



The SpringDale Messenger

August 2014
Volume 24 Issue 7

SpringDale
Neighbourhood
Centre, Drysdale,
supporting
this important
initiative.

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



L-R: Dale Drayton, Manager, Simon Blake, Brian Menheere and other men supporting the Brekky

Drysdale, Supporting Tradies Safety



www.tradieshealth.com.au

The Australian Physiotherapy Association (APA) and Steel Blue. Steel Blue and the Australian Physiotherapy Association have created **Tradies National Health Month** to focus on educating and engaging tradies on the importance of full body health and safety, with handy tips and hints tailored to the needs of a tradie. Throughout the month of August there will be events happening at worksites nationwide to celebrate and promote health and safety.

Tradies that register online enter a \$4,000 prize draw to win the ultimate outdoor adventure - choose from the ultimate surfing, camping or fishing trip.

All Tradies are invited to a **FREE SAVE YOUR BACON Brekky Tuesday 26 August 7am Drysdale HoME Timber & Hardware Pty Ltd**. This will be the 4th brekky of this type held in the world. It was inspired by a tragic event in 2013.

A family lost a loved one and the community lost a valued member. The ripple effect was huge. A house painter and a visual artist asked themselves, what can we do to support our mates, our families and our partners in the trade industry who just aren't coping? From that conversation began a community movement to support our men and women in the trade.

An event to remind tradies they are valued by the community, and helping them to link into support services, for themselves and for their mates.

HALT Hope Assistance Local Tradies was born with the support of a concerned community. Many local groups and businesses have promised their support for this brekky. Please let any Tradies know about this event, which is especially to celebrate their skills and expertise on which our community depends.

For more information phone Drysdale HoME Timber & Hardware Pty Ltd (03) 5251 2852.

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 September 2014 **Bookings/copy required** by 1Aug 2014 **Dist:** Sat 30 Aug **Circ:**11,000 copies

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

AUGUST

Friday & Saturday	1 2	Christmas Wishes - Potato Shed
Friday	1	Start of Adult Learner's Week
Saturday	2	Harvest Basket Produce Swap & Sell SpringDale 9am – 11am
Monday	4	Small Business Morning Tea SpringDale 10am
Friday	8	Spud Dance 6.30pm – 9.30pm - Potato Shed
Tuesday	12	Days for Girls Workshop at SpringDale 9am – 12.30pm Highway of Lost Hearts Morning Showtime 11.30am - Potato Shed How to read an Urban Design Framework and Structure Plans. single session – FREE. SpringDale
Wednesday	13	Highway of Lost Hearts. Evening performance 8pm - Potato Shed
Friday	15	Cheese and Produce Tasting with Richard Thomas. Single session.\$20 SpringDale CCP Gig 6pm – 9.15pm - Potato Shed
Saturday & Sunday	16 17	Cheese Making with Richard Thomas. \$200 SpringDale
Wednesday	20	Just TheTicket 8pm - Potato Shed
Thursday	21	Just TheTicket 8pm - Potato Shed
Saturday	23	Bus Trip to the Italian Masters. \$20 SpringDale
Monday	25	Business Breakfast SpringDale 7am
Tuesday	26	Tradies Breakfast at Drysdale Home Timber and Hardware 7am
Thursday	28	Sweeney Todd 7.30pm - Potato Shed
Friday	29	Sweeney Todd 7.30pm - Potato Shed
Sunday	31	Portarlington market 9am – 2pm

Course & Opportunity Guide

is available at the SpringDale Neighbourhood Centre.

Call in for your copy of Term 3 July- September.

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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



Coordinator's News

Anne Brackley



Dear Everyone

Whilst tidying the other day, I found some notes headed Take Time to Celebrate. Since then, things to celebrate have been popping into my head. There are so many things around us to celebrate.

We have recently completed a project, thanks to the Department of Education and Early Childhood Development through Learn Local for this opportunity. The project has allowed us to research and pilot being able to invite people to study in many of our classes remotely. People who are house bound due to caring responsibilities or other impairments to being on site for the training, would be able to skill up and stay connected. There have been a number of community members who have requested this method of training and we have responded positively. Similar processes have been tested for public meetings, so you can be at home and still participate remotely. It's so exciting to be able to offer this facility to our community. Congratulations and thanks to everyone who have helped to make this idea a reality.

This year we have funding to help families with childcare who are participating in funded training. We have had a few people avail themselves of this but there are still opportunities in the second half of the year – so here's an opportunity to celebrate and to perhaps use – if you have been thinking about preparing to study a class that would help you along the employment journey and you have childcare responsibilities, we may be able to help.

Over the last month we have had a few weeks to be able to comment on a Localised Planning Statement. It was great to be able to email interested community members who have signed up directly for community information to be emailed and alert them

to any opportunities. It is fantastic that a number of our community members have taken such an interest in civic participation.

Our kitchen continues to have fantastic programs burst forward from it. Over the last month we have run various cheese making (including camembert) and salami making classes (including capocollo), gluten free morning teas, small business morning tea, hundreds of meals created by of Men's Kitchen Groups and some social enterprise catering as well. We look forward to Richard Thomas and his cheese making master classes, our Business Breakfast, Spanish tapas, Italian Cooking and so much more. All these activities in our kitchen are very worthy of celebrating.

I celebrate the evolution of our groups, because of one gentleman who wanted to play euchre and this being noted in the Messenger. The group has almost doubled in number and most of the new members are men. I believe all of the men have learnt to play samba as well.

Lastly, I celebrate the goodwill that people bring with them to SpringDale, our participants, our members, our group leaders, our tutors, our volunteers and our staff all come together to share a wonderful community space and we celebrate the fact that so many of our businesses help us to share this information with you via their advertising in our community communication device, the SpringDale Messenger.

Looking forward to celebrating your first or next time through the SpringDale doors, maybe it will be for **Adult Learner's Week 1 – 8 August**. We welcome your visit.

Anne Brackley
for Team SpringDale

Cheesemaking with Richard Thomas at SpringDale



Richard Thomas in the company of Maggie Beer

Richard Thomas, recipient of the *Maggie Beer Award* and *Jaguar/Gourmet Traveller Award* will teach you how to make three styles of cheese, in two entertaining lessons.

Time/date: from 9.30 am until 3pm on **Saturday 16 & Sunday 17 August**.

Materials: All materials will be provided.

Fee: \$200 per person for the 2 days.

He was also a founding member of the *Meredith Dairy*. Take home delicate and delicious *Fetta* with Herbs & Olive Oil, learn how the pro's make soft ripened cheeses and then make your own.

We will also be making sour cream the *French Way* and Yoghurt if you'd like to.

Richard Thomas

Cheesemaker/Consultant

ONLY 5 POSITIONS AVAILABLE.
DON'T MISS OUT ON THIS WONDERFUL OPPORTUNITY.... BOOK NOW! 5253 1960

Cheese & Produce Tasting Evening at SpringDale

Richard Thomas will host the Cheese & Produce Tasting Evening.

Come along and bring your taste buds with you for this evening of fresh, delightful and tasty foods.

