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by the SpringDale  
Neighbourhood Centre Inc.

# The SpringDale Messenger

June 2015  
Volume 25 Issue 5



*Congratulations  
Kel & Norma*

## Kel and Norma Winners Adrian Mannix Award

Congratulations to the joint winners of the **2015 Adrian E. Mannix Community Service Award**, Kel and Norma Davis.

**Kel and Norma** were gracious winners of the **2015 Adrian E. Mannix Community Service Award**.

Their dedicated years of service to Lions, CFA, Bellarine Community Health, Meals on Wheels and many more were celebrated by the seventy members of Drysdale Rotary Club, Portarlington Drysdale Lions Club, SpringDale, the Mannix family and relatives of Kel and Norma.

Kel shared a few of his stories and Norma supported him in her strong quiet way.

The evening was a great success thanks to everyone present, especially Sue van Every from Drysdale Rotary Club for her stewardship of the night. The meal was a culinary delight and rounded off the evening well, sincere thanks to Portarlington Golf Club and staff.

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# 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** July 2015 **Bookings/copy required** by 1 June **Dist:** Sat 27 June **Circ:** 9,000 copies

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

## JUNE

<b>Saturday</b>	<b>6</b>	Harvest Basket Produce Swap 9am-10.30am St James Secondhand Book Sale 9am – 5pm
<b>Sunday</b>	<b>7</b>	St James Secondhand Book Sale 10am – 4pm
<b>Monday</b>	<b>8</b>	Queen's Birthday Holiday. <b>SPRINGDALE CLOSED.</b>
<b>Wednesday</b>	<b>10</b>	<i>Day for Girls</i> at SpringDale 9am-noon
<b>Saturday</b>	<b>13</b>	<i>Adventures In Piano Land</i> Jan Preston 7.30pm Potato Shed
<b>Tuesday</b>	<b>16</b>	<b>Card Making Workshop 10am – 12noon at SpringDale</b>
<b>Tuesday</b>	<b>19</b>	
<b>&amp; Wednesday</b>	<b>20</b>	<i>Winter Solstice</i> 8pm Potato Shed
<b>Tuesday</b>	<b>23</b>	<i>The Irish In Australia</i> Morning Showtime 10.30am Potato Shed
<b>Wednesday</b>	<b>24</b>	Coryule Chorus Concert, St James Hall, Drysdale 2pm
<b>Friday</b>	<b>26</b>	<i>Spud Club Open Mic Night</i> 6.30pm til Late Potato Shed

## SpringDale Diners Group

**Dinner will be at the Leura Park, Drysdale  
Monday 8 June 12 noon**

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

**Please email [office@springdale.org.au](mailto:office@springdale.org.au) or phone (03) 5253 1960 to book.**

JUNE



**Blended Butterfly Trio Set.**  
It consists of a Card  
and a Book Mark.

## Card Making Workshop

Come along and meet Jacqui for this fun Card Making Workshop. Open for all ages from beginners to experienced crafters. There will be a free door prize. Everyone will make a card and a matching bookmark using some great techniques.

**Date/time:** Tue 16 Jun 10am – 12noon **Fee:** \$5 **Tutor:** Jacqui Ryan

**Abridged Course &  
Opportunity Guide  
Pages 12-13 this issue  
or visit  
[www.springdale.org.au](http://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



At SpringDale we are regularly trying new things, one off bus trips, one off international evenings, one off many things. For a long time, I have talked about these activities and the fact that most of them we only ever do once. Doing something for the first and only time means that you are always learning how to do whatever it is. We try our best but if you only do things once you can never develop mastery.

The funny thing is, it took until the other day for me to realise that I only get one chance at each day. During an ordinary day there are things that I do each day and maybe a number of times each day so I am able to master those skills and activities and also to increase the efficiency of each activity to be able to do more each day.

It's the unusual interactions that we don't get to practise and so we hope that each time we can present very well. But if you get to do similar things or have similar conversations, and get good feedback, it helps you to develop the set of skills needed to hopefully be able to meet whatever challenge meets you next.

That's why we have come up with a new set of courses that we are going to trial. They all have sets of skills that we will be sharing, many of which include teamwork, building confidence and communication, all fantastic skills for those looking for employment or just wanting to be a great part of our

community. Please think about these new sessions for yourself or to put in front of a family member or friend. Sometimes we like to try something new with a friend, but most people who do come to SpringDale find new friends quite quickly.

Thanks to everyone who has volunteered to help David King with his movie, David was pleasantly surprised by the reaction of so many from last month's SpringDale Messenger. It's great to know that we can have such an impact on a community member's dream by the community connections forged through this magazine.

SpringDale seeks to work with all groups and demographics in our community. During the last few months we have been working with and supporting students from Bellarine Secondary College with a project that they are creating, we have been working with students towards YouthFest in September and we are currently working with Bellarine Youth Development Network to try to assist in projects in our fantastic part of the world.

During the month we have had a number of new people walk through our door. Carol wants to run Rock and Roll dance classes and almost the next day CJ came through the door and she plays Rock and Roll music. Joan came into get some pieces of card cut and that started a conversation and you will learn more about Joan, a local hero, in this magazine. We thank Phil and Wade for the fantastic work that they are doing with us and we welcome Fiona, Cecilia and Elizabeth to our SpringDale family.

We recently held a laughter workshop and from that Agata is offering a new SpringDale Group called Laugh Out Loud (LOL) it will be held on that last Tuesday of each month from 9am – 9.30am. It is a very short session but it will hopefully be a session that sets us all up for the next month.

Hoping to see you at SpringDale soon – most people who come through our door say "Why didn't I do this earlier?"

Anne Brackley for the SpringDale Team.

## 2015 COURSE UPDATE

### Yoga on Chairs

**Dates/times:** Mon 1, 15 June 11am – 12 noon (2 sessions) **Fee:** \$25 Conc \$20

### Espresso Coffee Making Workshop

**Dates/times:** Sat 6 June 10am – 12noon  
**Fee:** \$30 **Tutor:** Jordon Smith

### Four Steps to Edible Gardening

Although 2 sessions have already been held there are still two sessions to follow. You will gain knowledge and skills to make your own garden to grow vegetables and herbs at home.

### Session 3: Feeding and mulching

Worms, compost and other natural soil additives plus mulch for soil improvement.

