



# The SpringDale Messenger

May 2014  
Volume 24 Issue 4

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

## M~M a pilgrimage



Drysdale Station Photograph courtesy George Stawicki Photography

Victoria Edgar - Artist in the company of Matt Crawley - M~M District Coordinator

### What is M~M?

M~M is a biennial pilgrimage from Mountain top to river Mouth, creating a contemporary songline across the municipality of Geelong. It starts late afternoon on Friday 9 May at You Yangs Big Rock and finishes on Saturday 10 May 2014 at dusk at the mouth of the Barwon River the next day.

M~M2014 invites people of all ages and abilities to walk one or more stages of an 85 kilometre pathway. An M~M2014 passport, ordered on registration, is stamped at each of the 12 Resting Stations along the way.

### Drysdale Walking Circle and Community Involvement

Victoria Edgar is an accomplished artist and is taking the lead role in the design of the Walking Circle at Drysdale Railway Station. The *Walking Circle* is based on a labyrinth design and community members will be invited to walk through it for an interactive, safe experience. The *Walking Circle* is to be based on local produce themes, celebrating the rich past and present history of produce on the Bellarine. Victoria will be working with local community groups through the SpringDale Neighbourhood Centre to assist in the design and construction of the *Walking Circle*.

If you wish to be involved please contact **Victoria** on 0438 293 962

or email

[victoriaedgar@bigpond.com](mailto:victoriaedgar@bigpond.com)

or contact

**Springdale Neighbourhood Centre**  
on (03) 5253 1960.

For more information on the

M~M go to

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

/mtom/ or [www.facebook.com](https://www.facebook.com/pages/M-to-M/472628816176245)

/pages/M-to-

M/472628816176245



## Public Meeting 30 April Traffic Management

Turn to  
page 4  
this issue

# 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 June 2014 **Bookings/copy required** by 1May 2014 **Dist:** Sat 31 May **Circ:** 7000 copies

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



**Thursday 1**

**Friday 2**

**& Saturday 3**

**Saturday 3**

**Monday 5**

**Tuesday 6**

**Sunday 11**

**Monday 12**

**till Sunday 18**

**Monday 12**

**& Tuesday 13**

**Monday 12**

**Tuesday 13**

**Friday 16**

**Saturday 17**

**Sunday 18**

**Friday 23**

**& Saturday 24**

**Sunday 24**

**Monday 26**

**Friday 30**

**Saturday 31**

*The Feast of La Gypsy Argentina* Potato Shed 8pm

Harvest Basket Produce Swap, SpringDale 9am – 11am  
**Community Garden Meeting 10.30am SpringDale**

**Morning Tea at SpringDale 10am**

*The Folk Years* Potato Shed 10.30am

*Mother's Day*

**Neighbourhood House Week**

*Managing Carmen* Potato Shed 8pm

Relaunching of the Portarlington Toy library

**Bokashi Workshop 7pm SpringDale**  
Opening St Leonards Men's Shed

*Desperate Housewives* Potato Shed

*St James Trivia Night* Clifton Springs Bowls Club 6.30 pm

RSPCA Million Paws Walk, Eastern Park Geelong  
Drysdale market 9am – 1pm

*Of Mice and Men* Potato Shed 7.30pm

Portarlington Market 9am – 2pm

**Business Breakfast – Opportunities before the  
End of the Financial Year 7am SpringDale**

Adrian Mannix Community Service Dinner  
at 6.30 Portarlington Golf Club

National Sorry Day

**Visit Antarctic with Ivan Hawthorn –7pm SpringDale**

**Community Garden Bus Trip to Melbourne leave SpringDale 8am**  
Small electrical appliances free drop off – 8am - The Potato Shed

MAY

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Distributed throughout Drysdale, Clifton Springs, Portarlington, Indented Head, St Leonards, Ocean Grove and selected businesses on The Peninsula.

All contributors are asked to provide their articles on disc, Microsoft Word document or email it for ease of processing. Contributions are still accepted as written copy but need to be submitted in the week prior to our copy deadline.  
Editing of Contributors Material Contributors should note that the right to modify submitted articles is retained by The SpringDale Messenger as per our policy. Views expressed in this newsletter are not necessarily the views of the publisher, the SpringDale Neighbourhood Centre Inc.



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Department of Planning  
and Community Development



Department of Education  
and Early Childhood Development





## Coordinators News

Anne Brackley



### Dear Everyone

SpringDale is one of 370 like organisations in Victoria. We welcome more than 700 people through our door weekly to attend Occasional Care, Participate in Classes or one of our Groups, to photocopy or fax, to rent a room or be part of our Business network, to ask a question or donate something, to advertise in the Messenger or to send in an ad, to offer a new idea or to volunteer at the Centre.

There are so many reasons that people come through our door. Most people leave wanting to come back again quickly.

Neighbourhood House Week is in May and we have some very special things planned. On Monday 12 May at 9.30am we will be officially reopening of Portarlington Toy Library all welcome RSVP SpringDale (03) 5253 1960.

The Men's Shed in St Leonards is being opened on Tuesday 13 May at 11.30am.

On other days there will be other activities.

Tuesday 13 May 7pm I will be conducting a Bokashi, food scrap recycling system, workshop. It will be filmed and live streamed so you could participate at SpringDale or at home – please book to participate in either way.

There will be other activities on during the week.

Our Neighbourhood Centre is part of a local Network of 25 Neighbourhood Centres you might see some other advertising for other activities happening around the district and beyond.

Our Neighbourhood House is even helping Nhill Neighbourhood House with website problems at the moment – its hard to tell what we'll be doing next.

Much of the work we do involves listening to people and connecting them with other people, activities or information. We love to see people come back to SpringDale with family or friends in tow to show them the great new spot they have found. Daily we receive new suggestions and new opportunities and we always wonder what the day might bring.

I am lucky enough to have loved all the roles I have ever had – maybe its because I try to find the fun in all I do!

Have a great month.

Yours sincerely

**Anne Brackley**  
for the whole SpringDale Team.

### Justin McGrath CPA - Guest Speaker - May business Breakfast



### SpringDale Business Breakfast

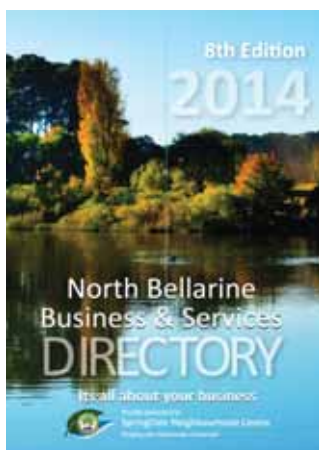
*Supporting our business community*

**Date/time:** Monday 26 May 7am

**Guest Speaker:** Justin McGrath CPA  
Director Tax & Business Services  
Davidsons Accountants and Business Consultants

**Topic:** *Opportunities before the End Of the Financial Year*

**Cost:** \$15 for a full buffet breakfast



## 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](mailto:office@springdale.org.au)

## UPDATE @ SPRINGDALE

### Will I ever Really Feel Settled Here?

*Have you made a decision and then regretted it later?* Then you realise that the alternative is not what you want either. Moved to the Bellarine but feeling Will I ever be settled here? Learn more about facing these questions and understanding your answers. We are offering this course again.

**NEW Dates & times** Tues 13 May – 27 May  
2pm – 3.30pm (3 sessions)

**Fee:** \$55 Conc \$50

**Tutor:** Della Broderick-Brown

### Bridge starts this May

Come and have bridge lessons at the SpringDale Neighbourhood Centre.

**The next Introduction to Bridge lessons are starting on Thursday 22 May from 2pm-3.30pm. The lessons run for 8 weeks for a cost of \$80 all up.**

Notes will be handed out at each lesson. Bridge is the most popular card game around the world and gives everyone hours of fun and friendship. Come and give it a go. I am Alison Feiner and will be your bridge guru for the course. Let me share with you some of my passion and knowledge of the game. **Phone the SpringDale Neighbourhood Centre (03) 5253 1960 to book for the course.**

### Euchre

Euchre players needed to play at SpringDale on Monday afternoons. We have many people who play Bolivia and would love a few more Euchre players. **Monday afternoons 12.30pm – 3.30pm**

### Morning Tea for Home Based Businesses - Monday 5 May 10am

If you have a Business that you run from Home you might like to come to a net-working event at SpringDale. We have been holding Networking Breakfasts for 9 years and would like to hold a morning tea for Home Based Business People. **The first one will be Monday 5 May at 10am. Cost \$5. Please bring along business cards and have a good share. RSVP (03) 5253 1960.**

### Thanks to our Volunteers

**Thank you** to all those that volunteer in our community. Thank you to all the sports coaches and helpers. Thank you to all the community, youth and emergency service providers. Thank you to all the people who volunteer to support our environment. Every little bit of volunteering that is given from the heart pulls our community closer together.