Friday 15, August, 6pm - 8pm

\$20 per person

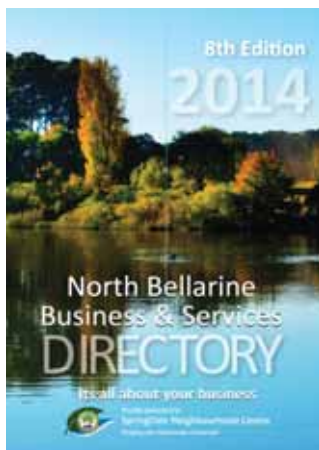
Please book, limited places.

Call SpringDale (03) 5253 1960.

Bookings for the 2015 North Bellarine Business & Services Directory are NOW OPEN!

More than 10,000 copies of the 2014 edition have been home delivered in the Bellarine, and 17,000 copies will be distributed of the 2015 edition.

Please to ring **(03) 5253 1960**
or email to **directory@springdale.org.au**
to place an entry.



SpringDale Dining Group

Is there any interest in dining group? There has been a suggestion of having a group that would try a new restaurant every month. Our first dinner will be on **Wednesday 6 August, 6.30pm**, a Banquet at Asian Wok Noodle Bar. **Please register your interest with SpringDale (03) 5253 1960.**



Police Stations

On June 23, I received a petition from the Bellarine community to table in Parliament. The petition contained more than 3,700 signatures and calls on the State Government to ensure the growing communities across the Bellarine continue to have the ongoing Police Presence they need and deserve. The number of signatories has now reached over 4,000.

I have asked the Minister in Parliament to listen to the Bellarine community and take urgent action to ensure that local Police stations at Portarlington, Drysdale and Queenscliff have dedicated Police staff rostered on for at least 16 hours per day. I await his response but in the meantime Police have announced that the three stations will only open for 8 hours, 2 days per week and only provide non-operational counter service. All our Police will operate out of the Ocean Grove station and be on the Geelong roster, so will be able to be rostered away from Bellarine.

Cr Lindsay Ellis and I met with representatives of community groups and agreed that we will continue to work together to fight these changes. The next step in the campaign is to encourage everyone who is concerned to write to the Minister for Police and Emergency Services and the Chief Commissioner of Police.

The contact details are:

Ken D. Lay APM

Chief Commissioner

Victoria Police Centre

GPO Box 913, Melbourne VIC 3001

or email

officechiefcommiss@police.vic.gov.au

Hon Kim Wells MP

**Minister for Police and Emergency Services
Level 16, 121 Exhibition Street, Melbourne
VIC 3000**

or email **kim.wells@parliament.vic.gov.au**

Lindsay Ellis and I will also write to seek an urgent meeting with them and community representatives. I will keep you up-to-date with progress on this vital local issue.

Bellarine Ambulance Services

In Parliament, I have questioned the State Government's decision to cancel the two peak period ambulance units and a properly

resourced, accessible MICA service on the Bellarine Peninsula, and have demanded the immediate reinstatement of these services.

I am aware of the serious concern among local communities and Paramedics working across the Bellarine Peninsula. I have called on the Minister for Health to urgently intervene to have the two peak-period units and the MICA unit service reinstated to meet the needs of the Bellarine's increasing number of residents, holiday makers and tourists.

Ann Nichol House

As the Member for Bellarine, I was pleased to join with community representatives at a meeting with Bellarine Community Health regarding the future of Ann Nichol House (ANH) recently. The meeting was an opportunity for the community to raise their concerns about the proposed sale of ANH.

The community were clear about the importance of this community facility remaining in community ownership. It is a facility that was built through the fundraiser efforts of so many people across the Bellarine Peninsula.

The community offered to work in partnership with Bellarine Community Health to try and find a way forward to ensure that ANH continues as a community not-for-profit residential aged care facility. Unfortunately the Board have not agreed to this. As a result, in conjunction with the North Bellarine Hostel for the Aged – Ann Nichol House Inc. group there will be a meeting on Sunday 3 August, from 1pm -2pm at Parks Hall. I encourage everyone concerned about this issue to come along and let others know – all welcome.

THE GLASS TRAIL

The Glass Trail

I was delighted to be at the launch of The Glass Trail. This is an innovative way of encouraging residents and visitors to the Bellarine to experience and enjoy the work of 12 local glass artists, linked by The Trail.

It is another exciting initiative of the Festival of Glass, promoting our region as a centre of glass activity, with sponsorship from Council and the Bendigo Bank. Congratulations to the Festival of Glass Committee and to the talented artists involved.

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

Twitter @LisanevilleMP

(03) 5248 3462

12 August

International Youth Day

International Youth Day is a reminder that investment in the world's youth will provide a better future for all.
www.un.org/en/events/youthday

De Facto Law Worries?

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Something for everyone at the Shed

Goodness – what a variety of fantastic happenings at the Shed.

There's no better time to visit us down here and whether you're taking part in a workshop or class or are coming for a night of entertainment, you will have a warm Bellarine welcome!

On Tuesday 12 August, we're giving our loyal Morning Showtime audience a special treat with the chance to see *Highway of Lost Hearts* for only \$15. Please note the later time of 11.30am! You can also catch this fantastic show about one woman's extraordinary outback journey on Wednesday 13 August at 8pm see below for details.

Another one not to miss in August is *Christmas Wishes* from Bellarine Jongleurs BJs. Perfect for the whole family and ideal for those winter blues, the show is full of Christmas cheer.

The Potato Shed is also pleased to present a refreshed version of the popular *Spud Dance*, a dance party for 12-16yr olds which is fully supervised alcohol/smoke and drug free. Great for all those teenagers looking for a fun night out on their doorstep. The next one is Friday 8 August from 6.30pm – 9.30pm.

Talking of teenagers, *Crash Course Productions* are back with another gig on Friday 15 August. Leftovers will feature six bands and is also a drug, alcohol and smoke free event.

Hit Productions *Just The Ticket* on Wednesday 20 and Thursday 21 August will be a great night out – Susan is scatty, chatty and up for an adventure. With 40 years of baggage and a cocktail glass in hand, join her on a hilarious journey of rediscovery.

And to round out the month the very talented Bellarine Secondary College students will be taking to the stage on 28 – 30 August with their production of *Sweeney Todd*, watch the school's website and the Potato Shed foyer for more info to come!

Get more info on the campaign at www.geelongaustralia.com.au/potatoshed, call us on **5251 1998** or follow the Shed on Facebook.

See our advertisement below for upcoming shows and to book tickets simply call the Shed directly on (03) 5251 1998.