**Date/time:** Sat 6 June 9.30m-11am

**Tutor:** Dennis Walters

### Session 4: Protecting your veggie crops

Protecting your crops from wind, birds, pests and diseases and general care to ensure a healthy harvest of vegies.

**Date/time:** Sat 20 June 9.30am – 11am

**Tutor:** Steve Williams **Fee:** \$25 for the last two sessions or \$15 per session

### Boost your Immunity

**Date/time:** Tues 16 Jun 6.30pm – 7.30pm  
**Fee:** \$10 **Tutor:** Adrian Stone

### Cheese Making with Corinne

**Date/time:** Sat 20 Jun Cheddar or Sat 27 Camembert (1 session each class)  
10am – 4pm **Fee:** \$80

**Tutor:** Corinne Blacket – Drysdale Cheeses

### 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

**Date/time:** Sat 20 Jun 9am – 11am  
**Fee:** \$50

### Provide First Aid Code HLTAID003

**Date/time:** Sat 20 Jun 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

### Good Grammar

**Date/time:** Sat 27 Jun 9am – 1pm  
**Fee:** \$30 **Tutor:** Laurent Boulanger



pendulum project



# HIGH ANXIETY

by Ann Chadwick  
Starring  
Ann Chadwick and Peppa Sindar

Monday 22 June  
at 1.30pm



at SpringDale  
Neighbourhood  
Centre 17-21 High St, Drysdale

**Tickets:** \$15 **Bookings:** ph. 5253 1960







## ANZAC Day 2015

I was very pleased and honoured to attend a number of ceremonies across the Bellarine on ANZAC day. Of course it is not possible to get to all events but as with the Drysdale Service where I could not personally attend, I had a wreath laid on my behalf. I congratulate all the RSLs and Councils for their efforts on this important day.

## Review of Bellarine Community Health (BCH)

The State Government is conducting a review of BCH and in doing so engaged KPMG to conduct the review. The review will include interviews with various stakeholders, community focus group meetings and a survey to ensure all members of the local community have the opportunity for input. I would urge any group or person who feel they have something to contribute to do so through the process as soon as is possible. If you would like to have input and have not already done so this can be best done by emailing [Au-SMBCHReview@kpmg.com.au](mailto:Au-SMBCHReview@kpmg.com.au) or contact my office.

## Victorian State Budget

I am very pleased to report that the first Andrews State Budget has delivered much needed funding across the Bellarine Peninsula. A number of schools on the peninsula received overdue budget funding, these being Drysdale and Whittington Primary schools, Bellarine Secondary and St Ignatius College. Important road projects have been funded including \$2 million to kick start the Drysdale Bypass. In addition \$1.8 million was allocated for specific road safety issues in Barwon Heads and Ocean Grove. \$7.8 million has been allocated to additional policing resources in the Geelong region and I will be working hard to ensure this funding also boosts policing hours on the Bellarine. In addition \$3 million was announced for upgrade to the Leopold Community Centre and \$3.15 million for the Queenscliff Sports Precinct. Bellarine SES Headquarters and Ocean Grove Surf Life Saving Club will also receive important upgrades.

Across the wider Geelong region, \$7.5 million was allocated for the Geelong Innovation and

Investment Fund and \$3 million for the Manufacturing Hub at Deakin. Both commitments focussed on job creation in the region, including of course the Bellarine. Other projects like \$70 million for Simons Stadium and \$30 million for Geelong Performing Arts Centre will also boost jobs. For further information on the first Andrews Government budget please contact my office.

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

### Hon Lisa Neville MP

Member for Bellarine

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

Twitter @LisanevilleMP

5248 346

# Welcome to 'Bellarine Fathers Group'

Bellarine Fathers Group (BFG) is a diverse community of fathers who take an active role in our children's lives. We seek to create this group to bring fathers together in person. We'll meet possibly once to several times a week, with our kids, at parks, playgrounds or some other arranged activities. We can also organise

parenting workshops and possibly a dads night out to give the members of BFG an opportunity to socialise, learn, and support each other as we navigate through parenthood.

There are not enough resources, social groups or services for dads. This group was created to cater for all types of dads out there, stay at home dads, working dads, single or married dads and step fathers.

Involved fathers from in and around the Bellarine community to socialise and interact with other guys, who enjoy spending time with their children. We want this group to be a comfortable/ safe place for dad's to come to talk other dads about day to day issues or anything dad related.

Bellarine Fathers Group is proudly supported by the Salvation Army, Bellarine Neighbourhood Watch and SpringDale Neighbourhood Centre.

BFG would like to encourage dynamic, diverse, creative dads to dedicate to become an active role model in their child's lives and, by example of redefining what it means to be a 21st century DAD.

For further information contact John on [bellarinefathersgroup@gmail.com](mailto:bellarinefathersgroup@gmail.com) or 0457 434 030



If you have any fatherly friends within the Bellarine Peninsula and Geelong region please spread the word about Bellarine Fathers Group and encourage them to join with us.

**The first gathering will be Wednesday 24 June 6pm (for say an hour) – Tea / coffee and biscuits available.**

## 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](mailto:lisa.neville@parliament.vic.gov.au)



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# Are you a COLLECTOR?

## Ocean Grove Stamp Club

The **Ocean Grove Stamp Club** are seeking stamp collectors of any age, male and female who would be interested in joining their group and learning more of this fascinating hobby. **We meet every 4th Wednesday at 10am at the Ocean Grove Senior Citizen's Club in The Terrace.**

Interested parties can contact the Secretary, Dianne, on (03) 5255 1372 or Publicity Officer Roy on (03) 5257 2186 or email [wayside1941@bigpond.com](mailto:wayside1941@bigpond.com)

5 June

## World Environment Day



United Nations

World Environment Day aims to be the world's biggest and most widely celebrated environmental action event.