**Volunteer Week and Neighbourhood House Week coincide this year 12-18 May.**

*Please make time to thank a volunteer that makes your life better.*



## Bellarine Aged Care

### – Ann Nichol House

It was great to join with so many of you at the rally to highlight the deep distress and disbelief throughout the community over the recent announcement by Bellarine Community Health to sell Ann Nichol House (ANH) in Portarlington, to a private provider.

At no stage has there been any opportunity for the community to have their say about this decision.

ANH is the last of the not-for-profit aged care facilities in Bellarine and is home to many older people from across our region. The sale has come as a shock to residents and their families, doubly so for those who moved to ANH when Coorabin was closed.

I have raised the issue in Parliament and will continue to work with the community, the Council and the Borough of Queenscliffe to fight this decision in the interests of the residents, staff and more broadly for the future of aged care in Bellarine.

### ANZAC Day

It was an honour to have been invited to attend the dawn service at Queenscliff on ANZAC Day and later attend the Portarlington service to lay a wreath.

One of my staff members also attended the Ocean Grove service on my behalf to lay a wreath.

Thank you to all the Bellarine residents who attended one of the ANZAC Day services on the peninsula to show your support and pay your respects to those men and women who have served our country as well as those who are currently serving, and the sacrifices they have made for our nation.

### Rotary Annual Easter Art Show

I was delighted to have been invited once again to officially launch the Rotary Club of Drysdale's Annual Easter Art Show held at Christian College in Drysdale.

The show has grown to become a premier art event in the Geelong region and this is due to the passion and commitment by the Rotary Club and all the volunteer hours they put in to make this event what it is today.

I am pleased to have sponsored the Young Artist Mentorship Program again which was launched in 2011 and encourages students in their artistic pursuit.

Congratulations to all involved including the artists from Victoria and interstate who contributed such fine artwork to the show.

### Bunyip Festival

Back in March, the annual Bunyip Festival was held at Clifton Springs Primary School. As always, it was a great success and is such a good fundraiser for Drysdale and Clifton Springs Primary Schools.

I would like to acknowledge all the hard work by so many volunteers that have helped make this an iconic event in Drysdale in support of local children's education.

### Twitter

You can follow me on Twitter @LisanevilleMP

As always, please don't hesitate to contact me by email or call my office if there are any matters that I may be able to assist you with directly.

### Hon Lisa Neville MP

Member for Bellarine

[lisa.neville@parliament.vic.gov.au](mailto:lisa.neville@parliament.vic.gov.au)  
(03) 5248 3462



## DCSCA PUBLIC MEETING

Wednesday April 30. 7pm at SpringDale Neighbourhood Centre.

### Q & A - Traffic Management In Drysdale Clifton Springs Curlewis

**William Tieppo** - Regional Director Vic Roads  
**Rod Macdonald** - Councillor for Cheetham  
**Lindsay Ellis** - Councillor for Coryule  
**Lisa Neville** - Member for Bellarine  
**Ron Nelson** - Liberal candidate for Bellarine  
**Ben Sangster** - McHarrys  
**TBA** - Coles Supermarket

### Do you have any questions on traffic management in our community?

eg: What are the policies of the Major Parties re the Drysdale Ring Road?

What sort of road would it be and would it follow the route shown in the Melways?

*What effect will the proposed service station have on the already congested traffic situation at the Jetty Road roundabout and how will it affect the Ring Road?*

*What effect will the new McHarrys Bus Depot and the proposed Coles supermarket have on traffic in Murradoc Road and Drysdale?*

*Are traffic lights to be installed where the Rail Trail crosses Jetty Road? If so why is this considered a priority over other issues?*

*Is Coryule Road to be blocked off half way through the new Jetty Road estate? If so, why?*

*At busy times, the pedestrian crossing lights in Drysdale High Street cause traffic to back up into the roundabouts causing gridlock. Can anything be done to speed up the*

*operation of these lights without effecting pedestrian safety?*

*Can cyclists be better catered for on our roads and can more off road bike paths be provided?*

**Come along and hear the answers to these and other questions from the panel.**

*Would you like to be better informed on local matters?*

**Join DCSCA now for only \$5 and your membership lasts until end of June 2015.**

See how to join at  
[www.drycliftdays.blogspot.com/](http://www.drycliftdays.blogspot.com/)  
**Neil McGuinness**  
DCSCA Secretary

## Computer Repairs Servicing & Tuition

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- Indented Head
- Clifton Springs

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## De Facto Law Worries?

Come in for a free chat

**RISTEVSKI**  
LAWYERS

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

OPEN

Monday - Friday  
9.00am - 5.30pm

Saturday  
10.00am - 2.00pm



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# Exciting events - all year

The *Feast of La Gypsy Argentina* rolls into town in the beginning of May. This event will offer a gypsy feast of stupendous and fantastical stories delivered in outrageous frocks with gypsy music. All this will be further enhanced by sumptuous flavours featuring the best of local produce, wine and providores. Morning showtime *The Folk Years* will this month focus on the memories, myths and music from the flower power era to help

you float back in time.

For those who enjoy David Williamson's plays you will be delighted to hear that we have another here in May. *Managing Carmen* the story of a troubled football player with a penchant for designer dresses and an alter ego 'Carmen', promises to be an entertaining night. Get your dancing shoes on girls as the Gems return with *Desperate Housewives* 'Rock Chicks'. Get a table together and dress up in your favourite rock chick outfit but most of all be ready to have fun. Tables selling fast!

And last but not least in May, *Of Mice and Men*, inspired by John Steinbeck's classic tale and interpreted by two professional international dancers Tim Podesta and Andy Howitt, an artistically bold theatrical piece not to be missed.

A lot of patrons have jumped on board with the VIP passes, it's not too late to secure your VIP prices on our season!

**Check out these discounts in our 2014 Season brochure.**

For all other events and information about the Potato Shed be sure to visit [www.geelongaustralia/potatoshed](http://www.geelongaustralia/potatoshed) or like the Shed's Facebook page Facebook/The-Potato-Shed. To book your next night out at the Potato Shed simply call the Shed directly on (03) 5251 1998.

## WIN ONE FAMILY PASS

POTATO SHED



**Saturday 24 May  
'Of Mice and Men'  
7.30pm**

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

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone No: (03) \_\_\_\_\_

COMPETITION CLOSING 3PM FRIDAY 16 MAY

## Whats' on at the Shed MAY 2014

Thur 1, Fri 2, Sat 3 May  
**The Feast of  
La Gypsy Argentina**  
8pm  
Adult \$36 Conc \$32  
Groups / VIP \$28

Tuesday 6 May  
**The Folk Years**  
Morning Showtime  
10.30am  
\$15 includes morning tea  
Please note reserved  
seating applies

Monday 12 & Tuesday 13 May  
**Managing Carmen**  
8pm  
Adult \$36 Conc \$32  
Groups / VIP \$28

Friday 16 May  
**Desperate Housewives**  
Rock Chicks  
\$25  
BYO Drinks and Nibbles

Friday 23 & Saturday 24 May  
**Of Mice and Men**  
7.30pm  
Adult \$25  
Conc/ VIP \$20



Maira Finucane's magnificent, rapacious, sensuous and outrageous storyteller Argentina Gina Catalina. Enjoy an evening of Latin American dancing and more...

**Thursday 1, Friday 2 & Saturday 3 May  
'The Feast of  
La Gypsy Argentina'**



DAVID WILLIAMSON'S  
**MANAGING CARMEN**

**Monday 12 May  
& Tuesday 13 May**

*Brent Lyall, a player with a secret...  
come along and see what it is!*



**Friday 23 & Saturday 24 May  
Tim Podesta & Andy Howitt  
Inspired by  
of Mice and Men**

*The work is  
accessible, artistically bold,  
theatrical and should not  
be missed.*

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  
GEELONG

[WWW.GEELONGAUSTRALIA.COM.AU](http://WWW.GEELONGAUSTRALIA.COM.AU)

## Letters to the Editor

### Ring Road Dreaming - April Issue

Can I congratulate you on the front page story in the April edition of the SpringDale Messenger. It would seem to me that there is some sort of blockage within VicRoads – a bit of infrastructure constipation that needs to be unblocked. All the political components at Local Government and State Government level seem to be willing, but someone, somewhere in VicRoads doesn't seem to be able to comprehend the nature and importance of getting this issue moving. I'm not sure if it's in the Geelong Office or in Melbourne, but no matter how hard you push, one seems to get nowhere! Most frustrating. Your public campaign might be just the medicine required to unblock things. I for one am right behind you, please let me know if there is anything I can do to assist.