WIN ONE DOUBLE PASS
POTATO SHED



'Highway of Lost Hearts' Wednesday 13 Aug at 8pm

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 8 AUGUST

Whats' on at the Shed AUG 2014

**Fri 1 & Sat 2 Aug
Christmas Wishes**
BJ's
Friday 7.30pm
Saturday 2pm
Adults - \$15, Conc \$12
Family - \$50 (4)

**Fri 8 Aug
Spud Dance**
6.30pm – 9.30pm
The Bellarine's dance
night for 12-16 yr olds.
\$5 on the door

**Tues 12 Aug
Highway of Lost Hearts**
Morning Showtime
11.30am . \$15 incl morn tea.
and **Weds 13 August**
8pm Adult \$36
Conc \$32, VIP \$28

**Fri 15 Aug
Leftovers**
CCP Gig 6pm – 9.15pm
\$10 tickets at the door.
All Ages Gig. Drug, smoke
and alcohol free event
featuring six bands.

**Wed 20
& Thurs 21 Aug
JUST THE TICKET**
8pm Adult \$36
Conc \$32
VIP \$28

**Thurs 28, Fri 29
Sweeney Todd**
& Sat 30 August
BSC Secondary
College Production
7.30pm
Adults \$15 Conc \$12



'Highway of Lost Hearts'

2 performances

- **Tuesday 12 Aug**
at 11.30am
- **Wednesday 13 Aug**
at 8pm

(See listing above for performance ticket costs)

A Woman. A Dog. A Campervan.
And 5,000km of wide open road.
Brilliant theatre and written
and performed by Mary Ann Butler.



Bonus ticket
savings for
Morning
Showtime



Just the Ticket

**Wed 20
& Thurs 21
8pm**

Meet Susan
- she's scatty,
chatty and ready
for adventure.



Friday 8, 6.30pm - 9.30pm

The Bellarine's dance
night for 12-16 yr olds.

Group Discounts available for all shows. For further information on any of our upcoming events or to book tickets call the Potato Shed on (03) 5251 1998. Tickets can also be purchased at any City of Greater Geelong Customer Service Centres.
The Potato Shed, Bellarine Multi Arts Centre is located at 41 Peninsula Drive, Drysdale Ph: (03) 5251 1998

POTATO SHED

CITY OF GREATER
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Drysdale Clifton Springs Community Association

DCSCA has only a small committee but it has done its best to express the voice of the community with some success on issues such as the following: -

- Rejuvenation of the Foreshore
- The provision of funding for the Clifton Springs Fishing Jetty/Platform.
- The provision of funding for an investigation into traffic congestion in Drysdale.
- Funding of Stage 1 of the Drysdale Sports Precinct.
- Beautification of the Jetty Road roundabout.
- Beautification of the Springs Street land on the approach to the Dell.
- Beautification of the Clifton Springs Fountain.
- Plantings at the Dell.
- Improvements to the cycle path where Jetty Road crosses Griggs Creek.

With the recent Budget announcements and the upcoming State elections it is a good time to take stock.

DCSCA would like to know what issues locals consider important and asks all local people to email their list of items/issues that DCSCA should be addressing (*in order of priority*) to mcgnj@bigpond.com.

Membership of DCSCA is only \$5 per year. email: mcgnj@bigpond.com

1 August

MS Readathon One month challenge



The MS Readathon is a reading-based fundraiser run by Multiple Sclerosis Australia (MSA). It encourages people of all ages to read and improve their literacy whilst at the same time raising their community awareness and empowering them to make a difference in the lives of people living with MS.

www.msreadathon.org.au

Letters to the Editor - Send your letters to: messenger@springdale.org.au

Happy to walk but!

My wife and I were pleased to read the letter to the Editor concerning the Rail Trail. Congratulations to all those volunteers on planting trees. We may also like to acknowledge the largely unknown couples and individuals, like my wife and I, who pick up a never ending amount of rubbish on our

trails, including those used by our local Schools. We do not enjoy picking up other peoples' thoughtless efforts to rubbish our Rail Trails and nature walks, but someone has to do it. There are bins available along most of the trails or please take your litter home.

Rhonda and David, Clifton Springs

Informative Magazine

I find the SpringDale Messenger very informative and also I am always surprised at the event information about national and local events. I am 92 years old and I read it from back to front. Well done to the team and to Judy Williams for her expertise in keeping the magazine grammatically correct. Thank you and keep up the good work.

Marie, Woodend. Macedon Ranges

Gardening and cooking

I find each edition of the SpringDale Messenger magazine getting better and better and the gardening page is brilliant. Good articles by Steve Williams. The lovely recipes are so easy that even I can even manage. I have only been in the district for 8 months and already feel most at home. It is a delightful looking publication and a joy to read. I now look for it in my letterbox and makes me sit and have a cuppa and read for a while. Thank you everyone responsible.

Phyllis, Clifton Springs

Potato Shed Entertainment - it's great!

I visited the Potato Shed for the first time for a show with my 2 grandchildren and was pleasantly surprised at the venue and the way it is managed. We had a lovely time and everyone really enjoyed themselves and most of all was affordable. All credit to the management and organisers. You made our outing a really good one.

Irene, Drysdale



Funeral Planning
with Maree East from Tuckers

Did you realise there is no requirement for a financial payment when making a Funeral Plan?

Maree is available to provide free information and practical advice on the 1st Friday of every month from 9.30am till 12.30pm at the SpringDale Neighbourhood Centre.

For more information contact Maree at Tuckers on **5221 4788** or visit www.tuckers.com.au

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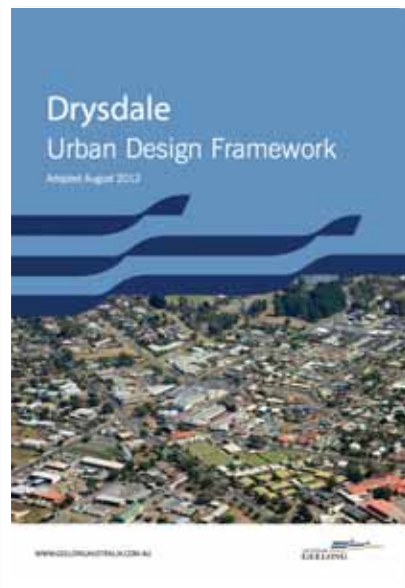
Learning to understand our district planning schemes and frameworks

How to read an Urban Design Framework, How to read a Structure Plan, How the Structure Plan and the Urban Design Framework fit into the State Planning Scheme, What role will a Localised Planning Statement play in the overall Planning Scheme.

Over the last 5 years we have seen Structure Plans used in a variety of ways by developers, planners, consultants and our community members. We have seen the way the Urban Design Framework is now being used by developers, planners, consultants and our community.

Through the Town Summits over the last few years many people have shown interest in these planning documents but have needed some help in understanding the priority and weight of each document. The possibility of having a session to help us understand these documents could be a missing link in the community's tool kit. Terry Demeo has agreed to demystify these planning documents and how to use them to achieve the goals of the community.

Come along for a lively discussion about our Structure Plan, Urban Design Framework and see how they fit into the Planning Scheme.



Copies of these documents are available from City of Greater Geelong website or Customer Service Centres.

Please call the SpringDale for further information (03) 5253 1960.