[www.thinkeatsave.org](http://www.thinkeatsave.org)

# Jan Preston returning to the Shed

Returning to the Potato Shed this month is queen of the boogie piano, **Jan Preston** with *Adventures in Piano Land*. Get a table together bring some nibbles and enjoy a drink from the bar while relaxing to the blues! It's *Winter Solstice* time again, time to be amazed by our local playwrights and performers with some original one act plays, add warm fires and mulled wine and this is the perfect way to warm up on a winters night. *Morning Showtime* brings us an Irish theme with the *Drop of a Hat Band* and the ever popular *Spud Club* open mic night is back again getting bigger and better than ever. *Spud Club* is a fun night of entertainment giving locals a chance to play or perform in front of an encouraging and relaxed crowd. *Come and join in the fun.*

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

# WIN ONE DOUBLE PASS

POTATO SHED



Friday 19 & Saturday 20 June  
**Winter Solstice 8pm**

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COMPETITION CLOSING 3PM MONDAY 15 JUNE

# ADVENTURES IN PIANO LAND



ALL  
TICKETS  
\$20

Saturday 13 June  
**Adventures In Piano Land**  
**Jan Preston**  
7.30pm

# WINTER SOLSTICE



Warm Fires  
Mulled wine  
Two one act plays  
by local writers.

Friday 19 & Saturday 20 June  
**Winter Solstice**  
8pm

## The Bellarine's best Open Mic Night



Friday 26 June  
**Spud Club  
Open Mic Night**  
6.30pm til Late. Licence  
\$6 - 1st drink free



Tuesday 23 June  
**The Irish In Australia  
Morning Showtime**  
10.30am, \$15 Incl. Morning Tea

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

find us on 

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# The Quintessential Quilters

## Seachange Quilters

Seachange Quilters is a local quilting group, which has over 100 members and meets regularly in Barwon Heads. Members come from all over the City of Greater Geelong.

Recently 41 quilts were handed over to Julie Maxwell, Executive Manager of Development and Community Relations, Bethany. Bethany is a charity service which provides a broad range of services to support families in need in City of Greater Geelong. The members of Seachange Quilters made these children's quilts which will be distributed by Bethany to families in need. They will be greatly needed in the coming cold months.

### Heather Grant

Seachange Quilters

*This photo shows Seachange Quilters President - Merrilyn Muller - on right with Julie Maxwell, Executive Manager of Development and Community Relations, Bethany - on left*



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# Are you Booked Up?



Spend some time over the Queen's Birthday weekend browsing at **St James Secondhand Book sale**.

Over the Queen's Birthday weekend of 6 - 7 June, St James' will be holding another of their very successful huge **Secondhand Book Sales in their Hall, Saturday 9am – 5pm and Sunday 10am – 4pm**.

With free entry, all abilities access, and refreshments on offer, this will be a delightful place to while away a few hours and stock up on some bargains, with many books being sold at half the marked price, and a good selection of fashion, craft and special interest magazines at 25c each or 5 for \$1.

**This is an event for all ages with a special children's section providing low tables and seating in a safe environment.**

**All books are individually priced inside the front cover and laid out in categories. St James Hall, Collins Street (Portarlington Road), Drysdale. Saturday 6 June, 9am - 5 pm, Sunday 7 June, 10am - 4pm. Website: [www.bellarineparish.org](http://www.bellarineparish.org)**

## SpringDale Diners Club

Dinner will be at the  
Leura Park, Drysdale  
Monday 8 June 12 noon.  
Please email  
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## DON'T EXPECT - INSPECT

### Buying your home?

*"Caveat emptor"* This is a term you will come across when buying a house and the latin definition is: *Let the buyer beware*. This means that a buyer buys at their own risk, and because of this should not assume or expect anything. This leads to the necessity for a buyer to test and inspect for defects and/or imperfections.

With property, the purchase normally proceeds on an *'as is'* basis, rather than *'what I expect it to be'* basis.

Many of us have had at least one challenging experience relating to property - some *'surprise'* that really could have been avoided.

Getting an appropriate building and pest inspection prior to purchase will eliminate the buyer having to worry about unforeseen problems. This should be carried out by a professional company to identify possible issues and negate any *'unpleasant surprises'* which would require time, effort and money to sort out.

These inspections should be conducted in accordance with AS4349. 1-2007

Determine the right inspection type, ensuring aspects for that are included, such as:

- 1 Building inspection related issues
- 2 Termite and pest issues
- 3 Condition of chattels
- 4 Water and dampness issues
- 5 Maintenance issues
- 6 Structural issues
- 7 Owner Builder Warranty Inspections

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## Permaculture principle:

# 'Obtain a Yield'

Permaculture is an approach to gardening (and much else in life) that aims to work with nature rather than fighting against it. The permaculture principle 'Obtain a Yield' seems obvious. The whole point of edible gardening is to obtain a yield, isn't it? It's all about putting food on our plates.

Yet how often do we fail to obtain the hoped-for yield? Lettuces bolt to seed before we can pick them; apples end up rotting on the ground because we didn't harvest them. Harvesting takes time, and we often fail to take account of that when designing our gardens and planning our planting. Permaculture can help.

### Think in zones

Think of your garden as different 'O', with your home (zone 0) as the epicentre. Zone 1 is nearest the house, zone 4 is furthest away, or most difficult to get at. Put the plants which require most attention in zone 1. Examples include salad greens, or herbs that you use little and often. Crops like pumpkins or potatoes require less attention – they can go into zone 2. Fruit trees can be treated as zone 3 – they only need attention a few times a year. Leave space for a bit of 'wilderness' in your garden as wildlife habitat – zone 4.

These zones needn't be rigidly defined or a particular shape. You can still rotate your annual vegies, have a forest garden and make use of microclimates.



*Raised bed at SpringDale – yields of vegies and community involvement*

The point is to organise your garden so that it's easy and quick to manage, with the most time-intensive areas easiest to access.

### Set achievable goals

Remember when planting that harvesting also takes time. Recognise that you won't have time to train, prune and harvest 30 tomato

plants (memo to myself here!) If you can't harvest your fruit trees yourself, why not invite neighbours and friends round to help themselves? That way you're converting surplus fruit into a 'yield' of social capital – stronger community ties.

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## Permaculture principle:

# 'Obtain a Yield'

with Steve Williams



Salad greens outside the back door – part of zone 1

## Recognise less obvious yields

Coriander can be disappointing in the warmer months because it bolts quickly. You wanted a yield of tasty green leaves but you blinked and missed it! But now you have a 'yield' of tiny white flowers which will attract hoverflies and ladybirds. After that you'll have a yield of spicy seeds. Leave some seeds and you'll have a yield of self-sown coriander seedlings.



Self-sown wild rocket – yields of spicy leaves for us and pollen for the bees

## Preparing the raised edible no-dig garden bed at SpringDale



Community helping to prepare the raised garden for planting

The first week of a very practical workshop, the basics of starting an **edible no-dig garden**, using a raised bed, site assessment and soil preparation for vegetable gardening.

