



# The SpringDale Messenger

June 2014  
Volume 24 Issue 5

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

## Congratulations Pam Davis WINNER

Adrian Mannix OAM  
Community Service Award 2014

Pam Davis, congratulations for being the 2014 Adrian Mannix OAM Community Service Award Winner.

Pam Davis, resident and community volunteer of Drysdale for almost her whole life and she has loved every minute of it. Working on the Drysdale Primary School Mother's Day stall, helping the Bunyip Festival, cooking and catering for the Drysdale Football Club or nurturing and caring for the members of the Drysdale RSL Sub-Branch or for its building or

assets, Pam is always there. Pam approaches every opportunity with that characteristic smile, methodical positive attitude and enthusiastic whole heart application.

Adrian Mannix nominated Pam for a 'Alan J. Holding Memorial Community Service Award' in 1999 and he was so pleased to see her receive it. Pam worked on many committees with Adrian and has many stories to share.

Pam looks forward to next year and the opportunity to work with many other groups in our community for the commemoration for the 2015 ANZAC Day. **If you are interested in helping with this event please contact the RSL on (03) 5251 2328.**

Our community is so much richer for having such a caring, enthusiastic, positive, organised and well respected person in town. Thank you Pam for everything that you have done to make our part of the world as great as it is.



Take the journey into learning  
with other like-minded people.  
It's never too late to learn .

**2014 Term 2**  
**Course & Opportunity Guide**

**Pages 11 - 14**

# 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 July 2014 **Bookings/copy required** by 1 June 2014 **Dist:** Sat 28 June **Circ:** 7000 copies

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

<b>Monday</b>	<b>2</b>	Home Based Business Morning Tea SpringDale 10am
<b>Tuesday</b>	<b>3</b>	
<b>&amp; Wednesday</b>	<b>4</b>	<i>Frankenstein</i> — Potato Shed 7.30pm
<b>Thursday</b>	<b>5</b>	Open St Leonards Men's Shed 2.45pm
<b>Friday</b>	<b>6</b>	
<b>— Monday</b>	<b>9</b>	Celtic Festival Portarlington
<b>Saturday</b>	<b>7</b>	Harvest Basket Produce Swap, SpringDale 9am — 11am
<b>Monday</b>	<b>9</b>	Queen's Birthday Holiday. SpringDale closed.
<b>Friday</b>	<b>13</b>	<i>Spud Dance Party</i> — Potato Shed 6.30pm — 9.30pm
<b>Saturday</b>	<b>14</b>	<i>Aisha The Geisha</i> — Potato Shed 8pm
<b>Tuesday</b>	<b>17</b>	<i>The Songs to End All Wars-</i> — Potato Shed 10.30am <i>Spud Club Potato Shed</i> — Potato Shed 6.30pm
<b>Friday</b>	<b>20</b>	
<b>— Saturday</b>	<b>21</b>	<i>Winter Solstice</i> — Potato Shed 8pm
<b>Sunday</b>	<b>22</b>	<i>Sausage Making</i> with Agata at SpringDale 9am
<b>Monday</b>	<b>23</b>	<i>Bus Trip around Drysdale</i> leaving from SpringDale 10am
<b>Tuesday</b>	<b>27</b>	<b>School Term 2 finishes</b>
<b>Sunday</b>	<b>29</b>	<i>Blak</i> — Potato Shed 4pm Portarlington Market 9am - 2pm

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*Come along and enjoy the company and delicious food*

**Monday 2**  
**Home Based**  
**Business**  
**Morning Tea**  
**SpringDale 10am**



**Every Tuesday**  
**morning in June**  
**Gluten Free Morning Teas**  
provided by *Let's Go Gluten Free*  
10am / \$10 per person.

Compiled & Published by the SpringDale Neighbourhood Centre Inc. A0024916V. 17-21 High Street, Drysdale Vic 3222. Postal Address PO Box 80 Drysdale  
The SpringDale Messenger Production & Creative by Lyn Ingles | blue pencil publishing  
**For all advertising enquiries: office@springdale.org.au OR P: (03) 5253 1960 F: (03) 5253 3050**  
For all editorial enquiries: E: messenger@springdale.org.au W: www.springdale.org.au  
Distributed throughout Drysdale, Clifton Springs, Portarlington, Indented Head, St Leonards, Ocean Grove and selected businesses on The Peninsula.

All contributors are asked to provide their articles on disc, Microsoft Word document or email it for ease of processing. Contributions are still accepted as written copy but need to be submitted in the week prior to our copy deadline.

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



SpringDale Neighbourhood Centre Inc. acknowledges the support of:





## Coordinators News

Anne Brackley



### Dear Everyone

Having recently participated in the City of Greater Geelong Mountain to Mouth Extreme Arts Walk recently, which had the song line as one of the elements with the flags and walkers being sung in or out of the stations, I have started to think about songs that influence my life.

One of my favourite songs continues to be *I want to be Happy*, from the 1925 musical *No, No, Nanette* (I only just learned that bit). In visits to nursing homes, I love to sing this song with gusto. The lyrics are simple but continue to move me.

The lines ....*Life's really worth living, When you are mirth giving,.... I'll send the sun smiling through ....* continue to move me everytime I read, write or sing them.

Our ukulele class, stimulated this line of thought. From the SpringDale training room I heard the words to *Lean on Me*, float down to the corridor to the office. I took the opportunity to join in the song with the group. This song continues to be a favourite and regularly spirits me to earlier working days in Melbourne.

The words .... *I'll be your friend, I'll help you carry on ..... we all need somebody to lean on ....* perhaps gives you an insight into the way we try to welcome people at SpringDale.

I have always loved to sing and although not everyone else appreciates the delivery, singing does give me great joy.

A few years ago, I heard a choir – many of the people were new to Australia and one of the men talked about the pleasure that singing gave him. He also spoke of not being allowed to sing in his country of origin. Sometimes we don't realise how lucky we are.

Song and music is very important at SpringDale. We have two singing groups – The SpringDale Singers, meet on a Tuesday afternoon and sing for pleasure and Bellarine

Community Choir meet on a Thursday afternoon and are a performing choir. Singing is also a very big part of our ukulele classes on Thursday mornings. We have an instrumental group that meets on a Wednesday evening and the Bush Band meets most Saturday afternoons. The therapeutic value of music is still being researched but I know music and singing makes me feel much happier.

**Congratulations to the Rotary Club of Drysdale for their inaugural customer service awards. Our Brett Godfrey was one of the recipients of an award for excellent customer service. The SpringDale Committee, staff, volunteers and all who interact with SpringDale congratulate you, Brett, well done.**

I would like to bring to your attention the line in the Victorian budget to fund a business case for the Drysdale Ring Road. This has been a project that SpringDale has been promoting for the last few years due to community concern. Many towns in Victoria have flourished once the through traffic has been diverted. I encourage residents to consciously support local businesses to ensure this part of our community remains vibrant and sustainable.

Thanks for your support

**Anne Brackley**  
for the SpringDale Team.

### FAMILY BUSH DANCE



**Sat 12 July**  
[www.springdale.org.au](http://www.springdale.org.au)

## UPDATE @ SPRINGDALE

### Home Based Businesses Morning Tea

We have held our first Home Based Business Morning Tea in May. The group present decided to hold it monthly on the first Monday of each month at 10am. The group looks forward to networking and peer support opportunities. Please feel free to join. Next dates Mon 2 June and Mon 4 Aug (sorry I'm skipping the July one in the middle of school holidays).



### Home made Sausages/Salami

In this class you will learn the skill of making sausages with pork, fennel and traditional secret herbs and spices. Each participant will have the opportunity to make their own sausages to take home and share with the family. BYO Esky or Cooler bag and an apron. We will discuss the difference between fresh sausages and salami which are traditionally made in Winter. We will all make the same pork/fennel on the day and discuss other flavour combinations. Ingredients include: casing, meat, spices Sun 22 June 9am – 12 noon  
**Fee:** \$80 **Tutor:** Agata Comisso

### 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 chattles. Please register your interest so we are able to conduct this vital course for you.

**Dates/times:** Sat 28 June 9am - 1pm  
**Fee:** \$40 **Tutor:** Brett Kerr

### Looking to change careers?

There is a Certificate III in Aged and Community Care starting at SpringDale on Thurs 24 July it will run on Thursdays and Fridays 9am – 3pm til December.  
**See Course guide P11 for more details.**

### Every Tuesday morning in June

**Gluten Free Morning Teas**

provided by Let's Go Gluten Free - 10am / \$10



## 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**

## AN OUT OF THIS WORLD FESTIVAL ANIVENTION



**Saturday 26 July 2014**

Fan of Dr Who, grew up with Lost in Space, love the Thunderbirds or Star Trek then join us for our fourth Scifi day to be held on Saturday 26 July.

