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Compiled & Published
by the SpringDale
Neighbourhood
Centre Inc.

The SpringDale Messenger

March 2015
Volume 25 Issue 2



Held at the
Portarlington
Recreation Reserve
Cnr Sproat Street
and Boat Road
Portarlington

SUNDAY 8 MARCH at PORTARLINGTON

The **Bellarine Agricultural Society** takes this opportunity to thank its' supporters and sponsors, and we look forward to joining you to celebrate the pursuits and achievements of our rural community.

The **Bellarine Agricultural Show** provides an important forum for the rural community to gather together to showcase their wares, share their skills and educate the wider community.

A good example of this is the extensive array of produce, art and handcrafts on display throughout the pavilions, also various demonstrations and delicious Devonshire Teas.



Have fun at the Bellarine Show

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SpringDale Courses

**Pasta Making
Demonstration**
Tuesday 17 March

**Autism and Involuntary
Avoidance, Diversion,
Retaliation**
Tuesday 3 March

**Autism and Sensing
The Unlost Instinct**
Tuesday 3 March

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 April 2015 **Bookings/copy required** by 1 March **Dist:** Sat 28 March **Circ:** 11,000 copies

SpringDale Neighbourhood Centre Opening Hours Monday to Friday 9am - 5pm and by appointment.

MARCH

- | | | |
|------------------|-----------|---|
| Sunday | 1 | Geelong Highland Gathering Wallington Strawberry Fair, Wallington Primary School |
| Sunday | 2 | Lions Portarlington Drysdale Garage Sale |
| Friday | 6 | The One Day of the Year - 8pm |
| Saturday | 7 | Harvest Basket Produce Swap & Sell SpringDale 9am – 11am The One Day of the Year - 2pm & 8pm |
| Sunday | 8 | Bellarine Agricultural Show, Portarlington Reserve 9am – 4pm |
| Monday | 9 | Labour Day Public Holiday. SpringDale closed. SpringDale Dining Group at House of Jack Rabbit 12 noon. |
| Wednesday | 11 | Montana's Fashion Parade, St James Hall, Drysdale 2pm |
| Tuesday | 17 | St Patrick's Day The Romance of French Gypsy Violins Morning Showtime 10.30am - Potato Shed |
| Saturday | 21 | Pants Down Circus 8pm - Potato Shed Monster Market & Car Boot sale Italian Social Club 8am |
| Sunday | 22 | Drysdale Market 9am – 1pm Clean Up Drysdale, Drysdale Reserve 9am – 11am |
| Friday | 27 | School Term 1 ends |
| Saturday | 28 | Plant sale Friends of Geelong Botanic Gardens |
| Sunday | 29 | Plant sale Friends of Geelong Botanic Gardens Lions Portarlington Drysdale Garage Sale |

MARCH



**Women of the Empire
1914-1918 Exhibition**
February till Sunday 17 May
The costumes of an era and
personal experiences of
Australian and New Zealand
women during the First World War.
National Wool Museum

**Course & Opportunity
Guide**
Pages 11-14 this issue
or visit
www.springdale.org.au

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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

I would like to thank all our community for your participation to make things happen for our community. Change is happening. Change is happening in our community and we were instrumental in it happening. Change is happening and not just to us as it seemed to be happening a few years ago - it is now happening because we are making it happen ourselves.

Three years ago when we held a Summit at SpringDale and invited our whole community to participate, we appreciated that so many people took part. The community came up with a prioritised list and it is this list that has directed our actions over the last 3 years. This laid the foundation for our aspirations to be fed into the City of Greater Geelong City Plan 2014 - 2017. We continued to feed our aspirations into G21 and into State reports to ensure that our voices were heard. We participated because we wanted our voices to be heard.

Our plans were then put to those who ran in the Federal election in 2013 and again to our State representatives in 2014.

During this time we have had some wins with the Clifton Springs Entrance being renovated, most of the plants are thriving and we hope that in the future it will look like some of the plans we were shown. The Geelong Cemeteries Trust came to understand that our community wished for our cemetery to remain as cemetery. Hundreds of thousands of dollars have been spent on the Clifton Springs foreshore and City of Greater Geelong committed money towards a Fishing Platform for Clifton Springs.

Many groups within our community kept working towards the aspirations of our community. Drysdale Clifton Springs Community Association supported a number of issues, Drysdale and Clifton Springs Sporting clubs campaigned for the Drysdale Clifton Springs Sporting precinct, our schools campaigned for infrastructure and SpringDale campaigned for the top priorities of the community of Drysdale Clifton Springs Curlewis.

Other groups throughout the Bellarine have also strived to bring life to their aspirations such as the Surf Life Saving Club in Ocean Grove, the community groups in Portarlington for the Safe Harbour and new Primary School projects and together we have brought approximately \$150 million dollars to the Bellarine over the next 4 years.

Thank you for your participation and engagement. Thank you for bringing attention to our area. But we will need to remain engaged and be vigilant to ensure that we continue to work towards updating the Drysdale Clifton Springs Structure plan and understand the Drysdale Urban Design Framework to ensure that we are aware of and participate in the way our community develops together.

On the SpringDale website we are uploading the documents that we have collated over the last 4 years. These documents have been in the foyer of SpringDale during this period and in the SpringDale hall during the summits that have been held annually.

Once again if you would like to be informed or involved please press subscribe button on the SpringDale website and or be a friend of Neighbourhood Centre on Facebook or like our SpringDale Neighbourhood Centre page or like more specifically the SpringDale Summit page. If you have difficulty with any of these methods of information - please let us know so we can do our best to keep you informed.

I give you my sincere thanks for your participation.

Anne Brackley

for the SpringDale Team

2015 COURSE UPDATE

Buying and Selling on eBay

Dates/times: Sat 7 March 9am – 1pm **Fee:** \$40 **Tutor:** Brett Kerr

Introduction to Social Media

Skype, Twitter, Instagram and Facebook

Dates/times: Tues 3 Mar to Tues 24 Mar

and Tues 21 Apr to Tues 12 May 9.30 – 12noon (8 sessions)

Fee: \$160 or \$65 **Tutor:** Agata Commisso

Basic Food Safety

(Follow Workplace Hygiene Procedures) Code SITXFSA101

Dates/times: Sat 21 Mar 9am – 4pm **Fee:** \$100

Tutor: Ocean Grove **Venue:** SpringDale Neighbourhood Centre

Responsible Service of Alcohol Certificate Code: SITHFAB009A

Dates/times: Sat 14 Mar 9am – 1pm **Fee:** \$70

Tutor: Ocean Grove **Venue:** SpringDale Neighbourhood Centre

First Aid – Provide First Aid (Level 2) and CPR

Pre-course work is required and you will be contacted before the course with the details.

Perform CPR Code HLTAID001

Dates/times: Fri 13 Mar 9am – 11am **Fee:** \$50

Provide First Aid Code HLTAID003

Dates/times: Fri 13 Mar 9am – 3pm **Fee:** \$120pp

Tutor: Stayin' Alive First Aid. Stayin' Alive First Aid delivers nationally recognised training in partnership with, and under the auspices of, Allens Training Pty Ltd RTO 90909

COURSES AFTER HOURS

Cheese Making with Corinne

Dates/times: Sat 14 Mar Fetta or Sat 21 Mar Halloumi (1 session each class)

10am– 4pm **Fee:** \$80 **Tutor:** Corinne Blacket – Drysdale Cheeses

Espresso Coffee Making Workshop

Dates/times: Sat 7 Mar 10am – 12noon **Fee:** \$30 **Tutor:** Jordon Smith

Product Photography

Dates/times: Wed 18 Mar – Wed 25 Mar

7pm – 9pm (2 sessions) **Fee:** \$60 **Tutor:** George Stawicki

Yoga on Chairs

Dates/times: Mon 2 Mar – Mon 23 Mar 11am – 12 noon

(3 sessions) **Fee:** \$40 **Conc** \$35

Cooking on a Budget

Date/time: Tue 3 Mar 1pm – 3pm or 7-9pm **Fee:** \$5 **Tutor:** Agata Commisso

Budgeting Solutions

Dates/Times: Tue 10 Mar 1pm – 3pm or Tue 24 Mar 7 –9pm

Fee: \$5 **Tutor:** Agata Commisso

Laughter, Goal Setting, Stress Reduction & Motivation Introduction Class

Dates/times: Tue 24 Mar 1-3pm or Tue 31 Mar 7-9pm

Fee: \$5 **Tutor:** Agata Commisso

Pasta Making Demonstration

This session will include a copy of Hilda's cook book (RRP\$35).