We will follow the next 3 sessions in the SpringDale Messenger.

This course will be offered again in Spring.

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David & Kim O'Shea (03) 5221 9556  
dandkcd@yahoo.com.au





Drysdale Clifton Springs Community Association

### Service Station Update

DCSCA understands that in April, the City of Greater Geelong (CoGG) instructed Milemaker to stop work, in that it had commenced construction without plans being approved by the Responsible Authority. DCSCA has an immediate concern of mud runoff entering the nearby dam. Milemaker is due to submit an application for costs against DCSCA. VCAT has given DCSCA only until 15 June to respond. DCSCA is hoping for some free legal assistance. DCSCA observes that the existing Caltex service station site in Drysdale High Street is up for sale.

### Drysdale Bypass

DCSCA is engaged in communications with VicRoads.

DCSCA welcomes confirmation from VicRoads that there will be a separate off road *shared path* to cater for both cyclists and pedestrians running the entire length of the bypass.

Re the Jetty Road intersection. Whilst DCSCA's preference would be for an overpass, if that is too expensive DCSCA's next preference would be for either a 2

roundabout system, with slip roads so very little traffic has to go through both roundabouts, or one large roundabout.

Re the proposed intersection to the new Curlewis Development. This will be built when designated *trigger points* are reached within the new developments. It will run along the eastern boundary of the Curlewis Golf Club. Earlier discussions between VicRoads, CoGG and the developer (without any community involvement) decided on a signalized intersection. VicRoads will review this decision and look at a roundabout. DCSCA advocates a roundabout as they have half as many *injury crashes* and are more efficient with respect to traffic flow.

### Drysdale after the Bypass

DCSCA advocates connected footpaths, safe cycle routes and 'shared space' for Drysdale. See Poynton Regenerated – YouTube. DCSCA is looking into short and long-term strategies that can showcase Drysdale, the Railway and help keep the township on the map in a unique and beneficial way for all. If you have any good ideas and/or would like to be involved contact the DCSCA secretary.

### Drysdale Railway Station and Lake Lorne Reserve

A vote of thanks to Council officers based at

the Drysdale depot for their great investment into the landscaping at the Drysdale station reserve. Due to you and the Council staff supervising the upgrade to the Lake Lorne Reserve the entrance to Drysdale is looking at its best. For anyone who has not been to the Lake or the station recently it is well worth a visit.

### The Bellarine Railway is looking for volunteers

Please visit for more information

[www.bellarinerailway.com.au/volunteering](http://www.bellarinerailway.com.au/volunteering)

Neil McGuinness

Secretary DCSCA

## Local Heroes



Recently I had the privilege to meet Joan Wellard. Joan has devoted her life to animals, mainly dogs. Joan grew up with dogs, raised labrador pups for Guide Dogs Victoria and then started puppy walking. She has worked for Guide Dogs Victoria and continues to volunteer managing Guide Dog Collection Tins.

While living for a number of years in Queensland, Joan was very active in the animal protection associations and helped to lead and build the first RSPCA shelter at Noosa.

Just before moving back to Victoria, Joan adopted a border collie called Babe and trained her as a Delta Pet Partner therapy dog. Joan enjoyed sharing Babe and time with residents of the Homestead for 6 years.

As Joan spoke of the ways she taught her four legged friends that the vets were their friends and the happy tone in her voice whenever they drove past convinced them that the vets were their friends. They were never disappointed.

As a community, we are so lucky to have people like Joan in our midst. Take the time to know your neighbours – we all have interesting stories to tell.



**William Sheahan**  
**Funerals**

*"Committed to Caring"*

**PHONE: 5251 3477**

Call us ~ 24 hours / 7 days



**SCENIC TOURS**



*Invitation*

**YOU ARE INVITED TO ATTEND OUR  
INFORMATION EVENING FOR  
CANADA & ALASKA**

Where: **Ocean Grove Bowling Club**  
When: **Thursday 4 June – 6.30pm**

RSVP – Call **5251 1125** or email **Drysdale@helloworld.com.au**

helloworld Drysdale  
Shop 3, 3 Wyndham Street  
☎ 03 5251 1125 ✉ [drysdale@helloworld.com.au](mailto:drysdale@helloworld.com.au)

Welcome to 





# SpringDale Community Garden coming to fruition

Things are achievable when good people come together to support their community.

A group of dedicated local gardeners are seeing some reward for their persistence, as the **SpringDale Community Garden** project comes ever closer to reality. The garden is located on land kindly made available by the Drysdale Community Church, at the rear of its property in Jetty Road, Curlewis.

In what the Garden Committee Convenor Dr Max Simmons describes as "a true win-win situation", around 70% of the fresh food produced in the *Community* area of the garden will be donated to the Church's FoodBank project that operates as Drysdale Family Support Inc, and which currently provides packaged, tinned, and frozen foods to over 100 families within our region, on a weekly basis. Pastor Jake Hogendoorn said this that demand for FoodBank assistance had increased by around 30% over 2014 figures, and he is looking forward to the improved health outcomes that he expects from the addition of fresh produce to their menu.

Support for the **SpringDale Garden Project** has come from the Rotary Club of Drysdale, who have undertaken to provide funding for water tanks and related plumbing, and from the Portarlington Drysdale Lions Club, who



Lots of hard work to be done to achieve their goals

have agreed to fund a storage shed for tools and equipment. The Geelong Community Foundation has also approved a grant of \$5500, which will enable the erection of a rabbit-proof fence around the garden area, to prevent these furry predators from consuming all of our production.

Local State MP Lisa Neville has also applauded the establishment of a Community Garden in our area.

Community Gardens have proved to be a valuable source of new social contacts, a healthy outdoor activity, as well as allowing keen gardeners to establish their own personal plots within the garden to produce fresh food of their choice, to be enjoyed at home, swapped with other garden members, or donated to the FoodBank.

**Brian Knights**

## Membership of the group is open to all SpringDale members, and costs are as follows:

A once only joining fee of \$10, then single membership \$15 per year (Family membership \$30, Concession \$10 per year). Membership entitles the member to work in the *Community* area of the garden during its normal operating times. These prices are on top of the usual \$12 SpringDale Membership. Members requesting personal plots will also pay an annual rental, based on plot size, of around \$11 per square metre for either in-ground or raised beds (potato box size).