**Peter Downes**

Ring Road Dreaming ....when was the picture taken? Was it during peak school times or a holiday weekend?  
Roundabouts are about traffic flow so therefore it's doing what it is designed for. The businesses in Drysdale rely on passing traffic. I don't think ANZAC Day has anything to do with getting a ring road and as for people getting in and out of driveways in High Street Drysdale if that's what the reference is about ...it's plenty wide enough for the locals to get in and out. There are two sides to the argument and I think we need to have a balanced look.

**A Resident**

**Send your letters to:**  
**messenger@springdale.org.au**

### Our monthly magazine

SpringDale Messenger is a monthly magazine that is delivered to more than 6000 homes on the North Bellarine and 1000 are shop delivered throughout the Bellarine. The Messenger relies upon the goodwill of our local businesses to sponsor the Messenger each month. It is through your support of our businesses that we are able to continue this three way partnership. Please support our local businesses so they can support our local clubs and activities. We are lucky to have had 3 of our advertisers for more than 20 years. New advertisers are always welcome. Community groups submit articles for the enjoyment and social connection of our residents. The Messenger helps hundreds of groups to share their message with our community and it allows community members to find out information and to find trades and services. People love our SpringDale Messenger and are proud of it. *I hope you enjoy this copy.*

## Adrian Mannix OAM - An Inspiring Award



Adrian mannix OAM

Adrian passed away on 24 February 2001 and during his life carried out an extraordinary amount of community work including: 5 years Councillor Bellarine Rural City Council, 1 term Mayor of Bellarine Rural City Council, 25 years member of Lions Club of Portarlington/Drysdale & District Governor

201 V2, 15 years Treasurer & Life Member of Drysdale Football Club, 8 years Group Leader Drysdale Scout Group, 4 years Treasurer Drysdale Primary School, 2 years Secretary Drysdale Bush Nurse Centre, 6 years Committee Drysdale Cricket Club, 6 years Committee Lions Village, 4 years Committee of Management SpringDale Neighbourhood Centre, Member of Inaugural Working Group Drysdale/Clifton Springs Association, Committee Member Clifton Springs Foreshore Improvement Committee, 6 months Manager Portarlington Foreshore Committee.

Adrian inspired an award to be struck in his name. The Rotary Club of Drysdale, Lions Club of Portarlington/Drysdale and SpringDale Neighbourhood Centre all joined forces to establish this award 13 years ago. The Adrian Mannix Award Dinner will be held at Portarlington Golf Club on Monday 26 May at 6.30pm. It is a great night to celebrate community service. Ticket are \$25 and available from SpringDale. Community members are invited to attend to learn about the types of service carried out in our neighbourhood.

## The SpringDale Toy Library

### The Benefits of Utilising a Toy Library

Using the variety and versatility of Toy Library toys can challenge and excite children through play, so there is less chance of children becoming bored with the same old toys. They can provide new stimulation, development and educational opportunities for your children every couple of weeks. Toys at SpringDale Toy Library can encourage your child's independent and imaginative thinking by allowing them to learn new things or challenge existing skills through exploration with a different toy.

Borrowing toys is a great money saver as it gives children a change from their own toys, and is a way for parents to try toys before buying them. It also saves on space in the home, knowing they can be returned, especially large toys such as ride-on cars and outdoor play equipment! There are also benefits such as teaching children care and responsibility for property of others.

Toy Libraries can be a great way to meet new like-minded people if your family has just moved into the area.

At SpringDale there are over 200 items available to borrow catering to 0-5 year olds. The toys have been arranged into educational areas for children's needs and ease of borrowing. Categories include Active Play, Baby & Toddler, Construction, Expression, Games, Music, Puzzles, Real Life, Vehicles, Waterplay.



Why not try your local toy library! You don't have to be a mum or dad either, we have grandparents who use our toy library too.

The Toy Library is currently in need of 'zip-up bedding bags' of all sizes to store their toys. If you can donate any please drop them into the SpringDale Neighbourhood Centre.

**SpringDale Neighbourhood Centre**  
**17-21 High Street, Drysdale**  
**(03) 5253 1960**

**Opening Times**  
**Tuesday 4-5pm School terms**



## SpringDale Artists News

The SpringDale Artists group has been very busy during the summer months. We have hung two exhibitions, firstly a continuation of the *On Memory* exhibitions, our fifth exhibition, held this time at the Queenscliff Neighbourhood House (QNH). Spearheaded by Denise Main, these exhibitions encourage conversations about and responses to memory loss to increase awareness and understanding about Alzheimer's disease. The show was well received in the lovely gallery at Queenscliff's Neighbourhood Centre (QNH). We currently have a new exhibition at Drysdale Village Medical Centre (DVMC) called *Coast* which features very affordable paintings and drawings of our beautiful coastline with the commission going to World Vision. You are welcome to visit DVMC to see the exhibition. The group also recently participated in the Barwon Heads *Festival of the Sea*, constructing a pole sculpture as a group exhibit, a new venture for our energies.

Please forward in your diaries to September and place a reminder to visit our annual Art Exhibition in the SpringDale Hall September 20 – 28 open weekends 10am-4pm, week days 10am-2pm.

If you are interested in art courses run at SpringDale or joining the SpringDale Artists please contact the SpringDale office.

**Annette Playsted**

Art Tutor at SpringDale Neighbourhood Centre



Sue and Rae (with George-Ann, the photographer) having just hung the SpringDale Artists Festival of the Sea pole sculpture depicting the imbalance between the pollutants and the marine biodiversity in the ocean. It was well received during the day.

## golfing memberships

### Golfing Memberships 7 Days

1 May 2014 until 30 June, 2014 - \$138.00

### Week Day Membership

1 May 2014 until 30 June, 2014 - \$103.00

### Green Fee Players Welcome

- \$30 for 18 holes

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

**FREE**  
Courtesy Bus  
Available

Friday & Saturday  
Nights 5pm - 11pm  
Please contact Club  
for details & bookings.

Entertainment

**Sacred Cows**  
Saturday 10 May 8.30pm  
(No Cover Charge)

For Bookings  
& Information



"Play by the Bay"

## Clifton Springs Golf Club

**JAZZ**  
at the springs

Jazz standards, Latin & R'n'B

"The Jazz Connection"

Sunday 4 May  
2-5pm

Phone 5251 3391 or visit  
our website for more information.

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Monday

Dinner: All Mains  
\*Conditions Apply

\$17\*

Tuesday

Dinner:  
Parma Night - 4 types!

\$15

Wednesday

Dinner:  
220gm Steak

\$16

Sunday

Two Course  
Roast Lunch

\$19<sup>50</sup>

Monday  
to Saturday

Two Course  
Lunch Special

\$15



**Kevin Mahoney**

Appearing Friday 2 May



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 - 31st May 2014  
\* Not valid Public Holidays

\* Conditions apply - not available on all meals.



**May 2014**

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



# Been Crafty for 30 years

This group first came together in 1982 when 18 people who loved to create formed a Co-operative known as Drysdale Community Crafts. Goods were displayed and sold at 12 High Street Drysdale from October 1982. There were as many as 50 members then, who helped run the shop on a volunteer basis. It was open 4 days a week. By September 1984 they had expanded to the old Free Library in front of the Scout hall at 18-20 High Street.

It's now 2014 and this year will be the 30th year of our group in the old Free Library building. We are now open 7 days a week from 11am-4pm. Tourist information is also available for the Geelong, Bellarine and Surfcoast area.

We sell all kinds of quality handcrafts from cards, toys, baby goods, postcards, clothing, jewellery, tourist items and seasonal gifts.



There are now about 30 members of which about 20 man the shop.

We welcome new members who wish to join and can offer us new, different and unique craft goods that they have created. There is an annual fee to join of \$30 and you can be a working or non-working member. Working members must agree to work in the shop at least 12 times a year (once a month) and pay 20% commission. Non-working members pay 30% commission. Any profits after paying members and the running of the shop are put back into the local community. We also have members who knit bears, hats, scarves, gloves and rugs for the Cottage by the Sea.



Cheryl Healy and Lorraine McCallum

Twice a year we have a free raffle for all the public who purchase an item from our shop. We have one for the Christmas season and another for Mother's Day. Everyone is welcome to the shop with a greeting and a smile and many are pleasantly surprised and impressed at the variety and quality of our goods.

