

Entertaining to benefit the Farmers

SpringDale Neighbourhood Centre
High Street, Drysdale
presents a new musical production

Shannon... Come Home

Sunday 19 October 2pm - 5pm

The story of Shannon a farmer, and the hardships of farm life.

Honouring our great country while touching the heart
with beautiful music and poetry.

Donations can be made to *Beyond Blue* to assist with the farmers
who are suffering depression and financial hardships.
Also local support acts.



Jill Meehan - Director
Character Kate



Steve Thew
- Musician
Character
Shannon

Come along, be entertained
and support a worthy cause

Tickets: \$10 at the door

Includes:
Afternoon Tea

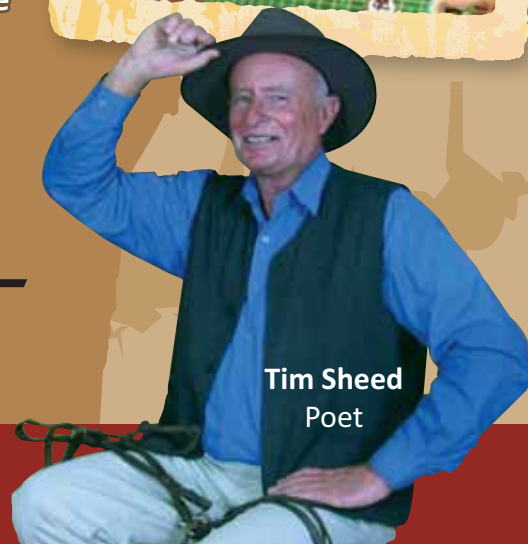
Bookings:
Jill Meehan 0431 606 476

CITY OF GREATER
GEELONG

WWW.GEELONGAUSTRALIA.COM.AU



Christine Middleton
Musician - Narrator



Tim Sheed
Poet



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 November 2014 **Bookings/copy required** by 1 Oct 2014 **Dist:** Sat 25 Oct **Circ:** 11,000 copies

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

OCTOBER

Tuesday	30 Sept	321 Blast Off! 3triple2 4 Kids Potato Shed
Wednesday	1	
Thursday	2	
& Friday	3	321 Blast Off! 3triple2 4 Kids Potato Shed
Wednesday	1	
till Friday	31	
Wednesday	1	Community Safety month
till Friday	31	
Saturday	4	Harvest Basket Produce Buy & Swap SpringDale 9am – 11am Drysdale Fire Brigade Garage Sale 8.30am – 12.30pm
Sunday	5	Daylight Saving Begins. Move clock forward one hour. Hot Club Swing Potato Shed
Monday	6	School Term 4 commences
Friday	10	BYAC Trivia Night 6 – 8.30pm (doors open 5.30pm) Potato Shed
Sunday	12	Flies, Lies and Black Cockatoo Pies Potato Shed
Tuesday	14	Soul Sister Swing Potato Shed
Wednesday	15	Meet local Councillors, SpringDale 7pm
Thursday	16	
till Sunday	19	Royal Geelong Show
Friday	17	Coryule Chorus Concert 2pm St James Church Hall, Drysdale
Sunday	19	Shannon Come Home SpringDale Hall 2pm - 5pm Drysdale market 9am – 1pm Family Fun Day @ The Potato Shed 11am – 3pm Free Potato Shed
Monday	20	
Tuesday	21	
& Wednesday	23	Prep Performing Arts Workshops Potato Shed
Wednesday	22	Geelong Cup Day. SpringDale Open
Saturday	25	
& Sunday	26	Plant Sale Geelong Botanic Gardens 10am – 4pm
Sunday	26	Grandparents Day, St John's Church, Portarlington 9am, St James' Church, Drysdale 10.30am Portarlington market 9am – 2pm
Tuesday	28	Card Making Workshop at SpringDale 10am - 12.30pm Geelong Seniors Festival Event Try Croquet 9.30am – 12.30pm Drysdale Croquet Club
Friday	31	Spud Club – Halloween Theme Open Mic Night Potato Shed

Compiled & Published by the SpringDale Neighbourhood Centre Inc. A0024916V. 17-21 High Street, Drysdale Vic 3222. Postal Address PO Box 80 Drysdale
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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
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All contributors are asked to provide their articles on disc, Microsoft Word document or email it for ease of processing. Contributions are still accepted as written copy but need to be submitted in the week prior to our copy deadline.
Editing of Contributors Material Contributors should note that the right to modify submitted articles is retained by The SpringDale Messenger as per our policy. Views expressed in this newsletter are not necessarily the views of the publisher, the SpringDale Neighbourhood Centre Inc.



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Department of Planning and Community Development



Department of Education and Early Childhood Development



Coordinator's News

Anne Brackley



Dear Everyone

Over the past few weeks, I have had a great deal of time to reflect on what is important in life, for survival. I have been learning how important to life self-confidence is. Without confidence in yourself nothing seems worthwhile – depression and a sense of being useless has the opportunity to invade your thinking.

Having a positive network of people around you, made up of family, friends and even acquaintances who are supportive and giving positive goodwill to you can make such a difference to the way you think and can help give you the energy you need to continue striving for whatever goal you have set.

Knowing that you have people around you that you have confidence in and can ask questions of, confer with, and take expert advice from is so very important for you to have the confidence to investigate the system and be a proactive part of the processes and decision making.

Building self-confidence happens in many ways, by having small wins and you knowing and celebrating those wins. It's by having people helping you to recognise those wins sometimes.

As we get comfortable with our successes sometimes and take them for granted and by other people noticing it can help to build us up.

Having the confidence to build trust with colleagues and friends may need a great deal of time and opportunities for trust to grow. There are more qualified people to help us with this topic and so I am speaking from my experiences and what has helped me over my lifetime. Over the last few weeks when I have needed great support, I have been almost overwhelmingly given support and good will.

SpringDale is full of these opportunities our wide range of classes which enables people to learn skills together and our extremely wide range of special interest groups which bring like minded people together to share time and skills. All of our activities strive to build confidence and help to build your network. It is a place to meet new people and to maybe even form new friendships.

Thank you to everyone who has helped my family and our greater SpringDale family during these last few weeks. Your support has been accepted willingly and we all look forward to the best outcome that is possible.

Anne Brackley for Team SpringDale

**SpringDale Annual General Meeting
is scheduled for Tuesday 18 November 2014 at 6pm.**

**Tuesday 28 October 10am - 12.30pm
Card Making Workshop at SpringDale.**



**See Pages 9, 18 & 20 for more
Geelong Seniors Festival Events**

**DON'T
MISS
OUT**

**North Bellarine Business
& Services Directory
Bookings for 2015
are closing soon!**

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

SPRINGDALE UPDATE

Healthy treats

To have a teacher like **Lisa Fitzgerald** come into our lives and explain to us in a simple way how to prepare enticing, healthy, colourful and delicious food was wonderful. Not only did she do this but also showed us all the ingredients and where they were purchased.

We were shown how simple the meals were to prepare, whether raw or cooked, and even the absence of animal protein. In the two hours of the course we were taught much and the highlight of the class was the tasting. THE TASTING! We fail to be able to explain the look, the taste and the texture and simplicity of all the various dishes.

Some things that have not been mentioned that are the benefits of eating organic foods, being natural and chemical free have a great effect on your health. Lisa told us of the research being done and how people with chronic diseases such as cancer, high blood pressure and diabetes are now well and healthy. So why not give the class a try and see for yourselves that you have nothing to lose but lots to gain. Lisa is a brilliant teacher. Hope to see you all at the next class.

Geraldine and Margaret

JP's Document Signing

The community awareness of this service conducted Mondays and Wednesdays from 9am until 12.30pm at SpringDale Neighbourhood Centre is gaining momentum. Since commencing this service on the 4 February 2014 the volunteer JP's have signed a commendable 308 documents. This service takes the strain off the local Police and business people who have supplied this service for many years.

Ivan G. Hawthorn, Esq. BEM. JP.