**SpringDale Community Garden Membership forms are available from SpringDale Neighbourhood Centre.**

14 June

## World Blood Donor Day



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

## Geelong Animal Rescue

Students from **Bellarine Secondary College** are collecting pet food for the **Geelong Animal Rescue**.

If you would like to donate food, or make a monetary donation, please do so at the

**SpringDale Neighbourhood Centre.**

*Thank you*





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.

## New Pilot Courses

Help us test these concepts and ideas – these sessions may be offered at different times to suit participants.



### Focusing on the Future

A taster course which allows people to try a variety of classes to understand what is available locally at SpringDale. This course includes goal setting and is especially for anyone who is looking for a new direction in your life. Classes will be tailored for each participant.

**Dates/times:** Mon 3 Aug – 9am – 11am plus up to 7 other sessions as individually scheduled  
**Fee:** \$80 or conc \$65 **Tutor:** Anne Brackley

### What are my Skills?

We all have skills but sometimes we don't recognize them. This course is designed to discover and document your current skills that will enable you find a new career path.

**Dates/times:** Mon 3, 17 Aug 11am – 1pm (2 sessions)  
**Fee:** \$40 or conc \$20 **Tutor:** Anne Brackley

### Resume Updating

Having an up to date resume is so important for getting a new job. This course will give you the opportunity to produce a concise, up-to-date, informative resume.

**Dates/times:** Mon 3, 17 Aug – 2pm – 4pm (2 sessions) **Fee:** \$40 or conc \$20 **Tutor:** TBC

### Fake it Till You Make It

Life can be about doing things, following procedures until we understand them and actually become skills or habits. We are calling this Faking it Until you Make it. This course will provide you with the motivation to follow your dream.

**Dates/times:** Mon 10, 24 Aug and 7, 14 Sept 10am – 12noon **Fee:** \$40 or conc \$20  
**Tutor:** Anne Brackley

### Innovations for Would be Entrepreneurs

An entry level course for would be Entrepreneurs. This course will look at the skills and mind sets necessary for people to develop the skills to become an innovator or an entrepreneur.

**Dates/times:** Mon 3, 24, 31 Aug and 7 Sept 7pm – 9pm **Fee:** \$80 or conc \$40  
**Tutor:** Anne Brackley

### Autism from the Inside – Season 1

The four sessions will include Making environments Autism Friendly, Learned dependency and turning it around in people with developmental disabilities, Autism and the Spectrum of Communication Disorders, Autism and friendships, relationships and independent living.

**Dates/times:** Wed 5, 12, 26 Aug and 2 Sept 7.30pm – 8.30pm **Fee:** \$80 or conc \$40  
**Tutor:** Donna Williams

## 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 Introduction to iPad

**Skill Level:** Beginner  
**Dates/times:** Mon 27 Jul Mon 14 Sep 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:** Wed 29 Jul – Wed 16 Sept (8 sessions) 1pm – 3.30pm **Fee:** \$160 or conc \$65  
**Tutor:** Jonathan Harris JNH Software P/L

### Advanced Android

**Dates/time:** Mon 27 Jul – Mon 14 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/time:** Wed 29 Jul – Wed 16 Sept 3.45pm – 6.15pm (8 sessions) **Fee:** \$160 or conc \$65  
**Tutor:** Jonathan Harris JNH Software P/L

### Advanced iPad *its just been moved*

**Skill Level:** Beginner. Must have attended SpringDale Intro to iPad  
**Dates/time:** Mon 27 Jul – Mon 14 Sept 1pm – 3.30pm (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/time:** Tues 28 Jul – Tues 15 Sept (8 sessions) 1pm – 3.30pm **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/time:** Thurs 30 Jul – Thurs 17 Sept 1pm–3.30pm (8 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 you 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/time:** Mon 27 Jul – Mon 14 Sept 6.30pm - 9pm (8 sessions) **Fee:** \$160 or conc \$65  
**Tutor:** Pierce Jaques

### 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/time:** Mon 27 Jul – Mon 14 Sept 3.45pm – 6.15pm (8 sessions) **Fee:** \$160 or \$65 Conc  
**Tutor:** Jonathan Harris JNH Software P/L

### Word & Excel for small business

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

**Dates/time:** Wed 29 Jul – Wed 16 Sept 10am – 12.30pm (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/time:** Tues 28 Jul – Tues 15 June 9.30am – 12noon (8 sessions) **Fee:** \$160 or \$65  
**Tutor:** Agata Comisso

### 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 Jul – Sept 15 Sept 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 Jul – Wed 16 Sept 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 Jul – Tues 15 Sept 11am – 1.30pm (8 sessions)  
**Fee:** \$140 Conc: \$70 **Tutor:** Annette Playsted  
Materials list available from SpringDale office.

## Accredited Courses



Each person needs a USI (Unique Student Identifier) before attending classes - we are able to assist you to apply for one.

### Cert III Aged Care (CHC30212) and Cert III Home and Community Care

(CHC30312) Codes CHC30212

This dual qualification addresses work primarily in residential facilities or work in client's homes and other community settings under regular supervision within clearly defined organizational guidelines and service plans. The incumbent will carry out activities to maintain personal care and other activities of living for people in an aged care facility or their own home setting.

**Dates/times:** Starts Thurs 16 July 9am – 3pm, runs Thurs and Friday 18 weeks  
**Fee:** Funded \$800, Conc \$516, Unfunded \$4193  
**Venue:** SpringDale  
**Tutor:** Ocean Grove Neighbourhood Centre

### Use Hygienic Practises for 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 15 Aug 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 29 Aug 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 31 Jul or Sat 12 Sept

9.30am – 11.30am **Fee:** \$50

*Provide First Aid Code HLTAID003*

**Dates/times:** Fri 31 Jul or Sat 12 Sept

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

### Card Making Workshop

Come along and meet Jacqui for this fun Card Making Workshop. Open for all ages from beginners to experienced crafters. There will be a free door prize. Everyone will make a card and a matching bookmark using some great techniques.

**Date/time:** Tue 28 Jul 10am – 12noon

**Fee:** \$5 **Tutor:** Jacqui Ryan

### Health

Examines the role that specific foods and nutrients can play in helping with our cardiovascular health, include blood pressure, cholesterol levels and excess weight.