## Happy Felting Workshop

This workshop is a little different. Elizabeth Armstrong the author of the beautiful *Felt Happy* book will be doing a 2 day workshop where we will explore up to 6 methods of felting.

We will be using a variety of materials including slivers, wool batts, yarns, silks, threads, silk fibres and lots of colour.

A materials fee for students who don't bring their own, around \$25.

**Bookings are limited so be quick as you don't want to miss out on this fantastic felting workshop.**

**Date/Time:** Saturday 31 May and Sunday 1 June 10am-4pm

**Fee:** \$175

**At SpringDale Neighbourhood Centre  
(03) 5253 1960**



## Art Materials Needed



I am working on an art project and I am looking for donations of old, unused glasses or sunglasses (spectacles); any condition, any size, any colour and even broken frames can be used. I will need a large number of them to go ahead with the project. Please drop any glasses at SpringDale Neighbourhood Centre.

*Thank you*

**Jill Berse**

Are you approaching  
a significant wedding anniversary?  
Perhaps it is time to consider a

### *Renewal of Vows Ceremony*

Anne Cowden is a local, very experienced Celebrant, who can help you create a ceremony that can be romantic, full of fun, or simply a ceremony to thank your family and friends for their love and support.

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Clifton Springs  
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[anne@annecowden.com.au](mailto:anne@annecowden.com.au)

## Drysdale Seniors

### Exercise Leader wanted

Drysdale Seniors are in need of a person who can conduct a program of exercises for a group of Seniors for one hour a week.

**If you can help please phone the club  
on (03) 5251 2983 for details.**

## SpringDale Craft Group

meet Tuesdays

1pm - 3.30pm.

### Open craft afternoon

Knitting Sewing

Crocheting

New members welcome.



# Festival of Glass - Thank you

Doug Carson Conveyor, 2015 Festival of Glass



Several members of the 2014-15 committee.

Back:  
Doug Carson,  
Angela Kingston

Front:  
Glenda MacNaughton,  
Kaye Clancy,  
Lynda Rogers

Recently I was talking to the SpringDale Neighbourhood Centre Coordinator Anne Brackley, about the *Festival of Glass* and how successful it has been and she asked me would I like to use the SpringDale Messenger to thank a few people. Because the Messenger is read by so many, this seems like a great opportunity to reach out to the vast amount of people who help put this event on each February, now for the past 4 years. The *Festival of Glass* is always a 12 month planning event, and our hard working committee is continually looking for new artists, new ideas and new ways of promoting the Festival, and they do a superb job. Nothing happens unless the committee goes and does it, so I am extremely grateful to the whole team for their dedication and support. After each Festival, the sheer number of feedback support letters is amazing.

Our committee started off very small, but over the years it has grown considerably and we are extremely fortunate to have graphic design and business management people involved right from the start. Over the journey we have also been fortunate to have glass artists join, and having their knowledge and experience in the Glass industry is a real asset.

Local community groups and businesses also pitch in and help too, and the list keeps getting bigger each year. It is a very good feeling to have so many individuals and groups working together to help raise the profile and the awareness of the *Festival of*

*Glass*, both locally and to a wider audience.

The City of Greater Geelong and the Bendigo Community Bank are both huge supporters financially, which gives us the freedom to promote and advertise the Festival. Each year there are more business people also becoming involved, which in turn get more people interested in promoting Drysdale generally. Who knows what the *Festival of Glass* could turn into. Could it become a world class Glass event? Something that will have glass makers from across Australia and indeed the globe, come to Drysdale to teach and promote the versatility and practical form of glass. We know we have some work to do before this will happen, but that is one of our goals.

My thanks go to all our supporters and helpers, and we look forward to February 2015 with great enthusiasm.

**Doug Carson**  
Convenor Festival of Glass

Two Brown Trout.  
Darryl Trezise.  
2014 Winner,  
Non-wearable  
Glass Art.



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# Hummmm! to relax



Humming is easy and the advantages may be beneficial. Humming can fight stress and bring a sense of calm. The increased oxygenation of the blood can cause feelings of relaxation.

Studies suggest that humming produces a positive effect on both heart rate and blood pressure, as can some chanting and breathing exercises. Humming promotes clarity of thinking by refreshing your mind.

It has a very relaxing and soothing effect on your neck, face, head and shoulder muscles, which helps dissolve stress. Humming might even put a smile on your face. Humming may also improve sinusitis as the vibration helps shift and clear pathways and blockages. So, when you next feel stressed out, just hum. Humming is an easy and fun way to relax. Hum your favourite tune and see if you reap the benefits.

## Bone Density Testing Soon @ Chris Walsh Pharmacy

**Find out how  
weak or strong  
your bones are  
before they break**



Osteoporosis means that bones are thin, fragile and break easily. It doesn't happen suddenly at age 70. After mid-30s bone mass may slowly begin to decline

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Check your bone density

on Wednesday 7th May at

Chris Walsh Pharmacy Drysdale

PHONE 5251 3298 to make an appointment

Cost now only \$35, results immediately available

Check bone density every 2 years

More information at [www.bonedensitytesting.com.au](http://www.bonedensitytesting.com.au) PH 9822 0044

1 May

## Kiss Goodbye to MS

Wear red lipstick and help kiss goodbye to MS. Throughout May you can get involved in Kiss Goodbye to MS events and activities taking place across the country. By taking part you will be helping support people with MS through funding vital research into the cause, cure and better treatments for the disease. Our vision is to create a world free of MS. [www.kissgoodbyetoms.org/events](http://www.kissgoodbyetoms.org/events)



4-10 May

## Heart Week

Each year the Heart Foundation uses Heart Week as an opportunity to shine a spotlight on the problem of heart disease and to help improve the heart health of all Australians.

[www.heartfoundation.org.au](http://www.heartfoundation.org.au)



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11 May

## Mothers Day Classic



Once again the **Mothers Day Classic** is hitting Geelong. There will be a new course on offer for 2014, so you will be able to run or walk the 4km and 8km in new surrounds, still taking in the fabulous foreshore and all it has to offer. With spot prizes for competitors, entertainment and activities at the expo area, there is definitely something for everyone whether you are running, walking cheering or volunteering. This event will be held at Eastern Beach Reserve, Waterfront Geelong. **On Sunday 11 May 2014, from 7am – 12noon.** For more event information visit [www.mothersdayclassic.com.au](http://www.mothersdayclassic.com.au) or contact (03) 5261 5511.

## Well Women's Clinics



**Bellarine Community Health** is now able to provide free consultations to women participating in cervical screening (Pap tests) at the **Well Women's Clinic**. Other services which can also be provided as part of a comprehensive consultation include blood pressure checks and advice around breast health, menopause, contraception or anything related to women's health. The Clinic is staffed by qualified Nurses. Flexible appointment times are offered including an after hours clinic once a month.

To request an appointment please ring the Service Access Officer on (03) 5258 0812.

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*"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.

MAY 2014 SPRINGDALE MESSENGER

## St Leonards Men's Shed

After many years of delays the Shed finally opened for business in November 2013. An interim committee (which is still an interim one) was formed in about October and has managed the transition from the start.

There had been several grants which has enabled the Shed to be quickly furnished out with a range of basic equipment. We have had good support from the local councillor Lindsay Ellis, the Bendigo Bank, Mitre 10 and the community. We also received a grant from the Lions Club.

The St Leonards Men's Shed ran an information stall at the St Leonards Festival in November last year and this generated some community interest which continues to bear fruit.

The Shed opened up for business on Monday afternoon and Wednesday morning and Friday afternoon. It has since expanded its hours to Friday afternoon and other days for specific project work.

While we took a small break over the Christmas period it has been amazing to see new members come and join. Our membership has risen to about 50. Also amazing in this short time has been the addition of new equipment and material. A project team is setting up to build 2 cubby houses for the St Leonards Primary School and other community requests have just come in through the door.



Official opening Tuesday 13 May  
11.30am at the Shed.

In the third school term members of the Shed will be working with some of the St Leonards Primary School students and supervising teacher in making models.

Bellarine Health has also encouraged and supported us by putting on 2 BBQ's.

Ken Alexander and Ray Bowtell have worked tirelessly over the Christmas period in outfitting the store room with shelves so the material and equipment can be stored and easily accessed. Behind and in support of this the committee gathered together numerous policies and procedures from many other Sheds around Australia and quickly developed policies to suit the St Leonards Shed operation. These covered such things as OH&S, First Aid, and management policy for machine use, objectives, and risk management. We are attempting to sort out the financial basis for the shed and working



Ken Alexander

closely with the SpringDale Neighbourhood Centre which auspices us.

