Limited number of easels available
  - Sociable afternoon tea break.

If you would like to join us or need more information, please contact either George-Ann 0438 028 250, Sue 0418 549 344 or SpringDale (03) 5253 1960.



## Talk to the experts

...for a personalised funeral plan

Did you know there are many different options when preparing a personalised funeral plan?

### Free Information Session

Friday 7<sup>th</sup> February 2014 at the SpringDale Neighbourhood Centre, 10.30am until 12.00pm

Phone 5221 4788 for more details.

All information is obligation free and available to take home and refreshments will be supplied on the day. For more information contact Alyson at Tuckers.

## Tuckers

Funeral & Bereavement Service

...for a life worth celebrating.

[www.tuckers.com.au](http://www.tuckers.com.au) 5221 4788

### Love to Dance, Sing & Perform?

**Ocean Grove Calisthenics has it all!**

Incorporating dance, song, ballet, gymnastics... all with strength, endurance & creativity in mind.

**Come & Try - First class FREE in February**



- Tinies U7 yrs Sat.
- Subbies U10 Mon.
- Juniors U13 Sat.
- Inters U16 Thur.
- Seniors 16+ Tue.

Costumes Provided

Ring Jo for further details 0438 055 679  
123 The Avenue, Ocean Grove Rec Hall



## DRYSDALE COMMUNITY CHURCH

Join us  
Great music, relevant messages,  
friendly atmosphere.

**Sunday 10.00 am**  
(Includes Kids ROK Zone & ROK Toddlers)

276 – 290 Jetty Rd Drysdale  
(03) 5253 2241



# Classic Car Cruise and Show attracts many exhibitors

The third Autopro Classic Car Show was a great success building on the efforts of the last 2 years. The Saturday night Stockdale and Leggo cruise was a sight to behold with more than 80 cars snaking their way through Drysdale, Portarlinton, St Leonards and back to the Drysdale Cricket Club for food and entertainment. On the Sunday there were more than 350 cars, 40 motor bikes and vintage machinery on display.

Thousands of people enjoyed the wide variety of cars including Mustangs, Hot rods, Mini Minors, MGs, Holden – current makes back to very early automobiles. The success of this car show is based on the inclusive nature of the event welcoming all makes and models.

There was something for everyone. Thanks to the sponsors for their support and we look forward to continuing the tradition in 2015.



Winner of the Classic section 34 Chev

*They cruised the Bellarine*



## DRYSDALE

CREATE SAFE & SECURE STORAGE SPACE

**ROOF POD**  
360Lt Roof Pod  
Universal Design  
to fit most racks.

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120degree beam angle

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PROTECT YOUR BOAT, CARAVAN & TRAILER

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Tel: (03) 5253 2811

autoprodrysdale@aanet.com.au

# Looking for a Totally Different Present



Why not give that special person a **Steam or Diesel Driver Experience** on the **Bellarine Railway** and let them feel the power of our heritage locomotives in their own hands.

Someone close to you can experience what it is like to actually drive a steam or diesel train, between Queenscliff and Drysdale, with family and friends welcome to ride behind in a comfortable carriage.

In addition, you have the option of giving a full day experience, where the person spends the morning with an experienced instructor driver. This full day program includes theory and explanation of the locomotive selected and shunting carriages/wagons within the station yard, to prepare their train for the 32km journey.

So mark that special milestone (birthday, anniversary, graduation) in a very unique way with a gift voucher for one of the following options.

Present this article and receive 10% off any full day experience gift voucher paid for over the next 6 months – experience date may be taken within 1 year of the voucher being issued.

## Steam Locomotive

### Tank Engine

**Full Day** \$995.00pp, **Half Day** \$695.00pp

### Tender Engine:

**Full Day** \$1495.00pp

**Half Day** \$ 995.00pp

**Half Day shared** \$ 495.00pp (min 2 people per booking)

### Diesel Locomotive

#### English Electric:

**Full Day** \$ 795.00pp

**Half Day** \$ 495.00pp

**Half Day Shared** \$ 295.00pp (min 2 people per booking)

To book this fantastic experience for that special person or for more information, call the Railway at **(03) 5258 2069** and **press 9** or visit the **Bellarine Railway website** at **bellarinerailway.com.au** and click on *Australia's Favourite Steam Driver Experience*.