**Date/time:** Tue 21 Jul 6.30pm – 7.30pm

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

### Publish on Kindle and Paperback

You have finished your book and want it up on Kindle for the whole world to read. You also want a paperback version available through traditional bookshops and Amazon stores. Today's technology has made it possible for any writer to publish their books with international distribution at no cost whatsoever. Leave your legacy behind in the form of a book. Learn how to layout, upload and distribute your book worldwide.

**Date/time:** Sat 25 July 9am – 1pm

**Fee:** \$40 **Tutor:** Laurent Boulanger

### Fighting Fatigue

Learn how to get more energy from the foods that you eat everyday.

**Date/time:** Tues 18 Aug 6.30pm – 7.30pm

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

### Spring into Spring

Learn how to give your body a spring clean, with some simple nutrition strategies designed to get you feeling revitalised.

**Date/time:** Tues 22 Sep 6.30pm – 7.30pm

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

### Literary Catch up – What have you been 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 29 Aug 9am – 1pm

**Fee:** \$40 **Tutor:** Laurent Boulanger

### Introduction to Guitar Playing

For years you've promised yourself that you will learn the guitar. In this exclusive workshop, you will learn basic chords, strumming, theory and what you need

to know to become effectively self-taught. Play your favourite songs or write your own. Bring your own guitar for this course.

**Date/time:** Sat 29 Aug 2pm – 6pm

**Fee:** \$40 **Tutor:** Laurent Boulanger

### VCE French Oral Test Preparation

With the VCE French Oral Test just around the corner, brush up with your listening skills and pronunciation. Learn from a native speaker and qualified French TAFE and University educator. Bring along your favourite topics to discuss and anything you are uncertain about. Now is the time to fine-tune your listening and speaking skills before the big exam.

**Date/time:** Sat 26 Sept 9am – 1pm

**Fee:** \$40 **Tutor:** Laurent Boulanger

### Basic Italian for Travel

Learn the basics of Italian for travel or just for fun.

Warning! In this class spontaneous singing and/or raucous laughter may erupt at any time, and hysterical laughter may occur while learning to roll your R's. Arrivederci baby!

**Dates/times:** Sat 18 July - 5 Sept (8 Sessions)

9.30am – 11.30am

**Fee:** \$200 Conc \$190 **Tutor:** Agata Commisso

### 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 14 July 1pm – 3pm or 7pm-9pm

Tue 1 Sept 1pm – 3pm or 7pm – 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 21 Jul 1pm – 3pm or 7pm – 9pm

and Tue 8 Sept 1pm – 3pm or 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 28 Jul 1pm – 3pm or 7pm – 9pm

and Tue 15 Sept 1pm – 3pm or 7pm – 9pm

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

## Lifestyle Courses

### 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 1 Aug or 5 Sept 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:** Tues 28 Jul – 18 Aug

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:** Tues 25 Aug – Tues 1 Sept

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 July – Mon 14 Sept

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 y 17 Sept

6pm – 7.30pm (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 on Chairs

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

**Dates/times:** Mon 27 July – Mon 14 Sept

11am – 12 noon (8 sessions)

**Fee:** \$100 Conc \$91

**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 chatties. Please bring email address and password and bank details for Paypal.

**Dates/times:** Sat 22 Aug 9.30am – 1.30pm

**Fee:** \$40 **Tutor:** Brett Kerr

### French for Travellers

In this course, you will learn phases and pronunciation for when you next travel in France.

**Date/times:** Tues 28 Jul – 15 Sept

11.30am- 12.45pm **Fee:** \$95 conc \$85 **Tutor:** Serge

### 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:** Thurs 30 July – Thurs 17 Sept

11am – 12noon (8 sessions)

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

### Advanced Beginners

**Date/time:** Thurs 30 July – Thurs 17 Sept

10am – 11am (8 sessions)

**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 July – Thurs 17 Sept

9am – 10am (8 sessions)

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

### African Drumming

Hand Drumming for Rhythm, exercise, rehabilitation and confidence building.

**Date/time:** Tues 28 Jul – Tues 15 Sept

6.30pm – 7.30pm (8 sessions)

**Fee:** \$100 Conc \$90 **Tutor:** Scott McCutcheon

### African Drumming Basic 2

**Date/Time:** Tue 28 Jul – Tue 15 Sept

7.15pm – 8.15pm [8 sessions]

**Fee:** \$100 Conc \$90 **Tutor:** Scott McCutcheon

**A comprehensive copy of the Course & Opportunity Guide is available at SpringDale or visit [www.springdale.org.au](http://www.springdale.org.au)**



# Students fly the Australian Flag for ANZAC Day Ceremony



L-R: Maree East from Tuckers with school leaders Ebony Meek, Lucy Jones, Murphy Everett and Akasha Hulley

Clifton Springs Primary School is one of approximately 20 schools across the region that received a new Australian manufactured National Flag to fly in tribute of the ANZAC Day Centenary. Tuckers Funeral and Bereavement Service donated the flags to help students honour the 100 year anniversary of the landing at Gallipoli.

In speaking with Vicki Callow, General Manager at Tuckers, it has reinforced the commitment Tuckers have to their community. "It is great to see schools acknowledging the importance of the ANZAC legacy so enthusiastically," she said "and we were honoured to be part of these commemorative services across the region".

26 June

## Red Nose Day SIDS and Kids



Red Nose Day is the national fundraising event day for SIDS and Kids held throughout the month of June. Red Nose Day provides critical funding for a 24-hour bereavement support service, community education to reduce incidents of SIDS and fatal sleeping accidents, and research into areas such as SIDS and stillbirth. To date it is estimated that SIDS and Kids has saved the lives of over 6,500 babies across Australia.

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

## BAYVIEW A PARK FOR A 19-YEAR OLD WAR HERO

Find beautiful gardens and family fun at Bayview estate's newly named Percy Cherry Park.



The park is named after the young World War 1 hero Captain Percy Cherry who was born just around the corner in Drysdale.

Spend an afternoon here and see the newly unveiled memorial, plus enjoy:

- Landscaped rain garden
- Undercover BBQ area
- Children's playground

Come pay a visit on Creekside Drive, Curlewis - just around the corner from the Bayview sales office and soon-to-open

Bayview Central Curlewis Shopping Centre.

Beautiful parkland is just one of the many gems for you to enjoy right here at Bayview.