Cheese Making with Richard Thomas

I was fortunate to spend the weekend learning about cheese making and many other things with Richard Thomas. From Microbiologist to being Australia's most famous cheese maker he's been to places all over the world and having met so many people – the stories flowed all weekend. Having done several cheese making courses at SpringDale with the wonderful Corinne, I had the basic principles of cheese making but Richard's down to earth non-scientific approach made sense of what I had already learnt. You didn't have to be a budding cheese maker to learn a wealth of knowledge not only about cheese but all healthy foods he learnt from his travels from less complex people as opposed to processed or toxic waste to which he refers to the chemically laden food which we are sold now.

Thank you Anne for bringing Richard to Drysdale. **Jan McKenzie**

WIN ONE DOUBLE PASS

POTATO SHED

Award winning entertainer
Tim Sheed

Flies, Lies and Black Cockatoo Pies



Sunday 12 October @ 2pm

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

Name: _____

Address: _____

Phone No: (03) _____

COMPETITION CLOSSES 3PM FRIDAY 10 OCT

Help needed at the Shed

Don't forget to get on our campaign, for the Potato Shed Masterplan. Details can be found on the Potato Shed webpage, if you wish to see the expansion, show your support fill in the petition on our webpage and spread the word.

October is upon us and so are the school holidays, *3triple2 4 Kids* will be entertaining the kiddies with another original play, *321 Blast Off*, always a lot of fun. To celebrate *Geelong Seniors Festival* we are bringing you three great shows including *Hot Club Swing*, *Flies, Lies and Black Cockatoo Pies*, as well as the wonderful *Soul Sister Swing* who return with their toe tapping tunes and beautiful harmonies. The busy month continues with our flagship *Children's Week* event *Family Fun Day @ The Potato Shed*. This free event has grown in number and momentum every year



with last year's attendance reaching 6000. There are some exciting new acts and attractions including *Pants Down Circus* with their spectacular (but not too serious) circus act and also the all new *Sports Zone* which will include a number of local sporting clubs providing activities and fun. All the favourite rides and attractions return with headline act *The Mik Maks* sure to please the littlies once again. Our final event for October will see a Halloween themed Spud Club open mic night – fun for all ages.

Get more info on the campaign at www.geelongaustralia.com.au/potatoshed, call us on (03) 5251 1998 or follow the Shed on Facebook. See our ad for upcoming shows and to book tickets simply call the Shed directly on (03) 5251 1998.

Grandparents' Day - Celebrations in the Bellarine Sunday 26 October

The Bellarine Anglican Parish is planning to celebrate the contribution that grandparents make in our community with a Service of Thanksgiving on Sunday 26 October in two locations: Drysdale and Portarlington. Grandparents' Day is an opportunity for grandchildren, children and the community to thank grandparents for their continued love as they support their children and their grandchildren in so many ways and with a smile.

We would like to invite grandparents to join their grandchildren and their children for activities during a specially tailored church service at either of the following two churches.

St John's Church, Fenwick St, Portarlington 9am

St James Church, Collins St, Drysdale 10.30am

Colouring books, crayons and soft toys will be available to the very young to provide activities during the service and youngsters will be encouraged to take part in it. Following the service, grandparents and their children/grandchildren will enjoy some family activities and a BBQ lunch. Please remember to reserve this date.

If you would like to know more, please contact Rev'd Robert Myers (03) 5251 2571 or 0488 574 855.



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

Come in for a free chat

RISTEVSKI
LAWYERS

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

**Daylight Saving Begins
Sunday 5 October**



**Move clock
forward
1 hour.**

OPEN
Monday - Friday
9.00am - 5.30pm
Saturday
10.00am - 2.00pm



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Headline Act



- Sports Zone
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- 'Pirate One Eye Storyteller'

NEW FOR 2014

Pants Down Circus



- JUMPING CASTLES
- LIVE THEATRE
- DANCE WORKSHOPS
- DRUMMING
- CRAFT ACTIVITIES
- ANIMAL FARM
- AIRBRUSH TATTOOS
- MINI GOLF

• BUNGEE RUN

• MONSTER TRUCK SLIDE

• SKATE PARK • ROVING ENTERTAINMENT

• TRAIN & FIRE ENGINE RIDES

AND SO MUCH MORE...

FREE FAMILY FUN DAY

at **THE POTATO SHED**

11AM-3PM

SUNDAY 19 OCTOBER

Family Fun Day is brought to you by the following sponsors:



Family Fun Day could not take place without the generous support of our wonderful local community and volunteers.

Creative Lyn Ingles - blue pencil publishing

POTATO SHED

CITY OF GREATER
GEE LONG

Whats' on at the Shed/ OCT 2014

Tues 30 Sept, Wed 1, Thurs 2, Fri 3 Oct

321 Blast Off!

3triple2 4 Kids 10.30am & 1.30pm daily
Tix - \$9 Family - \$32 (4)

Sunday 5 **Hot Club Swing**

Geelong Seniors Festival Event
2pm Tix \$15

Friday 10 **BYAC Trivia Night**

6 - 8.30pm (doors open 5.30pm)
Tables 6 - 10 people \$70 \$10 each
All ages, drug, smoke and alcohol free event.

Sunday 12 **Flies, Lies and Black Cockatoo Pies**

Geelong Seniors Festival Event
2pm Tix \$15

Tuesday 14 **Soul Sister Swing**

Geelong Seniors Festival Event
Morning Showtime
10.30am \$15 incl Morning Tea

Sunday 19 **Family Fun Day**

@ **The Potato Shed**
11am - 3pm Free

Mon 20, Tues 21, Weds 23

Prep Performing Arts Workshops

Performance for family and friends
Daily - see schools for details

Fri 31 **Spud Club - Halloween Theme**

Open Mic Night 6.30pm - Juniors
8.30pm - Open Age
Entry \$6 - first drink FREE

Geelong Seniors Festival
1-31 OCTOBER 2014

It's your time!
MORE THAN 100 EVENTS IN 2014



Hot Club Swing

The finest of French Gypsy Jazz returns

2pm Tix \$15

SUNDAY 5 OCTOBER

1



Soul Sister Swing

The Girls are back in Town with their infectious rhythms and toe-tapping tunes

Event Morning Showtime 10.30am \$15 incl Morning Tea

TUESDAY 14 OCTOBER

2

1,2,3 GREAT SHOWS

Award winning entertainer

Tim Sheed mixes

Bush Poetry

with hilarious stories

2pm Tix \$15

SUNDAY 12 OCTOBER

Flies, Lies and Black Cockatoo Pies



3



FUN FOR THE KIDS

Sessions
Tues 30 Sept and Wed 1, Thurs 2, Fri 3 Oct

3triple2 4 Kids 10.30am & 1.30pm daily

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

Family violence - Elephant In Your Room?

Barwon Month of Action to Stop Violence

Against Women runs between 31 October and 25 November 2014. During the month, Barwon Community Legal Service is asking the question Do You Have An Elephant In Your Room?

When people talk about the elephant in the room, they are referring to something that is hard to talk about, like family violence.

Family Violence is where one person in a relationship uses their power to control the other person through fear.

The behaviour can be physical, sexual, emotional, or financial and may involve:

- Punching, kicking or pushing
- Forced or unwanted sexual activity
- Threats, intimidation or constant putdowns

- Preventing a person from seeing their friends or family
- Withholding money for necessary living expenses
- Preventing someone from practicing their chosen religion or cultural beliefs.

Family violence is a crime. Everyone has the right to feel safe in their home.

Women's Domestic Violence Crisis Service
phone: 1800 015 188

MensLine Australia phone: 1300 789 978

Police: 000

Barwon Community Legal Service for free legal advice, phone: 1300 430 599

For more information about the events that are running during the Month of Action check out: www.monthofaction.com.au



Drysdale Community Market commences in October



The Drysdale Community Market returns again on **Sunday 19 October** from 9am to 1pm at the Drysdale Recreation Reserve. There will be a wide range of goods for sale including fresh produce, handcrafted gifts, clothing, toys and takeaway snacks. Come and enjoy this great market set among the gum trees at Drysdale.