We would love your support to help organise and to be part of this event.  
Phone SpringDale (03) 5253 1960



## Rotary Service Excellence Award

Thank you to the Rotary Club of Drysdale for inviting me to attend the inaugural Service Excellence Award night, held at the Clifton Springs Golf Club recently.

I was impressed to see that more than 20 local businesses were nominated, with some nominated several times, including Glamour Puss with over 10 testimonials. Congratulations to all the nominees and well done to the winner, Joshae Hair and Beauty, and to Drysdale Car Detailing and Wallington Rural and Garden who were highly commended. Congratulations to all those involved at Rotary for instigating this very positive Awards program that I'm sure will become a regular highlight of the year's calendar.

## Drysdale Clifton Springs Traffic

I recently attended the public meeting organised by the Drysdale/Clifton Springs Community Association about traffic issues in Drysdale. It was a good opportunity to meet with so many of you to discuss these ongoing concerns about traffic management problems in the town, and potential solutions.

Last year the current Minister said that VicRoads would be doing a study in relation to the Drysdale Bypass and improving traffic flows. But VicRoads have indicated this isn't

being done. This is very concerning and I will continue to press the Minister to have the work done and the community informed and consulted, as a matter of urgency. Traffic congestion is a vital issue for Drysdale and Clifton Springs, and impacts on all of the northern area of Bellarine and I will continue to work with the community, as a priority, to get a positive outcome.

## Ann Nichol House

As many of you know, and I reported in this column last month, Ann Nichol House, the last of the not-for-profit aged care facilities in Bellarine, is currently under threat of being sold to a private operator. There was a very successful and well publicised rally recently and I have now received a petition with over 1,360 signatures from people throughout Bellarine and beyond.

The petition calls on the Napthine Government and the Minister for Ageing to intervene to allow for consultation and for all options to be considered.

I will table the petition in Parliament and will continue to push the Government on this important issue on behalf of residents and for the future of aged care in Bellarine.

## The Safe Harbour

I was delighted to join with Daniel Andrews, the Leader of the Opposition, to announce that, if elected, Labor will provide \$15 million

to develop the Safe Harbour at Portarlington for the benefit of the Bellarine. This project is great for Bellarine residents because it will provide significant opportunities for our aquaculture industry, local businesses and tourism operators, as well as creating much needed local jobs. It will also enable the Bellarine Ferry Group to pursue their proposal for a Portarlington to Melbourne ferry service that has the potential to bring additional jobs and benefits to the whole region.

## Clifton Springs Primary School

Good news - Clifton Springs Primary School will receive funding of \$1.1 million to upgrade their Block A building. This is fantastic for the school community and for local children into the future.

## 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  
(03) 5248 3462

# Celebrating Democracy



Hearing Women's Voices

2014 marks 100 years of the right of women to stand for Council elections in Victoria. This significant democratic achievement will be celebrated in Geelong with a special event, Hearing Women's Voices, hosted by the Geelong Library Corporation at Courthouse Arts, 60 Little Malop Street 10 - 12 noon on Wednesday June 4.

In 1863 women, along with criminals, the insane and bankrupts, were barred as candidates in local government elections. After a long period of discrimination and following election of the first woman to a Victorian Council in 1920, there are now 662 women Councillors, representing 34% of Councillors state-wide.

Join the celebration on June 4 to hear keynote speaker, Caroline Hogg AO, a former State Minister and Councillor, and a panel including Mayors Rose Hodge (Surfcoast) and Helene Cameron (Queenscliffe), Cr. Kylie

Fisher (CoGG) and Women in Local Democracy (WILD) members Priscilla Pescott OAM, a former South Barwon Mayor, and Sophia Shen, a candidate in the 2012 elections. Beth Davidson, a former Surfcoast Mayor and State President of the Neighbourhood Houses and Learning Centres Association will also speak about proposals to enhance local democracy through promoting gender equity for the 2016 elections. This event will be facilitated by Portarlington resident, Cath Whelan, Director of RECKON Community & Organisational Development. Don't miss out, the event is free; but bookings are essential: online [www.grlc.vic.gov.au/events](http://www.grlc.vic.gov.au/events), in person at library branches, or phone (03) 5272 6010. Hearing Women's Voices is presented by the library corporation in partnership with WILD. Enquiries to WILD convenor, <jeni.wills@bigpond.com>

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# Shows for June promising to be entertaining

We had so much fun in May, thank you to the Bellarine Community for getting behind one of the biggest events of the year so far by attending and taking part in *The Feast of La Gypsy Argentina!*

The wonderful produce from Bellarine Food Barn was thoroughly enjoyed by all.

June promises to delight with *Aisha The Geisha* on Saturday 14 June. An unusual and side-splitting tale of a dairy farmer who becomes the first foreign Geisha. Bring your own nibbles/supper and enjoy cabaret seating for this hilarious fun night that is sure to challenge as well as entertain! Our second *Spud Dance Party* will take place in June, this night is for the 12 – 16 years olds to come along, have a dance in a safe environment. Come along dressed in Friday 13th theme! Morning Showtime join Colin and Shiley as they relive the songs and stories from the era of the *First World War*. Come and warm up at the Shed on Friday 20 and Saturday 21 June at the *Winter Solstice One Act Plays*, two unique nights of entertainment with mulled wine, fires and music, plus two amazing one act plays written and performed by local artists. We also welcome the amazing Kutcha Edwards to the Potato Shed on

## Be at the Spud Dance Party



Sunday 29 June. The show is a delicious cocktail of comedy, music, poetry and dance. As well as the *Blak Cabaret* show Kutcha will be conducting a series of songwriting workshops on Friday 27 June (call the Shed or check the website for more details). On 3 & 4 of June you can also catch St Ignatius' version of *Frankenstein*, for which you can book your tickets at the Shed either in person or on (03) 5251 1998. 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 or call the Shed directly on (03) 5251 1998.**

**WIN** ONE DOUBLE PASS  
**POTATO SHED**

**Tuesday 17 June**  
**'The Songs to End All Wars'**  
Morning Showtime  
10.30am includes morning tea

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 13 JUNE**

## Whats' on at the Shed JUNE 2014

**Tues 3 & Weds 4 June**  
**Frankenstein**  
St Ignatius College Students  
7.30pm  
Call Potato Shed to book

**Friday 13 June**  
**Spud Dance party**  
Friday 13th Theme  
12 – 16 years  
6.30pm – 9.30pm  
\$5 Entry

**Saturday 14 June**  
**Aisha The Geisha**  
8pm  
Adult \$25 Conc \$20  
VIP \$20

**Tuesday 17 June**  
**The Songs to End All Wars**  
Morning Showtime  
10.30am  
\$15 includes morning tea

**Fri 20 – Sat 21 June**  
**Winter Solstice**  
8pm  
Adult \$20  
Conc \$18

**Friday 27 June**  
**Spud Club**  
Open Mic Night  
6.30pm till late  
\$6 includes free beer, wine or soft drink.

**Sunday 29 June**  
**Blak**  
4pm  
Adult \$25  
Conc \$20  
Groups / VIP \$20



## Saturday 14 June 8pm 'Aisha The Geisha'

It's a love story as hot as wasabi!  
A funny musical situation comedy that promises to entertain and delight the audience.



## Winter Solstice Friday 20 June & Saturday 21 June

Come and celebrate winter with fire, warm wine, music and two amazing one act plays.



## Sunday 29 June 4pm

A heart-warming journey into our nation's soul with its unique brand of blak brilliance.

## Spud Dance at the Potato Shed



**Friday 13 June**  
**6.30pm - 9.30pm**  
For Kids aged 12 - 16yrs.  
Fully supervised alcohol/smoke /drug free - different DJ's Lights, Theme Nights, games and give-aways.

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  
**GEE LONG**

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

## Yummy Lemon Pie

You don't know me Bob McCubbin, but I made your lemon pie – it was super yummy and easy. The entire family loved it. Well done Bob and keep on cooking.

Julie

## More Traffic Lights

In the April Messenger there seems to be a misprint on page 20. I don't believe it. The Friends of the Bellarine Rail Trail want traffic lights installed in Jetty Road. The speed limit has already been reduced from 80 to 60 (big mistake) so now they want the journey along this road to take even longer. We've already got traffic slowing lights at Curlewis, and in the main drag in Drysdale. We don't need any more.

Tom Cowan, Clifton Springs

## Lights in High Street

The idea of replacing the existing traffic lights with flashing lights is just ridiculous. I have nearly been hit by motorists going through the red light on numerous occasions. If we only had flashing lights there would be bodies strewn all over the road.