**Michael Sciaraffa 0419 781 231**  
[www.bvbellarine.com.au](http://www.bvbellarine.com.au)

Sales office: 13 Creekside Drive, Curlewis (off Jetty Road)  
Opening hours: Sat-Wed. 12-5pm





# A Day at the Men's Shed

No skills required to become involved, all welcome.

It seems many people imagine a bloke needs great skills to become involved with a Men's Shed. Well one doesn't. Sure a few blokes have great capabilities but in reality our members are ordinary chaps from a wide range of work and hobby backgrounds. Our Men's Shed is a place where men from the North Bellarine gather for social interaction and various activities.

A typical 'Day in the Men's Shed' would be like last Monday:-

**10am** - Watto opens our Sheds and fiddles with the computer cafe. Christof plonks himself on a chair with a cuppa and starts chatting to those who are likeminded. Jeffro, LeRoy, Davo, TD and others head for the Wood Shed. JH starts art work (*on old tools etc*) in the rec room which houses our pool table, dart board and library. Macca, Trev, Scotty head to the metal workshop whilst quartermaster *Treasure* ponders our equipment inventory and stock.

**11am** - Billy arrives and tends *his* garden. It's *Smoko* time as chaps begin wandering into the *Geriatric Centre (our social /meeting room)* discussions begins – footy, cars, holiday, life's problems, etc.

**Noon** - BYO lunch time and fellas are back in the Geri Centre amid a noisy din. Soon about 30 are chatting. Mr. T starts his trivial pursuit session amid much banter and mayhem.

**1pm** - *El Presidente* updates members of what's happening around the Shed and upcoming events. A quick whip around of members enlightens us about a footy trip, a breakfast in May, a fishing trip and other sundry matters. *Dougle* recites his regular humorous joke (*but one must concentrate closely on his accent*).

**1.30pm** - Fellas head off to what they were doing whilst some stay and chat. Chaps wander in and out of the Geri Centre.

**3.30pm** – Tools begin to be put away. Fellas bid farewell and another day is done.

David Cornell



Chaps combining to build Mynah Bird Traps

Our Shed is at 45 Central Road, Clifton Springs (sheds at rear of block).  
Phone 0459 213 153.

Visitors are most welcome any Monday.  
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# Boost your Immunity to fight this year's Infections

## Winter is Upon Us

Does it seem like every year around this time, you get sick and feel horrible? Sore throat, nose dripping, head pounding and body aching. And each year you tell yourself to be more prepared next year. So this year, do something about it! Arm yourself and your family with the tools to build strong immune defences to reduce your risk of getting sick. If you do get sick, a strong immune system will also reduce the severity of your cold and flu symptoms, and help to speed your recovery. You can give yourself a natural 'flu shot'.

## Immune Boosting Nutrients

**Zinc** - Having adequate levels of zinc in the body have been found to inhibit the common cold and influenza viruses. Your immune cells use zinc as their fuel to fight infections, so make sure you have enough. Target nuts, seeds, mushrooms and oysters to get more from your diet.

## Vitamin C

Vitamin C supports healthy immune function by enhancing the activity of your immune defence army of white blood cells; also reducing severity and duration of symptoms. Eat lots of green leafy veges, like kale and broccoli. Slow cook them in stews and casseroles to preserve the vitamin content or lightly steam them and serve with grilled grass fed meat.

## Probiotics

These friendly bacteria live in your digestive system and enhance health, and even immunity. They love foods rich in fibre, like asparagus, fennel, leek, lentils and kidney beans, which are great to put into your casseroles. By providing healthy gut immunity, you are providing the best defence against inhaled and ingested pathogens.



For more information about Foods to Boost Your Immunity, come along to our next seminar at Springdale Neighbourhood Centre on Tuesday June 16 at 6.30pm. Call (03) 5253 1960 or email [office@springdale.org.au](mailto:office@springdale.org.au) to book your spot.

**Adrian Stone**  
Living Holistic Health

1-30 June

## Bowel Cancer Awareness Month



## Bowel Cancer Australia

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

[www.bowelcancerawarenessmonth.org](http://www.bowelcancerawarenessmonth.org)

## 5 Common Causes of Knee Pain – Part 4. Meniscus Damage

In between the thigh bone and the shin bone lies a spongy tissue, called the meniscus, that conforms to the bone, keeping it in place and assisting shock absorption. Like cartilage (see last month's article), the meniscus can be injured in different ways.

Commonly, a traumatic injury will occur when the knee is bent and then twisted. This can often occur in contact sports, and often in conjunction with ACL and MCL tears (see part 1). Degeneration of the meniscus can occur in the older population due to wear and tear.

Patients with a meniscus tear will report pain and swelling; *popping* or *clicking* in the knee; *locking* or an inability to straighten the knee. Diagnosis is usually made with specific tests by a physiotherapist, along with imaging (XRAY or MRIs). Treatment can again be conservative, in the form of physiotherapy,



and in severe cases, surgery is an option.

**Brea Turnley**  
Portside Physiotherapy

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# Hand Drumming for Health

Drumming has been used by all cultures for its community building qualities. Drumming is also a remedial therapy for the mind and body as well as a form of self-expression and a creative art in its own right. So what does this mean for everyday people and their quality of life? Hand Drumming connects people and breaks down communication barriers. If you take a dozen people and get them to play different rhythms in time with each other then they must synchronize, listen, and perform while maintaining their own rhythm. Drum circles promote wellbeing and a sense of belonging in the participants as well as confidence when working in a team environment and as individuals. Working in a group drum circle brings the mind to the here and now. Not worrying about yesterday's events or things to come.

This quality of drumming is what makes drum circles such a great stress killer. Due to the calming and thought clearing qualities



drumming promote, people suffering from depression and anxiety have been using drumming as a wellness tool for the management of those conditions. Drumming for health doesn't mean you will become a great musician but it may make you a better life liver.

This article was based upon my weekly work teaching hand drums and percussion to many people for many reasons. If you are interested in joining the group at SpringDale please contact the SpringDale office.

**Scott McCutcheon**

15-21 June

## International Men's Health Week



### Men's Health Information and Resource Centre.

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

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

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# New Committee Members

St Leonards Probus Club is a healthy and vibrant club of 125 members. The members enjoy many and varied activities and events, associated with Fun, Fellowship and Friendship.

Out-going President, Bob Brown congratulated Retiring Committee Member, Keith Harris for 18 years in St Leonards Probus, 17 years on committee. During those years, Keith has been President, Vice President and organiser of many events and activities!