Date/time: Tuesday 12 August, 7.30pm

Visit: www.geelongaustralia.com.au/common/Public/Documents/8cf64999df93ae6-Final%20UDF%20accessible%20version%20post%20Council%20adoption%20-%20Council%20website.pdf

golfing memberships

Golfing Memberships Full
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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	\$19⁵⁰
Monday to Saturday	Two Course Lunch Special	\$15

Kevin Mahoney
Appearing Friday 1 August
in the Bistro 6.30pm - 9.30pm

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 August - 31st August 2014
* Not valid Public Holidays
* Conditions apply - not available on all meals.

Aug 2014

JAZZ Afternoon in the Bistro

Visit www.cliftonspringsgolfclub.com.au and Facebook for more details

For Bookings & Information

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

Draw

A new group for SpringDale

If you love drawing, this group might be for you.

The members will meet, plan sessions, draw together, and share ideas and techniques.

The group might have Media workshops from time to time in the wide range of drawing media as requested by the participants. The group could tackle many different drawing subjects, from still life, interiors, streetscape, landscape, seascape, and portraiture to imaginative drawing.

Different approaches to drawing could also be explored. Drawing excursions into our local area could be part of the program.

Details: 2 hour sessions, 1.30 – 3.30pm, 2nd and 3rd Tuesday in each month excluding Dec and Jan. Commencing 14 Oct.

Please contact SpringDale to express your interest.

SpringDale Art Tutor, Annette Playsted will coordinate the group in its initial stages.



Drawing Workshops

During Term 3 Annette will run 2 drawing workshops on **Tuesday August 26** and **September 9** between **1.30pm and 3.30pm** in a warm-up to the launch of **DRAW** in October to encourage the drawing bug. The possibilities of drawing will be explored. Be warned drawing can be addictive.

Haiku



Haiku, what exactly is haiku, I hear you ask?

back road at dusk
seeing a kangaroo
in every shadow

*MARK MILLER, first published in
Windfall: Australian Haiku, issue 2*

A haiku is a small poem, originating in Japan. Haiku expresses a crystalline moment of heightened awareness written in the present moment with two or more simple images and a seasonal reference. Some people say they're more like painting pictures than writing.

Why I fell in love with haiku:

- Tiny and simple. English haiku are usually only a handful of words and three lines. Though modern and freestyle versions can be one or two lines as well.
- In the moment. When you read a good haiku – it transports you to a moment of realisation that makes you go – ahh..!
- You don't need to sit at a desk or think too hard. Haiku are about being outside in the world and listening with all your senses. My first haiku teacher said, "when I ran out of typewriter ribbon, I began to write haiku".
- You can haiku about anything – from nature, to love to football. Haiku is grounded in the details of life. When you

start to write, you begin to notice that the world is brimming with interesting details: the seasons changing and the many little interactions and gestures in nature and our human jungle. The more you practise, the more you notice. And naturally, hardly without realising, more clarity and compassion seeps into your life.

On learning haiku:

We're all very well trained to think and judge and have opinions. Learning haiku requires a little unlearning and the more of a clever pants you are – the more unlearning there is to be done! Observing is all about taking a pause and a breath. Writing also.

rock climb
every step has its own
waterfall

*MYRON LYSENKO, first published
in Windfall: Australian Haiku, issue 2*

I've learnt what a useful gift it is to have other people read your haiku and share what they see and feel. There is a thriving haiku community in Australia, we've even invented our own term: rooku!

Sharing haiku:

I'd love to share haiku with you. If you're interested in an introduction to this simple little nut containing a lifetime of enjoyment and un-learning, please contact SpringDale and express your interest for joining an evening, weekday or weekend introduction. From there, it would be great to organise some haiku walks (or ginko – a haiku tradition), and discuss a possible format for a local class/workshop. There's a whole world to be explored – really!

shown a flower
the small baby
opens its mouth
SEIFU-NI

Ruby Michael, Drysdale

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9 Marine Parade Ocean Grove

Diversity at Change Over

About 80 people attended our annual Committee Change Over dinner, it was as diverse as Rotary itself. We heard the SpringDale Bush Band play and provide background music while we ate an amazing three course dinner. Thank you Clifton Springs Golf Club for providing the meal and excellent service.

Rotary dignitaries were invited to support the Club but also to present Awards to unsuspecting recipients. Paul Harris Fellow Awards were given to Anne Brackley from SpringDale Neighbourhood Centre for her genuine care of her community and for coordinating the Centre in such a quiet background way with amazing results, Brian Gray for his tireless work on the Rotary Children's Park at Point Richards Road. Members who had already received Paul Harris Awards were rewarded with a Sapphire Pin, these deservedly went to Colin Harding and Colin Bartlett. The surprise of the night was a Royce Abbey Award given to myself in recognition of my enthusiasm and commitment to Rotary.



L-R: Colin Harding, Bruce Van Every, Sue Van Every, Kaye Beresford, Caroline Rickard and Keith Stasinowsky

This is not hard to do when you are passionate about the difference you can make as a Rotary Member.

Want to know more about Paul Harris and Royce Abbey why not come along to a meeting and find out what Rotary is all about? Call me on 0408 989 221 so I can book you a complimentary seat as you explore what a difference you can make if you join us.

Caroline Rickard
Publicity Officer,
Rotary Club of Drysdale.



Anne Brackley being presented with her 'Paul Harris Fellow' Award by Geoff James, District Governor, District 9780.

Are you
concerned
about traffic
issues and
protecting
Drysdale's
village vibe?

Local traders have raised concerns about a proposed major supermarket on Murradoc Road in Drysdale - the impacts on traffic, local levels of trade and the retail village atmosphere.

You can tell Council what you think and influence its decision about the development.

Delaying the development would provide time for population growth and relevant traffic studies to be completed.

Have your say and lodge a submission about Amendment C297 by Monday 4 August by sending an email or letter to strategicplanning@geelongcity.vic.gov.au.

Even just a short email can make a difference.

For more information visit www.geelongaustralia.com.au/council/yoursay or Council's Drysdale Customer Service Centre.

* For assistance with your submission or more details email jenniferc@socom.com.au

Men's Shed officially open

It was a great moment for the members of the St Leonards Men's Shed to finally have the official opening. Following a somewhat lengthy gestation period the St Leonards Men's Shed was officially opened on Thursday 5 June 2014 on behalf of the minister Mary Woolridge by South Barwon MP Andrew Katos. Local and State MPs, several dignitaries and a large crowd attended the opening and were delighted with the building, concepts and progress.

The Committee would like to thank and acknowledge the men of our community who had the foresight to initiate this project many years ago and those who helped bring it to fruition over the years. SpringDale Neighbourhood Centre has been one such supporter and driver in this process.

The men's activities in the Shed, attracts a wide range of men with diverse skills, abilities, knowledge and interests that can, and do, enhance the community. The Shed already has 50+ members and is managing a range of community projects, especially for the local Primary School for which toys and two cubby houses are being built.

The Shed is open 3 half days a week and with the coming together of a large number we have already experienced the difficulty of trying to balance the hands – on work desires and tasks being undertaken in the Shed while attempting to provide a quiet, dust free and friendly social environment for men to meet, socialise, share ideas and discuss topics of interest.