Keep the Lights, Drysdale

## Save the Lights

Those of us who live on the other side of High Street from the majority of the shops just LOVE the traffic lights. Without them we would never get across the road.

Everyone seems to be encouraging people to walk to the shops, but without those lights it would be quicker to drive to Ocean Grove to shop. **Happy Walker**, Drysdale

## More Help Needed

### More Spectacles Required



Thank you for all the pairs of glasses (specs) which I collected. I'm happy to say that I think I can now go ahead with my project, however, I will need quite a few more. I currently have about 50 pairs and I envision needing about double that amount. **Jill Birse**

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Drysdale Clifton Springs Community Association

## DCSCA Public Meeting

### Traffic Management In Drysdale

The meeting was attended by Lisa Neville, Member for Bellarine, Ron Nelson, Deakin Ward Councillor and Liberal candidate for Bellarine. Apologies were received from VicRoads, McHarrys and Local Councillors. There was an excellent attendance and informative discussion.

*There appeared to be universal agreement on the following: -*

The proposal to block off Coryule Road halfway through the new development, preventing traffic driving through to Hermsley Road was most unpopular.

Housing developments are progressing and the population is increasing without appropriate improvements in road infrastructure. Traffic congestion is getting worse and worse.

*Note.* DCSCA lodged a Community Concepts Submission in January for a Scoping Study to investigate Traffic Congestion in Drysdale. The meeting considered this study a priority.

VicRoads had promised the release of an 'Integrated Traffic Model' Study last year and has failed to deliver.

The pedestrian traffic lights in High Street are considered a major contribution to congestion.

Public consultation on the proposed service station near the Jetty Road roundabout was considered inadequate.

The proposed service station will disrupt further already congested traffic flow in the region of the roundabout.

A show of hands showed unanimous opposition to the proposed service station.

The community has not requested traffic lights where the Rail Trail crosses Jetty Road and the money would be much better spent on issues which the community considers a higher priority. The meeting felt that the community would be better served if the crossing at the Princess Street Rail Crossing had boom gates and traffic lights.

### Other matters that were raised: -

A suggestion that Bellarine should split from CoGG and have its own Council, in order to get better planning, received a round of applause.

The Sports Precinct Stage 1 needs to be progressed as a priority.

The Stage 3 Sports Precinct should include provision for a Swimming Pool.

The Victorian Electoral Commission be asked to declare Drysdale/Clifton Springs a "Community of Interest" and for it to be one ward and have a designated Councillor to

represent local interests.

DCSCA should hold Public Meetings every 3 months with the local councillors in attendance so as to enable efficient 2-way communication: - Councillors to inform the community of latest developments, Councillors to be made aware of community opinion.

Should residents wish to inform Geelong Council of their opinion on any or all of the above issues, they are encouraged to inform the **City of Greater Geelong** by email to [contactus@geelongcity.vic.gov.au](mailto:contactus@geelongcity.vic.gov.au)

Please also CC [mcgnej@bigpond.com](mailto:mcgnej@bigpond.com)

There is a more comprehensive report of the meeting with further information on the DCSCA blog -

<http://www.drycliftdays.blogspot.com.au/>



Drysdale Clifton Springs Community Association

*Now is a good time to  
join DCSCA and be  
kept informed  
of local issues.  
Only \$5 for  
membership to end of  
June 2015.*

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New Golfing Season commences 1st July 2014. Full and Midweek memberships available  
Unlimited Golf after 3pm \$18.

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

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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>
Monday to Saturday	Two Course Lunch Special	\$15

**Kevin Mahoney**  
Appearing Friday 6 June




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 - 30th June 2014  
\* Not valid Public Holidays  
\* Conditions apply - not available on all meals.

**June 2014**

**THUNDERSTRUCK**  
Tribute band to AC/DC

Saturday 21 June 6.30pm \$60pp 2 Course Dinner & Show.

For Bookings & Information

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





9-15 June

# International Men's Health Week



International Men's Health Week aims to increase awareness of the importance of good health in men, boys and their families.

Men's Health Week is a great way to encourage men, women and kids to interact with the health and wellbeing of the males in their lives!

Our vision for the week is to profile the many Men's Health Week events running around Australia in June and share the good things that come from engaging with health.

We are not prescriptive about the kinds of actions you take - we feel that you have the local expertise, contacts and understanding needed to shape male health in your region.

[www.menshealthweek.org.au/En/Default.aspx](http://www.menshealthweek.org.au/En/Default.aspx)

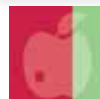
**"If you can't do great things, do small things in a great way" - Napoleon Hill**

## 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.



**Bowel Cancer Australia**

1-30 June

## Bowel Cancer Awareness Month

There are more than 14,000 reasons to support Bowel Cancer Australia - one for each person whose life will be changed when they are diagnosed with bowel cancer, and that's just in one year. Show your support by helping us raise awareness during Bowel Cancer Awareness Month (formerly Bowel Cancer Awareness Week) - an annual public education initiative of Bowel Cancer Australia running throughout the month of June. [www.bowelcanceraustralia.org](http://www.bowelcanceraustralia.org)

Go online and see further information about Request a Kit, Making a Donation, Are you at Risk? Recipes for good health, apply to the Newsletter and read real life stories.

ADVERTISEMENT

## 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.

JUNE 2014 SPRINGDALE MESSENGER



# Yoga on Chairs

### Testimonial

I first learnt of the idea of Yoga on Chairs last year, following a fall which damaged my left knee and left me unable to take regular exercise for a long period of time. I looked on the internet for ways of keeping fit in these circumstances and discovered the idea of Chair Yoga. I was going to send off for some DVD's but was then delighted to discover that Glenda Breedveld was offering a course of Yoga on Chairs at Springdale. I had attended Glenda's more extended Yoga classes involving floor work for a long time and found her approach to Yoga very gentle but very deep, and producing great benefits to body and mind. I enrolled for 'Yoga on Chairs' this year and have found the course to be very suited to me, as a person of often

limited energy but aspiring to a calm and balanced state of mind, as well as of physical wellness. As in the courses taken with her before, I appreciate the care and thoughtfulness Glenda brings to Yoga, encouraging each person to be their own guide in how they perform each movement, and stressing that, in terms of exertion, 'Little is good'. Often very subtle Yoga movements can have very deep effects, and the bringing of awareness to each part of the process can create a calm and even contemplative state of mind; also, many of the exercises are anti-arthritis. I believe this is a form of Yoga that might be especially helpful to older people, and those building up confidence after injury or illness.

**Diane Fahey**

## Drysdale Health Group

Proactive, Preventative & Professional



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

27-29 High St Drysdale  
(03) 5251 2958

## Portside Physiotherapy



Theatre Plaza, Harding Street, Portarlington

**Ph: 5259 1277**

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



14 June

## World Blood Donor Day

World Blood Donor Day is a reminder of the importance of blood donation. 1 in 3 people will need blood in their lifetime, while just 1 in 30 people currently donate. [www.who.int/worldblooddonorday/en](http://www.who.int/worldblooddonorday/en)

## YOGA and CHAIR YOGA

I am receiving some great feedback about our Yoga classes and especially our Yoga on Chairs class. This class is for people who are getting back into Yoga or who find it a struggle to get down onto the floor. Current participants have given this class significant praise.

### YOGA on CHAIRS

Would like to do Yoga but would feel more comfortable sitting. This course may be for you. **Dates/times:** Mon 2,16,23 June 11am – 12noon (3 sessions) **Fee:** \$30

### foot health care for all ages

**Michael A. Nicol**  
**Kirralee Sing**  
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# FREEDOM PERSONAL TRAINING

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## Portarlington Community Bank Branch and Drysdale Community Bank Branch

# Community Grants

The Portarlington Community Bank® branch and the Drysdale Community Bank® branch are very keen to support events and activities on the Northern Bellarine, with our focus being to support those who bank with us in a variety of ways including through our annual Community Grants Program. The Community Grants Program is made possible by members of the community who bank with the Portarlington Community Bank® Branch and the Drysdale Community Bank® Branch and provides financial assistance to benefit charitable, not-for-profit organisations and clubs of the communities on the Northern Bellarine.

Charitable, not-for-profit organisations and clubs can apply for a grant for projects and activities that offer clear public benefit for the community by contributing to their development in building social capital, community welfare, environmental, health, education or cultural areas. When applications are reviewed, the Grants Committee looks for projects that include items such as Community facilities and projects, Youth projects, Family facilities and projects, Senior Citizens facilities and projects, community recreational projects, Organisations that demonstrate the financial capacity to support the project and Organisations that demonstrate capacity to complete the project.