Date/time: Tues 17 Mar 10am – 11.30am OR 7pm – 8.30pm **Fee:** \$40

Tutor: Hilda Inglese

Autism and Involuntary Avoidance, Diversion, Retaliation

Date/time: Tues 3 Mar 4.30pm – 6pm

Fee: \$40 teachers and professionals **Tutor:** Donna Williams

Autism and Sensing; The Unlost Instinct

Date/time: Tues 3 Mar 7pm – 8.30pm

Fee: \$40 teachers and professionals **Tutor:** Donna Williams

Food as Medicine

Date/time: Tues 10 Mar 10am – 12noon OR Tues 24 Mar 7pm – 9pm

Fee: \$35 **Tutor:** Lisa Fitzgerald

Detoxifying Your Life – Inside Out

Date/time: Tues 12 Mar 10am – 12noon OR Tues 31 Mar 7pm – 9pm

Fee: \$35 **Tutor:** Lisa Fitzgerald

Happy Hormones

Date/time: Tues 17 Feb 6.30pm – 7.30pm **Fee:** \$10 **Tutor:** Adrian Stone

Article Writing

Date/time: Sat 28 Mar 9am – 1pm **Fee:** \$30 **Tutor:** Laurent Boulanger



Drysdale Bypass

Recently I met with the Regional Director of VicRoads to discuss the upgrading of High Street and the Drysdale Bypass. The community consultation process with the community that we promised will be commencing shortly. This will enable local residents to have their say, about the project including the route of the Bypass.

This has been a priority project for the community and for me for a long time and I look forward to the process beginning, and to keeping you up to date with progress.

Bellarine Buses

Many of you have approached me with concerns about the frequency and reliability of the local buses and the new timetables that are being proposed for Bellarine.

The proposed new timetable was signed off by the previous Government. Unfortunately it will see some local communities have less access to regular bus services. This is particularly worrying for older residents who rely on these services.

As a result, I have asked that there be extensive consultation with local residents before any final decisions are made. I have also spoken to the Minister and asked that the implementation of the timetables be delayed until the consultation takes place.

We need to take time to get this right. It is very important for people who currently rely on the bus services, but we should also make sure that the timetable provides opportunities for people to begin using public

transport. I know there are people who would use the buses if they were more frequent.

Bellarine Police

As you know, the downgrading of Police services in Bellarine has been a major issue for our community. I committed to returning those Police services to what they were and have been working closely with the Police Minister to implement that commitment. The increase in crime has had a real impact on many people and it is important that we get the local Police presence back in Drysdale and across Bellarine. This is one of my major priorities and I will deliver on the commitment I made.

2015 Festival Of Glass

Once again I had the great pleasure and honour of opening this year's Festival of Glass held at Bellarine Secondary College Sports and Performance Stadium. As always, the display of so much skill and talent was really impressive. Congratulations to all the participants, especially the Award Winners, and to the sponsors, including Geelong Council, Bendigo Bank, the Bead Society of Victoria and Drysdale Rotary.

Thanks and congratulations to Patrick Hughes and the Committee for their enthusiasm and hard work and another exciting and successful Festival of Glass.

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

Letter to the Editor

I did buy local

In response to Thelma (Dec issue) I did buy locally and I purchased from various businesses and was ultimately delighted to see the lovely amount of goodies to buy. I bought little things for our children, books, games and stationary items. It was a good idea to support our businesses. Don't forget to shop early next year and catch some specials in our shops so nearby.

Michelle, Curlewis

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

LISA NEVILLE MP MEMBER FOR BELLARINE

For assistance
on any issue
please ring
the electorate
office on
(03) 5248 3462



Lisa Neville MP

lisa.neville@parliament.vic.gov.au



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1 March

Clean Up Australia Day



Clean Up Australia Day encourages all Australians to take to their local park, beach, bushland or streets and help collect rubbish. Individuals and local groups can either organise a *Clean Up Site* or volunteer to join an existing Site.

www.cleanup.org.au/au/CleanUpEvents/
/clean-up-australia-day-2012

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loved one's estate?**

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Clean Up Drysdale

A clean up has been organised at the **Drysdale Reserve/McLeods Waterholes** on **Sunday March 22 from 9am – 11am**. Could all willing helpers please meet at the carpark near children's playground and netball courts.

For further information contact Julie on 0434 331 094.

**Proudly printing this magazine
for you, on the Bellarine.**

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9.00am - 5.30pm

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Ocean Grove

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www.springdale.org.au

Our 2015 season truly kicks off this month with our first touring show, Alan Seymour's landmark Australian play, *The One Day of the Year* being performed over two days. This classic Australian play deals with the different ways ANZAC Day is commemorated.

Drop of The Hat Productions will return with popular swing group *Hot Club Swing* to tell the stories of *Stephane Grapelli* and *Django Reinhardt* with images and live music to transport you back to 1930's Paris. After giving us a taste of things to come at last years *Family Fun Day*, *Pants Down Circus* return to the Shed with their rock extravaganza.

Imagine the greatest rock band ever, as a circus! **Spud VIP** prices are available once again.

If you book 4 or more of our specially marked shows you will receive your tickets at the very special VIP price. As well as this



2015 SEASON BROCHURE OUT NOW!

we are introducing a student saver price, this discounted price is available to under 18 students. Details are available in our season brochure. **We hope to see you at the Shed before the end of the year and if you haven't already, pick up a 2015 Season Brochure from your local library or the Potato Shed.**

You can book tickets on (03) 5251 1998 or find out more info at www.geelongaustralia.com.au/potatoshed or on our Facebook page.

WIN ONE FAMILY PASS (2A & 2C)
POTATO SHED



Hot Swing Club

Tuesday
17 March
@10.30am

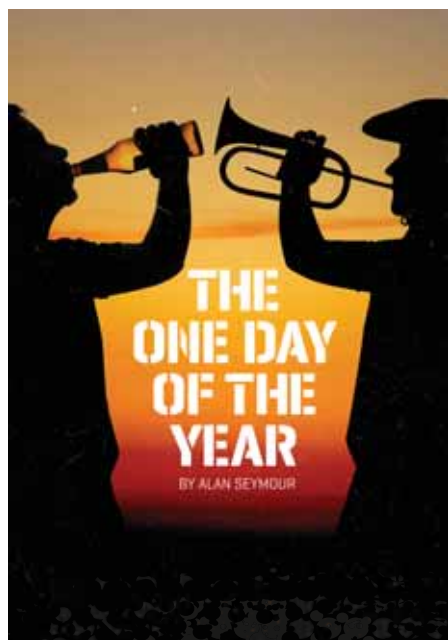
To enter fill out the coupon, send or deliver to:
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COMPETITION CLOSING 3PM FRIDAY 13 MARCH



Friday 6 March - 8pm
& Saturday 7 March - 2pm & 8pm
The One Day of the Year
Adult \$36 Conc - \$32



& group prices available.



Tuesday 17 March - 10.30am
The Romance of French Gypsy Violins
Morning Showtime
\$15 includes Morning Tea



Saturday 21 March - 8pm
Pants Down Circus
Adult - \$36 Conc - \$32



& group prices available.

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

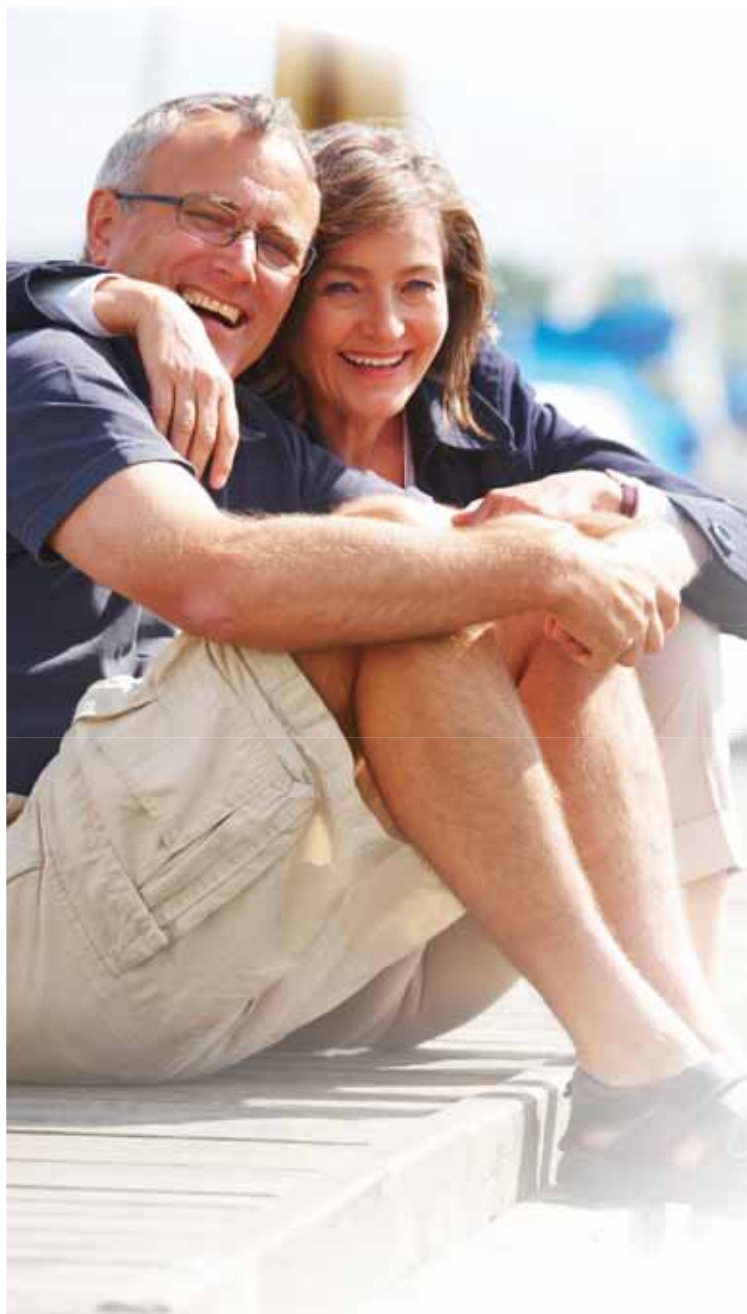
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Are you 55 or over?