## The Drysdale Hotel

- Indoor Kids Playroom
- Beer Garden
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# Drysdale needs an 'icon'

The big things of Australia are a loosely related set of large structures and there are estimated to be over 150 such objects around the country. There is the Big Golden Guitar at Tamworth, Big Tennis Racquet at Barellan, Big Banana at Coffs Harbour and the Golden Gumboot at Tully.

London has Big Ben and Paris the Eiffel Tower but in Drysdale there is nothing for the community and tourists to see. Monuments preserve our past and inspire our future.

They also attract tourists that drive economic growth. Drysdale needs an icon. Drysdale has numerous artisans, many woodworkers and various community members with innovative ideas.

Maybe they can all think about an icon for the town. Should it be a big book which highlights the two secondhand book sales each year, maybe a glass structure to focus on the Festival of Glass or a train to emphasise the Bellarine Railway.



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## Apprentice to Business owner Program

I'm excited to be part of this pilot program launched in 2013 by the Australian Federal Government.

It's the first of its kind in Australia, giving eligible qualified apprentices the chance to learn valuable business skills.

**I will be speaking at the SpringDale Business Breakfast on Monday 24 February and would be happy to meet to you there.**

The program engages eligible tradespeople in a range of associated skills such as marketing, legal, finance and risk management.

The Australian Business Development Centre, Geelong, continues to serve the needs of the local community and build partnerships with many local businesses.

**For further information contact  
Wayne Elliott on (03)5223 2677  
or Free Call 1800 025 112**

The Australian Business Development Centre is offering **FREE Federal Government-Funded** training to eligible tradespeople  
**...IS THIS FOR YOU?**

The **Apprentice to Business** owner program is an exciting new program launched in 2013 by the Australian Federal Government. It's the first of its kind in Australia, giving qualified apprentices a chance to learn valuable business skills. If your skills are listed on the National Skills Needs List you may be eligible for a government funded business development training package sponsored by the Australian Federal Government (*conditions apply*).

If you are a trade person such as a hairdresser, cook, carpenter, baker, plumber, butcher, sign writer, mechanic, landscape gardener, cabinetmaker plus many more trades.

Give **Wayne Elliott**  
a call today on **1800 025 112**  
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Every gardener has his or her favourite tools and other gadgets that make gardening easier, more productive or just more pleasant. Here are a few of mine.

### Scythe

Cutting grass and woody weeds is a pleasure with the gentle swish of a scythe. You won't get a smooth bowling-green finish (unless you're a lot better than me), but you will get some gentle exercise. This beautifully balanced, hand-forged Austrian scythe is imported by Scythes Australia [scythesaustralia.com.au](http://scythesaustralia.com.au).

### Wetpots

These little clay bulbs are plugged into a gravity-fed 4mm line and constantly ooze water into the soil, leaving it beautifully moist. Great for areas that are too remote for a pump-fed dripline. I'm trialling them this year with my tomatoes and so far, I'm impressed. Buy them from [productivegardens.com.au](http://productivegardens.com.au).

### Broadfork

Do you want to dig a 10 square metre bed in half an hour without straining your back? Then get a broadfork. The technique is easy to master, and uses your body weight, not muscle power. This beauty was made for me by ace gardener and blacksmith Wade Neumann, contact [allsun.com.au](http://allsun.com.au) for details.

### Hayfork

Much better for turning compost than a garden fork, this Fiskars hayfork has sturdy tines and is well balanced. I got mine from Mitre10.

## Great garden gadgets



Left:  
From top.  
scythe,  
wetpots,  
broadfork,  
hayfork,  
sickle,  
ho-mi

### Sickle

Faster for trimming edges or cutting mulch than a pair of shears, this sickle is made to the same superb Austrian quality as my scythe – and is much easier to use. Available from Scythes Australia.

### Ho-Mi

A versatile Asian hand tool, perfect for weeding, opening and closing rows for seed sowing and for digging holes. Sturdy, hand-forged steel, available in long and short-handled versions. So good that I have three! Buy them cheaply from the makers, [allsun.com.au](http://allsun.com.au) – other outlets sell them at a huge markup.

## Vege Net and Fruit Saver

These excellent nets protect your fruit and veg from insect pests, birds, extreme heat and wind. They are bird-friendly and won't damage your trees. I have loads of them. The Fruit Saver net is cube-shaped, 2m or 2.5m – perfect for covering a small fruit tree or a tomato frame.