Many challenges still confront us such as the lack of storage space for materials and the lack of community consultation in its design makes it difficult to designate a quieter spot for men who just want to sit and talk for a while. But the future looks good and we are encouraged by the support of the local community and the increase in interest and membership.

**Rob Fleming**

## Drop off your small electrical appliances for FREE

Saturday 31 May 2014, 8.00am - 3.00pm.

The Potato Shed,  
41 Peninsula Drive, Drysdale.  
(Melways 470 F3)



Here is your opportunity to recycle those out of date or broken small appliances. As part of its recycling program, the City of Greater Geelong is running a FREE drop off day for small electrical appliances.

### WHAT IS ACCEPTED

- |                    |                            |              |                              |                             |
|--------------------|----------------------------|--------------|------------------------------|-----------------------------|
| • Amplifiers       | • Compact disc/DVD players | • Hairdryers | • Mobile phones              | • Slow cookers              |
| • Blenders         | • Electrical hand tools    | • Heaters    | • Playstations/Xbox consoles | • Stereo equipment/speakers |
| • Bread makers     | • Fans                     | • Irons      | • Radios                     | • Toasters                  |
| • Cassette players | • Food mixers              | • Kettles    | • Record players             | • Vacuum cleaners           |
| • Coffee machines  | • Food processors          | • Microwaves | • Rice cookers               | • Video players             |

*\*Please note: Televisions are not accepted. These can be dropped off for FREE at the Drysdale Resource Recovery Centre anytime during business hours.*

This event is part of the City of Greater Geelong's recycling program and is conducted in conjunction with GDP Industries. For further details call **5272 5272** or visit the waste section at [www.geelongaustralia.com.au](http://www.geelongaustralia.com.au)



# Book Launch at RSL



*Pam Davis Pam Davis participating in the book launch.*

Recently a pleasant Sunday afternoon was held at the Drysdale RSL where Bob Willey's book *The Drysdale Boys and One Girl* was launched. The RSL was full of relatives of people who were named in the book, members of the Bellarine Historical Society and members of the Drysdale RSL.

The hospitality of the RSL was as warm as it always is. There were many stories shared and good times remembered. Congratulations Bob and all involved in creating reference for our families and our town.



St James' next fundraiser will be a **Trivia Night on Saturday 17 May at Clifton Springs Bowls Club** (opposite Clifton Springs Golf Club). Doors will be open at 6.30pm with the picture quiz already out on the tables, and the first round of questions will be at 7pm – *so it's worth getting there early!*

**Tickets cost \$10 each and are available from Pauline Cline, phone (03) 5253 2717.**

Make up a team (8 members max) - advance booking is essential for seating and catering. Tea/coffee and slices will be provided in the interval and you can bring your own tea/supper if you wish, but no BYO drinks please as the Bar will be open, and St James thanks the Bowls Club most sincerely for hosting this event for them. There will be a fun raffle with lots of prizes. *So brush up on your Trivia knowledge, support this event, have a Fun evening... and Good Luck !*

## Clifton Springs Garden Club



*Barwon Heads Community Arts Garden*

Recently at the Clifton Springs Garden Club Michael Murphie spoke about the community garden they have set up at Barwon Heads. It is on the road to Geelong out of Barwon Heads, past the roundabout and Apco Service Station on the right hand side. I have not seen it as yet, haven't had the time to get over there, but it apparently has fences made by the local artists and is all very arty. They have an old school room where they meet, with a ramp for incapacitated persons to use. (The kids apparently make good use of this with large plastic toy cars.)

There is also a pizza oven type arrangement where they all congregate to eat their produce and have good times together. They also have chooks (and a roster to feed them). Anyone can apparently visit any time. After hearing Michael's talk I am looking forward to the development of our community garden at Drysdale and thank Lindsay and Kaye for their generosity in making this possible.

**The Clifton Springs Garden Club meets on the third Monday of each month at the Uniting Church Hall 7.30pm. Next Meeting is Monday 19 May.**



**DRYSDALE  
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We invite you to join us  
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in our  
*Garden*



with steve williams

Within the next month or so bare-rooted berry bushes will be appearing in nurseries. Growing your own is the easiest way to get pesticide-free, deliciously ripe berries full of vitamin C.

I love berries – loganberries, raspberries, gooseberries, strawberries ... I could fill a whole garden with them. And that can be a problem: most of my gardening failures over the years have been the result of putting plants in the wrong place – because I wanted them but didn't have the right space.

These days I find out as much as I can about a plant's requirements before I buy it. A good way to do that is to consider the conditions its wild ancestors grew in.

The ancestors of garden berries are mostly plants of the deciduous woodland edge in the temperate zones of Europe, Russia and North America, and that gives us some clues about what berries like:

- They like a slightly acid (pH 5.5-6.5) soil.
- They will tolerate poor soils and don't need a lot of nitrogen. Too much fertiliser = big plants with few berries.
- They prefer a fungal soil to a bacterial soil, so go for a well-rotted bark, woodchip or pine needle mulch, rather than pea-straw or lucerne. (Never use freshly-chipped wood or sawdust as mulch.)
- Most berries come from moist climates, so regular watering will lead to better crops.
- They need good morning sun but some shelter from hot northerly winds and fierce



Brilliant

*Berries*



Top L-R Raspberries and Loganberries.

Bottom L-R: Goosberries and Strawberry

afternoon sun. An east-facing fenceline is ideal.

- They will tolerate light shade in summer.
- They prefer a well-ventilated spot.
- The fruit is irresistible to introduced woodland birds such as blackbirds. If you have lots of blackbirds in your garden, you will need to net your fruit.
- Blackcurrant, redcurrant and gooseberry need plenty of chill hours over winter in order to fruit well in summer. If you're by the coast your winter climate may be too

mild for some varieties. (Our blackcurrants failed to fruit for three years, then we gave up.) Ask your supplier for advice.

- The blueberry is a special case. It's a native of North American bogland and is at home in peaty, highly acidic soils. So you'll need a pH of 4.5–5.5 for blueberries – similar to azaleas and rhododendrons.

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## SpringDale's Community Garden



Barwon Heads Community Arts Garden



Ocean Grove Community Garden

The first meeting for the **SpringDale Community Garden** was very successful. Almost 20 people in attendance with another 20 people very interested. The group has a number of ideas and skills to share and are all keen for the project to proceed. At the meeting we were offered a second plot, which makes the project even more exciting. Over the next month we have decided to visit as many Community Gardens as possible and we are organising a trip to Melbourne to visit

CERES Environment Park – East Brunswick, PepperTree Place (where Jill Pring's brother is part of a Harvest Swap) and Vasili's Garden and Café both in Coburg.

The trip will be on **Saturday 31 May departing SpringDale at 8am returning about 5pm** – cost \$20 byo lunch and snacks or there will be cafes at most of our stops. There will be limited places so please book and pay for your spot as soon as possible.

I took the opportunity to visit Ocean Grove Community Garden and Barwon Heads Community Arts Garden and both were very interesting and I would love to visit again when they were in full swing. Their websites are interesting for research.

Anne Brackley

### 5-11 May International Composting Awareness Week

Facilitated by the Centre for  
Organic & Resource Enterprises (CORE).



Costa the Composter  
ICAW's Ambassador

**International Composting Awareness Week** is a week of activities, events and publicity to improve awareness about the importance of this valuable organic resource and to promote compost use, knowledge and products.

[www.compostweek.com.au/core](http://www.compostweek.com.au/core)



### Bokashi

If you haven't been able to make it to one of our Bokashi workshops yet, never fear another has been scheduled for **Tuesday 13 May at 7pm at SpringDale**. We filmed the last workshop and will try to live stream the next one so please come ready to be part of an online session.

If you can't make it to SpringDale perhaps you'd like to participate from your home.

Please contact SpringDale to be part of this session at SpringDale or from your home.  
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## Red Shield Appeal 24 & 25 May

# Can you help?

Once a year the Salvation Army conducts its Red Shield Appeal to raise funds for vital services in the community. Last year on the Bellarine the Salvation Army assisted over 2000 individuals and families in crisis and helped many others find purpose, hope and self-esteem through counselling, employment and training programs such as the Faith Future Restaurant Program @ the Bellarine Estate and the Salvo Resto mechanics and car restoration project.