Do you ever wish ...



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- ☐ 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?

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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.

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Rotary Club Appreciating support



Caroline Rickard with Alistair Thomson from LJ Hooker Drysdale

When you have the opportunity to thank people for their support it is a very humbling experience. We are not an island, we truly rely on people being around to help us achieve our goals. We have just had a night such as this at our recent Art Show Thank You Dinner. A large group met together to enjoy some food, some banter, some laughs and some awards.

The Rotary Club of Drysdale really do appreciate our community and the people within it. They give of their time and energy and sponsorship to make sure our Annual Easter Art Show is a success and we don't expect this year to be any different. Too

many to acknowledge in this article but you know who you are. Thank you, thank you, thank you for being a part of the Rotary family and making many hands make light work.

To support our Art Show this year you can come along either Easter Saturday or Easter Sunday and see the array of art on display as well as look out for the people selling raffle tickets to raise funds for Cystic Fibrosis. Money raised is put to very good use here and overseas.

We are always looking for people to join us to achieve this goal. *Are you up for the challenge of making life better?*

Small contributions lead to big combined results.

Caroline Rickard
Publicity Officer
Rotary Club of Drysdale

SpringDale Diners Group

**Luncheon will be at the
The House of Jack Rabbit
Monday 9 March, 12noon**

*Meet new people in the
community and enjoy a lovely meal
in our local restaurant precinct.*

Please email office@springdale.org.au
or phone (03) 5253 1960 to book.

28 March

Earth Hour 8.30pm



Earth Hour is an international sustainability movement, where individuals and businesses are encouraged to turn off all lights for an hour. Earth Hour aims to increase awareness of the impact we have on our world through the use of fossil fuels and electricity.
www.earthhour.org

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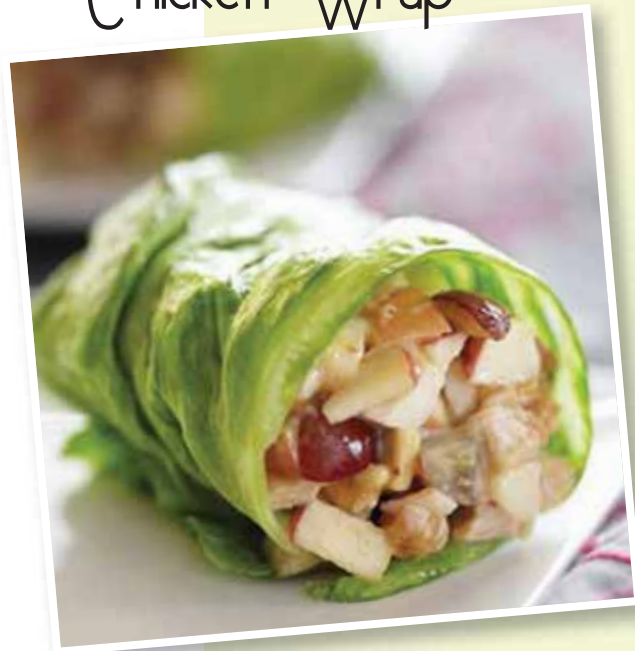
Welcome to **helloworld**

Fill it! roll it! **WRAP** it!

Wraps - great alternatives to the humble sandwich...



It's a **WRAP** Chicken Wrap



Lettuce **WRAPPED** Cheeseburgers

Makes 6 wraps

- 1kg ground beef**
- ¼ tspn salt**
- 1 tspn pepper**
- 1 tbspn Worcestershire Sauce**
- 1 tbspn oregano**
- 2 tbspn tomato sauce**
- 2 tomatoes, sliced thin**
- 1 head of iceberg lettuce, leaves removed**
- 6 slices cheddar cheese**

Spread:

- ¼ cup mayonnaise**
- 3 tbspn tomato sauce**
- 1 tbspn dill pickle relish (or similar)**
- dash of salt and pepper**

Heat your grill pan or skillet on medium heat and add a little butter.

In a large bowl, mix together the beef, salt, pepper, Worcestershire sauce, oregano and tomato sauce.

Divide the mixture into 6 sections, and roll each piece into a ball then press down flat and place on the grill pan.

Cook each burger for about 5 minutes on each side. Do not press down the burgers, that just dries them out.

Once you flip the burger, and the other side has about 2 minutes to cook, put 1 slice of cheese on each burger.

In a small bowl mix together the spread ingredients and refrigerate.

Once you have cooked all your burgers and removed them from the pan, assemble them.

Place 1 cheeseburger on the lettuce leaf, top with 2 slices of tomato, a spoonful of spread, then wrap top to bottom with another lettuce leaf.

Makes 4 wraps

- ½ cup chopped cooked chicken breast**
- 2 tbsp extra crunchy peanut butter**
- 3 tbsp chopped apple**
- 2 tbsp chopped black or red grapes**
- 1 tbspn lite mayonnaise**
- 2 tsp honey**
- Iceberg lettuce**

Chop chicken meat and fruit, mix in bowl. Mix in peanut butter, mayonnaise, and honey.

Spoon into open lettuce leaf, roll, and serve.

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WATER WORKS WONDERS

This is the best time of year to review your garden's watering needs, figure out what isn't working and plan any changes. The installation of new systems is better done in the cooler months, but only hot, dry weather can show up the weaknesses in your system.

So, take a walk around your garden and cast a critical eye over your plants. Are any of them showing signs of chronic moisture stress – poor growth, yellowed leaves, etc.? If so, is it just a case of the wrong plant for the location, or does your whole system need a rethink?

Here are the main options for watering your garden.

Hand watering. If the garden is well designed, watering with a watering can is a realistic option, even for a vegie patch of 100 square metres or so. Our sunny Landshare garden 2km from home manages with watering every two or three days. The secret is lots of organic matter in the soil, thick mulch and borders of hardy perennial plants that create a milder microclimate. I'm not a great fan of watering by hose. It's difficult to dose the watering correctly and a lot of water gets wasted.

Automatic irrigation systems. These involve planning and considerable expense, especially if pumps, controllers and tanks need to be installed. In the long run, it's worth it and I've never regretted installing the one in our home garden.



Productive gardens need a reliable water supply.

Subsurface irrigation. A weeper hose seeps water into the soil along its full length. I've never used this kind of system but some people love them. Water distribution is fairly even and blockages won't occur.

Surface drip irrigation. These work well if combined with mulch. The drippers are at 30cm intervals. You may need several parallel lines to water a whole bed. The surface remains relatively dry, but the water spreads

out in a cone as it seeps down into the root zone.

Sprinklers. We had to take ours out during the drought, but sprinklers do have their good points. Unless tall plants block the spray, they achieve an even coverage. A disadvantage is that it's impossible to avoid wetting foliage – and that can lead to fungal problems.

★ 24/7 ★ **G** **rass** **arden** **eneral** ★ ★
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Let Jeff know you saw this ad.

The Drysdale Clifton Springs Community Association (DCSCA) has put in 10 Community Concept Submissions for the City of Greater Geelong (CoGG) 2015 Budget. This was a new process launched in 2013.

1. Swimming Pool for Drysdale. To service the approx 5000 students at the 9 local schools and preschools, to improve the local economy, health and wellbeing of the people of the central Bellarine.
2. Lookout Tower tourist attraction on the highest point of the Bellarine (Murradoc Hill) to provide the Bellarine with an Iconic tourist attraction.
3. Signage for Scenic Trails in Drysdale Clifton Springs. To promote a healthy lifestyle and encourage users of the Rail Trail to cycle to the Clifton Springs Foreshore.
4. Signage and promotion of a coastal scenic route for the Bellarine. This could be promoted as a tourist attraction like the Great Ocean Road and increase tourism to the area and improve the local economy.
5. Improved access to the Clifton Springs Foreshore. The provision of all abilities access to the Dell, this is currently lacking.
6. Spring Water Feature for the Clifton Springs Foreshore. A spring water feature at the site of the historic mineral springs would enhance the appeal of the area to the tourist; provide an artistic feature and help preserve the historic significance of the Clifton Springs foreshore.
7. Artificial Reef for the Fishing Jetty. To improve the marine environment and increase fish stocks in the area hence providing a sustainable and more enjoyable fishing experience for users of the Jetty.