Principles supporting our Community Grants were founded on a belief that communities



Bellarine Peninsula  
Community Bank® Branch

 **Bendigo Bank**

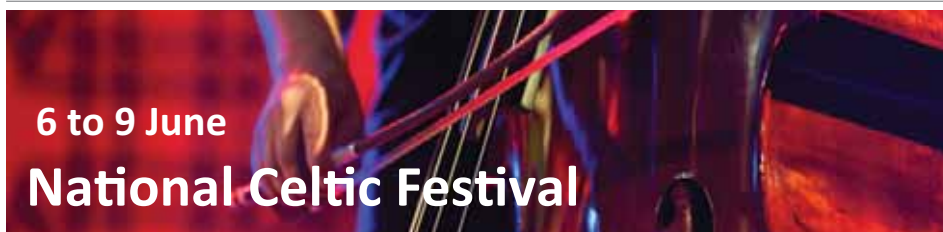
*Chairman Russell Enders presenting members of Bellarine SES with their grant at last year's AGM.*

that come together for a common purpose can really make a difference. Our Company values innovation, accountability, responsibility, and transparency and strives to work within an ethical framework, mindful of our environmental and social responsibilities, and responsibility to our shareholders. We are always looking for projects that reflect the values above, and create a broad community benefit to support.

This year's Grants Program will be opening on Wednesday 25 June 2014 with an

information evening to be held on that date at the Clifton Springs Golf Club. Keep watch for more details that will be published soon.

**For any further information or assistance, call in to see our staff at either the Portarlington Community Bank® branch, 44 Newcombe Street, Portarlington, (03) 5259 3266 or the Drysdale Community Bank® branch, 1/13 Hancock Street, Drysdale, (03) 5253 3192.**



6 to 9 June

**National Celtic Festival**

**The National Celtic Festival is held over the winter long weekend in June at Portarlington from 6 to 9 June 2014.**

### Australia's Premier Celtic Celebration

The National Celtic Festival is widely recognised as the premier Celtic festival in the southern hemisphere. With a reputation that grows each and every year, this is Australia's largest and most diverse Celtic gathering, attracting audiences and performers from across the country and around the world.

Experience all the magic of Celtic music, dancing, songs, pipers and drummers, together with markets, displays and workshops.



An advertisement for Tuckers Funeral &amp; Bereavement Service. It features a photograph of an elderly woman and a young girl looking at a photo album together. The Tuckers logo is in the bottom left, and the tagline '...for a life worth celebrating.' is in the bottom right, along with the website and phone number.

**Tuckers**  
Funeral & Bereavement Service

*...for a life worth celebrating.*

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

# Courses

Improve your business skills

@ SpringDale

July - September Term 3 2014



## Computers



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

Courses are designed and presented according to requests and ideas from possible students or possible trainers. If needed and possible we try to schedule extra courses. We are also facilitating one on one sessions where requested and possible. Subsidised childcare may be available for people attending *Learn Local* funded classes, conditions apply.

### iPad & iPad like Devices

We now have three different classes for the three different types of tablet/iPad devices – we will need information to ensure you are in the correct class.

Learn how to use basic iPad functions, practice scrolling, learn about iPad apps and much more in a fun supported environment. Please let the office know what type of device you have when you register.

### Introduction to iPad

**Skill Level:** Beginner

**Dates/times:** Wed 23 July – Wed 10 Sep  
1pm – 3.30pm (8 sessions)

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

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

### Introduction to Tablets Android

**Skill Level:** Beginner

**Dates/times:** Mon 21 July – Mon 8 Sep  
1pm – 3.30pm 4pm – 6.30pm (8 sessions)

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

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

### Introduction to Tablets - Windows

(Microsoft Surface, Toshiba Encore, Lenovo ThinkPad etc.)

**Dates/times:** Mon 21 July – Mon 8 Sep  
4pm – 6.30pm (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 23 July – Wed 10 Sep  
1pm – 3.30pm (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  
10am - 12.30pm (8 sessions)

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

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

### Word & Excel for Small Business

Small Business owners and staff never have enough hours in the day. This course will fix that by improving your efficiency, productivity and profitability. Learn how to format a personalised mailout to your customer, an eNewsletter, use style sheets in Word, add an automatic Table of Contents, include hyperlinks to other websites.

**Skill Level:** Intermediate

**Dates/times:** Wed 23 July – Wed 10 Sep  
10am – 12.30pm (8 sessions) **Fee:** \$160 or conc \$55

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

### Digital Storytelling

Clive Whitworth, Bellarine Multimedia Services has developed an innovative course to help you to turn your photos and videos into digital stories which can be preserved forever. 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 and 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. Clive has run this course successfully on the Bellarine and seeks expressions of interest for another 20 hour course.

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

### 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:** Thurs 24 July – Thurs 11 Sep  
1pm – 3.30pm (8 sessions)

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

**Tutor:** Colin Barnard, C&K Designs

### 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:** Tue 22 July – Tue 9 Sep  
1pm – 3.30pm (8 sessions)

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

**Tutor:** Colin Barnard, C&K Designs

### 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 chattels. Please register your interest so we are able to conduct this vital course for you.

**Dates/times:** Sat 2 Aug or Sat 6 Sep  
9am – 1pm **Fee:** \$40 **Tutor:** Brett Kerr



Brain Training ✓

Learn Local ✓

Meet People ✓

@ SpringDale

**Dates/times:** Sat 23 Aug  
9am – 12noon **Full Fee:** \$60  
**Tutor:** National First Aid

### Combined - Certificate III Aged Care and Community Care (CHC30312)

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. Next course commencing Thur 24 July. Book now. **Fee:** \$4193 **Full Fee** or \$800 (funded price including First Aid), conc \$516. Payment plans available for this course. **Tutor:** Ocean Grove Neighbourhood Centre **Venue:** SpringDale



## Accredited courses



### Use Hygienic Practises for Food Safety

Code SITXFSA101

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 23 Aug 9am – 4pm

**Fee:** \$100 **Venue:** SpringDale

**Tutor:** Ocean Grove Neighbourhood Centre

### Provide Responsible Service of Alcohol

Code SITHFAB009A

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 16 Aug 9am – 12noon

**Fee:** \$70 **Venue:** SpringDale

**Tutor:** Ocean Grove Neighbourhood Centre

### Apply First Aid (formerly Level 2)

Code: HLTF211A

This unit of competency offers the skills and knowledge required to provide a basic first aid response, emergency life support and management of casualty(s), the incident and other first aiders until the arrival of medical or other assistance. The competencies are recognised as a benchmark standard satisfying training requirements across many occupational qualifications and industries.

**Dates/times:** Sat 23 Aug & Sat 30 Aug 9am - 5pm  
(2 sessions) **Full Fee:** \$170 **Tutor:** National First Aid

### Perform CPR

Code HLTCPR211A

This unit of competency provides the skills to recognise and manage a patient who is in cardiac arrest (unconscious and is not breathing). CPR is life saving technique and can sustain life until an ambulance arrives. NFA recommends, in line with Australian Resuscitation Council guidelines, that CPR training is undertaken annually.



## Courses after hours & weekends

### A taste of Italian for travel

Italy is beautiful and if you are planning a trip there now is the time to learn the language. If you would love to visit but aren't able to maybe you'd like the experience locally via this set of classes (for less than the cost of one night in Italy come to eight sessions of Italian experience). Agata is a native Italian speaker and creates a full food, fun and conversation experience.

**Dates/times:** Sat 2 Aug – Sat 20 Sep  
9.30am – 11.30am **Fee:** \$200 or conc \$180  
**Tutor:** Agata Commisso

### 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 and opportunity to practice your skills after the course at SpringDale. Small groups, so enrol early.

**Dates/times:** Sat 2 Aug, Sat 6 Sep 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. Understand shutter speeds, ISO, aperture, different file formats, downloading images, red eye reduction and lighting techniques.

**Dates/times:** Tue 5 Aug – Tue 26 Aug  
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 2 Sep & Tue 9 Sep  
6.30pm – 9.30pm (2 sessions)  
**Fee:** \$60 **Tutor:** George Stawicki

### Yoga

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

**Dates/times:** Thur 24 July – Thur 18 Sep  
6pm – 7.30pm OR 7.45pm – 9.15pm (9 sessions)  
**Fee:** \$135 or conc \$120 **Tutor:** Glenda Breedveld  
**Materials:** Bring your own mat and blanket if required. **Venue:** Drysdale Senior Citizen's Club, Cnr Clifton Springs Rd & Wyndham St

### Italian Cooking Day

Participants learn some good old fashioned recipes of a Southern Italian kitchen to enjoy with family and friends. **Sunday 6 July or Sun 10 August**  
**9am – 12noon**

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

### Tapas and Spanish Cooking

Participants learn to make some delicious tapas and an easy paella to share with family and friends.