Check them out at [greenharvest.com.au](http://greenharvest.com.au)

*Wouldn't it be great if we could buy this net system from a local trader – please keep thinking about economic development ideas for our area.* Anne Brackley

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## Clifton Springs Garden Club

Like those joining art societies, bowling clubs or book clubs, people are using gardening as an excuse to get together. If you have an active interest in the art of 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.**

The Clifton Springs Garden Club presenting Drysdale Fire Brigade with a \$500 cheque, from the proceeds of their annual event.

*President Clifton Springs Garden Club  
Eddie Loughnan, Anthony Connor,  
Suzie Ridgeway Clifton Springs Garden Club,  
Brendan Macdonald Drysdale Fire Chief,  
Phil Henry, David Mc Laine.*



## New walking trail for Drysdale and Clifton Springs

It recently came to my attention that we have the start of a great new walk in Drysdale and Clifton Springs.

In the Adrian Mannix park there is the Adrian Mannix seat overlooking the Clifton Springs harbour. Adrian was a very celebrated community member, local Councillor and Mayor. He lived his life to the full and overcame many physical challenges.

Meander up Jetty Road to McLeods Waterholes and there you will find a seat dedicated to Dr Harry McLeod. Harry was a vibrant member of Drysdale Rotary.

Wander around the Waterholes along Crimea Street and over to the Drysdale Station. In the park you will find a seat dedicated to Jim Day. Jim was Drysdale Primary School Council President for many years and a scout leader.



Head towards the centre of Drysdale and there you will find a seat in pioneer Women's Park and although the seat isn't dedicated to Anne Drysdale or Caroline Newcomb, maybe we should.

We are hoping to add to this list of seats by honouring Bernard Filbay and Roger Lavingdale who were instrumental in initiating the walking track around Lake Lorne, which hundreds of people enjoy every day.

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## Trivia, BBQ and Christmas Lunch



Our Club finished off 2013 with a flourish - a Trivia Quiz meeting followed by a great BBQ at the home of two members and later our Christmas luncheon.

Our Quizmaster, Brian, had plenty of curly questions to test our grey matter but it was great to see several tables get 10/10 for some rounds. Trivia meetings are one of our favourites for the year, and this was no exception although there were a few comments when some winners had also won last year! We then adjourned for our spring BBQ to continue the camaraderie over lunch. Christmas luncheon was held at the Drysdale

Football Club rooms on this occasion, where our ladies and a few gents had set up festive decorations. A fine meal was laid on by the Footy Club and a great time was had by all.

We are looking forward to another enjoyable year in 2014, 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.**

## Ever regret a decision?

Oh Dear, I'm Here

Did you ever make a decision and regret it later? And then realise that the alternative was not what you want either? And that maybe, there is good in both decisions?

A number of people I have spoken to over recent years are absolutely thrilled to bits to have been able to come to live on the beautiful Bellarine Peninsula. We all love it, don't we: quiet streets, friendly neighbours, beautiful views of the You Yangs, proximity to surf beaches, fishing, boating, more intimate shopping in our little favourite shops.

All our friends are envious: 'You made a sea change. I wish we could!' Then, we discover that friends and family find it too far to come to visit. We don't see as much of the grandchildren as we had hoped.

The drive from Melbourne for them seems onerous. It may come down to us having to make all the effort to catch up. We don't want to seem needy to our neighbours. How do we make life-long friends when half or more of our life is over?

We begin to question:  
'Will I ever really feel settled here?'

If all this seems familiar to you come and meet others in the same boat in SpringDale in 2014.

Register your interest with **SpringDale office** (03) 5253 1960 or email [office@springdale.org.au](mailto:office@springdale.org.au) to learn more about facing these questions and understanding your answers.  
**Della Broderick-Brown**

## THANK YOU for your beautiful display



On behalf of the community we would like to thank to Mike and Dave Heggen (and Auntie Val) for such a great display of Christmas spirit and generosity through their Christmas display. Thousands of people were welcomed over the 26 days of the display. Collected monies have gone to the Special Care nursery of Geelong Hospital. Thank you to the neighbours for being so understanding. Put it in your calendar as a must do for next year.

*The lights they shone  
On Christmas nights  
And the children's faces glow  
Christmas lights like this  
Children have never seen,  
And railways puffing steam.  
So when you are down  
The Rakumba Way  
Thank Michael, David  
and Aunt Val too  
Their Christmas lights did amaze you.*  
**Chris and Edie Lambert**

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## kel's corner

We have been wandering around the countryside revitalizing Kel's old memories. The other day we went to Benalla and yesterday we ventured to Portland as a day trip.