8. Artificial Reef for the Dell. To improve the marine environment and increase fish stocks in the area, hence improving the appeal of the area to tourists by providing an enjoyable snorkeling experience. The reef elements to be arranged so as to provide an artistic image when viewed from the Dell Lookout.
9. Signage and seating for Springs Street Reserve (on the approach to the Dell). Council has recently beautified the area by plantings to obscure the fence line and attract native birds. This will complement these improvements, further improve the appeal of the Dell and encourage health passive recreation.
10. Green Light Route System for Geelong CBD. Traffic light sequencing so as to provide an east to west "green light route" and a west to east "green light route" through Geelong CBD hence reducing travel times, fuel usage and pollution.

The reasons why DCSCA is opposing the service station on the triangle of land at the Jetty Road roundabout may be viewed on the DCSCA blog

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

The **DCSCA** Committee next meets at **SpringDale on Tuesday 3 March @ 5pm** and will include the first meeting of the Friends of the Foreshore Group. All Welcome.

Membership of **DCSCA** cost only \$5 per year, should you wish to join and be better informed about local issues please email the secretary as below.

Neil McGuinness - mcgnej@bigpond.com

Autism Workshops

Tuesday 3 March

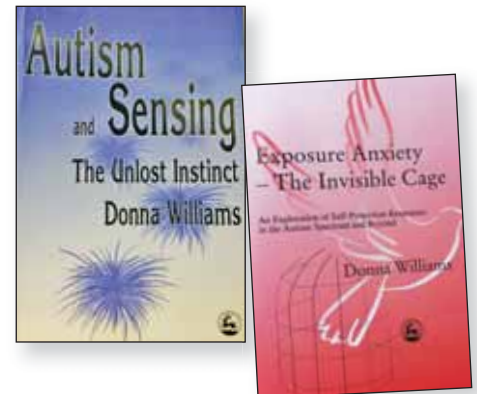
4.30pm and 7pm

at SpringDale

With

Donna Williams

**Book early phone
(03) 5253 1960**



1-31 March

Australian Women's History Month



Women's History Month (WHM) is held annually in many parts of the world to acknowledge and document the role women play in making and shaping history.

womenshistory.net.au

8 March

International Women's Day



International Women's Day is a day to celebrate the contribution and achievements of all women. It is an opportunity to remember the barriers that women have broken through, and the accomplishments they have made despite barriers.

www.un.org

"Play by the Bay"
Clifton Springs
Golf Club



Follow us on



BAYSIDE
BISTRO
Clifton Springs

Open 7 Days week for lunch and dinner.

Monday : **\$17** Dinner - All Mains

Tuesday: **\$15** Parma Night 4 Types.

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

Sunday: **\$19.50** Two Course
Roast Lunch

Monday-Friday : **\$15** Two Course
Lunch Special

Present this coupon
& SAVE
Buy 1 main get 2nd main half price
equal or lesser value (main meals only)
Tuesday-Thursday evenings*

Valid from 1st - 31st March 2015

* Not valid Public Holidays or Long Weekends

* Conditions apply - not available on all meals.



march 2015



Courtesy Bus operating
Friday & Saturday Evenings 5pm -11pm
for bookings please phone 5251 3391.



Golfing Memberships
available see the
website or clubhouse
for more details.

Phone (03) 5251 3391 Clifton Springs Golf Club Clear Water Drive CLIFTON SPRINGS 3222

Email: admin@cliftonspringsgolfclub.com.au www.cliftonspringsgolfclub.com.au



Courses are designed and presented according to requests and ideas from possible students or possible trainers. If needed and possible we try to schedule extra courses. We are also facilitating one on one sessions where requested and possible.

Subsidised childcare may be available for people attending *Learn Local* funded classes, conditions apply.

Computers

Limited subsidised pension or have up to Year 11 or equivalent as the highest level of studied achieved. \$65 concession fee is made up of \$25 subsidised tuition fee and \$40 sustainability fee.

IPad & iPad like Devices



We now have three different classes for the three different types of tablet/iPad devices. Learn how to use basic iPad functions, practice scrolling, learn about iPad apps and much more in a fun supported environment. Please let the office know what type of device you have when you register. We will need this information to ensure you are in the correct class.

Introduction to iPad

Skill Level: Beginner
Dates/times: Wed 29 Apr – Wed 17 Jun
10am – 12.30pm (8 sessions)
Fee: \$160 or conc \$65
Tutor: Jonathan Harris JNH Software P/L

Introduction to Tablets Android

Skill Level: Beginner
Dates/times: Mon 27 Apr – Mon 15 Jun
1pm – 3.30pm (8 sessions)
Fee: \$160 or conc \$65
Tutor: Jonathan Harris JNH Software P/L

Advanced Android - New Course

Dates/time: Mon 27 Apr Mon 15 Jun
10am – 12.30pm **Fee:** \$160 or conc \$65
Tutor: Jonathan Harris JNH Software P/L

Introduction to Tablets - Windows

(Microsoft Surface, Toshiba Encore, Lenovo ThinkPad etc.)
Dates/times: Mon 27 Apr – Mon 15 Jun
3.45pm – 5.15pm (8 sessions) **Fee:** \$160 or conc \$65
Tutor: Jonathan Harris JNH Software P/L

Introduction to Computers C/E

Learn how to create tables, use tabs, columns, clipart and place a border, send and receive emails. Understand the Internet and browse different search engines. Learn about virus protections.
Skill Level: Beginner +
Dates/times: Thurs 16 Apr, Thurs 23 Apr, Thurs 30 Apr, Thurs 7 May, Thurs 14 May, 12.30pm – 4.30pm (5 sessions) **Fee:** \$160 or \$65 Conc
Tutor: Colin Barnard, C & K Designs

Introduction to Computers F

Learn how to install and uninstall programs. Clean up deleted items and documents, use cleaner and defragger to keep your computer running smoothly. Download software from the internet free, antivirus programs and others from the internet. Set up your computer the way you want it.
Dates/times: Tue 14 Apr, Tue 21 Apr, Tue 28 Apr, Tue 5 May, Tue 12 May 12.30pm – 4.30pm (5 sessions) **Fee:** \$160 or \$65 Conc
Tutor: Colin Barnard, C & K Designs

Intro to Archiving, Backups and Online Storage

(Beginners+) Previous computer experience required. Have you ever lost an important file, when you need it the most? Have you ever had a disk fail on you

without warning, your computer suddenly stop working, or had someone steal your camera – full of your photos – and ruin your day? This course will give you some basic techniques and ideas on how to overcome these problems, as part of your daily computer (and tablet) use.

Dates/times: Tues 28 Apr – Tues 16 Jun
6.30pm – 9pm (8 sessions) **Fee:** \$160 or conc \$65
Tutor: Pierce Jaques

Advanced iPad

Skill Level: Beginner - must have attended SpringDale Intro to iPad
Dates/times: Wed 29 Apr – Wed 17 Jun
1pm – 3.30pm (8 sessions) **Fee:** \$160 or conc \$65
Tutor: Jonathan Harris JNH Software P/L

Picture Editing & Movies

Learn how to edit, file, categorise and archive your digital photos using Picasa. Learn how to use a Memory Stick and how to resize pictures and share them with your family.
Materials: Photos optional
Dates/times: Wed 29 Apr – Wed 17 Jun 3.45pm – 5.15pm (8 sessions) **Fee:** \$160 or \$65 Conc
Tutor: Jonathan Harris JNH Software P/L

Introduction to Social Media

Participants are welcome to BYO their own computer, iPad, tablet or Smart phone. They learn to set up with a password, add a picture and practice using social media to keep up with other people. We will focus on Skype, Twitter, Pinterest, Instagram and Facebook
Dates/times: Tues 21 Apr - Tues 9 June
9.30am – 12noon (8 sessions) **Fee:** \$160 or \$65
Tutor: Agata Commisso

One to one Computer [Private] classes

From Beginners to any computer questions.
Dates/ times: to be arranged and must be at SpringDale Neighbourhood House. BYO Computer/iPad or use of computer at the centre.
Fee: \$40 per hour. **Tutor:** Agata Commisso

New - Learn Local Courses



Focusing on the Future

– NEW COURSE

A taster course which allows people to try a variety of classes to understand what is available locally at SpringDale. This is especially for anyone who is looking for a new direction in your life. There will be a welcome morning tea and then a schedule of classes will be tailored for each participant.
Dates/times: Mon 27 April – 10am – 12noon plus up to 7 other sessions as individually scheduled
Fee: \$100 or conc \$65
Tutor: Anne Brackley

Cooking Sustainably

– NEW COURSE

This course will be run over the year as fruits and vegetables come into season, as the climate allows for foods to be preserved and stored for later use. Sessions will be held on four Sundays or Mondays throughout the year. Childcare is available for this course during the Monday sessions. Includes Passatta Making, Sausage Making, Tapas Making, Scary Vegetables
Dates/times: As the season allows.