**Sunday 3rd August or Sun 31 August**

**9am – 12noon**

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

### Cheese Making

Cheese Making with Corinne will be back in Fourth Term after kidding season is over.

### Spontaneous Mosaics

Want to be creative and make a mosaic?

Previous art experience is not necessary as this is a class that motivates fun in creativity. Materials and equipment supplied or bring your own materials – tiles and chinaware pieces.

**Dates/times:** Sun 20 & 27 July 201  
– 1pm to 5 pm or Mon 4, 11, 18 & 25 Aug 2014  
– 6.30pm to 8.30pm **Fee:** \$100 conc \$90  
**Tutor:** Wendy Morrell

### Myob For Beginners

Learn how to computerise your record keeping and improve your bookkeeping with an introduction to MYOB.

You will cover:

- Create a new data file, chart of accounts customisation, tax codes and GST accounts
- Create supplier, customer and employee cards
- Cash sales and deposits
- Invoices, Customer payments and refunds
- Purchases, Supplier payments and credits
- Reconcile accounts
- Business Activity Statements
- Set up payroll, superannuation, maintain payroll data
- Create reports
- Backup data Prerequisite:

Some prior knowledge of computers and Windows.  
**Dates/times:** Mon 14 July – Mon 18 Aug 6pm -9pm  
**Tutor:** Lynne Donohue **Fee:** \$160

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

learning how to play the Ukulele and improve their skills. **Date/time:** Thur 24 July– Thurs 11 Sep  
9.30am – 10.30am (8 sessions)

**Fee:** \$85 or conc \$80 **Tutor:** Sarah Carroll

### Ukulele Beginners

A class for those who are wanting to get started to learn the Ukulele and those who have started with us but need some more support before moving to the next class. No experience necessary but you will need to bring a Ukulele.

**Date/time:** Thur 24 July – Thur 11 Sep  
10.30am – 11.30pm (8 sessions)

**Fee:** \$85 or conc \$80 **Tutor:** Sarah Carroll



### 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:** Wed 30 July, 13 Aug, 20 Aug, 27 Aug  
10am – 3pm **Fee:** \$330 Conc \$55  
**Tutor:** Dr Allison Baensch PhD



## Courses during the day

### Discover the artist within - Level 1

An introductory or refresher Art Course in Drawing and Painting for Adults. No previous knowledge required. This course increases the skills of seeing and drawing and then introduces colour and painting. **Class materials required:** A3 Sketchbook or A3 visual diary, 2B and 4B pencils.

**Dates/times:** Tue 29 July – Tue 16 Sep  
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 (Level 1). This course aims to increase media knowledge in the techniques and processes of painting and drawing, improving skills and confidence.

**Dates/times:** Wed 30 July – Wed 17 Sep  
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 29 July – Tue 16 Sep  
11am – 1.30pm (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 22 July – Tue 9 Sep 9am – 10am  
**Fee:** \$90 **Tutor:** TBA

### French for Advanced Beginners.

For those who have attended the Beginners Class in 2012. **Dates/Times:** Tue 22 July – Tue 9 Sep  
9.30am – 10.30am (8 sessions)  
**Fee:** \$90 **Tutor:** TBA

### Intermediate French

For those with some prior knowledge of the language.  
**Dates/times:** Tue 22 July – Tue 9 Sep  
10.30am – 11.30am (8 sessions) **Fee:** \$90  
**Tutor:** TBA

### Yoga

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

**Dates/times:** Mon 21 July – Mon 15 Sep  
9.15am – 10.45am (8 sessions)  
**Fee:** \$135 or conc \$120 **Tutor:** Glenda Breedveld  
**Materials:** Bring your own mat and blanket if required. **Venue:** Drysdale Senior Citizens Club

### Yoga on Chairs

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

**Dates/times:** Mon 21 July – Mon 15 Sep  
**Fee:** \$90 or conc \$81

### Ukulele Intermediate

A class for those who are part way along the path to



## Groups during the day

### Card Games

Play Bolivia or Euchre. This group meets Monday afternoons from 12.30pm – 3pm.

### Friendly Cuppa and Chat Group

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

### Craft

Come along and enjoy quilting, felting/embellishing and mixed media projects, cloth dolls and textile arts. Keep your hands busy and be creative. Learn to knit or crochet a garment of your choice. Tuesday Weekly from 1pm – 3pm.

### SpringDale Badminton

Wednesdays 1pm – 3.30pm weekly at The Scout Hall Drysdale. \$5 per session.

### Bellarine Community Choir

Peninsula residents are welcome to join this new choir, performing at functions on the Bellarine. 4 part harmony. Thursdays at 1.30pm.

### Cryptic Crosswords Group

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

### Fun Volleyball

We play with a soft beach ball, and the aim is exercise. Other session times possible register your interest. Mondays from 9am – 10am at the Drysdale Scout Hall.

### Genealogy

Researching family history. Thursdays 9.30am – 12noon.

### SpringDale Jigsaw Club

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

### Line Dancing

Join our group. Every Wednesday except school holidays. 10am – 12noon. \$9 per session.

### SpringDale Mahjong Club

This group meets Wednesday from 9.30am – 12noon.

### Pole Walking Group

Enhanced walking where the arms are used to push. The movements of your arms, feet, pelvic area and the entire body are similar to those employed during a vigorous walk. Weekly Mondays

8.50am – 10am (Contact SpringDale for meeting points).

### SpringDale Scrabble Club

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

### SpringDale Artists

The SpringDale Artists meet each Wednesday. Activities include working sessions, discussions, demonstrations and gallery visits. Wed 1pm – 4pm.

### SpringDale Wheelie Riders

Would you like to get involved in cycling again? Rides vary in difficulty and start from SpringDale at 8am. New riders welcomed and shorter rides are graded to suit individual needs. Rides Mon, Tues, Wed, Fri and Sat or Sun.

### SpringDale Singers

A long established, informal non-performing choir which sings both simple and challenging music. Former choir or music group members and non singers are also welcome every Tuesday. 1.30pm – 3.30pm

### Men's Kitchen – Tuesday Mornings

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

### Men's Kitchen

#### – Wed / Thurs / Fri Morning

**Waiting list applies. Fee:** Price depends on menu. Wednesdays/Thursdays 10am – 2pm

### Traditional & Digital Scrapbooking

Would you love to organise your precious memories by scrapbooking your photo? Come along and learn traditional and digital scrapbooking solutions. Material list for beginners, tools available for you to use and product available to purchase. Thur 1pm – 4pm, 17 July, 14 Aug, 11 Sep. 1pm – 4pm monthly.

### Write About

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

## Other SpringDale Services

### SpringDale Occasional Care

This will give your child an opportunity to socialise and play with other children in a supervised program with qualified staff and may give you time to yourself.

**Sessions:** Monday, Wednesday and Thursday 9am – 2pm. Tuesday, Friday 9am – 12noon.

**For further information please phone Occasional Care on (03) 5251 1627.**

**Sessions run during school terms only.**

### Drysdale Toy Library

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

### Portarlington Toy Library

Located at the Portarlington Children's Centre Wednesday 8.45am – 10 am

### SpringDale Business Breakfast

Open to business owners and traders, professionals who live or work in the North Bellarine. We bring together business people, local information, skilled speakers and an opportunity to get to know others in a similar situation.

**Date/time:** Monday 25 August 7am – 8.15am  
**Fee:** \$15. Held four times per year.

To attend SpringDale Groups you must be a member of SpringDale.  
Annual Membership \$12. Each group charges a small ranging from \$2 to \$12 per session.



## Expression of Interest

### Ideas for new courses you might like to learn or you might like to teach

*Data Backup, Developing a Marketing Plan, Political Advocacy, Sustaining Our Environment, Bokashi recycling, Lace Making, Make up Techniques, Cup Cake Decorating, Cake Decorating, Sushi Making, Face Painting for Beginners, Macrame, Car Maintenance, Running a Bed and Breakfast, Goat Keeping, Fingernail Painting, Glass Cutting, Fairy Floss Making.*

**We are always on the lookout for something new to try please contact SpringDale 5253 1960 if you are interested in any of these or maybe if you have the skills to run them.**

### Picture Framing

A workshop for people who would like to frame their prints.

**Dates/times:** TBA 10am – 2pm

**Fee:** \$70

**Tutor:** Ron Badenhop



## Groups after hours

### Book Club

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

### Harvest Basket

Meets 1st Saturday of every month and operates on an honesty system outside SpringDale (inside if wet) to swap home grown vegies. 9am – 10am Swap 10am – 11am Vegies available for purchase.