To continue the many much needed programs in our community, the Salvation Army needs your organisation and its members' help. From Friday 23 to Sunday 25 May, 2014 is the Red Shield Appeal. We need helpers to go door to door collecting from the community in your area.

If you are able to assist we would ask for a team leader in your group to help coordinate collectors from your organisation to cover several streets each in your community. Those unable to assist door to door may be able to help collect in shopping centres or at locations in your community with high pedestrian traffic flow such as the Queenscliff Ferry Terminal, Marina or Train Station, also manning approved controlled intersections. Other roles include helping with catering for collectors (BBQ outside LJ Hooker Bellarine offices selling sausages to the public or making sandwiches and providing nourishment to helpers over the weekend.)

This year, the Red Shield Appeal has secured the corporate assistance of the LJ Hooker real



estate group on the Bellarine to help coordinate the Appeal and provide its offices and staff as collection centres in Ocean Grove/Barwon Heads, St Leonards and Drysdale as well as elsewhere in the region.

We are also seeking other business and corporate partners to assist with this vital Bellarine community Appeal, especially Portarlington and Queenscliff where we are yet to establish collection centres and coordinators.

Last year The Salvation Army injected just over \$1 million in charitable funds into the Bellarine Community through its programs and services and in last year's Red Shield Appeal the Bellarine Peninsula region raised \$41,000. As you can see the Army is significantly invested in the community. To continue its vital work we are hoping you can help play a part.

**If your organisation or even if it's just a couple of its members, are able to help on the Bellarine please contact me at LJ Hooker Ocean Grove on (03) 5255 1222 or by email at [regm.oceangrove@ljh.com.au](mailto:regm.oceangrove@ljh.com.au)**

**Greg McDonald CEA (REIV)**  
Bellarine Red Shield Appeal Chairman



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Code ALTFA301B/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 17 May & Sat 24 May  
9am - 5pm (2 sessions)

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

**Tutor:** National First Aid

### First Aid – CPR (Perform CPR)

Code HLTCPR 201A

(Cardiopulmonary Resuscitation)

Do not wait until it's too late. Learn CPR today.

CPR training offers learners the opportunity to achieve confidence in the performance of cardiopulmonary resuscitation in a safe environment. It is recommended that CPR updates are undertaken annually. First Aid/CPR is the first 3 hours of First Aid - Level 2.

**Dates/times:** Sat 17 9am - 12noon (1 session)

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

## Essendon Choral Society

### Change of date

Unfortunately, due to an unforeseen problem with the Essendon Choral Society, the performance on 4 May will now be on **SUNDAY 22 JUNE**, at 2-30pm. All other details remain the same.

**Barry Ruler**

Uniting Church Secretary  
Portarlington.

1-31 May

### Domestic and Family Violence Prevention Month



**Domestic and Family Violence Prevention Month** is held during May each year to raise community awareness and promote a clear message that domestic and family violence will not be tolerated in our communities.

[www.domesticviolence.com.au/pages/domestic-violence-prevention-month-1st-31st-may-20.php](http://www.domesticviolence.com.au/pages/domestic-violence-prevention-month-1st-31st-may-20.php)



# Men's Kitchen - SpringDale

## Bob McCubbin

**Age:** 72, Born Scotland

Moved to Clifton Springs and joined kitchen in 2009 Retired Painter and Decorator

**Hobbies:** Researches Scottish and Australian History, walking.

### Lemon Meringue Slice

**1 sheet sweet short pastry**

**2 eggs**

**1 cup lemon curd ( recipe follows**

**½ cup sugar**

Place pastry in the base of a 23cm square, shallow cake tin. Prick the base and bake at 190°C for 15 to 20 minutes. Allow to cool in the tin. Separate eggs. Beat yolks into lemon curd. Spread lemon curd over pastry base. Beat egg whites until stiff peaks form. Gradually beat in sugar, beating until a glossy meringue forms. Spread meringue over lemon curd. Bake at 180°C for 15 to 20 minutes or until lightly golden. Cut into slices while still warm.

### Lemon Curd Recipe

**2 eggs, plus 2 egg yolks**

**¾ cup (165g) caster sugar**

**½ cup (80g) chilled unsalted butter**

**Zest and juice of 2 lemons**

Whisk whole eggs, yolks and sugar in a saucepan until smooth, then place pan over a low heat. Add the butter, juice and zest and whisk continuously until thickened. Strain through a sieve into a sterilised jar. Lemon curd keeps, covered, in the fridge for 2 weeks.



Bob McCubbin

## Hugh McCallum

**Age:** 71, Born Scotland

Retired Custom's Officer

**Hobbies:** Plays in Harmonica Band, Portarlinton, learning to play ukulele, rock and roll dancing. Joined kitchen 2009

### Chow Mein

Serves 4

This recipe is best made close to serving time.

**500g minced beef**

**145g pack of chicken noodle soup**

**3 cups hot water**

**½ tsp curry powder**

**3 tablespoon soy sauce**

**3 tablespoons tomato sauce**

**2 tablespoons uncooked rice**

**½ cabbage, shredded**

**1 cup French or frozen beans**

**2 onions, sliced**

**1 carrot, diced**

**Salt and pepper**

Heat oil in a pan, add mince and onion, cook, stirring, for about 5 minutes or until mince is browned all over.

Add soup mix, rice, tomato sauce, soy sauce, curry powder and vegetables to pan. Stir in water, bring to the boil, then simmer, covered, for about 12 minutes, or until the



Hugh McCallum

rice is tender.

Not suitable to freeze.

Not suitable to microwave.

## AGATA'S Sausage Making Classes

### Salami Class

**Sunday 22 June 9am-12noon**

For more information contact

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## Trip To Werribee Park

Yet another enjoyable Combined Probus Club trip took us to Werribee Park last month, sharing a bus with folk from Leopold Probus. The safari bus tour at the park gave an insightful commentary about the life of creatures of the wild and their keepers, as well as critically endangered animals such as the Addax. Being able to explore most of the 60 room mansion revealed some idea of lifestyle, living and working in 19th century Victoria. The grandeur of the building, its second floor views of garden and surrounds were most impressive.

We are a social club for retirees, ladies and gents, and you are welcome to join our regular monthly meetings held in the Members' Room of the Clifton Springs Golf Club from 10am on the second Monday of each month.

For further information please contact Val on (03) 5253 1446 or Peter on (03) 5253 2212



## Interested in a great Australian Story?

Would your community group like to hear more about the last 100 years of Red Cross and learn more about our everyday work?

Red Cross has a local presenter available to speak to your community group or organisation at no cost.



For more information please contact Raechel Gleeson, [rgleeson@redcross.org.au](mailto:rgleeson@redcross.org.au) 0439 348 554.

## Recycle Your Batteries



Residents can now recycle batteries in a partnership program initiated by Rotary and undertaken by the City of Greater Geelong.

Australians buy more than 350 million batteries every year and the majority of these batteries end up as hazardous waste in landfill.

**Batteries - button, rechargeable and single use alkaline - can be dropped off at the Drysdale Customer Service Centre, Drysdale Library, 18-20 Hancock Street, Drysdale.**

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# GET INVOLVED

HOST A TEA, JOIN A TEAM OR DONATE

There are many ways you can get involved this May or June.

22 May

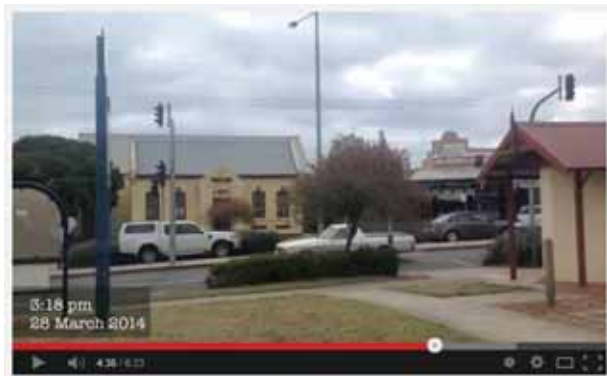
## Australia's Biggest Morning Tea



May is Australia's biggest Morning Tea month. Thursday 23 May is the official day but you can host an event anytime throughout May or June. It's simple, fun and best of all for a great cause! All you need to do is set a date, brainstorm some morning tea ideas, invite your guests and raise money to help support the fight against cancer.

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

## Outside the Box – Media Streaming



Department of Education and Early Childhood Development

At SpringDale we have been delving further into, what at times appears to be an arcane art form, Media Streaming and Live Streaming; as part of our eLearning and Community Development projects. You may already be familiar with this subject without even realising – YouTube is the most common (and popular) method of Media Streaming on the internet today.