There have been many business and community groups that have helped in the



L-R: Councillor Lindsay Ellis, Ken Alexander, Chris Shae and Lisa Neville MP.



establishment of the equipment needs for the Shed. The Shed is a 'work in progress' and we are very pleased to at last have a place to call home.



L-R: Russell Bath and Andrew Katos MP

It was always our intention to have this Shed make a positive contribution to the local community.



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If you want more information or wish to join contact the SpringDale Neighbourhood Centre or the Shed Ken Alexander (03) 5257 3880 or drop into the Shed at the Coles Street Reserve for a cuppa and chat.

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Chicken for KIDS



Chicken Nuggets

All kids love chicken nuggets, and now you can serve them knowing that they are actually full of chicken breast and not much else.

Ingredients:

- 2-3 chicken breast fillets (about 600g)
- ½ cup plain flour
- 2 eggs
- 4 slices day old bread
- ½ cup cornflake crumbs
- ½ cup freshly grated parmesan cheese
- ½ cup mayonnaise
- 2 tbsp sweet chilli sauce

Method:

Tear bread into pieces and whiz in a food processor to get fine breadcrumbs. Slice chicken breasts into bite-sized pieces. Put the flour on a large square of baking paper.

Whisk eggs in a small bowl. Mix breadcrumbs, cornflake crumbs and parmesan cheese in a bowl. Coat the chicken pieces in flour, dust off, dip in egg wash and then coat in crumb mix. You may need to press the crumbs on. Place the coated chicken pieces onto a baking tray lined with baking paper. Refrigerate for 30 minutes.

Preheat oven to 180°C and bake the chicken for 10 minutes or until cooked through. To make the dipping sauce, combine mayonnaise and sweet chilli sauce in a small bowl. Serve nuggets with dipping sauce.



Baked Chicken Strips

Want to be popular cooking dinner for the kids... here is a real favourite for you to try and the kids will love them.

Ingredients:

- 4 skinless, boneless chicken breasts, pounded thin and cut into 20 strips
- 2 egg whites, lightly beaten
- 1 cup bread crumbs
- Barbecue or honey mustard sauce to dip in

Method:

Dip chicken breast strips in egg whites and then in bread crumbs to completely cover. Place chicken in nonstick baking pan, and bake until golden, about 20 to 25 minutes. When chicken is cool enough to handle, serve with desired dipping sauce. Makes 4 servings (5 pieces each).

Cupcake Day



RSPCA

Cupcake Day for the RSPCA is the biggest bakeoff in the Southern Hemisphere and involves Cupcake Cooks around Australia baking cupcakes and hosting a Cupcake Party to raise vital funds for the RSPCA. www.rspcacupcakeday.com.au

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Classes scheduled for August



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(03) 5253 1960 to make
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Staying healthy over 50: Tips for staying connected

One of the greatest challenges of aging is how your support network changes. Staying connected isn't always easy as you grow older - even for those who have always had an active social life. Career changes, retirement, illness, death, and moves out of the local area can take away close friends and family members. And the older you get, the more people you inevitably lose. In later life, getting around may become difficult for either you or members of your social network.

It's important to find ways to reach out and connect to others, regardless of whether or not you live with a spouse or partner. Having an array of people you can turn to for company and support as you age is a buffer against loneliness, depression, disability, hardship, and loss.

The good news is that there are lots of ways to be with other people. It doesn't matter what you do, so long as you get out of the house (if possible) and socialise.

Connect regularly with friends and family. Spend time with people you enjoy and who make you feel upbeat. It may be a neighbour who you like to exercise with, a lunch date with an old friend, or shopping with your children. Even if you are not close by, call or email frequently to keep relationships fresh.

Make an effort to make new friends. As you lose people in your circle, it is vital to make new connections so your circle doesn't dwindle. Make it a point to befriend people who are younger than you. Younger friends can re-energise you and help you see life from a fresh perspective.

Spend time with at least one person every day. Whatever your living or work situation, you shouldn't be alone day after day. Phone or email contact is not a replacement for spending time with other people. Regular face-to-face contact helps you ward off depression and stay positive.

visit: www.helpguide.org/life/healthy_aging_seniors_aging_well.htm



Volunteer. Giving back to the community is a wonderful way to strengthen social bonds and meet others, and the meaning and purpose you find in helping others will enrich and expand your life. Volunteering is a natural way to meet others interested in similar activities or who share similar values. Even if your mobility becomes limited, you can get involved by volunteering on the phone.

Find support groups in times of change. If you or a loved one is coping with a serious illness or recent loss, it can be very helpful to participate in a support group with others undergoing the same challenges.

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Ayres, Paul Daley, Sian Pryor, Derek Guille and many, many more. The festival is seeking enthusiastic and interested people to volunteer as Hosts during the Festival. No experience is required, just a friendly,

professional manner and a commitment to making the Festival a fantastic experience for all.

For more information:

www.wordforwordfestival.com.au

Staying healthy through humour, laughter and tears

Laughter is strong medicine for both the body and the mind. It helps you stay balanced, energetic, joyful, and healthy at any age. A sense of humour helps you get through tough times, look outside yourself, laugh at the absurdities of life, and transcend difficulties. When you have a good sob, it is said to be beneficial for you. Similarly when you have a good laugh, it makes you feel better. There are many films and books that can offer you this opportunity. Laughter and tears reduces stress and they will not cost you anything. They are both free. Laughter can burn calories and lower blood pressure. Tears release feelings and remove toxins from the body. Children laugh and cry often and maybe older people should try it sometimes.



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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.

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The truth is that Chiropractors have never healed anyone of anything. What they do is perform a specific adjustment to remove nerve pressure, and the body responds by healing itself. We get tremendous results. It's as simple as that.

When spinal bones shift out of alignment, they can choke messages running through the tiny nerves that exit the spinal cord. Chiropractors call this Vertebral Subluxation. Tension from prolonged or unusual patterns of sitting and standing, strain from walking, exercising or sporting injuries and stress from personal, professional or emotional tension all affect our body's alignment and can cause dysfunction.

The only way you and your family can know if your nervous system is healthy, is by having your spine checked professionally for Vertebral Subluxations.

Often this happens without symptoms as only a small percentage of our nervous system carries or perceives pain.

Our body can be heavily stressed without any alarms with or bells going off.

The only way you and your family can know if your nervous system is healthy, is by having your spine checked professionally for Vertebral Subluxations.

Normally our new patient examination costs over \$210, but readers of The Springdale Messenger can receive our complete consultation for only \$47.

To take advantage of this offer, you can phone my assistant, Liz, on (03) 5253 2800 and schedule an appointment. By bringing in the coupon below, you will receive your special offer of only \$47 for a comprehensive consultation. I look forward to meeting you and helping you and your family achieve optimum health.

Dr Sharon Pedersen-Jones, Chiropractor

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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.

AUGUST - SPRINGDALE MESSENGER



SpringDale Community Garden The vision is...

We have twenty-eight interested people on our email list and our monthly meetings are drawing considerable interest.