Bellarine Woodworkers

Woodies Biker

The Biker is a wall hanging made of various Australian timbers which are fabricated, shaped and finally clear lacquered. This project was made by members of the special interest Bellarine Woodworkers Intarsia Group and is to be raffled at the next annual exhibition to be held early in January at St James Church Hall in Drysdale.

The Bellarine Woodworkers meet every 1st and 3rd Mondays at SpringDale. There are many different skills among the mostly retired members. Various specialist groups in the club cover box making, turners, general woodwork, wood carving, toy making and intarsia (a picture in wood), framed or unframed wall hangings.

Gordon Griffiths



Woodies members meet every 1st & 3rd Mondays, 1.30pm at SpringDale. All interested people are welcome.

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www.carpetcourt.com.au



1-31 October

National Safe Work Australia Month



Safe Work Australia

National Safe Work Australia Month aims to raise awareness of workplace safety and encourage all working Australians to get involved in and concentrate on safety in their workplace to reduce death, injury and disease.

www.safeworkaustralia.gov.au



Drysdale Clifton Springs Community Association

Want to know more about local issues?

Meet the Local Councillors Meeting:

Rod Macdonald (Cheetham) and Lindsay Ellis (Coryule) Wednesday 15 October 7pm, Springdale Neighbourhood Centre.

Want to know more about local issues?

- The Drysdale Traffic Study and A Bypass for Drysdale.
- Sporting facilities and funding of Stage 1 of the Drysdale Sports Precinct.
- The Clifton Springs Fishing Platform/Jetty.
- What future work is proposed for the Clifton Springs Foreshore.
- The Plan for Lake Lorne.
- The Rail Trail Crossing of High Street.
- The blocking off of Coryule Road.
- The new Service Station at the Jetty Road roundabout.
- The Festival of Glass; February 2015.
- Welcome to Drysdale signage.
- Drysdale Mural project.
- Streetscape beautification projects
- The Clifton Springs Fountain.
- Signage for local scenic walking/cycling trails.

Come with your questions to the DCSCA Public Meeting and AGM.

Also make a note in your diary:

November 11 DCSCA is organising a Meet the State Candidates Public Meeting in the lead up to the State Elections. DCSCA has applied for a grant from Coast Care to undertake further weed removal and plantings at the Dell. We would also like to form a "Friends of the Clifton Springs Foreshore Group".

Should you be interested in joining such a group please contact DCSCA as below.

Neil McGuinness Secretary DCSCA
mcgnj@bigpond.com



Thurs 16 to Sun 19 October.

The Royal Geelong Show is the biggest four day show in country Victoria. People come from all walks of life, growers of produce and animals, creators of craft, artists, musicians, entertainers and many more to meet, show There are over 40 competitions on offer including beef and dairy cattle, dogs, sheep, poultry, fleece, art, craft and needlework, prime lamb and beef carcass, fodder and pasture, woodchop and shearing. Celebrate with fireworks on Friday and Saturday nights, with displays and entertainment galore.

The Royal Geelong Show runs from Thursday 16 October to Sunday 19 October.

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golfing memberships

Golfing Memberships Full
1 Oct 2014 until 30 June, 2015 - \$640
Week Day Membership
1 Oct 2014 until 30 June, 2015 - \$525
Green Fee Players Welcome - \$30

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

FREE Courtesy Bus Available
Friday & Saturday
Nights 5pm - 11pm
Please contact Club for details & bookings.

"Play by the Bay"

BAYSIDE BISTRO
Clifton Springs

Larger Servings
Fast & Friendly service

Monday	Dinner: All Mains *Conditions Apply	\$17*
Tuesday	Dinner: Parma Night - 4 types!	\$15
Wednesday	Dinner: 220gm Steak	\$16
Sunday	Two Course Roast Lunch	\$19 ⁵⁰
Monday to Saturday	Two Course Lunch Special	\$15

Kevin Mahoney
Appearing Friday's 3 & 17 Oct
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 October - 31st October 2014
* Not valid Public Holidays
* Conditions apply - not available on all meals.

Oct 2014

JAZZ CONNECTION in the Bistro
Sunday 12 Oct Noon - 4pm
Courtesy Bus operating on the day. Bookings phone (03) 5251 3391.

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



Drysdale Sports Precinct

I was delighted to join Drysdale Soccer Club players and club officials recently to announce Labor's commitment to provide \$3.5 million for Stage 1 of the Drysdale Sports Precinct, if elected in November.

This will enable Stage 1 of the project to commence. Labor committed to the project at the last election, but the current State Government has ignored the community and done nothing.

Currently Drysdale and Clifton Springs have major shortages of ovals for junior football and other sports, and there is no oval suitable for soccer. I've been pleased to sponsor and support the Soccer Club over the past seven years, including the girls' team.

Stage 1 of the project will deliver: premier football/cricket oval; multi use fields which cater for soccer and other sporting codes, and community use; sports lighting; car parking and relocatable pavilion – planned to be replaced with a permanent facility in Stage 2.

Police Review Must Hear from Community

Following the recent visit to the Bellarine Police stations by the Minister for Police and Chief Commissioner of Police, City of Greater Geelong Cr Lindsay Ellis, Borough of Queenscliffe Mayor Helene Cameron and I are calling on the Minister and Chief Commissioner to guarantee that the review of Police services in Bellarine will hear from the community.

The Police Minister said the Government would do a review over the next 6 months into the changes to Police services in Bellarine. It is vital that we get a guarantee from the Minister that the review will include an opportunity for local residents to formally voice their concerns. This is so important, especially following the Petition I tabled in Parliament that was signed by more than 4,000 residents against the proposed downgrading of Police services in Bellarine. The two Councils and I, as the Member for

Bellarine, are calling on the Government to: halt the changes to Police services on the Bellarine until the review is completed; ensure that additional Police are provided to communities during the peak summer period, as has been the practice for a decade; discuss the terms of reference of the review with key community leaders to ensure the range of concerns can be investigated; and ensure that the review is a public process and that the community will be able to formally participate.

As the Member for Bellarine, I will also be raising these issues with the Minister in Parliament.

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

5-11 October

Fire Prevention Week



FIRE PREVENTION WEEK



National Fire Protection Association
Fire prevention week aims to educate the community, particularly children, about the dangers of fire and the importance of prevention techniques.
www.nfpa.org



JAPAN CHERRY BLOSSOM DISCOVERY

15 day all inclusive small group departure fully escorted* from Geelong / Bellarine Peninsula

Our 15 Day tour includes Tokyo, Nikko, Hakone, Mt. Fuji, Takayama, Kyoto, Nara, Hiroshima and Osaka

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Welcome to



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15 nights from
\$7,887
per person twin share
Single Supplement
\$1,085*
per person

For more information call into helloworld Drysdale and speak with Carol and her team.



Victorian Seniors Festival

www.seniorsonline.vic.gov.au

This is a time to discover ways to enjoy having a good time and be part of events and activities. With many free and low cost events on the Bellarine and across Victoria there will be something for everyone during this festival.

Once again free transport is available for all Victorian Seniors Card holders. From the 5 – 12 October there are eight (8) days of free metropolitan and town bus service travel. Victorian Seniors Card holders can also enjoy five days of free V/Line travel from the 7 – 12 October, 2014 and it is advisable to book early on the V/Line services.