To date we have used Macs and Windows (PC and Laptops), iPads, iPods and iPhones, Wireless Streaming Cameras and tradition Video Cameras, to Stream Live Video and upload videos to YouTube. In each of these situations we have identified the pros and cons of each method and have worked out which process gives the best results and in which circumstances.

In Drysdale we are on the cusp of the internet promised by the National Broadband Network, however just like Tantalus I share the frustration of our connected community when it comes to upload speeds.

The art of YouTube involves the optimisation of videos prior to upload; while some of you may already be uploading videos to YouTube, how many are you are converting your videos before uploading them? You'd be surprised how much control over quality you may actually have.

Our YouTube Channel can be found at the following address (we'd love you to take to the time and subscribe):

[www.youtube.com/user/SpringDaleNC](http://www.youtube.com/user/SpringDaleNC)

If media streaming is something you would like to know more about, please contact us on (03) 5253 1960 or email [office@springdale.org.au](mailto:office@springdale.org.au) and pass on your expression of interest. Once we have the numbers, we hope to be able to run a more intermediate level course on this subject.

We are also looking to provide assistance and possibly a channel for videos shot at SpringDale, so please let us know if this interests you also. **Pierce Jaques**

4 – 10 May

## Asylum Seeker Week

St Andrew's Portarlington is holding a focus on **Asylum Seeker Week from 4-10 May.**

On Sunday 4 May a Special Service will be led by Rev Marg Manning at 9am. All very welcome. On Wednesday 7 May there will be a Community Dinner at 6.30 pm with speaker Sue Longmore AOM, a founding member of Queenscliff Rural Australians for Refugees (RAR). Sue has been actively supporting and advocating on behalf of asylum seekers and refugees since 2002. She has befriended asylum seekers in immigration detention; assisted asylum seekers forced to return to their homelands; helped asylum seekers and refugees settle into the Geelong Region; and raised community awareness about the plight of asylum seekers seeking protection in Australia. Delicious 2 course dinner \$15 per head. Funds raised will support both Uniting Care Lentara Asylum Seeker Project and also assist a young Asylum Seeker in Geelong who is on a Bridging Visa and is in particular financial need. Book your spot by Friday 2 May with Joy Porter (03)5259 2538 or [ianjoyporter@netspace.net.au](mailto:ianjoyporter@netspace.net.au) or Dorothy Knights (03) 5259 3822 or email [kknights3@bigpond.com](mailto:kknights3@bigpond.com) Everyone very welcome.

On Saturday 10 May there will be a Fellowship Breakfast at 7.30am with speaker Sr Brigid Arthur CSB, a founding member of the Melbourne based Brigidine Asylum Seekers Project (BASP).

Enquires Barry Ruler (03) 5259 3304. All very welcome. Come along and be better informed on these important issues.

23 May

## National Walk Safely To School Day

Walk Safely to School Day is an annual, national event that encourages all Primary School students to walk safely, and commute actively, to school. Now in its fourteenth year, this community event promotes better attitudes to road safety, health, public transport and the environment. Parents and carers are encouraged to walk their children to school on the day. For more info and to discover the best walking route to your school . [www.walk.com.au/WSTSD01/page.asp?PageID=260](http://www.walk.com.au/WSTSD01/page.asp?PageID=260)



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**Kel's  
corner**

# Kel and 'The Shed'

People might wonder about the shed in the car park near SpringDale. The shed was part of the Shire of Bellarine assets. The Shire offices were in the back of the Court House (now the Bellarine Historical Society). On the way into the Shire yard from High Street was an air raid shelter built from a concrete pipe with sand bags each end. The yard also contained a quartz gas producer and cylinder which held the gas for the 5 street lights.

Kel is able to tell everyone that it was built for the first tip truck supplied for the Country Roads Board. It was a new Ford V8 Tip truck with a wind up gantry. It was a two man job to wind the tipper up. To lower the tipper it was also a two man risky job, if the load was still stuck at the front of the tipper body you had to be terribly careful when you were lowering it as it could come down heavily with a thud taking arms off or the handle might spin around and hit you in the head and you wouldn't have to worry about the next job. The two men faced each other and had a pipe over the handle so your hands didn't have to move.

The tipper pulled a small rubber tyred grader to fill in the edges of the bitumen roads from Boundary Road right through. There was a man standing on the grader adjusting the two



round wheels which raised and lowered the grader blade and the other adjusted the angle of the blade. These wheels worked by cables there were no hydraulics.

Once the job was completed the grader blade could be decommissioned and wound up high out of the way and then the operator would get into the cabin and ride home next to Kel's dad back to the shire yard (the car park next to SpringDale). The shed was made of ripple iron.



The tipper was used to fix the pot holes on the many gravel roads around the Shire. The Shire offices were in Drysdale near the shed. Before the tipper, Mr Whelen had horse drawn steel wheeled grader pulled by a team of horses to look after the by roads that were all gravel. He would take out the corrugations and form up the road, skimming first and filling the holes. This allows the water to run off the road into the table drains.

The gas light that stood where the Drysdale Medical Centre, filled with bees and honey, Kel and his brother raided the hive and were both stung, Kel knew he had been bitten but was ok, but his brother Keith needed blue bag treatment from his mother.

**Anne Brackley**

## Gardening Safety - [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au) for more information

### Don't overdo it in the garden

Gardening can cause back pain and overuse injuries.

#### Safety suggestions include:

- Avoid long gardening sessions.
- Warm up before gardening with slow, sustained stretches and remember to do basic back stretches during your gardening.
- Rotate your tasks to avoid repetitive movements. For example, after 15 minutes of raking, swap to pruning for a while.
- Rest frequently and relax in the shade with a drink of water.

- Avoid uncomfortable positions.

- Bend at the knees and don't strain when lifting heavy objects. If the object is too heavy for you, seek help.

### Hand safety in the garden

Many gardening injuries involve the hands and fingers.

#### Safety suggestions include:

- Always wear gardening gloves to protect your hands against cuts, soil, insect bites and skin irritants. Leather gloves offer protection against puncture injuries from thorns and bites (insect, snake, spider or rodent).
- Use appropriate tools for digging instead of your fingers (for example, a shovel or hand shovel). Buried objects such as tree roots, glass and metal can injure your hand, wrist or arm while digging.
- Consult with your doctor about keeping your tetanus vaccination up to date. Cuts and puncture injuries carry a risk of tetanus.
- Choose your hand tools to suit you. Avoid buying or using hand tools that feature 'moulded' handles that don't fit your hand.
- Blisters, calluses and muscle pain can

occur if the finger grips on the handle are too small or too large for your hand.

- Keep your hand and wrist in a straight line when you use hand tools. Bending the wrist weakens your grip on the tool, which causes you to exert hand and arm muscles with greater force. This can cause fatigue and soft tissue injury.
- Use rubber gloves when working with garden chemicals. Always inspect the rubber gloves for holes or tears before use.

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# Visit Antarctic with Ivan

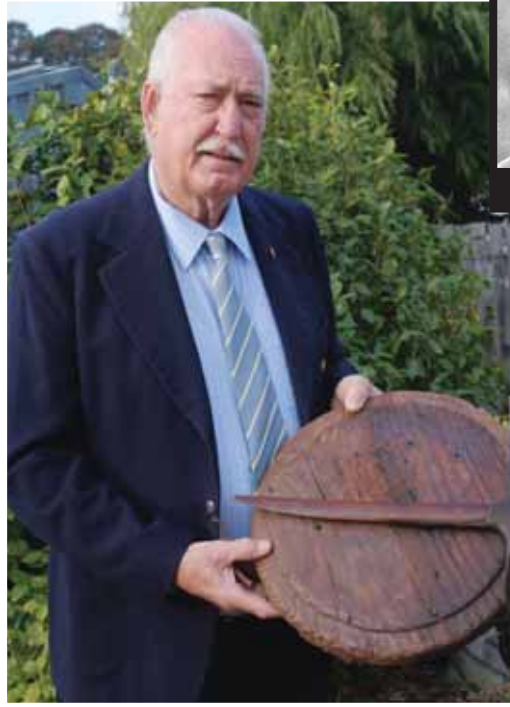
A recent volunteer to the Springdale Neighbourhood Centre Inc, and a new member of the community is Ivan G. Hawthorn. Esq and Wife Margaret. Ivan is the holder of the British Empire Medal for Meritorious Service RAAF (BEM). A Justice of the Peace (JP). An International Fellow of the Explores Club, New York City, New York, USA (FI10). Responsible for the recently established Document signing group now operating at Springdale Neighbourhood Centre every Monday and Wednesday mornings from 0900 Hrs until 1230 Hrs he has had an interesting life.