Kel reminisced the trip from Wallington to Koroit on a grey fergy tractor. He left Wallington at 4am and arrived in Koroit at 6.30pm. "If I'd been dragging a piece of steel behind me it would've been a razor blade by the end of the trip" Kel said. For some reason he didn't wear socks that day and by the time he arrived his feet were sun burnt and he couldn't put boots on for a number of days. (We wrote about this in an earlier edition of the Messenger).

While in Portland, we ate lunch and enjoyed being in the First Victorian Settlement.

On the way home Kel guided me through Cobden back to Colac where we saw a wallaby and an echidna. It was a big 12 hour day but we loved it.



Thanks for a great day Kel, we all look forward to another year of your yarns and interesting snippets like "When were at school we would bring excess eggs to school and they would be soaked in *Egg keep* and then taken to the Geelong Hospital to help support the patients."

Anne Brackley for Kel Davis



St James' Secondhand Book Sale on 4-5 January was a very popular event in the New Year Calendar and was definitely boosted by the presence of the Bellarine Woodworkers

## Booking in at St James

Sale and Exhibition, next door in St James Hall itself. Both events took place at the same time so that the double bill would be of benefit to locals and visitors alike, and this really paid off.

As before, the donations of books and magazines to the Book Sale has been a wonderful example of Community spirit, with the numbers of bags and boxes swelling over the last few months to magnificent proportions so the ladies who sort, price and categorise the books have been working flat out. Thank you to all who donated. There is now a regular time: 9.30am - 12noon on Thursday mornings when our book sorting room in the shed at the back of St James Hall is open for collection of books and magazines - and St James is very grateful for all the donations. After a well earned break, the ladies who toil there will be starting again on Thursday 6 March, and it helps them enormously to have books donated as early in the year as possible.

Enquiries: (03) 5251 2594.

St James would like express sincere thanks to Drysdale Primary School and to the students at the international summer camp there for the considerable help they provided with the setting up and clearing up of the Book Sale. Also, a big thank you to those who attended the sale and came away with armfuls of bargains, which is helping to pay off the loan, currently \$78,000, for the residual costs of the restoration of the heritage listed St James' Hall.

The Hall is available to the community for Hire, both for individuals and organizations - see contact details below. As always, the children's section at the Sale was extremely popular, with low seating allowing kids to browse whilst their parents/grandparents searched for their own favourite authors or perused the non fiction topics on offer.

The photo shows what must be our youngest reader yet!

St James' Hall Hire: Pat Whitford 0468 381

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# SPORT

## Drysdale Soccer Club prepares for 2014

The 2013 season was a great success for the Club both in terms of on field results and growth. Our men's division one team finished 5th in its first season in the top flight, we again increased the amount of under 7's teams and launched our girl's under 10's team. The 'closed' season for Drysdale SC isn't as quiet as you might think. Our men's futsal team competed in and won the Monday night league at the Bellarine Aquatic and Sports Centre, congratulations and thanks to Dan Roddis, Ben Hancock and the rest of the team for their fantastic efforts. The Club also coordinates the annual Albion Cup Day, a set of international friendly matches raising money for Bravehearts, Australia's leading child protection and advocacy organisation. The event was hosted in November at our temporary home ground of Howard Glover Reserve in Eastern Gardens and raised over \$1300 towards making our society a safer place for our children to grow up in.



We are now in the process of recruiting players for the 2014 season and we are excited to announce that in addition to our men's, mixed junior's and girl's teams, in 2014 we will for the first time be fielding a women's team to play under the Drysdale banner. Players of all abilities are very welcome, we are a friendly community Club who work very closely with Leisure Networks to ensure a safe and healthy sporting environment.

For information on men's football contact Jarrod Gladman on 0431 215 722, women's football contact Steve D'Acunto

0448 419 188, junior's contact Paul Rawson on 0414 461 112.

The Club would like to express its thanks to Lisa Neville MP, Bendigo Bank Bellarine Branch and Councillor Rod MacDonald for their continued support of the club. See our updated website at [www.drysdallesc.com.au](http://www.drysdallesc.com.au) for further information.

## Ukulele group went public at Christmas Concert



When we started out learning the ukulele at the start of 2013, no-one thought that we would end the year entertaining the crowds at the Ocean Grove Chicken Shop. Thanks to our fantastic teacher Sarah Carroll, we joined

other entertainers at her annual Christmas concert to strum and sing some seasonal songs. I know we're all looking forward to some more ukulele fun in 2014.

By Jan Paradise

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