Card Making

Come and have a cuppa and let your creative side emerge when you create up to six beautiful cards including bling and ribbon. **This will be held on Tuesday 28 October 10am – 12.30pm at SpringDale Neighbourhood Centre for the cost of \$2. Bookings required on (03) 5253 1960.**



SENIORS CARD

Music afternoon

October is Seniors Festival we chorus! And it's no exception at St James where the Coryule Chorus will be providing another one of their delightful afternoons of music and song on Friday 17 October. This time it will be 'Singalong with the Coryule Chorus' and there will be some wonderful old favourites for you to join in. Another old favourite is the delicious Devonshire tea provided by the ladies of St James which will be available at the end of the concert, so what a wonderful way to spend the afternoon. Entry is by Gold Coin Donation, but booking is essential please, for catering and seating. This is always an extremely popular event and it really helps the layout team if they know how many people to expect. **Coryule Chorus Concert, St James Church Hall, Collins Street, Drysdale. 2pm Friday 17 October. Seat Reservations: Pauline (03) 5253 2717 or 0410 950 274.**



Red Cross Community Wills Day

Your Will is one of the most important documents you sign during your lifetime. It's the only way to be certain that your possessions and assets go to the people and charities you care about. Red Cross has arranged a special offer with local solicitors - who will donate their time - to prepare a simple Will from \$75. This is a great opportunity to make or update your Will and will take place at SpringDale Neighbourhood Centre on Thursday 23 October from 10am to 4pm. **By appointment only and to book please call 1800 811 700.**

Bellarine Pigeon Club

Bellarine Pigeon Club will display, race and show pigeons on **Sunday 5 October from 11am to 3pm.** Visitors will be given a guided tour of displays and a free BBQ lunch. Antique pigeon clocks will also be displayed. **Bookings are essential by phoning Ken 0415 031 686 or Geoff (03) 5255 2090. The Bellarine Pigeon Club is located at 481 – 487 Wallington Road, Wallington.**

Morning Tea at Zoo Cafe - PROBUS

Join us on **Thursday 23 October**, as our guest, to enjoy a convivial morning tea at The Zoo, High Street, Drysdale, with our effervescent Coffee Club, and learn what our **PROBUS Club** can offer you. Follow the PROBUS balloon trail to the private room and courtyard. PROBUS was established for retirees and semi-retired, and is not for profit and non fund raising. This is just one of many activities we have each month for our Members. **Bookings are required. Contact Patricia on (03) 5253 2142 or Val (03) 5253 1446 from the Combined PROBUS Club Clifton Springs and Drysdale for further information.**



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★ **Face Painting** ★ **Games**
★ **Balloons** ★ **Memorabilia**
★ **Sausage Sizzle** ★ **Kids Activities**
★ **Afternoon Tea** ★ **Raffles**
★ **Family FUN** ★

For ALL
families
PAST and
PRESENT

OPEN DAY
1-4pm Saturday 25 October
Drysdale Pre-School, 1/25 Eversley Street,
Next to the Police Station

cooking creatively

with

carrots



Flourless Carrot Cake

- 1½ cups unsalted toasted almonds
- ¼ cup light brown sugar
- 1½ tspns baking powder
- ½ tspn salt
- 1 tspn cinnamon
- ½ tspn freshly grated nutmeg
- 2 tspns grated lemon zest
- 4 large eggs
- ½ cup organic white sugar
- 1 tspn vanilla extract
- 2 cups finely grated carrots

Heat the oven to 175° with a rack in the middle. Oil a 22cm springform pan and line it with parchment. Lightly oil the parchment. Combine the almonds and the light brown sugar in a food processor fitted with the steel blade. Blend until the almonds are finely ground. Add the baking powder, salt, cinnamon, nutmeg and lemon zest, and pulse together. Beat the eggs until thick in a bowl with an electric beater. Add the organic sugar and continue to beat until the mixture is thick and forms a ribbon when lifted from the bowl with a spatula. Beat in the vanilla. Add the almond mixture and the carrots in three



alternating additions, and slowly beat or fold in each time.

Scrape the batter into the prepared cake pan. Place in the oven, and bake one hour until firm to the touch and beginning to pull away from the pan. A toothpick inserted into the centre of the cake should come out clean. Remove from the heat and allow to cool on a rack for 10 minutes. Run a knife around the edges of the pan and carefully remove the springform pan. Allow the cake to cool completely, then wrap tightly in plastic.

IMPORTANT NOTE: *It is important to grate the carrots on the fine holes of your grater, or else they'll remain too crunchy. For best results, wrap the cake tightly in plastic after it cools and serve it the next day. It will keep for five days in the refrigerator if wrapped airtight.*

Storing:

Discard the leafy green tops before storing carrots because they steal nutrients from the roots. Keep carrots, loosely wrapped, in the vegetable drawer of the refrigerator. Tiny, early carrots keep only a day or two, while large carrots keep for at least a week. Small, bagged carrots are usually good for a couple of weeks.

Preparation:

Many of a carrots nutrients are concentrated just below the skins surface. For this reason, scrub tender young carrots rather than peel them. Large not-so-young carrots may require peeling.

Roasted Carrots with Parsley & Thyme



907g carrots, peeled quartered or cut into sixths lengthwise (depending on the size), then into 4cm lengths.

- 3 tbsps extra virgin olive oil
- Salt and freshly ground pepper
- 1 tspn fresh thyme leaves, chopped
- ½ tspn oregano

3 tbsps finely chopped flat-leaf parsley

Preheat the oven to 200°. Oil a sheet pan or a baking dish large enough to fit all of the carrots in a single layer. Place the carrots in a large bowl and toss with the olive oil, salt, pepper, thyme and oregano.

Spread in an even layer in the prepared pan or baking dish. Cover with foil, and place in the oven for 30 minutes. Uncover, and if the carrots are not yet tender, turn the heat down to 180° and return to the oven for 10 to 15 more minutes until tender. Add the parsley, stir gently and taste and adjust salt and pepper. Serve hot, warm or at room temperature.

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Magnificent Job

I would just like to say that Brett and the volunteers at SpringDale have done a magnificent job of keeping things going while Anne has been absent. The place is running beautifully, without a hiccup. Everyone is their usual bright, cheerful, efficient selves. Congratulations team.
Raelene, Drysdale.

Great Gardening

The gardening article in each month's SpringDale Messenger is fantastic. This column is always informative with a bit of humour thrown in. Keep up the good work Steve.

Andrew, Clifton Springs

Traffic Problems

The traffic through Drysdale seems to be getting worse by the day. Hope something is done about it soon. Just imagine what the holiday season is going to be like.

Rick, Drysdale

Speed Limit

Whose idea was it to make the speed limit 60 before you get to the roundabout at Jetty Road coming from Geelong. You might as well walk into Drysdale from there, it would be quicker.

No wonder there are traffic jams in town.

Mavis, Drysdale.

Carers - wonderful people

With **Carer's Week** approaching, it is very timely that we think about the people that give their time, energy and their life to looking after a loved one or friend. It is a devotional effort that sometimes takes its toll on the carer and they themselves may not know that they are in need of care themselves. It is so easy to fall into mental areas that are unknown or unrecognisable to the carer. I have just cared for my mother for over 2 years and it is an extraordinary journey of highs and lows for both concerned. I urge the wonderful selfless people that are in this situation to always look for support no matter how small or insignificant it seems. Reach out to friends, chat to family and know that you are not alone. It can seem like you are *Robinson Crusoe* sometimes, but you are not. Pick up the phone and call your doctor or even your local neighbourhood centre who may be able to offer you information as to where to find assistance.

I am thinking of you all and the wonderful time you give from your own lives. Well done all of you. Please know you do make a difference.

Lynny, Woodend



12-18 October

Carer's Week

Carers Australia

Carers Week recognises and celebrates the 2.6 million Australians who are carers in our communities. Carers Week events across Victoria provide opportunities for carers to get together and support one another, exchange ideas and information, and spread awareness about caring.

carersaustralia.com.au/get-involved/carers-week

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



**Parkinson's
Victoria**

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HOPE FOR TOMORROW

CARERS WEEK 12-18 OCTOBER

Are you caring for a person with Parkinson's

You are invited to come for luncheon during **Carers Week** to have a little time out, and share your experiences with others in the same situation.

The **Geelong Parkinsons Support Group** meets each month on the last **Friday** from **2-4pm** at the **Barwon Health Community Centre**,
104-108 Bellarine Highway, Newcomb.

There is 3 hour parking on-site.

No cost involved.

For further details contact
Harold Waldron
(03) 5259 3134
or **mobile 0417 549 437.**



*All welcome,
Parkies their
family and friends.*



Carrot - face mask



Carrots are good for your health. Carrots can also tone and clarify your skin as they are packed with vitamins and iron and are readily available all through the year. Homemade masks made from carrots are most appropriate for people with normal to oily skin types. Try this easy face mask that will be soothing for your skin and is inexpensive and healthy.