Born in Ungarie in the midst the great wheat N.S.W during the great depression and drought of 1928 to 1938 to farming parents, Ivan was one of eight brothers, there were no sisters. At the local school house, where all grades, from first to sixth learned in one room, he commenced his rather short journey through the corridors of education. This journey, while relatively brief, was far reaching, as his parents sought greener pastures, but in vain. During that period, his parents traveled to no less than seven different towns.

At 14 years of age he left school and settled in Wagga Wagga, NSW, where he was employed as a farm hand by Messrs John Henry Kendall on a sprawling 44000 acre stud called 'Myarb' situated near the township of the Rock some 24 miles from Wagga. As he grew older he travelled far and wide, becoming a horse breaker, shooter in the Northern Territory, a truck driver and an apprentice motor mechanic. In 1953 he joined the RAAF as an motor mechanic and completed his mechanical training at RSTT (recruit school of technical training) at Wagga.

Over the next 17 years he rose through the ranks to substantive Sgt and some times Acting Warrant Officer, during training exercises for Vietnam. Finally he was NCO incharge of a large power house for 30 Surface to Air Missiles (SAM'S).

Ivan was the recipient of a Commonwealth Citation for outstanding service to Support Command. In 1964 he was awarded the British Empire Medal for risking his life to



arrest a life-threatening situation while onboard the LSM, Brundenell White whilst enroute from Sydney to Darwin.

On discharge he returned with his family to Geelong where he owned and operated a garage before rejoining the Commonwealth in the Department of Supply, Antarctic Division.

Over the next 10 years, Ivan wintered At the base Davis on the Antarctic Continent where apart from his normal duties as

Senior Tradesman, explosives officer, assistant surgeon, over ice transport, SAR officer and local barber, he organized, depoted and led the 1971 glaciology traverse, to 127 miles at a height of 8250 feet above sea level over a 40 day period. During that year he organised and led two successful search and rescue missions out onto the continent. In 1973 he was again at Davis only this time was responsible for offshore boat supporting the marine biologist working the offshore Islands in the Antarctic Ocean.

In 1975 he was elected Officer in charge of the 28th Australian national Antarctic Research Expedition (ANARE).

**'Ivan was the recipient of a Commonwealth Citation for outstanding service to Support Command.'**



*Ivan Hawthorne in the Antarctic*

*Left: Ivan holding the bottom of a food barrel (circa 1812-1819) and on it is the remains of my Icepichenaxen or long handle German ice axe. This dehydrated in the extreme dry Antarctic conditions and in fact broke whilst using it as a brake coming down a glacier. It is preserved as a memento.*

**Friday 31 May 7pm  
at SpringDale.  
Entry \$5 to proceeds  
to Prostate Cancer  
Support.**

## Pole Walking Group

**Monday mornings.**

**New members welcome**

**Meeting Points at 8.50am for 9am Start**

**Monday 5 May**

Lake at Drysdale Park on grassed area just passed the Station.  
walk around lake to railway line then East.  
Map 29 A5

**Monday 12 May**

Crn Andersons Road & Clarendon Street  
Walk South.  
Map 29 E 6

**Monday 19 May**

Park opposite shop Indented Head  
Walk South.  
Map 32 F 2

**Monday 26 May**

Park above the Boat Ramp  
end of Jetty Rd Clifton Springs  
Walk West.  
Map 28 F1

*All map references -*

*Geelong Info Booklet 2013-14*



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## Tennis breakup at Rod Laver Arena

Recently the Clifton Springs Tennis Club held their junior breakup at Melbourne Park.

A full busload of junior tennis players and parents spent the day at the Rod Laver Arena with a tour and coaching session in the famous indoor arena. Coach Mark Hagbols who organised the day said *"We had 50 kids and parents, all had a wonderful time. The highlight was playing on the grand slam surfaces and a tour of the locker rooms and inner sanctum"*

The day also combined lunch and presentation to award winners for the past season.

The Clifton Springs Tennis Club financed the trip from club funds, along with a generous donation from the newly formed Clifton Springs Lions Club.

**Graeme Reid**  
President  
Clifton Springs Tennis Club

## Drysdale Sharks U/10's Basketball Team



**End of Summer Competition Presentation**  
Back L-R: Jasper Clark, Archer Godfrey, Ace Loveday, Luke Chapman  
Front L-R: Kayden Dower, Andrew Cook, Mitchell Blair  
Coach Rebecca Blair

The boys will be preparing and looking forward to the new competition commencing next term.

## A quest for a pool



Drysdale Clifton Springs Community Association

DCSCA is lobbying for a scoping study to investigate whether the plans for the Drysdale Sports Precinct should include provision for a swimming pool.

The justification being that it would service the more than 4500 students at the 9 local schools and preschools as well as the local community.

**Neil McGuinness** Secretary DCSCA

18 May

## RSPCA Million Paws Walk

Million Paws Walk is a fun day for any animal lover. Whether you're a pet owner or not, it is a great day out. As well as the walk, there will be entertainment, displays, stalls, giveaways and a host of other activities. Million Paws Walk is an important fundraising event for the RSPCA assisting with the operation of animal shelters and supporting its services. The walk will be held on Sunday 18 May from 9am – 12.30pm at Eastern Park, Geelong. For further information visit [www.millionpawswalk.com.au](http://www.millionpawswalk.com.au) or contact **Ebony McCarthy** on 0421 316 707.



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## Go Hawks

Although the Hawks do not have high profile players like Gary Ablett and Lance Franklin, supporters still enjoy watching their local boys play the game. There are some talented young footballers with athletic ability which is a good reason to see the Hawks in action.

Round 5 for the Hawks is away against Newcomb on 3 May, Round 6 is home against Geelong Amateur on 10 May, Round 7 is away against Anglesea on 17 May and Round 8 is home against Barwon Heads on 31 May.



## Where will the kids play?



Drysdale Football Ground and facilities



Photographs courtesy George Stawicki Photography

When my parents moved to Drysdale in the 1950s it had 4 shops, 1 school, no kindergarten, 2 tennis courts, 1 sports oval and less than 1000 people. Some 50 years later we have a multitude of shops, 6 schools, 3 kindergartens, at least a dozen tennis courts, a population of 12000 but still only one sports oval!

Our one and only oval is subject to overuse by over 300 footballers and 120 cricketers, some of whom have been forced to train and play on sub-standard school ovals. Our local Soccer Club are worse off as they have to play all their games away from the town as they have no ground.

In 2009 our Council undertook a study of our sporting needs and in 2010 produced a document titled 'Drysdale Clifton Springs Sports Precinct Masterplan' outlining the staged development of 100 acres adjacent to the Secondary Schools. Finally we were going to get our oval, plus a multipurpose field with changerooms and lights as part of stage 1. Or were we....

Four years have passed and despite having had Federal, State and Council elections not a single sod has been turned as Council continue to tell us they don't have the

money (initially \$3.0 mill for stage 1 now out to \$6.0 mill) and need Government funding. Council recently produced an update titled 'Drysdale Sports Precinct – Downgraded Phase 1' In this revision there is only a basic oval, no multisport oval and temporary change facilities and it is still years away and unfunded.

Where are the children who are moving into all of the new housing estates going to play organised sport? Without organised sport what will they do with their spare time?

As concerned residents we have a window of opportunity to do something about this neglect of our town by all levels of government, it is the November State Election. Please let our local Members and candidates, as well as our local Councillors know that we won't be neglected any longer and that our town needs a sports precinct so that our children and grandchildren can have a healthy upbringing just like we did.

**Ross Deeath**

On behalf of the Drysdale Football, Cricket and Soccer Clubs

## The Clash of the Peninsulas



Clifton Springs Bowling Club on the Bellarine was host to 104 bowlers on Wednesday 2 April, with 12 teams travelling by Searoad Ferries from West Rosebud, Mornington Civic and Main Ridge Bowling Clubs on the Mornington Peninsula.

The Mixed Fours tournament was extremely successful and continues to foster the friendly relationship between these great Bowling Clubs across the Bay. Competitive prizes were awarded with sponsorship by Bellarine Lakes Country Club Geelong, and with assistance from McHarrys BusLines the teams were transported comfortably between the Clifton Springs venue and the ferry terminal.

This has now become a tradition and everyone agreed to travel to West Rosebud next year for a return visit.

**Roy & Joy Verran**

Send in your sports news  
and photographs

to:

[messenger@springdale.org.au](mailto:messenger@springdale.org.au)



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