Discover the Artist within - Level 1

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

Dates/times: Tue 28 Apr – Tue 16 Jun
9am – 11am (8 sessions)
Fee: \$130 Conc: \$65 **Tutor:** Annette Playsted

Discover the Artist within - Level 2

An Intermediate Level Art Course in Painting and Drawing for Adults who have completed a foundation art course (Level 1). This course aims to increase media knowledge in the techniques and processes of painting and drawing, improving skills and confidence.

Dates/times: Wed 29 Apr – Wed 17 Mar
10am – 12.30pm (8 sessions)
Fee: \$140 Conc: \$70 **Tutor:** Annette Playsted
Materials list available from SpringDale office

Develop the Artist Within – Advanced Workshop program

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

Dates/times: Tue 28 Apr – Tue 16 Jun
11am – 1.30pm (8 sessions)
Fee: \$140 Conc: \$70 **Tutor:** Annette Playsted
Materials list available from SpringDale office.

Accredited Courses

Basic Food Safety

(Follow Workplace Hygiene Procedures)
Code SITXFSA101

Safe food handling skills are essential for all people working within the food industry. This course meets the requirements for workplaces in applied food handling.

Dates/times: Sat 9 May 9am – 4pm
Fee: \$100 **Venue:** SpringDale
Tutor: Ocean Grove Neighbourhood Centre

Responsible Service of Alcohol Certificate

Code: SITHFAB009A

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

Dates/times: Sat 16 May 9am – 1pm
Fee: \$70 **Venue:** SpringDale
Tutor: Ocean Grove Neighbourhood Centre

First Aid – Provide First Aid (Level 2) and CPR

Pre-course work is required and you will be contacted before the course with the details.
Perform CPR Code HLTAID001

Dates/times: Fri 24 Apr or Sat 20 Jun

9.30am – 11.30am **Fee:** \$50

Provide First Aid Code HLTAID003

Dates/times: Fri 24 Apr or Sat 20 Jun

9.30am – 3.30pm **Fee:** \$120pp

Tutor: Stayin' Alive First Aid

Stayin' Alive First Aid delivers nationally recognised training in partnership with, and under the auspices of, Allens Training Pty Ltd RTO 90909

New Courses

Setting Up a Simple Website

Want a website for your business, club or hobby but don't know where to start? Learn the basics required for having your own web presence, explore different options and find out what type of site and setup best suits you. Explore free site builders, 'Google My Business', community sites such as etsy, and compare prices on other website choices. No prior knowledge needed apart from basic computer skills and no programming involved.

Date/time: Tues 23 June 7pm – 9pm

Fee: \$25

Tutor: Julie Mather Colored Jules Wool on the Web

The Paleo Way

Learn the basic principles of the popular 'Caveman Diet', how to apply it in everyday cooking and how it may help you improve your health.

Date/time: Tues 21 April 7pm – 9pm

Fee: \$10 **Tutor:** Adrian Stone

Upset Tummies

Understand how irritable bowel syndrome (IBS) and food intolerances can develop, and what practical steps you can take for better digestion.

Date/time: Tues 19 May 7pm – 9pm

Fee: \$10 **Tutor:** Adrian Stone

Boost your Immunity

Learn easy natural methods to help prepare your body to fight off the cold and flu season.

Date/time: Tues 16 June 7pm – 9pm

Fee: \$10 **Tutor:** Adrian Stone

Novel Writing

If you are intending on writing a novel, but have no idea where to start, then this course will provide you with the nuts and bolts to get starting. Learn about theme, characters, settings, details, plots, voice and other required techniques for good fiction writing.

Date/time: Sat 30 May 9am – 1pm

Fee: \$30 **Tutor:** Laurent Boulanger

Good Grammar

Good grammar practice is essential to any genre of writing, yet it is often the most neglected skill writers work on. With a solid understanding of grammar and practice, you will be able to control your narrative more effectively and impress editors.

Date/time: Sat 27 June 9am – 1pm

Fee: \$30 **Tutor:** Laurent Boulanger

Food as Medicine

The food you eat can either be the safest and most powerful form of medicine or the slowest form of poison. Transitioning to a healthy plant based diet can seem difficult at first – however with the right information and guidance it becomes an exciting and beneficial lifestyle change. Feel your energy levels soar and your ability to regain your health effortlessly.

Date/time: Tues 28 Apr 10.30am – 12.30noon

OR Tues 5 May 7pm – 9pm

Fee: \$35 **Tutor:** Lisa Fitzgerald

Detoxifying Your Life – Inside Out

We have never faced a health crisis (world wide) as we do today. Are toxic synthetic chemicals making you and your family members sick? Learn how to

take the toxins out of your home and your body and learn how to put health promoting alternatives in place.

Date/time: Tues 12 May 10.30am – 12.30noon

OR Tues 19 May 7pm – 9pm

Fee: \$35 **Tutor:** Lisa Fitzgerald

Cooking on a Budget

This enlightening class demonstrates how cooking with a few tasty ingredients is important to keep cooking delicious and nutritious meals on a budget, including lots of tips and ideas for shopping frugally. This is not a hands-on cooking class, but food will be served. Please bring a container for take home.

Date/time: Tue 5 May 1pm – 3pm or 7-9pm

Fee: \$5 **Tutor:** Agata Commisso

Budgeting Solutions

This enlightening class demonstrates : How/ Why should you save? What is a budget and how to develop a budget? How to budget in 4 easy steps with tips to reduce spending and increase savings. Participants are asked to BYO pen/pencil and a small notebook.

Dates/Times: Tue 19 May 1pm – 3pm

or Tue 19 May 7pm – 9pm

Fee: \$5 **Tutor:** Agata Commisso

Laughter, Goal Setting, Stress Reduction and Motivation Introduction Class

Is a fun class where participants will laugh, think about goals and being motivated to achieve those goals. BYO pencil/pen and small notebook and a little sense of humour. This class may be the beginning of a whole new world.

Dates/times: Tue 26 May 1pm – 3pm

or Tue 26 May 7pm – 9pm

Fee: \$5 **Tutor:** Agata Commisso

Lifestyle Courses

Cheese Making with Corinne

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

Dates/times: Sat 16 May Fetta Sat 23 May

Halloumi Sat 20 Jun Cheddar Sat 27 Jun

Camembert (1 session each class) 10am– 4pm

Fee: \$80 **Tutor:** Corinne Blacket – Drysdale Cheeses

Espresso Coffee Making Workshop

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

Dates/times: Sat 2 May or 6 June 10am – 12noon

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

Digital Photography Doctor

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

Dates/times: Mon 27 April – Mon 18 May

7pm – 9pm (4 sessions)

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

Product Photography

A new course - tips will be shared for great product photography for websites or publications. Bring along

your products to photograph. Please let the office know the types of products that you will be bringing.

Dates/times: Mon 25 May – Mon 1 June

7pm – 9pm (2 sessions)

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

Yoga

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

Dates/times: Mon 27 Apr – Mon 22 Jun

9.15am – 10.45am (8 sessions)

Fee: \$135 Conc \$120 **Tutor:** Glenda Breedveld

Materials: Bring your own mat and blanket if required.

Venue: Drysdale Senior Citizen's Club, Cnr Clifton Springs Rd & Wyndham St

Yoga

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

Dates/times: Thurs 30 Apr – Thurs 25 Jun

6pm – 7.30pm (9 sessions) **Fee:** \$152 Con \$145

Tutor: Glenda Breedveld

Materials: Bring your own mat and blanket if required.

Venue: Drysdale Senior Citizen's Club, Cnr Clifton Springs Rd & Wyndham St

Yoga on Chairs

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

Dates/times: Mon 2 Feb – Mon 23 Mar

11am – 12 noon (7 sessions)

Fee: \$90 Conc \$81

Venue: SpringDale

Buying and Selling on eBay

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

Dates/times: Sat 7 March 9am – 1pm **Fee:** \$40

Tutor: Brett Kerr

French

We have been lucky enough to have Laetitia as our French Tutor for a number of years but she is now otherwise employed and we are seeking a French tutor to fill this gap – until we find a replacement the group is meeting as a group to practice French speaking.

Please check time with the SpringDale office.

Ukulele Beginners

A class for those who will learn to play the ukulele quickly and easily and those who have started with us but need some more support before moving to the next class – no experience necessary but you will need to bring a Ukulele.