2 peeled, boiled and mashed carrots
(leave till cooled down)

1 teaspoon fresh lemon juice

2 tablespoons honey

1 teaspoon olive oil - do not add this ingredient if you have oily skin

Mix all ingredients together to an even mixture until it resembles a good mashed potato recipe. Apply to clean facial skin and leave on for 30 minutes. Wash away with lukewarm water. Be sure to patch test the mask on yourself to ensure that negative reactions do not occur. If you ever feel any discomfort or irritation after you've applied the mask, wash it off immediately with warm water.

1-31 October

October - Life Education

October is a fundraising initiative that encourages people to give up alcohol for the month of October. The campaign runs from 1- 31 October each year. October supports Life Education and Life Education's iconic mascot Healthy Harold who, for 30 years, has been empowering Aussie Kids to make smart, healthy life choices free from the harms associated with drug misuse.
www.october.com.au



1-31 October

Pink Ribbon Breakfast Campaign

National Breast Cancer Foundation (NBCF)

October is international breast cancer awareness month and NBCF's biggest fundraiser is the Pink Ribbon Breakfast Campaign. Whether you hold a morning tea, a big breakfast event in your community or a get-together in your office, the donations collected will make a difference to people with breast cancer.

pinkribbonbreakfast.org.au



1-31 October

Great Cycle Challenge

Children's Medical Research Institute

Great Cycle Challenge encourages you to get on your bike this October to fight kids' cancer. You just register yourself, set yourself a ride target and then pedal as much as you can throughout October. You can ride as an individual or create a team with your friends, cycling club or workplace - it's up to you!

greatcyclechallenge.com.au

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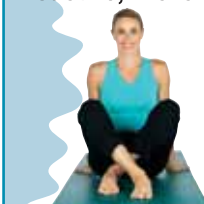
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18-26 October

Children's Week



CWCOA

Children's Week Council of Australia Inc



Children's Week Council of Australia

Children's Week is an annual event celebrated in Australia during the fourth week in October. Children's Week celebrates the right of children to enjoy childhood. It is also a time for children to demonstrate their talents, skills and abilities.

www.childrensweek.org.au

1-31 October **Walktober**

Physical Activity Australia Inc

Physical Activity Australia have renamed October, 'Walktober' - Australia's walking month! It's the ideal time to celebrate walking. October is that time of year when you feel a 'spring' in your step; the weather is warming up and it's a great time to get outside. walktober.com.au



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"Caring for our bodies means caring for its architecture - the spinal cord that keeps us upright, mobile and strong. Maintaining a quality lifestyle through regular spinal care helps us reach our potential," says Dr Sharon Pedersen-Jones.

One of the biggest fears we can have is speaking in front of strangers. In high school it was daunting, but these days it's not so hard as I've got an important message to share.

Recently I spoke to some workers in a factory, many of whom had suffered injury on the job. I was invited to help prevent future mishaps. Some workers laughed when the boss introduced me as the local Chiropractor, saying that nobody there had a 'bad back'. So I decided to share a story that changed their thinking about chiropractors only being needed for 'bad backs'.

On 18 September 1895 in Iowa, a janitor named Harvey Lillard stopped to talk with a Dr Palmer who was working late in his clinic. Lillard told Dr Palmer that 17 years ago he bent over and heard a 'pop' from his back, after which he became almost deaf. Fascinated, Dr Palmer tested a theory he was researching. He examined Lillard and found a lump on his back. Palmer recognised it as a badly misaligned vertebra and reasoned that since it occurred when Lillard went deaf, that restoring it to its proper position might also restore Lillard's hearing. Dr Palmer performed an adjustment by pushing the vertebra back into its normal position. What happened next changed history. Lillard went to the open window and heard a sound he hadn't heard for 17 years - the clatter of horse's hooves.

Chiropractic was born! Today, Chiropractic is one of the fastest growing healing professions in the world, over 6,000 Chiropractors world wide serving over two million people every day.

People see Chiropractors for help with headaches, migraines, chronic back pain, neck pain, shoulder/arm pain, whiplash from car accidents, backaches, asthma, allergies, numbness in limbs and sports injuries just to name a few things. While Chiropractors receive thanks for helping people with many of these problems, they cannot take this credit.

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

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

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

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

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

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

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

OCTOBER - SPRINGDALE MESSENGER

Rotary - Blending Organisations and Groups

One of the goals of Rotary is to blend many groups and organisations together to bring about a change for someone or something that needs help in the community here or overseas.

This is exactly what happened recently in Drysdale. Hardware chain Home Hardware, with the support of Bendigo Community Bank and the Rotary Club of Drysdale, put on a "Save your bacon take a mate to Brekky".

Tradies were encouraged to come to Home Hardware in Murradoc Road, Drysdale for egg and bacon rolls, coffee, juice and of course chocolate. Goody bags were handed out that contained some donated gifts plus info about a group called HALT. These Brekky's are being rolled out across Victoria to reach tradies to "raise awareness of anxiety, depression and wellbeing in the tradie community"

The event was a great success attended by many people representing many trades, many businesses showing their support for the cause and members of Rotary cooking up the bacon.



Want to know more about HALT (*Hope Assistance Local Tradies*) you can contact Jeremy Forbes (03) 5448 1600 jeremyforbes@bchs.com.au

Drumming to positively interact



L-R: Sue VanEvery, Graeme Wise, Margaret Browne (guest speaker from Portarlington Primary School), Caroline Rickard, Bruce Van Every, Keith Stasinowsky

We have many and varied guest speakers at our local Rotary Club meetings. At a recent meeting we had a visit from Margaret Browne representing the Portarlington Primary School. Our club through our fundraising efforts made a donation to the school to put towards the purchase of some Djembe Drums in a program designed to assist disengaged children learn to interact with others in a positive and creative way.

Topics explored and covered in this program are: Identity, Relationship, Harmony, Emotions, Feelings and Teamwork. It gives the children the ability to handle issues such as bullying, peer pressure, culture and self-esteem. We are very grateful to be given the opportunity to be

part of a program that has such amazing results.

Margaret said the program is one of the best she has seen in her many years of teaching and that the kids always come to school on Drumming Day!

Some members had the chance to test the drums and agreed that playing did succeed at reducing their pulse rate.

Want to know more about the organisations we support through our fundraising efforts why not make a time to attend a Rotary meeting on a Monday evening at the Clifton Springs Golf Club.

Call me on 0408 989 221. **Caroline Rickard** - Publicity Officer



Healthy Ageing and Lifestyle Seminar

Equip4Life is a government sponsored organisation of health professionals who help members of community groups, such as our Probus Club, develop a more healthy lifestyle. Alain Young, an accredited exercise physiologist with the organisation, presented a "Healthy Ageing and Lifestyle Seminar" at

our last meeting, which members found to be most interesting and useful. The interest was such that many of us have enrolled into the Equip4Life "Healthy Lifestyle Program" which is a series of sessions held locally and officially titled "Life! Helping you prevent Diabetes, Heart Disease and Strokes".

The Program consists of several sessions covering exercises (especially strength training), foods for healthy eating, stress control and good sleeping habits – our weight and girth are measured before and after the Program. These sessions are already equipping us with the detailed information on how to live strong and healthy lives, avoiding those three chronic conditions. We wholeheartedly recommend **Equip4Life** to other community groups - their website is www.lifeprogram.org.au.

We are a social club for retirees, ladies and gents, and are holding a free coffee morning at **The Zoo Cafe on Thursday 23 October from 10.30am to 12 noon as part of Seniors Week**. Please join us then if you think you could be interested - contact **Val on (03) 5253 1446** or **Pat on (03) 5253 2142** for details and booking. You are also 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.

Neighbourhood Watch - Be safe...always



Beware of carbon tax repeal scams

How these scams work

You receive a call or email out of the blue from someone claiming to be from a government department or business such as an energy provider. The caller or sender will claim that, because of the carbon tax repeal, you are now entitled to a tax rebate or a refund on your previous bill.