The Rotary Club of Drysdale and the Portarlington/Drysdale Lions Club have promised substantial contributions to the project in the form of fencing and initial site works and we have applied to the Bendigo Bank for community grant funding. We are confident that we can commence site planning by September.

In the interim, we are establishing a number of raised garden beds on the Green adjacent to the SpringDale Neighbourhood Centre office. These will be based upon the 'wicking bed' principle described on a recent ABC Gardening Australia program, and on the pea-straw 'lasagne build' illustrated in the July SpringDale Messenger. A working bee scheduled for **Saturday 2 August** will site and prepare these beds for early planting and we welcome all interested people to join us in this community initiative.

Max Simmons
Steering Committee Convenor

Another plea for help!



Drysdale Uniting Care Op Shop in Village Walk is again appealing to our community. The voluntary workforce which maintains this facility to help the region's less fortunate citizens, needs more workers. Some members of our team are feeling elderly and worn out from their many years of service and would like to reduce their hours.

Some go north for a mid-winter break, winter ailment also interfere with planning. So if you like talking to people and serving a good cause in our own community, please consider joining our team. You will be asked to participate in a brief orientation & training program at a convenient time.

Please **HELP** initially by contacting **Tony Freemantle (03) 5253 1974**,
Pat Handley (03) 5251 3075 or **Terry Crosby (03) 5259 1150**.


25-31 August

Keep Australia Beautiful Week

Keep Australia Beautiful National Association
The aim of the Keep Australia Beautiful campaign is to demonstrate the easy ways people can help the environment and also save money by making a few simple changes around the home and in their daily lives.




kab.org.au/keep-australia-beautiful-week



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with steve williams

August is potato time

"Why grow your own potatoes, when they're so cheap in the shops?" I forget who asked me that, but they had clearly never tasted freshly dug potatoes! As with most home-grown vegies, the difference is in the taste. Potatoes are a great crop for breaking new ground, or dealing with a problem patch of weeds like oxalis. Here's a technique which works for me.

1. Spread out old newspaper 3-6 sheets thick across the site, overlapping the sheets. I put the newspapers in a wheelbarrow and soak them thoroughly before laying them down.
2. Heap compost on top of the newspaper, and water in generously.
3. Place your seed potatoes on the compost, at least 30 cm apart.
4. Cover with a thick layer of peastraw (about 40 cm) laced with blood and bone or animal manures. Again, I mix up the whole lot in the wheelbarrow into a soggy mass before spreading it out. The top layer of peastraw can go on dry.
5. When the shoots come up, add more straw so that all but the top leaves are buried. The more you do this, the more spuds you will get.

Potatoes require little attention during the growing season if grown under straw. Watering twice a week will do, even in hot weather. The luxuriant top growth will help to shade the soil and keep it cool. The main



Potato bed. Digging early spuds on 3 December 2013

thing is to keep the tubers well covered: if exposed to the light they will become green and toxic.

Around the end of November your potato plants will flower, then a few weeks later the tops will start to die down. Different varieties progress at different rates. You can leave them in the ground until the vines are dead, for mature spuds, or dig them early, for smaller new potatoes. By digging a few whenever you need them, you can harvest from early December to late January.

Watch out though, because later in the summer your potatoes will start to sprout - a summer thunderstorm gives the ground a good soaking, and off they go! If you leave some in the ground, you'll get a second harvest around May-June.

After your harvest, you'll have beautiful rich, moist, worm-filled soil for your next crop. Most weeds won't survive under the newspaper.

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Vintage Machinery Event

The Bellarine Vintage Machinery Group (a sub group of the Bellarine Agricultural Society) is running their third vintage machinery event. The event will again be at the Drysdale railway station in the turn table paddock.

The event will be run on Father's Day Sunday 7 September. On display will be a number of operating steam engines, old tractors, farm equipment, and stationary engines. During the day there will be demonstrations of wood cutting using vintage operating machinery. The highlight of the event will be a saw mill powered by a steam engine. Also a straw press will be in operation on the day. The day is a chance to see machinery and farming practices from the "good old days". The Bellarine Peninsula Railway will also be operating their regular service on the day. Admission cost is \$10 per family, \$5 per adult (train rides at an extra cost), with the event open to the public from 10am to 3pm.

You can contact us by email on bellarinevintagemachinery@hotmail.com for more information.



Kel got on his bike and rode

In all the processions on the Bellarine Peninsula I rode a Penny-Farthing bicycle but the first procession was a failure. A dismal failure. We were so happy that the war had ended. We were all hyped up. There were small wooden barrels of beer, fives and nines, gallons that is. They had wooden taps and you just put your glass or paper mugs under the tap and it came out. There was no gas it just flowed out. The wooden barrels were beautifully made. My job was to lead the procession on my Penny-Farthing - clothes were sent down from the Tivoli Theatre in Melbourne. Syd Lacey, who owned the Drysdale Hotel, organised the clothes. There probably wasn't a hire fee because everyone was so happy that the war had ended.

Half way through the parade someone yelled out "you'd better go home the war hasn't ended". The war ended about a fortnight after.

The main parade was eventually held once the war really ended. I've still got the siren that was used off the exhaust pipe at the back of Reg Butcher's V8 truck to blast out a happy sound as the truck revved. The truck was part of the parade! the only other siren in the Drysdale area was at Gallop's butchers shop that was used for the siren for the ARP wardens to sound in case of an air raid.

Other parades that I have been in were: a celebration for the courthouse, a re-enactment in St Leonard's and of course I was in the first Bunyip Festival in 1975. It was a great parade that included the whole town and all parts of the community.



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Guides have fun Mirrabooka

In the school holidays Drysdale Guides had a camp at Mirrabooka in Ocean Grove. On the first day we arrived we set up our own beds. Then we had a talk about how this camp was a 'Disney Theme'. We made our place mats which we would use for breakfast, lunch and tea. We used water colour paint and then put a quote on it from our favourite Disney movie.

Next, we went to the park. We played on the swings and the rest of the equipment. When we got back, we decorated biscuits with icing and food dye. We were divided into patrol groups and while one patrol made tea, the other two patrols got ready for their group acts. After tea we had karaoke. Each patrol performed a song and then we could do it individually. Just before we went to bed we made our sandwiches for the next day.

We woke up at 7 o'clock and packed our bags ready for our ice-skating excursion.

We went to the Geelong Station to catch the train to Melbourne. Once in Melbourne we got off the train and got on a tram. At the Ice-House we put on skates and had a skating lesson. For most of us, it was the first time we had ever skated in ice.

Once we arrived back to camp, we were all tired from a big day skating.