Date/time: Thur 30 Apr – Thur 18 Jun

10.30am – 11.30pm (8 sessions)

Fee: \$85 **Tutor:** Sarah Carroll

Advanced Beginners

Date/time: Thurs 30 Apr – Thurs 18 Jun
10am – 11am

Fee: \$85 **Tutor:** Sarah Carroll

Ukulele Intermediate

The intermediate level is for those who are part way along the path to learning how to play the Ukulele and improve their skills.

Date/time: Thurs 30 Apr – Thurs 18 Jun

9.30am – 10.30am (8 sessions)

Fee: \$85 **Tutor:** Sarah Carroll

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

SpringDale Groups

Card Games

Enjoy playing cards come and play Canasta and Bolivia Monday afternoons from 12.30pm – 3pm.

DRAW

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 could tackle many different drawing subjects, from still life, interiors, streetscape, landscape, seascape, and portraiture to imaginative drawing. 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

Friendly Cuppa and Chat Group

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

SpringDale Craft Group

A great activity for all year. Keep your hands busy and be creative. Learn to knit or crochet a garment of your choice. **Dates/times:** Tuesday Weekly from 1pm – 3pm.

SpringDale Badminton

Wednesdays 1pm – 3.30pm weekly at The Scout Hall Drysdale.

Bellarine Community Choir

Peninsula residents are welcome to join this choir we sing 4 part harmony to perform at functions on the Bellarine and Geelong. All welcome. **Dates/Times:** Thursdays at 1.30pm at SpringDale

Cryptic Crosswords Group

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

Fun Volleyball

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

Genealogy

People interested in researching family history come together weekly and share tips and tricks. **Thursdays** 9.30am – 12noon

SpringDale Jigsaw Club

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

Line Dancing

Join our group. Every Wednesday. 10am – 12noon.

SpringDale Mahjong Club

This group meets Wednesday from 9.30am – 12noon.

Pole Walking Group

Enhanced walking where the arms are used to push. The movements of your arms, feet, pelvic area and the entire body are similar to those employed during a vigorous walk. **Dates/times:** Weekly Mondays 8:50am-10am (Contact SpringDale for meeting points)

SpringDale Scrabble Club

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

SpringDale Artists

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

SpringDale Wheelie Riders

SpringDale membership is all you require. Would you like to get involved in cycling again? Rides vary in difficulty and start from SpringDale at 8am. New riders welcomed and shorter rides are graded to suit individual needs.

Rides Mon, Tues, Wed, Fri and Sat or Sun. SpringDale membership is all you require.

SpringDale Singers

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

Dates/times: Tuesday 1.30pm – 3.30pm

Men's Kitchen – Tuesday Mornings

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

Men's Kitchen

– Wed / Thurs / Fri Morning

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

Traditional & Digital Scrapbooking

Would you love to organise your precious memories by scrapbooking your photos. Come along and learn traditional and digital scrapbooking solutions. Material list for beginners, tools available for you to use and product available to purchase.

Day/Time: Thur 15 Jan, 12 Feb, 12 Mar 1pm – 4pm

Write About

A small group of committed writers meet on the 1st Thursday of each month from 2.30pm – 4.30pm.

Bellarine Poets Society

Enjoy reading or listening to local poets sharing their words, group discussions, mentoring and assistance for those starting on the poetic journey. There will be an annual members poetry competition. Meet 2nd and 4th Wednesday each month 2.30pm – 4pm.

SpringDale Bush Dance Saturday 11 April 7.30pm

**\$10 per person
SpringDale Hall**

*'Wear your dancing shoes
and bring a platter to share.'*

Harvest Basket

Meets 1st Saturday of every month and operates on an honesty system outside SpringDale (inside if wet) to swap home grown vegies.

Dates/times: 9am – 10.30am Swap
10.30am – 11am Vegies available for purchase.

Men's Kitchen

– Wednesday Evening

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

Fee: price depends on menu

Music Group

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

Felting

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

Dates/times: 1st Saturday each month. 10am – 3pm

Making Waves

Play a tune, sing a song or recite a poem and bring along a musical instrument. Special guest acts. Contact Jill Meehan 0431 606 476

Dates/times: 3rd Sunday each month.
2pm – 5.30pm. **Fee:** \$6

SpringDale Open Dance Band

The band usually meets weekly on Saturday afternoon 1- 4pm– musicians of various backgrounds who enjoy making music together and sharing their love of music with others. Open to all musicians contact Dennis for more details 0419 543 920.

SpringDale Community Garden

Currently on hold but there is a garden bed to watch at SpringDale log in to www.springdale.org.au/garden_watch to see the plants growing

SpringDale Membership

For \$100 you are able to be a 'Whole of Life Member' of SpringDale.

Call (03) 5253 1960
for more information

SpringDale Business Breakfast

Monday 25 May 7am – 8.15am Fee: \$15

Guest Speaker Lisa Neville MP

re: The State Budget

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



SpringDale Business Services

Photocopying, Faxing, Scanning, Laminating, Binding, Offsite Backup and storage, Online file sharing, Small business webpage development and hosting. These services are available 9am-5pm weekdays and maybe available after hours and weekends by arrangement.

Document Signing Service

Wednesdays 10am – 12noon an Honorary Justice of the Peace is available to witness most documents excluding Births, Deaths and Marriage certificates. This is a free service staffed by local volunteer JPs. Bus stop at front of building, waiting time minimal and parking available.

Non SpringDale Classes and Groups

Pilates

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

Dates/times: Tue 14 April – Tue 16 June (10 weeks)

Fee: \$150

• 9am – 10am (ball class)

• 11am – 12noon

(beginners to intermediate floor class)

Thur 16 April – Thur 18 June (10 weeks)

• 6.45pm – 7.45pm (beginners to

intermediate/advanced floor class)

8pm – 9pm (beginners to intermediate floor class)

Fee: \$150 **Tutor:** Monique MacLeod

Phone to book: (03) 5251 2958

Venue: Drysdale Physiotherapy & Sports Injury Clinic, 27-29 High Street, Drysdale.

Bellarine Woodworkers Inc.

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

Karate

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

Dates/Times: Mon 13 April onwards 4pm – 4.45pm
First 2 lessons free

Fee: \$155 Primary aged students \$170 Secondary aged students (term fee)

Tutor: Art of Defence Australia

Phone to book: 0407 320 333

Venue: SpringDale

Tai Chi

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

Dates/Times: Mon 13 April 6pm – 7pm

First 2 lessons free

Fee: \$185 Conc: \$170 (term fee)

Tutor: Art of Defence Australia

Phone to book: 0407 320 333

Venue: SpringDale

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

Other SpringDale Services

Family Services

SpringDale Occasional Care

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

Sessions: Monday 8.30am - 1.30pm,

Wednesday and Thursday 9am – 2pm,

Tuesday, Friday 9am – 12noon.

Some subsidised places are available those studying Learn Local supported classes. (conditions apply). For further information please phone Occasional Care on (03) 5251 1627. Sessions run during school terms only. (We are hoping other funded opportunities will be available in the new year).

Drysdale Toy Library

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

Portarlington Toy Library

Wednesday 8.45am – 10am. We have some great new toys thanks to a Bellarine Peninsula Community Grant. You might like to get involved or just use the library service. Membership \$10 per term.

SpringDale Family Dance Night

Next scheduled performance at the Family Bush Dance Saturday 17 January 7.30pm \$10 Adult, \$5 Child, \$25 Family – please bring a plate of supper to share. Ring Dennis 0419 543 920 for more information or to offer your assistance.

Ideas for new courses you might like to learn or you might like to teach *Data Backup, Developing a Marketing Plan, Political Advocacy, Sustaining our environment, Bokashi recycling, Lace Making, Make up Techniques, Cup Cake Decorating, Cake Decorating, Sushi Making, Face Painting for Beginners, Macrame, Car Maintenance, Running a Bed and Breakfast, Goat Keeping, Fingernail Painting, Glass Cutting, Fairy Floss Making.*

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

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

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



SpringDale Neighbourhood Centre Inc. acknowledges the support of:



Department of Planning and Community development



Department of Education and Early Childhood Development



Enrolment & Payment Conditions

ENROLMENT

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

• Your enrolment is confirmed when payment is received.

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

PAYMENT/ REFUNDS

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

- If there are not enough enrolments to successfully run a course it will be cancelled.
- If a course is cancelled due to lack of enrolments or other reason, you will be notified and your fees will be refunded in full.
- Should you wish to withdraw from a course you must do so prior to commencement of the course. Where fees have been paid, in those circumstances they will be refunded to you less an \$8 administrative fee.
- If you withdraw from a course after it has commenced no refund will be issued. An opportunity to transfer to another course may however be available in certain instances.