### Men's Kitchen – Wednesday Evening

We will be running a Men's Kitchen every Wednesday evening from 5pm – 8pm.

**Waiting list applies.**

**Facilitator:** Gaylia Lowe

**Fee:** price depends on menu

### Write on Bellarine

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

### Music Group

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

### Felting

This is not a class but people coming together to enjoy felting. If you're not sure what felting is, just pop in for a look. Further information you can contact Julie on 0409 511 662.

1st Saturday each month. 10am – 3pm

### Making Waves

Play a tune, sing a song or recite a poem and bring along a musical instrument. Special guest acts.

Contact Jill Meehan 0431 606 476

3rd Sunday each month.

2pm – 5.30pm. **Fee:** \$6

### SpringDale Open Dance Band

Open to all musicians contact Dennis for more details 0419 543 920. Next scheduled performance at the Family Bush Dance 12 April. Next scheduled performance at the Family Bush Dance July 12th

### SpringDale Community Garden

Currently in the planning phase – all welcome. Contact SpringDale for latest information.



## Non SpringDale Classes & Groups

### Pilates

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

**Dates/times:** Tue 15 July – Tue 16 Sep (10 weeks)

• 9.30am – 10.30am (ball class)

• 11am – 12noon (beginners to intermediate floor class)

**Fee:** \$130

**Thur 17 July – Thur 18 Sep (10 weeks)**

• 6.45pm – 7.45pm

(beginners to intermediate/advanced floor class)

• 8pm – 9pm

(beginners to intermediate floor class) **Fee:** \$150

**Tutor:** Monique MacLeod

**Phone to book:** (03) 5251 2958

**Venue:** Drysdale Physiotherapy & Sport

### Tai Chi

Art of Defence Australia teaches Cheng Ming International style of Tai Chi Chuan. This is suitable for all ages 16 upward. The benefits of Tai Chi Chuan is the developed flexibility, stretching, and particularly balance. The 99 movement long form is taught along with specific exercises to strengthen core stability and balance. As a form of stress management, Tai Chi has no rival.

**Dates/Times:** Mon 9.30am – 10.30am

First 2 lessons free

**Tutor:** Art Defence Australia

**Phone to book:** 0407 320 333

**Venue:** SpringDale

### Karate

Art of Defence Australia teaches traditional Goju karate to children from 4 years old to seniors. Skills taught range from motor and social skills to balance, confidence, self discipline and leadership. Great care is taken to ensure that the student understands self defence is used appropriately.

**Dates/Times:** Mon 4pm – 4.45pm

First 2 lessons free

**Tutor:** Art Defence Australia

**Phone to book:** 0407 320 333

**Venue:** SpringDale

### Bellarine Woodworkers Inc.

All keen woodworkers have the opportunity to meet on the first and third Monday of the month at 1.30pm at SpringDale. New members welcome. *Just turn up.*

## Be involved and be informed

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

Do you have an idea for a new group or course that you might like to start or suggest?

What is your dream that we can help make come true?

For more information or to register your expression of interest about these and the following activities please contact the friendly team at  
**SpringDale Neighbourhood Centre (03) 5253 1960**

Our range of courses are diverse and dynamic and may change due to community requests. If you would like to be informed of these changes register your contact details with our office **5253 1960** or email **office@springdale.org.au**

**Scheduled Fees:** Courses at nominated rates.  
**Single Sessions:** Incur a \$5 Administration Fee.



SpringDale Neighbourhood Centre Inc. acknowledges the support of:



Department of Planning and Community development



Department of Education and Early Childhood Development



## Enrolment & Payment Conditions

### ENROLMENT

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

• Your enrolment is confirmed when payment is received.

• Classes must be paid for no later than ONE week prior to the commencement of class. You will not be permitted to participate in classes until full payment is made.

### PAYMENT/ REFUNDS

• We accept cash, cheque or credit card. Facilities are available for payment in person or via mail, please see below course booking slip.

• If there are not enough enrolments to successfully run a course it will be cancelled.

• If a course is cancelled due to lack of enrolments or other reason, you will be notified and your fees will be refunded in full.

• Should you wish to withdraw from a course you must do so prior to commencement of the course. Where fees have been paid, in those circumstances they will be refunded to you less an \$8 administrative fee.

• If you withdraw from a course after it has commenced no refund will be issued. An opportunity to transfer to another course may however be available in certain instances.

### Privacy: The SpringDale Neighbourhood Centre

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

# Men's Kitchen - SpringDale

## Peter Terry

**Age:** 75, **Born:** Bathurst NSW

**Occupation:** Plastics Engineer joined kitchen in 2012

**Hobbies:** walking, gardening, photography, computers, Probus.

### Peter's Chilli Con Carne

250 grams good minced beef  
½ red capsicum  
1 med/large carrot  
1 medium brown onion  
1-2 sticks celery  
1 red chilli  
1 x 400 grams tin chopped tomatoes  
1 x 750 grams tin red kidney beans  
1-2 tablespoons medium sweet chilli sauce  
Dash of Worcestershire sauce to taste  
Cooking oil

Dice carrot, onion, capsicum and celery. Drain and rinse the beans thoroughly. Saute onion and brown mince in oiled frypan for a few minutes. Add carrot and celery and sauté until just softening.

Add beans, tomatoes (with juice), capsicum, chilli and chilli sauce and simmer gently for about 30 minutes. Ensure doesn't stick to base of pan – add a little water if necessary.

By taste testing add a dash of Worcestershire sauce and/or extra chilli sauce if needed.

Enjoy with a crusty roll and a side serve of pasta or rice and yoghurt or sour cream to top.

**Variations:** For vegetarian, leave out mince and adjust seasonings.

Can also be completely cooked in microwave following same steps.



Peter Terry

## John Welfare

**Age:** 69, **Born:** England Joined kitchen in 2009

**Hobbies:** Cooking, restoring furniture, bikes.

Likes cricket, Formula 1 car racing.

### Meatloaf

**Makes 4 loaves (serves 16).**  
**Great for freezing.**

2½kg mince steak  
1200g sausage mince  
2 cups breadcrumbs  
2 chopped onions  
6 eggs  
2 packets French onion soup  
Parsley, mixed herbs  
Salt and pepper to taste  
2 large cups mixed frozen vegies  
1 cup tomato sauce  
½ cup BBQ sauce  
½ cup Worcestershire sauce  
1 cup cream  
¼ cup skim milk powder

Mix all ingredients together.

Cook in greased loaf tins for 1½ hours at 180 degrees.



John Welfare

## New Group Men's Kitchen

Due to popular demand and volunteer support, we now have a Friday Men's Kitchen from 10am to 2pm.

Price depends on menu.

**Bookings or enquiries: ring SpringDale on (03) 5253 1960.**

## The Drysdale Hotel



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



The Drysdale Hotel  
Reservations 03 5251 2301  
Collins St Drysdale  
[www.drysdalehotel.com.au](http://www.drysdalehotel.com.au)

## Inner drawers for those hard to get to spaces



Having trouble with your inner kitchen space?  
Not able to reach those hidden spaces?  
Give us a call and we will organise an obligation FREE quote.  
We can solve your problems.

**DRYSDALE Kitchens**  
Cabinets & Joinery  
Call us for more information (03) 5253 2774



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and Private  
Consultations

For more information, times and bookings please visit me on my Facebook Page

**Let's Go Gluten Free**

or email [heikkila68@dodo.com.au](mailto:heikkila68@dodo.com.au)

Mob: 0400 606 674



Last month Helen Curmi from **good money**, Geelong, a government sponsored not-for-profit group, gave us a most interesting talk on the work they do as an alternative to the commercial fast-money loan organisations. **good money** make two types of loans specifically to folk on low incomes:

1. NILS – nil interest loans to purchase household items, pay certain expenses

or for some types of repairs (household, car), \$1200 max.

2. Step-up Loans – low interest loans for similar or higher expense items including a second-hand car, \$800-3000.

**good money, Geelong**, can be contacted on (03) 5223 8000 or [www.goodmoney.com.au](http://www.goodmoney.com.au) and brochures are available at the SpringDale Centre.

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.

**Please contact Val on (03) 5253 1446 or Peter on (03) 5253 2212 for further information.**

## Rotary Club of Drysdale

# Service Excellence Awards

The inaugural **Service Excellence Awards** Presentation night was held 28 April to recognise those people and businesses in the Drysdale, Clifton Springs area which had received nominations from their customers for the excellent service they deliver. We appreciate that the local businesses got behind this Program. This initiative fits into the Vocational Service area within Rotary and meets the object of Rotary which is to foster the ideal of service as a basis of worthy enterprise. It also parallels the Rotary Motto of "Service Above Self".

We thank the people who put the time, effort and thought into the words they put on paper to nominate their particular business or individual person.