In order to receive the refund/payment you have to pay an administration fee or other fee upfront and you will be asked to make the payment via wire transfer services or credit card or you may be asked to provide your bank account details or other personal information so they can deposit the refund in your account.

If you send any money via wire transfer, you will never see it again – it's nearly impossible to recover money sent this way. If you provide your bank account details or other personal information, the scammer may use it to commit identity theft or to steal your money. You will also never receive the promised rebate or refund.

Protect yourself

If you receive a phone call or email out of the blue from someone claiming to be from a government department or a business such as an energy provider and they claim that you are entitled to money due to the carbon tax repeal, be cautious.

If you have any doubts about the identity of any caller who claims to represent a business, organisation or government department, contact the body directly. Don't rely on numbers, email addresses or websites

provided by the caller – find them through an independent source such as a phone book or online search.

Never give your personal, credit card or online account details over the phone unless you made the call and the phone number came from a trusted source. If you think you have provided your account details to a scammer, contact your bank or financial institution immediately.

Report

You can report scams to the ACCC via the SCAMwatch report a scam page or by calling **1300 795 995**.



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The

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about bees



Do your fruit trees sometimes fail to fruit and your pumpkins fail to pump? Then maybe you need more bees in your garden. A productive garden is a bee-friendly one.

The European honey bee is an introduced species. We have 1,600 native bee species in Australia, but most of them are solitary or live in small colonies. The honey bee, on the other hand, lives in colonies as large as 100,000 insects. That many bees provide a lot of pollination.

Spring is the main swarming time for honey bees. Swarming is simply the honey bee colony's way of reproducing. As the local food source (nectar and pollen from flowers) increases with rising spring temperatures and longer days, more new bees emerge. Available space in the hive fills up quickly, and this may trigger the swarming process.

The worker bees that tend the mother queen actually put her through a training regime! Without it she would be too heavy to fly. After about 14 days of preparation, she is



Bees adore artichoke flowers, so if you can bear to miss out on the occasional artichoke...

ready. In a rush she leaves the hive with about 60% of the adult workers, leaving behind honey stores, new virgin queens, lots of brood (bee larvae) and enough workers to tend the brood.


A big swarm is an impressive sight as it roars through the air in a tight ball, and the bees settle in their thousands on a branch or other temporary perch. However, there is no reason to be scared: all the bees want is to find a new home. Swarming bees are not aggressive – although they will defend themselves.

The signs are that bees are going to be a bit scarce this summer. We had a terrific start to spring 2013, with plenty of swarms starting

new colonies, then a long, dry summer followed. Many eucalypts failed to flower, or flowered less than usual. As gum blossom is a major food source for bees, they suffered and hives failed.


So if a swarm of bees decides to make your home their home, don't call the pest exterminator, call Geelong Beekeepers Club (phone 1902 241 059, website geelongbeekeepersclub.com) to come and remove them.

Just remember: about 70 out of our top 100 food crops require insect pollination. If you kill off the pollinators, that just leaves you and a paintbrush...



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gardening in our district



Bellarine Produce Orchard Walk & Talk

Enjoy a free walk and talk through the blueberry and strawberry orchard at Tuckerberry Hill, 35 Becks Road, Drysdale on Saturday 18, 25 and Sunday 19, 26 October from 10am – 3.30pm.

Bookings essential.

Enquiries (03) 5251 3468.



Edwards Point Guided Walk

Come and enjoy a free guided tour led by a Parks VIC ranger, learning about park history, flora and fauna, followed by morning tea on Wednesday 15 October from 9.30am to 11.30am. Edwards Point Nature Conservation Reserve at St Leonards protects the last remaining stand of coastal woodland on the Bellarine Peninsula. From coastal woodlands to a magnificent coastline, the reserve is home to a vast array of indigenous plants and animals. The reserve is an exciting destination for outdoor enthusiasts and boasts natural beauty and a feeling of remoteness.

Bookings are required. Contact Jayde on (03) 5229 1922 or 0402 424 152.

The Friends' Nursery Plant Sale



The Friends' Plant Nursery is located at the rear of the Geelong Botanic Gardens. The nursery plants are sourced from the Geelong Botanic Gardens, which holds significant plant collections, particularly of Salvia and Pelargonium. The nursery has a large range of other plants from the Gardens, including perennials, Australian and exotic plants, drought tolerant species and shrubs.

The next weekend Plant Sale will be held on October 25 and 26 when the nursery is open between 10am and 4pm. The nursery is open for weekly plant sales on Wednesdays from 9am to 12 noon.

Garden Club

The annual **Garden Club Open Day** will be held on **Saturday 1 November** at the Drysdale Uniting Church Hall.

As previously we are going to have plants for sale, a wonderful display of flowers and plants from our members' gardens, a huge raffle of all things relevant to gardening, a speaker who will be available to answer questions on gardening, and morning and afternoon tea.

We are also hoping to have a photographic display featuring gardens and flowers. **If you require any further information please contact Helen on (03) 5257 1566.**

Clifton Springs Garden Club meets every third Monday evening at 7.30pm in the Drysdale Uniting Church Hall, Palmerston Street, Drysdale.



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The Melodaires Live in Song and Dance



The Melodaires are currently performing their latest floor show, following on from celebrating Ten Years of entertaining seniors groups in the Bellarine. *Songs That Never Leave Us* is the program title for this new show. Groups celebrating special club functions, such as birthdays, can contact the group's manager, Lorraine, to make bookings for 2014 and 2015 or to seek further information. **Phone (03) 5251 2563 or 0447 751 697.**

The Melodaires are looking forward to **Seniors Week** with performances for Grovedale Seniors and the Ocean Grove Garden Club.

SpringDale Diners Club

The idea of the **SpringDale Diners Club** is to support the local restaurants and bring people from all walks of life together to make new friends.

The **SpringDale Diners Club** met at the Drysdale Hotel this month. We had a gathering of 20 people who enjoyed the company of others, made new friends and enjoyed a lovely cooked meal with no dishes to wash up afterwards.

This was a very successful evening and all who came had a great time.

We had people who had just moved into the area looking to make new friends, we had people who had lived in Drysdale, Clifton Springs for many years just wanting to get out. Some met neighbours they had never met before forming new bonds.

We would like to thank the staff at the Drysdale Hotel for making our night a success.

The group was happy to meet on the 2nd Monday of each month as this suited most. If there is anyone who would like to join this group please contact SpringDale Community Centre for more details.

There was much discussion as to where to go for the month of October, so if we have some restaurants that would like to have a gathering of people on a Monday night please let us know.

Please phone Jan Ward 0425 796 165 for more information about the diners outings.

A wonderful initiative to support local businesses.



L-R: Keith Hines, Max Chirgwin and Kel Davis

Blokes of the Bellarine

Another farmer who has lived his whole life on the Bellarine is Max Chirgwin. Kel and I have enjoyed reminiscing with Max and his brother-in-law Keith Hines. The conversation started with both Max and Kel talking about the "Race for the Advertiser" each day to see if I'm not in it, then I keep going."

Max's mother, a Barrand, was born in Barrands Lane, Drysdale, his father was a Chirgwin from Portarlington, when they married they lived in Church Road Bellarine and Max grew up on this farm opposite the Methodist Church.

Max went to school at Bellarine and received his Merit certificate at the age of 13. Of course Kel related the story about his leaving certificate - if you haven't heard it before, please stop him in the street and ask.

After schooling Max drove a 4 horse team on the family farm. The horses used on the black Bellarine soil had little hair near their hooves, as the thick black soil would cling to their hairs. When he was 18 and went into the army. He came back, met Pat and settled down in Curlewis.

To begin with Max rented land from George Dunse, he grew onions and then peas and diversified into cattle and potatoes. Max farmed a lot of land including land he leased

from Ruby Wiley for 22 years. Max remembers taking the 4 horse team from Bellarine in the dark and getting to Jetty Road just on day break.