Privacy: The SpringDale Neighbourhood Centre

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



Lions - working hard in our Community



Catering, crayfish and clean-ups, all taken care of.

Thousands of residents, visitors and camping tourists swelled the populations of the towns of the North Bellarine over summer. The Lions Club of Portarlington Drysdale volunteers lived up to their motto "WE SERVE".

Our Annual Crayfish Raffle held in Portarlington and St Leonards gave many families luscious crayfish meals judging by the smiles of the winners. Some 150 crayfish were raffled allowing us to realise \$8500 for local community projects. The Mussel Festival was a great success despite threatening weather forecasts. Lions again assisted by conducting a BBQ providing low cost food and soft drinks. Australia Day celebration at the new location was deemed a great success and makes the area near the Rotunda a living Portarlington town centre. Lions fed the multitudes at no cost with 400 snags and 250 drinks in 70 minutes.

We look for your support in 2015 by donating goods for our giant GARAGE SALE to be held on 29 March 2015. All manner of goods including household and outdoor items in

good condition, furniture (small items only), bric-a-brac etc. All proceeds go back to our north Bellarine communities. We regret that we are unable to accept electrical goods, mattresses and large furniture items.

To arrange goods to be collected phone **Paul Bellizia on 0413 756 616 or John Emerson 0427 281 290.**

If you are a community minded person and would like to join our Lions Club please phone **John on 0427 281 290.**
Herb Picker

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Maree is available to provide free information and practical advice 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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Avoid coconut oil if you have heart disease and check with your GP for other medical conditions. Be like Madonna and drink some coconut water today.



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5 Most Common Causes of Knee Pain Part 1 – Ligament Injuries

Last year, the prevalence of knee pain was reportedly around 46.2%. Meaning that, last year, almost half of all Australians experienced some sort of knee pain. Typically knee pain is a common problem at Portside Physiotherapy. Today, we will discuss ligament injuries.

Ligaments provide a rigid support to joints. There are 4 important ligaments in the knee. The most common ligaments that can be injured are the MCL and the ACL.

The Medial Collateral ligament, on the inside of your knee, is the ligament most commonly injured. An MCL tear usually occurs when the knee is slightly bent, and there is a force to the outside of the knee, such as during contact sports like football.

It is also often injured turning, falling or during walking on uneven ground. The MCL can be treated well with physio.



The ACL is also a relatively common ligament to injure, particularly in the sporting population where pivoting is involved (netball, football, soccer). Generally ACL tears need to be repaired surgically.

With ligament injuries, patients will often report hearing a *pop* and feeling a great amount of pain, and usually the knee swells.

A physiotherapist can diagnose and decide on the best way to treat knee injuries.

Next month we will discuss knee pain caused by osteoarthritis.

Brea Turnley
Portside Physiotherapy

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The Drysdale R.S.L. calls to rally the troops.



To commemorate 100 years of **ANZAC** the Drysdale R.S.L. will honour the 33 Drysdale boys, who did not return from Gallipoli, by placing a cross at the cenotaph for each. We have been able to find the families of 20 of the soldiers but we would appreciate the help of a representative from the families of the thirteen soldiers listed below to assist us with this tribute. *Thomas John Carlson, Thomas Leslie Clarke, Louis Ivan Foster, John Norman Allen, Stanley Frederick Armytage, Frank Barrand, Stanley Robert Close, Bertie Devlin, George Fraser Devlin, William James Jackson, Norman John Madden, Ronald Hamilton Marchant, Thomas Sydney Welsh.*

If you need more information or to volunteer to potentially assist on behalf of a family member listed please contact Pam Davis email pkdavis47@telstra.com or phone (03) 5251 2328.

12-15 March

World's Greatest Shave



Leukaemia Foundation

Every hour somebody in Australia is diagnosed with lymphoma, myeloma or leukaemia. Every second hour, somebody dies from one of these diseases. The **World's Greatest Shave** has raised in excess of \$120 million since 1998, and uses the raised funds to support patients and families living with these blood disorders. Funds are also used to support blood cancer research to help find better treatments and cures.

www.worldsgreatestshave.com

12 March

World Kidney Day

Diabetes and high blood pressure are both key risk factors for chronic kidney disease.

World Kidney Day aims to raise awareness of the importance of our kidneys to our health, and aims to reduce the impact of kidney disease worldwide.

www.worldkidneyday.org



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Are you sick and tired of feeling sick and tired?

Do you have **aches and pains** that prevent you from keeping up with your busy family?
Do you want to have a more **active and vibrant life** without being held back by health problems?

We may have the answer for you.

Spinal nerve interferences

can disrupt the healthy nerve flow in your body

This can lead to:

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to assess nerve function is available and you **may be the answer** to finding the cause of your health challenges.

Corrective Chiropractic Bellarine - provides specific spinal and postural correction. We are passionate about helping families achieve and maintain health and wellness for life.

Your first step in the right direction:

Call (03) 5253 2800 or (03) 5248 4375 and schedule a complete spine, posture and health assessment with local chiropractor.

Dr Sharon Pedersen-Jones

Your visit will include a specialised nerve scan and spinal X-rays (if required) for only **\$75** (normally valued at \$225).
Phone my amazing assistants at Newcomb on (03) 5248 4375 or Clifton Springs on (03) 5253 2800
to schedule an appointment that could change your life.

Buttons and Bows Exhibition and Fair

The theme for the Cancer Council Exhibition and Fair for 2015 is *Buttons and Bows*. This event will be held at the Parks Hall, Portarlinton on Sunday 17 May. We expect to have a display of buttons and an array of handmade items featuring buttons and/or bows created by art and craft groups around the district.

Enter one of your works in the Exhibition Competition. It must be handmade and feature buttons, bows or both. It could be cushions, clothing, toys, bags, sculpture, pottery, or anything else that fits the theme. Let your imagination run wild!

Prizes will be given to the most creative and original entries. The items can be donated or loaned. Donated items will be sold to raise

funds for the Cancer Council. Closing date for the competition is Saturday 9 May.

Donated items will be greatly appreciated. We are seeking donations of buttons for sale or on loan for our display. Button donation boxes are located at Springdale Neighbourhood Centre at Drysdale, Portarlinton Neighbourhood House, and Montana's Dress Shop Portarlinton. For special Buttons on loan or display, or any enquiries call; **Barbara (03) 5259 3113, Margaret (03) 5259 1123 or Yvonne 0457 234 756.**

Buttons and Bows is in conjunction with Portarlinton's *Biggest Afternoon Tea* to be held at **Parks Hall Portarlinton on Thursday 28 May.**

Toolbox Parenting Program

Great kids need great parents and with the right tools anyone can be a great parent.

The **Drysdale Uniting Church** is pleased to be able to present the *Toolbox Parenting Program* for parents of 0-6 year olds. In an informal, relaxed and friendly environment participants are equipped with practical skills and strategies that can be immediately put to use. Over six sessions key parenting principles are explored and participants are encouraged in their parenting.

The program will commence on Tuesday, 21 April, from 7.30pm to 9.30pm for a cost of \$70 a single, or \$90 a family, which includes your manual and coffee and calories each week.

If this program interests you, please register by phoning the facilitator, Val Lestrangle on (03) 5251 3125.



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20 March

National Day of Action against Bullying and Violence

Bullying! No Way!

The theme of the day encourages parents and families to take a stand together with school communities and recognise the important role that everyone plays to stop bullying.

www.bullyingnoway.gov.au



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Benalla - the destination for the P20

Club Caravan and Cabins Friends

During the Brisbane G20 conference, 20 members of our *Club Caravan and Cabins Friends* tripped to a Benalla caravan park, where we spent several days relaxing and enjoying the good weather for our P20.

We set the world right at our *Happy Hours*, enjoyed a spit roast dinner and pancake breakfasts, and visited the local sights including the rose gardens with the moving memorial to *Weary Dunlop*, the air museum, the wonderful art gallery, *Ned Kelly* at Glenrowan and so much more. Benalla turned out to be an ideal choice for our P20. We are planning and looking forward to another interesting and enjoyable year in 2015.

As a social club for retirees, ladies and gents, you will be welcomed as a visitor at our regular monthly meetings held in the Members' Room of the Clifton Springs Golf Club from 10am on the second Monday of each month. Please contact Val on (03) 5253 1446 or Alby on (03) 5253 2631 for further details.



A pictorial essay of highlights of the journey to Benalla.

Play in the Park

Free family fun at the **Geelong Botanic Gardens and Children's Playspace** during the **2015 National Playgroup Week Celebrations**. Come and join in the fun activities for children and their families. Activities will be held between both sites and include the *Mik Maks*, *Krazy Koala* puppet show, drumming workshops, storytelling, music, face painting, animal farm and lots more.

This event will be on **Monday 23 March** from 10am to 1pm at the Botanic Gardens, Geelong.