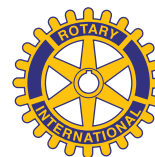


Left to right: Nominator Robyn Carew, Hon Lisa Neville MP, winner Sharon Cromwell and Team from Joshae Hair and Beauty

Particular thanks to Katrina Boyd, Carolyn Bischof and Robyn Carew. It has become evident that our community takes note of how highly excellent customer service is greatly appreciated from our businesses and this is evidenced by the size of the response. Approximately a quarter of the 100 plus businesses in the area received nominations with many businesses gaining multiple citations.

All 22 businesses were presented with a framed certificate. Joshae Hair and Beauty (Sharon Cromwell and team) were judged the winners.

**Caroline Rickard**  
Rotary Club of Drysdale  
Publicity Officer



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# Neighbourhood Watch - Be safe...always



## Preventing Burglaries From Homes

Burglaries are a violation of your privacy and security. The personal impact and loss of irreplaceable items may be even greater than the value of the items stolen. Most burglaries are opportunistic and occur during the day when residents are not at home. The most commonly stolen items include jewellery, cash, computers and other electrical equipment, however burglars will steal anything they find valuable.

Use these tips to help protect your home and your personal belongings:

Lock all windows and doors, even when you're at home. Unlocked side and rear doors and windows are the most common entry points for burglars. Install deadlocks on all external doors and windows – remember to disengage deadlocks when you are inside to allow easy escape in the event of a fire

Install a security screen door. Lock your mailbox to prevent the theft of mail and personal documents. Keep garden tools and ladders locked away. Your tools may be used by thieves during a burglary to gain entry to your home. Keep garages and sheds locked.

## Other Actions

Get to know your neighbours. They may recognise unusual activity when you're out. Bring in your bins and collect mail regularly so your home looks lived in. Ask a neighbour to bring your bin in if you are away for a while. Make sure your house is visible from the street so passersby and neighbours can detect suspicious activity.

- Appearance: Make it look like someone is home when you're out
- Detect: Make it harder for burglars to get in without being seen
- Secure valuables in a safe or hidden place

## Key Security

- Only leave spare keys with a trusted neighbour. Never hide them on your property.
- Keep all spare keys or car keys in a secure place – car keys may be stolen in a burglary and used for car theft.

## CLEARING UP THE USE OF FOG LIGHTS

Of recent times it appears more and more people are using fog lights fitted to their vehicle in a manner which is not only unsafe but is in fact illegal.

**ROAD SAFETY ROAD RULES 2009  
(SR NO 94 OF 2009) - REG 217**

**Using fog lights:**

**(1) The driver must not operate any front or rear fog light fitted to the vehicle unless the driver is driving in fog or other hazardous weather conditions causing reduced visibility.**

*Safety Tips courtesy of VICROADS.*



Looking for participants to come on suggested Bus Trips to **IKEA, Melbourne Market, National Gallery Victoria** to see the **Italian Masters from Spain** sometime before Aug 31, and **Blue Lotus Farm in Yarra Junction** only open between late December and early March.

Please register your interest in one or more of these with SpringDale. Email [office@springdale.org.au](mailto:office@springdale.org.au) or ring (03)5253 1960.



## Need to know more about Drysdale?

Join our friendly cuppa group on a bus tour of Drysdale with expert commentary.

We will meet at **SpringDale at 10.30am on Monday 23 June.**

For further information please contact Eileen on (03) 5251 1400 or Anne Brackley at SpringDale (03) 5253 1960.

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**DRYSDALE  
COMMUNITY CHURCH**

We invite you to join us  
**Sunday 10.00 am**

(Includes Children's Program at 10.40am)

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with steve williams



# AWESOME *Avocados*

Early spring is the best time for establishing a fruit tree in your garden. One of the most rewarding small trees, suitable for almost any size garden, is the avocado. Avocados contain vitamins A, B complex and E, as well as folic acid and iron. They contain no cholesterol.

Our Hass avocado lives happily in a half wine barrel in a corner of the garden. In its third year it produced 40 small, delicious fruit. This year (its fourth) there are fewer fruit, but they're a little bigger.

You'll hear that you need an 'A'-type tree and a 'B'-type tree to get fruit. That isn't true down here in Victoria: one 'A'-type tree (e.g. Hass) will fruit just fine. You'll also hear that avocados take ten years to fruit. Also not true, unless you grow your avocado from seed.

Avocados can be tricky to grow if you don't consider their particular requirements. In fact, we lost our first avocado before we got used to them. You see, avocados are a subtropical rainforest species. They're an emergent tree, which means that they grow up in the shade of bigger trees then burst through the canopy to get their share of sunlight.

That gives us some important clues about what avocados like – and don't like. In Southern Victoria, avocados are almost at the limit of their range. Frosts and hot, dry winds are equally unwelcome to a tree that's at home in a protected, humid, warm climate, so they need shelter. The bark of young trees suffers from sunburn, which can kill the tree.

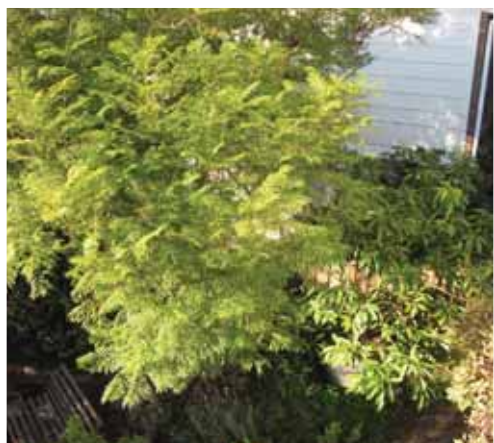
Our solution was to plant our avocado in the dappled shade of a jacaranda. The avocado gets full sun in September–November when the jacaranda is bare, then progressively more shade as the summer gets hotter. The jacaranda is lightly pruned in winter to give the avocado enough light.

Avocados also like a steady moisture level, so plenty of organic material in the planting hole, then generous mulch and regular water will prevent stress. They are killed by waterlogging, so it's a good idea to plant your avocado in a mound or in a large container (half wine barrel or larger).

Above: Avocado bowl.

Hass are naturally 'colour-coded', no squeezing required: brown = ripe!

Below: Happy avocado in the dappled shade of our Jacaranda



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# Plants on the Roundabout



Thank you to the **City of Greater Geelong** for planting the roundabout entrance to Drysdale with *Carpobrotus Edulis* (left) and *Senecio Serpens* (right) as pictured.

## 5 June World Environment Day



World Environment Day aims to be the world's biggest and most widely celebrated environmental action event.  
[www.thinkeatsave.org](http://www.thinkeatsave.org)

## Clifton Springs Garden Club

Join the **Clifton Springs Garden Club** to make new friends who enjoy gardening. Discuss gardening topics, swap cuttings and help others with garden issues.

The **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.**



**Bokashi Buckets**  
available at SpringDale.  
Kit is \$65

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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**kel's**  
corner

# Farming families love their way of life

Kel has worked with many farmers on the Bellarine and over the last month we have wandered around to visit three farmers on the Bellarine: Alan Valance, Jim Barry and Graeme Brown.

All three were reticent about sharing the number of acres in crop or being farmed, all three were sad that so much of the great farming land on the Bellarine is being built upon and they all fear the future for food production on the Bellarine.

All three love the opportunities that working on the land and for themselves offers especially the overall outdoor life style. Graeme focused on the timeliness of farming activities scheduled by nature not a diary, which is why catching up with him for a chat was very tricky.

All three grew up in farming families and so learned many skills on the job from their fathers. All spoke of the need for viability of their farms and all three had ideas about what size a viable farm needed to be.

Alan started as a Merino sheep and wool

grower and diversified into cropping. He is an advisor to his sons and they are cropping canola, wheat, barley and oats. Jim works with his brothers Winston and Bob and is growing wheat, barley, lupins and canola. His favourite crop is wheat because of the harvesting but he has never tired of growing potatoes to eat. Graeme grows cereal crops, oil seeds, cattle, sheep - fat lambs and some wool.

All three are concerned for the future of farming and whether people will be able to afford to grow food commercially due to the low prices being paid to the farmers and the high prices charged by the supermarkets. Graeme believes that a small increase in the price paid to the farmer would have a big impact on viability.

Kel reminisced with each of our farmers. He spoke of stooking hay with Graeme, his father and Jim's father blowing up stumps and about camphor bags with Alan (I'm not



*Graeme and Kel standing alongside farming equipment uses on the Bellarine*

sure how we got onto that - even powering model boats with camphor blocks).

It was a pleasure and a privilege to take the time to meet with these very interesting men of the Bellarine. While we were at Graeme's there were bellowing bulls that I wish you could all hear, similar to sounds at the Geelong Show, but so close and so loud.