Max told a story of my grandfather and two uncles helping picking up three truck loads of spuds in Kinglake one day in the 1950s. My grandfather drove a short nosed Austin, uncle Mick and Barry had Ford trucks. They loaded quite quickly and then stayed at the Whittlesea pub for lunch and some ales then stopped at the Werribee pub on the way home. (When my father brought a load back a few weeks later, he was home by lunchtime. My grandmother wasn't happy with her husband).

Max has an interesting way of keeping up to date - via the rail trail - I take the tractor around the perimeter every day to see how the cows are - I love meeting up with Bernie Crowe, who fills the rabbit holes on the rail trail.

Max is very proud of his wife's achievement. Pat Chirgwin was the secretary of the Bellarine Community Health for 32 years and received the Jubilee medal for service in 2000.

We all enjoyed a chat.

Max Chirgwin, Kel and Anne Brackley as scribe.

Breaking new ground

Breaking new ground in retirement living – Bellarine Springs brings life to the Geelong economy with a \$51 million construction project.

On Monday 8 September 2014 at 2pm Mayor of Geelong, Councillor Darryn Lyons and Councillor Rod Macdonald will be joined Pinnacle Living CEO Geoffrey Reeve to break the soil at a major new construction site, expected to create 50 jobs in the Geelong region.

Pinnacle Living are leading the way in creating progressive and quality-focused retirement villages for over 55's who enjoy a completely independent, active life, free from routine responsibilities. They have chosen the Bellarine Peninsula for their latest village because it offers such a special combination of natural beauty and convenience, with all medical and shopping facilities, plus 5 golf courses and 8 wineries, within easy reach.

Work on the new village will involve building 200 architect-designed homes, extensive landscaping, and construction of a state-of-the-art community centre. Following the closure of several major manufacturing industries in the region, and the loss of thousands of jobs, the news that 50 jobs will be created at the



Bellarine Springs site, is very welcome indeed.

"The Bellarine Peninsula in particular, is a beautiful part of Victoria, full of character and interest," says Geoffrey Reeve, CEO of Pinnacle Living. "It's an obvious choice for our third retirement destination. We're glad to be making a contribution to the local economy and job market."

Pinnacle Living residents have long enjoyed the very best accommodation, facilities, services and locations in their communities. Pinnacle Living launched in 2004 with the highly successful Tudor Village Lilydale, followed by Yarrbat Place in Melbourne's exclusive suburb

of Balwyn in 2008.

With Bellarine Springs, Pinnacle Living are expanding their portfolio to include a bayside community that is surrounded by nature, culture and heritage. The new village will take quality, choice and service to a new level with a program of activities to rival most holiday resorts. The location, facilities and community are all a great drawcard for independent retirees looking for a dynamic, welcoming community to call home.

Contact: Anne Lewis, Marketing Manager
(03) 9836 7721 / 0407 059 087
alewis@pinnacleliving.com.au

One Element for a Better Life

There are choices we make that effect the quality of our life and are obvious, food, shelter, protection, finances and the things we expose ourselves to. Other choices that impact our wellbeing may not be as obvious. Even the fact that we have a choice in some matters can be surprising to us. Sometimes we feel controlled by events and by our emotions, when we can actually choose how they impact and influence us.

Forgiveness is one of these choices. Choosing not to forgive can have a negative influence into our lives. Unforgiveness can create stress and tension that can contribute to problems in our body such as the stomach, the muscles and the joints. While it may not be the cause, it can contribute to our vulnerability.

First let's identify what forgiveness is not. It is not simply forgetting, what happened, happened. It is not a single occasion, but a choice and a lifestyle. It is not based on feelings but, again, choice. It is not earned or demands that the offender changes. It is not pretending. It does not mean the other person was right. It does not mean that the pain is immediately removed.

Forgiveness is; No longer blaming, but trying to understand. Deciding that the offender is no longer indebted to you. No longer defending yourself and your choices.

Accepting that things happen in life and drops the charges against another person. It is moving ahead rather than being stuck in the past. It is releasing the other person from your judgment and you from their control.

How do I know if I have forgiven? Some things that indicate moving in the right

direction are; that we are not thinking about the person and the incident all the time. We have stopped replaying our revenge over and over again in our mind. We can be happy if something good happens in their life.

Obviously, there are events that happen that make this process more difficult than others and sometimes we will need the help of someone trained to guide us through the process.

Perhaps the greatest example of forgiveness is that of Jesus on the Cross. Some of His last words were, "Father forgive them, because they don't know what they are doing." Considering the circumstances it was a huge choice to ask for forgiveness. It's an example we could all consider.

Jake Hogendoorn
Drysdale Community Church



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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Seniors, sing, sell and trade

National Seniors Bellarine Peninsula Branch will be hosting an afternoon with Bellarine Community Choir at Springdale Hall. This will be held on **Thursday 16 October**. Starting time is **1.30pm** to allow plenty of time to get comfortable before the choir begins a one hour performance at 2pm. Following the performance a delicious afternoon tea will be served. Entry is through the High Street door and will only cost you a gold coin donation.

You may like to buy a raffle ticket with the chance of winning one of four lovely prizes.

Also available on the day will be lots of bargains at our Trading Tables.

Lots of handmade goods, giftware and even a Water Cooler! We are sure there will be something for everyone. All funds raised are used by our Branch to support various charities on the Bellarine as well as our ongoing support of fairer treatment of senior people.



National Seniors is a not for profit organisation for people aged 50+ and we will have information regarding joining our group as well.

Bookings preferred (for catering purposes) please phone Jackie (03) 5216 9018 or Marion (03) 5257 3264.

bellarine memories open door

Here is some information regarding the **bellarine memories** open days.

Please give us a call at any time to clarify any of the details.

When Friday 3 October 2pm - 6 pm

Saturday 4 October 10am - 2pm

Where Cnr Grubb Rd and Sinclair St, Ocean Grove

What bellarine memories open door. Light refreshments available.

Now into their 10th year of service to the Bellarine and wider communities, bellarine memories is opening it's doors to those interested, curious even to come along to see and hear about the work they do in the community. There will be opportunity to have a look inside their premises, to ask questions and have conversations.

Since the beginning of operations here in Ocean Grove, they have supported families in finding unique and relevant ways of celebrating life events. It is fitting then that they acknowledge their own milestone. They look forward to sharing their story, what they have learned and where they are going.

They invite you to come along to one of their 30 minute presentations:

Friday 3 October 2014

3pm - How to write a good eulogy

4pm - Time for Questions and Answers - Trends in the Funeral Industry, general and local

5pm - Preserving Memories - move to digital; how we can help with telling your story

Saturday 4 October 2014

11am - The role of the Funeral Director, what happens next?

12noon - The benefits of a pre paid funeral

1pm - Preserving Memories - move to digital; how we can help with telling your story

Please contact **Richard, Philip or Niki** for more information

PO Box 798, Ocean Grove Vic 3226 Phone: (03) 5255 5500 Email: mail@memories.net.au

**Tuesday 28 October
10am - 12.30pm
Card Making Workshop
at SpringDale.
A Geelong Seniors Festival Event**

**courses @
SpringDale**

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Tutor: Ocean Grove Neighbourhood Centre