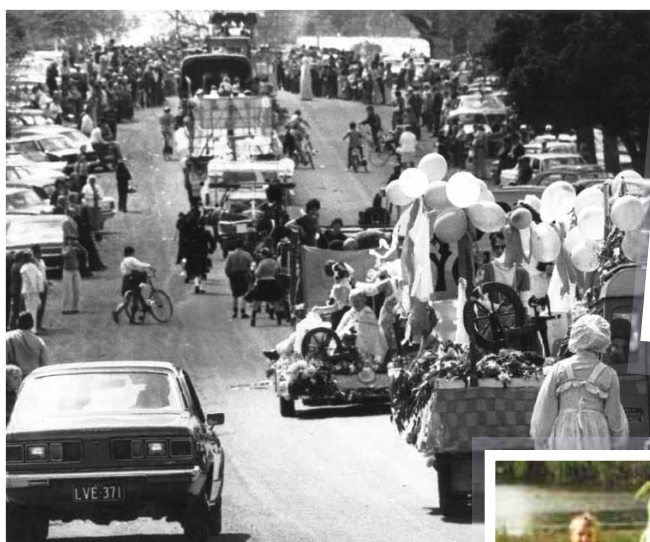
In the evening we all got our sleeping bags and took them into the lounge to watch a movie.

On the last morning we slept in a bit later. We had a really yum breakfast and had to pack our rooms up. After that we had a 'Guides Own' which is the ending. *We all loved the Disney Camp!*

Mercedes



Reflecting on the Bunyip Festival



My love of the Bunyip Festival started in 1975 during the first Festival celebrating 100 years of Drysdale Primary School.

I watched the parade with my grandmother, Essie Rodgers, this was the first parade I had ever seen in Drysdale. The Bunyip Festival soon became an annual event.

Clifton Springs Primary School started to be built and the students at Drysdale Primary School were split into two school groups. Both school groups operated out of the one school ground for a period with different lunch breaks and recesses. Both school groups continued to work towards the completion of the Community Hall which they had started building together as a single school. The Bunyip Festival continued to help to raise funds for this purpose until it was finished.

As the Bunyip Festival Convenor 2001- 2012, I enjoyed being able to celebrate the fact that two public primary schools worked together well sharing a Festival, which is definitely more than a school fete.

Above: Winston, The Bunyip, Courtney and Meg

Over almost 40 years, the Bunyip Festival has raised almost 1 million dollars for community facilities at both schools.

Anne Brackley

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Message in a bottle launches *The Glass Trail*



Around fifty people attended the launch of **The Glass Trail** at the *Totally Shattered* glass studio near Queenscliff on Friday 4 July.

Roger Grant, Executive Director of Tourism Greater Geelong and the Bellarine, performed the official opening by reading a message in a bottle – a late nineteenth century torpedo bottle that originally held water from the mineral springs at Clifton Springs. Despite the bottle's age, its message read, "*The Glass Trail is now open*"!

Roger Grant congratulated the Festival of Glass committee, which initiated *The Glass Trail*. He said that overall, arts/cultural



Participating Glass Trail Artists
L – R: **Katharine Oliver** (Chester & Co), **Mark Edwards** (Wathaurong Glass), **Vicci Crowley** – Clough (Totally Shattered), **Pamela Manning** (Glass Fusion), **David Hobday** (Benwerrin Studio), **Glenda MacNaughton** (Dax Bead Art), **Monica Provan** (Gellibrand River Gallery), **Lynda Rogers** (Klassay Glass Art).



Roger Grant
(Tourism Greater Geelong & the Bellarine)
with a 120 year old torpedo bottle.

events attract more people than sports events and that *The Glass Trail* – like *The Glass Trail* – would give visitors to the area

another reason to stay in the area, rather than just pass through.

Church

In wondering about what some people think of when they hear the word church, I'm reminded of a visit my grandparents made to Australia. My family migrated from Holland in 1961. My grandparents knowledge of Australia was confined to what they knew from letters from my parents, and media presentations. After arriving they told me they expected to see kangaroos hopping beside the runway and around the streets of town and that Australia would be like the magazines.

Like my grandparents view of Australia, many people have a certain picture of church that has come from other sources. While what they know can be partially right, it isn't always the whole picture or reality. Perceptions can be developed through passed on stories, media presentations or some fleeting contact like Sunday School, Youth Groups or attending church occasionally. My early perceptions of church were formed this way.



It was some time after I reconnected with church that I read about when the church as we know it today started. In reading about its beginning I realised how important church is to the local community and that I wanted to be a part of something like that.

The church began with a group of enthusiastic people who shared a common belief. They enjoyed spending time together, having meals in each other's homes and learning together. The group looked out for each other and helped each other when they were in need. Not only did they help each other but they helped others as well, pooling their resources and giving where it was needed most. Soon other people started connecting with this passionate and generous group. The church was people, not a building or organisation.

This group lived what they believed and made a difference to the community around them. Living the way that Jesus lived and following His teachings, people were cared for, welcomed, appreciated, loved. People were not seen for what they had or what they did, but for who they were.

There were standards and order but the two main things were, loving God and loving people.

I know that the same heart and passion is at the core of churches on the Bellarine Peninsula today. Churches are much more than a building, an organisation or Sunday Service, they are a group of people wanting to care for and connect with the community around them.

I believe that church has something that the community needs and the church needs to be connected with the community. What do you think of when you hear the word church?

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DrysdaleCommunity Church.

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cbca.org.au/bookweek.htm

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Opening our eyes in Queenscliff

Last month was a Queenscliff eye-opener for our Club as we learnt much we didn't know about this local area.

Rhonda Coffey from *Cottage by the Sea* spoke to us of the great work they do providing holiday accommodation and activities in Queenscliff for less fortunate children from all parts of the state. It was fascinating to hear the stories of some of the children and especially the improvement in self-esteem generated during their time at the Cottage. Follow-up questions attested to the interest Rhonda's talk provided and after her talk we enjoyed lunch at the Queenscliff Bowls Club. Later in the month we visited the Queenscliff Maritime Museum for a fascinating explanation by guide Jack; then, after a great lunch at the Point Lonsdale Guesthouse, we toured the Queenscliff Fort



where guide Lydia gave us another fascinating insight, this time into the history and workings of that, the largest fort in Australia. It was a cold, damp day but all members voted it a great trip with warm memories! 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.



Left: Trying on the divers helmet.

Top: The Probus group examining the tower.

Right: Rhonda Coffey speaking about *The Cottage by the Sea*.



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

Neighbourhood Watch - Be safe...always

Warning About Unapproved Electrical Devices

Energy Safe Victoria is reminding Victorians never to buy or use unapproved electrical chargers or devices.. In one case a woman was electrocuted while charging her laptop with an unapproved and non-compliant USB charger. Ensure that every electrical device or appliance you buy is approved and carries

the tick symbol. **For further information:**
<http://www.esv.vic.gov.au/>

Airline Scams

SCAMwatch is warning people about automated calls from scammers posing as Qantas or Virgin staff claiming that they've won a credit towards their next holiday. If you receive this call, hang up.

They claim that because the person has recently booked a flight with Qantas, they have won a *travel prize or credit points* typically \$999 towards their next holiday.

Protect yourself. If you have doubts about the identity of any caller who claims to represent a business, organisation or government department, contact the body directly. Don't use contact details provided by the person – find them through an independent source, a phone book or online search, **The official Qantas Contact Centre is: 13 13 13.**

You can receive scam calls even if you have a private number or are on the *Do Not Call Register*. Scammers can obtain your number fraudulently.