Farming has always been an important part of our history on the Bellarine. The Bellarine was the food bowl for the colony for a long time and we have continued that long history. Thank you Alan, Jim and Graeme for all your efforts in keep this tradition alive.

**Kel and Anne**



Hello,

We are excited to share with you our move to helloworld, an innovative new travel service. You will notice some immediate changes - to our store branding, and over time, to our customer experience.

## So why helloworld?

We want you to experience the perfect trip - it's why we're here.

We have joined a fresh new travel brand to complement our long and solid history in the industry. The business will still be owned and operated by Carol McCarthy and the same professional staff of Simone, Melanie, Blair, Nicole and Simone will continue to make up our successful team.

We are committed to sharing our knowledge, curiosity and first-hand experience about travelling in the world with you. We'll continue to provide you with the same great service and care that you've been used to.

We'll make sure you enjoy choice and flexibility when you book with us, in-store, over the phone, via email or online. You'll be offered exciting new travel options and we'll even make sure you have some fun along the way in our new store environment.

Whether it's *Ciao*, *Bula* or *Hola*, no matter where you are, there's always a way to say 'Hello'. It's a warm word of welcome - the world over.

We offer a real alternative for discovering the world through crafting travel experiences that suit your individual needs. From the moment you step into our store, talk to us on the phone or click on our website, you can relax. We want you to enjoy the excitement of your journeys to come.

## What does it mean for you?

You will notice some changes with our store - our existing Harvey World Travel branding has been removed, and the new helloworld installed.

Our phone number stays the same.

Look out too for some exciting new travel specials and offers: available in-store, online and over the phone.

We thank you for your support.

**Carol and the team  
at helloworld Drysdale**

**SCENIC TOURS**  
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## CANADA & ALASKA INVITATION INFORMATION EVENING

**Scenic 2015 Canada/Alaska**  
**Where: McGlashans Estate Winery**  
**Swan Bay Road, Wallington**  
**When: 5.30pm 11 June**  
**RSVP: by 10 June 5251 1125**  
**or Drysdale@helloworld.com.au**

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# Mountain to Mouth, it was fun and rewarding



Thanks for the opportunity to participate fully in the **Mountain to Mouth** event. It was fun and rewarding. Helping to set up the Coryule Ward ephemeral labyrinth at Drysdale Train Station while strengthen partnerships with some artists from St Leonards. Thanks to the Harvest Basket group for loaning their baskets, they added to the texture of the walking circle.

**Anne Brackley**



## RED NOSE DAY



**27 June**

**Red Nose Day**, held annually on the last Friday in June, is the major fundraiser for SIDS and Kids. Funds raised through **Red Nose Day** activities assist SIDS and Kids in providing vital services and programs to the Australian community.

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

## STREETSCAPE TO ARTSCAPE

**Streetscape to Artscape** – This project is in its 4th year - we have a plan for our township and thanks to City of Greater Geelong we have funding to pay for up to three concept plans for three artworks for our community. We have heard from interested artists and would encourage other artists to submit concept plans for consideration. **For more information contact SpringDale office (03)5253 1960.**

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# Toys Library open for business

Toy Libraries are open for business on Tuesday afternoons 4pm – 5pm at SpringDale and Wednesdays 8.45am – 10am at Portarlington.

The shelves are full of toys, there are wishlist posters to gain ideas from parents and carers about the type of other toys that we should have on offer.

The facilitators of both Portarlington and Drysdale Toy Libraries are working together to improve the services offered at both sites.

A catalogue of each site is available digitally or in hardcopy from SpringDale email

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

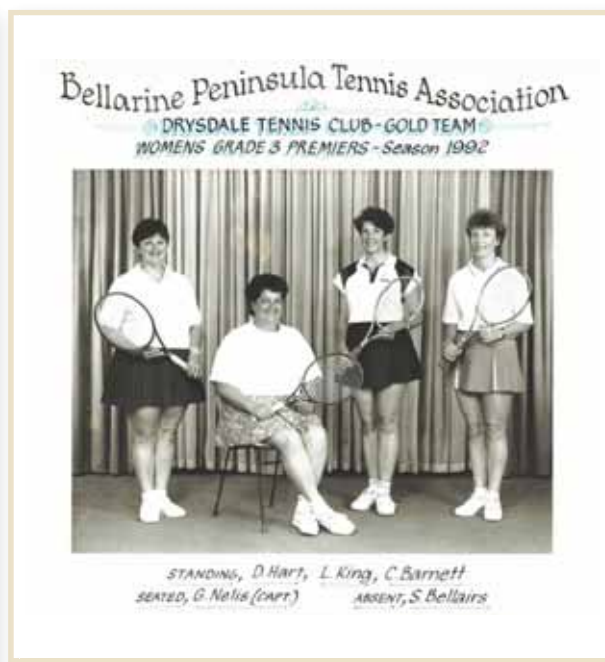
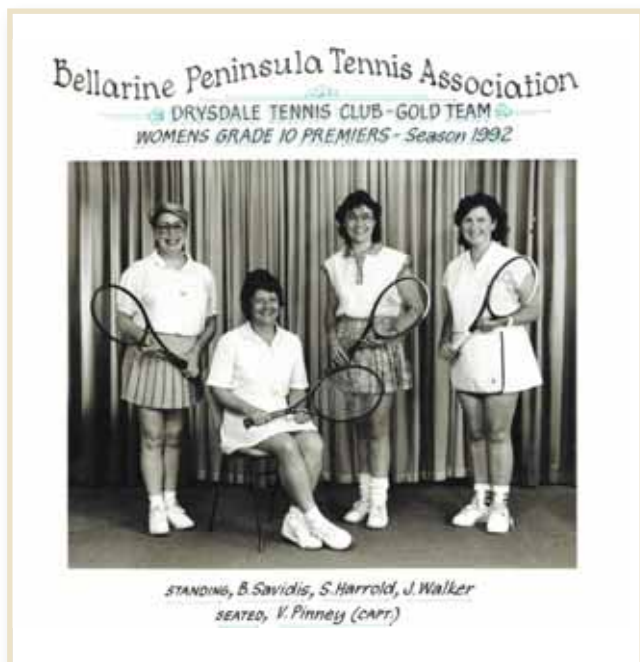
or phone (03) 5253 1960.

Membership covers both Toy Libraries and is \$10



Above: Pearl Webster, facilitator of Portarlington Toy Library and Alison March, facilitator of Drysdale.  
Left: Portarlington Toy Library Catalogue

## Drysdale Tennis Club, Mid-Week Ladies Reunion



Come and enjoy the reunion and the company of past and present players

It has been over 50 years that ladies have been playing mid-week ladies tennis on a Tuesday for Drysdale Tennis Club. It is well past the time for a reunion of old and not so old team mates.

We have set **Sunday 29 June** as the date for an afternoon Devonshire tea at the club rooms, at **1.30pm**. Do come along if you are one of the past members and please, spread the news to other past members.

It will be fantastic to see you there. **Please contact Robyn Sadler** or call **(03) 5253 1898** or email [robysadler@bigpond.com](mailto:robysadler@bigpond.com) for further information.



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## Clifton Springs Bowling Club Grant Life Membership



At the Annual General meeting of the club, Life Membership was accorded to Alan Dawson on Sunday 27 April in recognition of the outstanding contribution he has made to the Club since transferring his Bowling interests from Ocean Grove in 1990.

*Men's President Kevin Markham (left) spoke of Alan's achievements whilst Club Director Peter Teggelove (right) honoured Alan Dawson (centre) by awarding Life Membership.*

## School Bowling Program



Clifton Springs Bowling Club and St Ignatius college combine to present an annual schools bowling program.

The Year 10 students attend several sessions over a four week period with the aim of introducing the students to the game of Lawn Bowls which in turn forms part of a wider school sports participation program

Up to 50 students attend each session and Teachers together with Bowling club members all work together to make the activity both purposeful and enjoyable.

**Clifton Springs Bowling Club**  
Publicity Officer



Send in your sports news  
and photographs to:  
[messenger@springdale.org.au](mailto:messenger@springdale.org.au)



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Invitation

# Community Funding Forum

Representatives of your community group are  
invited to attend

**Date:** Wednesday 25 June

**Time:** 7.00pm

**Venue:** Clifton Springs Golf Club

**RSVP:** Robyn Durran on 0409 652 182

The Bellarine Peninsula Community Branch Ltd. Community Grants Program is a management account of Community Enterprise™ Charitable Fund. ABN 12 102 649 968. The Bendigo Centre, Bendigo, VIC, 3550. CEF12 (213234\_v1) (2/05/2014)



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