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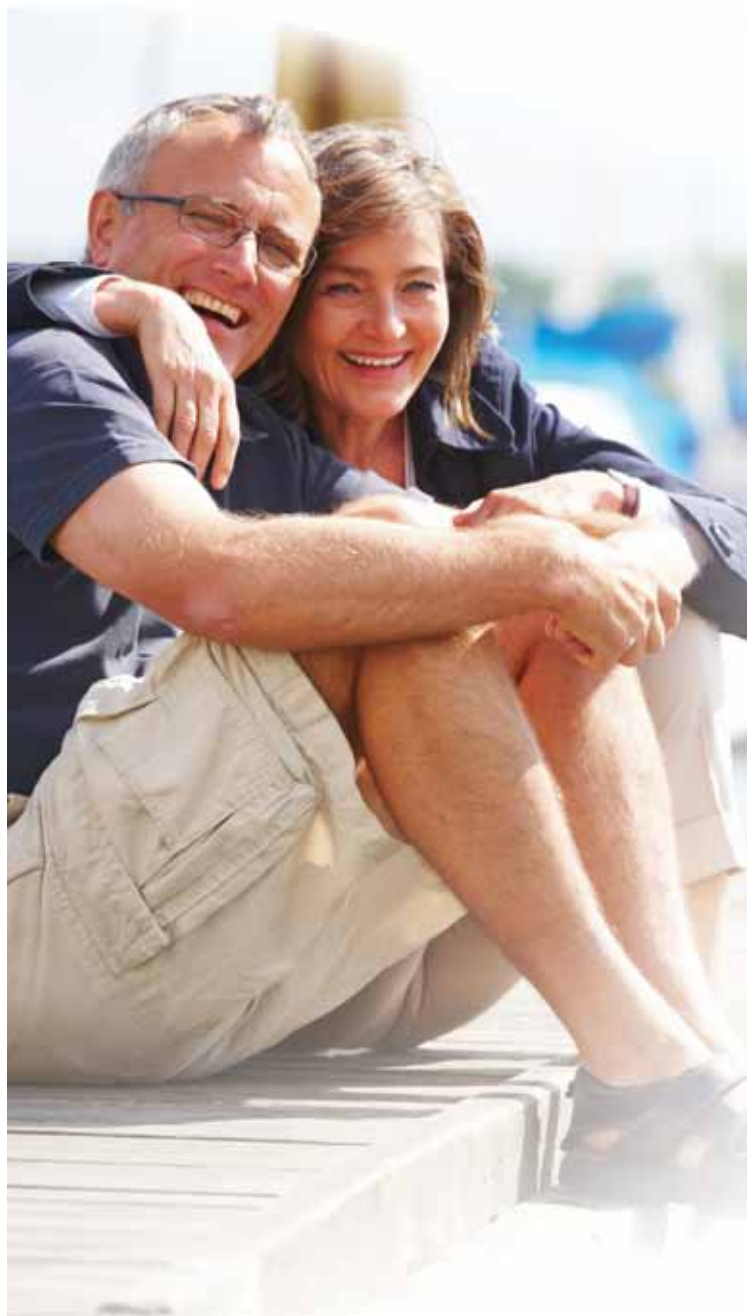
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Are you 55 or over?

Do you ever wish ...



- ☐ You had more free time, instead of chores?
- ☐ Someone else would mow the lawn and rake up the leaves?
- ☐ You could to spend time with likeminded people, enjoying fun activities?
- ☐ You could live everyday like it's a holiday?
- ☐ It was your turn to live it up?

If you've ticked just one of these boxes, then you're not alone! Your retirement is a time when you can choose to do less of what you have to and more of what you want to. When you live in a community like Bellarine Springs, you can enjoy a completely independent, active life, free from routine responsibilities.

But don't take our word for it. Find out more by calling Leeanne on 5251 5577 or drop by for a cuppa to find out how living at Bellarine Springs will bring your retirement to life.

Call us today on **5251 5577**

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Bowls is back for 2014/2015 Season

As the weather warms up it means only one thing for **Drysdale Bowling Club**, a busy season ahead on the greens. This season Drysdale will be fielding sides for all levels of bowlers with Midweek Pennant fielding division 3 and division 7. Saturday Pennant will field four sides from division 1, division 5, division 8 and division 10.

Every second Friday starting on the 10 October at 6pm the club will have a 2-course meal on with a different menu each fortnight at a cost of \$14 per person. If you would like to come, place your name on the noticeboard outside the club or contact the club on (03) 5251 2335.

The club will be running Nominated 2/4/2 pairs every Thursday from 1pm. The monthly triples will also return on Wednesday 15 October. This season the club is running something new on Wednesday nights called **TRIPLES FOR TRADIES**.

This will start on the **29 October** and run for a 6-week period finishing on the 3 December. There will be a BBQ starting at 5.30pm with bowls to start at 6pm and finish at 8pm if anyone is interested in playing **please contact the club on (03) 5251 2335 or President Matt Homelhoff on 0437 366 908.**



JDRF Walk to Cure Diabetes

Let's take steps together to create a future without Type 1 Diabetes. Join us at 10am on 12 October at Rippleside Park, Geelong to walk either 2 kilometres or 5 kilometres. BBQ, kids games, jumping castle and children's train will all be part of the fun. **Please contact Mick on 0421 236 354 or Marie 0418 324 437 for more details. Register at www.jdrf.org.au/walk and ask your family and friends to sponsor you.**

Junior Fishing Clinic

The **Ron Nelson Memorial Junior Fishing Clinic** is an opportunity to show children how to catch a fish. The event is hosted by Association of Geelong & District Angling Clubs and is supported by Barwon Water. This free clinic will be held on **Saturday 25 October from 9am to 1.30pm** and the location is yet to be finalised.

Those interested should **contact John Hotchin on (03) 5248 6817 or email jhotchin@bigpond.net.au** for further information.

St Leonards Bowling Club celebrate 50th Anniversary

The Club would like as many people as possible that have been a member of the Club or had an association in some form to help celebrate this milestone.

On **Sunday afternoon 26 October** the club will host an afternoon tea at which time Bowls Victoria will present the club with a plaque recognising 50 years of bowling at St Leonards.

After converting from grass to synthetic greens eight years ago members and visitors have been able to continue bowling through

the winter season and many people have passed through the club.

50 years is a long time and it is quite difficult to keep up to date contact information so the Club would love to hear from people with history or stories about the club.

The club would also like to hear from past members who would like to attend the afternoon tea and help celebrate its 50th Anniversary.

The Secretary, Phil Robinson can be contacted at the club on (03) 5257 1485.



Raquet News

Free Tennis Membership

With the new grand slam surface plexicushion courts completed, **Clifton Springs Tennis Club** is offering **FREE MEMBERSHIP** for all junior members for twelve months, including Tennis Victoria Insurance. If you have a child playing tennis or wish to try tennis for the first time, the **Clifton Springs Tennis Club** can cater for all ages and levels.

Please contact Carol for junior registration on 0401 997 448. The competition for the Summer of 2014/15 starts in October with the finals in March 2015.

Be part of a club with the best tennis facilities on the Bellarine.

Send in your sports news and photographs to:

messenger@springdale.org.au



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Interested in Croquet?



Then come to Drysdale's 'Come & Try' 28 October
IT'S FREE and IT'S FUN and THERE'S A GREAT MORNING TEA

Drysdale Croquet is one of the friendliest places on the Bellarine to enjoy a most popular and rapidly growing pastime. Croquet is really taking off and Drysdale is very proactive in presenting a great sporting opportunity to the local community.

On Tuesday morning, 28 October, the Club is conducting a 'Come & Try' day from 9.30am to 12.30pm as part of its involvement with the 2014 Geelong Seniors Festival. Sponsorship support from the City of Greater Geelong is gratefully acknowledged and much appreciated.

All equipment will be provided so you can enjoy the thrill of running hoops and hitting balls - please wear flat soled shoes. This is a wonderful opportunity to learn a new sport in the company of like-minded and friendly people. Fitness, age, gender are not barriers as this pastime embraces anyone who wants to get out in the fresh air and enjoy themselves.

Don't sit home wondering what to do with your leisure time. Come and try out at Drysdale Croquet, Clifton Springs Road (just around the roundabout) in October.

In order to give you our undivided attention on the day we have had to limit attendance to 16 lucky people, so bookings are essential. **For further information and to place your booking, please contact Barb on (03) 5253 2584.**
See you on the Croquet Lawn.



Table Tennis

St James Keenagers Table Tennis Club focus on having fun, as well as reaping the benefit of playing table tennis. Come and enjoy free recreational table tennis on **Tuesday 7 and Thursday 23 October from 8.30am – 11am. Bookings required.**

Phone Martin on (03) 5251 1418 or John (03) 5253 1334.



Send in your sports news and photographs to:

messenger@springdale.org.au

1-7 October

Be Kind to Animals Week Edgars Mission

Be Kind To Animals Week is an opportunity to take a step back from our busy lives and think about those that ask nothing of us. During the first week of October please do something to celebrate your concern for animals worldwide.

bekindtoanimalsweek.org.au



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