Never give your personal credit card or online account details over the phone unless you made the call, or it came from a trusted source.

If you think you have provided your account details to a scammer, contact your bank or financial institution immediately.

You can report scams to the ACCC via the SCAMwatch report a scam page or by calling 1300 795 995. Stay one step ahead of scammers – follow @SCAMwatch_gov on Twitter or visit http://twitter.com/SCAMwatch_gov.





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Micro Business Morning Tea

The numbers continue to grow each morning tea. We have held 3 now and it is growing exponentially. From this group a new course for business people has evolved - digital product photography.

Our pilot course will run on Wednesday 6 August and 13 August 7-9pm \$50. Tutor George Stawicki. George is one of our local micro businesses and has been commissioned to take a wide range of product photography over the years. Bring along two products to photograph for your business.

All of a sudden you will have the basis for a new website or a new brochure or even a new SpringDale Messenger advertisement.

The micro business morning teas have been primarily devoted to networking and sharing business details - each time there have been similarities between the businesses and great conversation and good will. **The next morning tea is Monday 4 August at 10am.**

Please let us know if you would like to make any suggestions about day of week, time of day that would possibly suit.



L-R Nigel Rawlins – 13th Beach Marketing, George Stawicki – George Stawicki Photos, Agata Comisso – Amore Cucina, Michael Jackson – Bellarine Media and Janette Ward – Jan's Engraving

SpringDale Business Breakfast - Monday 25 August

The next business breakfast is **Monday 25 August** and our guest speakers will be five new Drysdale Business owners and they will share why they selected Drysdale and what they hope to achieve.

Over the last nine years of **Business Breakfasts @ SpringDale** we have developed a winning formula - good food, informative presentations, great company and an excellent opportunity to network in a relaxed

environment. It's not too late to sign up for the rest of the year and bring a friend to the August and November Breakfasts and have a listing in the 2015 North Bellarine Business and services Directory for only \$65.

SpringDale Small Business Festival

SpringDale has been part of the Victorian and Geelong Small Business Festival for a number of years – this year we are hosting our own and there is heaps to choose from.

Saturday 2: Buying and Selling on eBay,
Single session, \$40

Monday 4: Micro Business Morning Tea.
10am – FREE event (see above)

Tuesday 5: Tradie Marketing Practical.
Marketing tips and ideas on how to get more customers and calls. Covers your marketing message, websites, advertising and online marketing. Q&A session included.
4.30pm – 6.30pm – single session - \$45

Tuesday 5: Digital Photography Doctor.
4 week course, \$100

Wednesday 6: Product Photography.
2 week course, \$50

Saturday 9: A mini local WordPress meet -an informal, local event put together by WordPress users from casual to core developers where we can participate, share ideas, and get to know each other. \$5

Tuesday 12: Local Business Marketing
How to attract local customers - online and offline. If you run a local business, or across the region or multiple locations, you need to focus on attracting local customers. Covers your website, Google Places for Business, Local SEO and Google Maps, includes Q&A.
4.30pm – 6.30pm single session, \$45

Tuesday 12: How to read an Urban Design Framework and Structure Plans.
Single session – FREE

Friday 15 – Cheese and Produce Tasting
with Richard Thomas. Single session, \$20

Tuesday 19 – Get more traffic to your website - How to attract the customers, clients or patients you want to your business. Includes Content Marketing, SEO, local SEO, Social Media - practical tips and advice on how to get more visitors to your website and what to do with them.
4.30pm – 6.30pm. Single session, \$45

Monday 25 – SpringDale Business Breakfast
\$15

Tuesday 26 – Drysdale HoME Timber and Hardware Tradies Breakfast - FREE

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Digital Photography Course at SpringDale

Smile, you are learning to use a digital camera

Product Photography

First version of this course will be on **Wednesday 6 August 7-9pm** and the following Wednesday evening. If you would like to be part of this new class please register at **SpringDale (03) 5253 1960**. Fee: \$50. You may bring two products with you to photograph. Please let the office know what type of products you will be bringing so George can be prepared. Thank you.

SpringDale is lucky to have a photography tutor of the calibre of **George Stawicki**. George has been conducting courses at SpringDale for a number of years with great success. The photo of me above the Coordinator's column on page 3 was taken by George. He asked me to be a subject for the class to take photos, initially I rejected the idea but then did an about face and asked if I could have a great photo taken.

A new photography course that we are about to schedule is **Product Photography**. George has taken photos for many types of marketing exercises.

In the new course he will share his tips for great product photography for websites or publications.

The idea for this course came from our *Micro Business Network* which is meeting on the first Monday of each month at 10am.

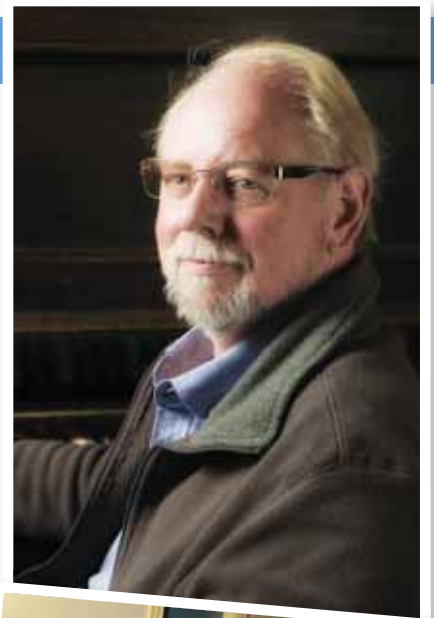


Another course that has been suggested is **How to take great photos from the start**, a course for children to get them started on the photography journey. *Now we need to convince George that it's a good idea!*

George has taken many photos for the SpringDale Messenger and sometimes with little notice.

Thanks George for being such a special part of the SpringDale Team.

Anne Brackley



Health & Wellbeing Course

"Let food be thy medicine and medicine be thy food." Hippocrates

**Health and Wellbeing classes
on Mondays in August
10.30am – 12.30am
\$30 per session.**

Food As Medicine

Learn how to heal yourself and create vibrant health with the foods that you eat morning - **Monday 4 August**.

Vegan Cooking, Raw Food Classes

Learn how to create a taste bud extravaganza with raw foods and vegan cooking, colourful and healthy, gluten free,

diary free and meat free **Monday 11 and 18 August**.

Detox your Life

Learn how to remove toxic poisons from inside your home and inside your body and replace them with healthy alternatives **Monday 25 August**.

If you would like these as evening classes please let us know, we only need 5 people for these to go run this course.

**For more information please call
SpringDale (03) 5253 1960.**

Tutor: Lisa Fitzgerald Brand
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If you missed the last SpringDale Bush Dance you missed a great night.

Our next dance will be on the Saturday 4 October.

We have people coming from all over Victoria to attend our dances and now we even have a dance named 'The SpringDale' which was devised at the last Dance Callers Workshop. Well done!

Thanks Dennis Jones for organising these entertaining evenings.

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