19 March

Ride2School Day

Bicycle Victoria



Ride2School day encourages children to become more active and healthy in and out of school. Children participate by walking, riding or scooting to school. www.ride2school.com.au



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Clifton Springs Garden Club

The Clifton Springs Garden Club started their 2015 year with an informative talk on composting by Stephen Findlay, a long standing member of the Geelong Organic Garden Club. The Committee is currently working on a Calendar of Events for 2015 which includes interesting and informative speakers at monthly meetings, bus trips to open gardens, local field trips and an open day.



We meet on the 3rd Monday of the month (excluding July) at the Presbyterian Church Hall, Drysdale.
If you have any enquiries please feel free to contact Helen on 5257 1566.

Fashions on Parade

St James will be holding a fundraising *Fashion Parade* in their Hall on **Wednesday 11 March at 2pm**, with clothes from Montana's in Portarlington.

This is a new venture for St James as *Millers* no longer provides this service. As usual there will be a delicious Devonshire tea to follow the parade.

The cost will be \$12 to include the refreshments, but each \$12 entry ticket will entitle the holder to a \$12 discount on clothes purchased on the day (cash or credit card) or subsequently from Montana's shop in Portarlington. (So make sure you keep your ticket!)

Advance booking essential for seating and catering: Pauline 5253 2717.

St James Church, Collins Street (Portarlington Road), Drysdale. 2pm.
All abilities access, extensive parking.



Parkinson's Geelong

The **Geelong Support Group** has a new venue for 2015.

Our regular monthly meetings will be held at the

East Geelong Seniors Rooms

Godfrey Street East Geelong

We meet the last Friday each month from 2pm - 4pm

All Parkinson's friends, family and carers are welcome.

Plenty of free parking.

Contact Harold Waldron
(03) 5259 3134 or 0417 549 437

Friends' Nursery Plant Sale



The Friends' Plant Nursery is located at the rear of the **Geelong Botanic Gardens** and the nursery plants are sourced from the Geelong Botanic Gardens. **The next weekend Plant Sale will be held on 28 and 29 March** when the nursery is open between 10am and 4pm. The nursery is open for weekly plant sales on **Wednesdays** from 9am to 12 noon



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City of Greater Geelong Ward Boundary Revisions

During our town summits over the last few years, of the topics for discussion and comment was the **Council Ward Boundaries**.

We have been waiting for the Victorian Electoral Commission to call for a review. It will start in November this year.

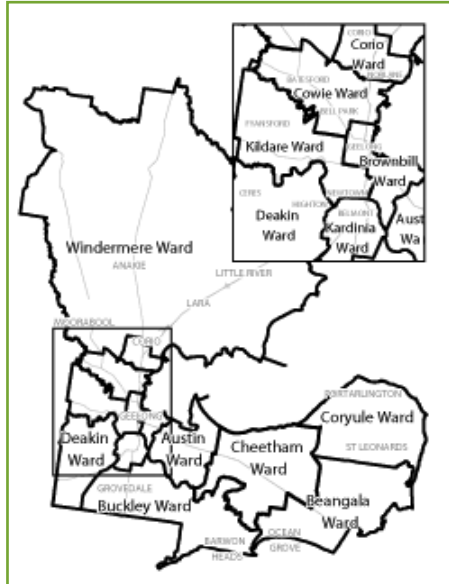
This would be a great time for us to think about how the boundary change 7 years ago affected our community and what would we like to see in it place.

During the last review 3 options were given to the City of Greater Geelong citizens.

Options: 12 wards with one Councillor in each, 6 wards with two Councillors in each or 4 wards with 3 Councillors in each.

Each of the options split a community of interest in two. The option that was chosen split Drysdale and Clifton Springs from other parts of Clifton Springs.

Perhaps this is a time to think about a Ward that covers the Bellarine. Perhaps this is a way to salute the 150 year celebration since the Shire of Bellarine was formed.



I believe the anniversary date falls on 26 September 2015.



Time to find a Bellarine Show Schedule!

Keep your eye out around town and look up what you can enter. Take up the cooking challenge, flower arranging or art/photography. As well as the dog jump, see how you go with most obedient, best trick or best dressed dog.

Got an old gumboot? Decorate it in any style. Things to do – climb a ROCKWALL, Kids Rides, ride a pony, pat baby animals in the Animal Nursery. NEW for 2015 – the Bellarine Show Mystery Trail – children to follow a special map collecting items along the way.

Look at horses, cows, chooks, flower arrangements, many craft items and art/photography. See how Vintage Machinery works, how to fillet a fish and shear a sheep. CHAINSAW sculpture on site – see a lump of wood become art. Sculptures auctioned later in the day. Entertainment to enjoy - the Glenn Miller Swing band, Cat Sanzaro, and The Black Sheep rocking on.

See you at the Portarlington Recreation Reserve Sunday 8 March.

Urban Design Framework.

Much deliberation and planning went into the Urban Design Framework for Drysdale and as we prepare to talk to VicRoads about upgrades to High Street, let us consider the planning that has already taken place. Lets come together to discuss how parts the Urban Design Framework could be implemented with the \$3 million.

Please let the SpringDale Office know if you would like to be part of this discussion.

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Rotary Club of Drysdale
39th Annual Easter

Art Show
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Easter Saturday
4 April 10am - 5pm
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5 April 10am - 4pm

Admission: Adults: \$8 (Inc. catalogue)
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kel's corner

Salt works was one of the biggest employers on the Bellarine and it was a complex that kept lots of men employed during the depression. Jobs included building the pans and shovelling salt. The pans are filled by opening a pivot gate about half way along between Point Henry and Boundary Road. The pressure on the gate would turn the gate on until the tide started to go out and the shut the gate - it was completely tidal controlled. At the point Henry end they had settling ponds (pictured). They were huge and during certain times of the year they would lock the water into the settling ponds. Heavy rains would upset this balance and cause less salt to be harvested as it diluted the pond. During drought years 30cm of

Kels remembers the Salt works



salt depth could be harvested and in wetter years perhaps only 20cm might be harvested.

There was a conveyor belt that could be moved along the length of the ponds so a long line of men using square mouthed shovels would shovel salt onto the conveyor belt and took it to another conveyor that took the salt to the stack of salt. My father and uncle Gordon worked there during the depression as labourers and also worked the teams of Clydesdale horses who were used to pull the small rail way open top trucks to Wilson's road where it was packed.

There was a small railway line that crossed Portarlington Road, that cars gave way to, when the intersection was manned with a man with a flag. The railway cars crossed Bellarine Highway to get to Cheetham siding about 1/2 mile from South Geelong station.

This all happened with Clydesdales for many years. After the Second World War the horses were

retired when they were replaced by a tractor on railway wheels which would pull the carts. Many seabirds nested in the mounds between the salt ponds.

Mr Shaw was a foreman at Cheetham Salt during the depression and he lived in a small miners hut on the same side as the ponds about opposite Coppards Road.

To protect the salt stack Kel carted thatch from Barwon heads to cover the salt stacks. English men were employed to work the thatch and put it on the stack to protect it. But this procedure only happened for a short while as the thatch broke up when it was removed and it contaminated the salt and needed to be removed.

One of our legends of Drysdale, Adrian Mannix, used to be the purchasing officer for vehicles in later years. Eventually Cheetham salt works bought a ford primer semi trailer to move blocks of salt.

Kel Davis

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New Coach for Bellarine Peninsula Basketball Association

Bellarine Peninsula Basketball Association Inc. (BPBA) is pleased to announce former WNBL Coach of the Year, David Herbert as Development Manager. In what is a newly created position by the BPBA, the vastly experienced Herbert will oversee the implementation of a variety of development programs for players and coaches at both domestic and representative level.

"I am looking forward to working back in Victoria Country as it is where I started my coaching career. The enthusiasm shown by Bellarine Peninsula Basketball Association has been very refreshing and I can't wait to get started helping the association achieve many of its strategic goals and desired outcomes" David said.



Adrian E Mannix Community Services Award

Nominations are currently open for the **2015 Adrian E. Mannix OAM Community Service Award**. Nomination forms and criteria guidelines are available from SpringDale. Nominations close on **24 April 2015**.

The award is an opportunity to recognise the voluntary efforts of individuals made in the local communities of Clifton Springs, Drysdale, Indented Head, Portarlington and St Leonards.

The **Drysdale Rotary Club, Portarlington/Drysdale Lions Club** and SpringDale Neighbourhood Centre have joined together to provide this award, in memory of the contribution made by **Adrian E. Mannix O.A.M.** The winner will receive a trophy and \$500.00 to donate to the charity/cause of their choice.



Crackerjack Family Fair

Sunday 8 March
8.30am - 2pm
Point Lonsdale

Kidz Korner Carnivale
Pooch Parade
Beat the Bowling Champ
Crayfish Spinning Wheel

Roving Magician & Balloonist
Devonshire Tea
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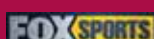


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