New Committee members for 2015-2016 are Mary Brown, Kel Gordon, Fred Knox, Helen Bowtell, Tony Skinner, Cheryl Gatt, Mary Virgato, Bob Brown, Geraldine Thomas, Marie Reed, Ken Lees, Barbara McKenzie. New President for 2015-2016 is Barbara McKenzie.

**Marie Reed (Vice President/Publicity Officer of the St Leonards Probus Club)**  
Phone 5257 3623  
Mobile 0407 313 841



*New Committee members for 2015 - 2016*



*New President for 2015-2016  
Barbara McKenzie*



*Keith Harris and Bob Brown*

## Funeral Plans

*with Maree East from Tuckers*

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](http://www.tuckers.com.au)



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## Coryule Chorus Concert

Enjoy another delightful selection of songs from this very talented choir.

As usual, after the concert, there will be a delicious Devonshire Tea, so please book in advance to assist the catering arrangements and the seating.

**St James' Hall, Collins Street,  
Drysdale, 2pm  
on Wednesday 24 June, \$10.**

**Tickets/Enquiries:**

**Pat 0418 520 206**

**or Pauline 5253 2717.**



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# Perfect Parsnips

This root vegetable is sweet in flavour, and can be cooked or eaten raw. It makes a perfect roast vegetable, is fantastic in soups and makes an amazing side dish.

**In Season:** Parsnips require cold weather to convert their starches into sugar and develop their appealingly sweet flavour. They store well and are available throughout the winter and spring.

**What to Look for:** Parsnips look similar to ivory or pale-yellow carrots, with a bulbous top tapering down to a skinny root. Choose small, firm parsnips that are not limp or shrivelled.

**How to Store:** Keep parsnips loosely wrapped in the produce drawer of the refrigerator, and use within two to three weeks.



## Parsnip Purée with Olive Oil and Sage

1kg parsnips, peeled, trimmed, and cut into 2cm chunks  
 ½ tspn salt  
 5 tblspns extra virgin olive oil, divided  
 6 leaves fresh sage  
 Freshly ground black pepper  
 6 fried sage leaves as garnish  
 (optional, see note)

Bring large pot of water to boil over high heat. Salt water well, and add parsnips. Cook until very tender, 15-20 minutes.

Meanwhile, heat 2 tablespoons olive oil in a small saucepan with 6 sage leaves. Heat on the lowest flame for 5 minutes, remove from heat, and allow to steep for another 5 minutes. Drain the parsnips and place in food processor. Remove sage from oil and add sage oil to food processor along with remaining 3 tablespoons extra virgin olive oil. Purée until smooth. Season to taste with salt and pepper. Serve with fried sage leaves.

**Note:**  
 To fry sage leaves, heat ¼ cup olive oil in small saucepan to 180°C. Drop sage leaves in three at a time and cook, agitating occasionally until crisp, 45 seconds to 1 minute 15 seconds. Drain on paper towels and season with salt.



## Oven Grilled Parsnips

¼ cup butter  
 4 large carrots, cut into approx 10cm lengths  
 4 large parsnips, cut into 10cm lengths  
 ¾ cup orange juice  
 ¾ cup chicken stock  
 2 tblspns lemon juice  
 salt and ground black pepper to taste  
 3 tblspns chopped fresh chives

Melt butter in a large skillet over medium heat. Cook and stir carrots and parsnips in melted butter until lightly browned on edges, 8 to 10 minutes.

Stir orange juice, chicken stock, lemon juice, salt, and black pepper into carrots and parsnips. Bring to a boil, reduce heat to low, and cover. Simmer until liquid reduces to a syrup, about 10 minutes. Stir often.

Season with more salt and black pepper if needed; sprinkle with chives.



## Is it time to declutter your wardrobes?

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## 'LEST WE FORGET' ANZAC Day 25/4/2015

Dawn Breakfast was held at the Cenotaph adjacent to the Portarlington Rotunda which provided a fitting backdrop, as the sun rose over the Bay. The rain held off and a moving ceremony paid respect to the centenary of the Gallipoli campaign. Expecting a huge crowd, our Portarlington-Drysdale Lions dragged themselves out of bed at the early hour of 4am. Lions past president Terry Parsons co-ordinated our Lions members "We are intent on pre-cooking as many egg and bacon rolls as we can before the 6am breakfast serving time" he said.

What a joy to see such a wonderful turn-out of young and old honouring our SOLDIERS, from all theatres of war. Some 400 breakfasts were served free to all attendees by the Lions Club members, as our appreciation to our community for their ongoing support.

Our Lions Club hosted an official visit by V2 District Governor Phillip Johnson and Lions Lady Anne Johnson. His V2 area of responsibility covers mostly western Victoria with 72 Lions Clubs and 1596 members all serving their local communities. During his visit he inducted two new local Lions members Greg Painter and Steve Love.

We welcome them and know they will assist us to serve the communities of the North Bellarine.



LIONS Trevor Hirth and Ray Meaney, cooking up a memorable Dawn Breakfast.


If you are community minded person and would like to join our Lions Club we make you most welcome, our latest new members can attest to that. Please phone John on 0427 281 290

## Proud to be a Clifton Springs Curlewis Lion

My name is **Kayla Denham** and I currently attend Bellarine Secondary College in year 12. I am very proud to be the Youngest Lion in the Clifton Springs Curlewis Lions Club having the privilege to be part of a wonderful club which has given me so much inspiration in giving back to our community. The Lions Club hold a lot of activities such as BBQ'S, events, and community celebrations. All of these events help support a wide range of community needs. Lion's members give up their time around the Geelong and Bellarine to ensure our community continues to grow stronger. Lions help many in need and are an integral part of our family community.

If you would like to become a part of the Lions of Clifton Spring Curlewis Lions Club Family please contact Nola Deane on 5253 2635 or [webbdeane@bigpond.com](mailto:webbdeane@bigpond.com)





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# Neighbourhood Watch - Be safe...always



Drysdale and Clifton Springs Neighbourhood Watch meeting held in May attracted ten interested residents. Sgt Grant Langmaid of Bellarine Police attended and spoke of the issues within the community. He advised that generally, crime is down, however an increase in burglaries in April was disappointing. Sgt. Langmaid urged residents to report incidents to Police. Whether it is theft, damage to your property or community assets, people knocking on your door and then running off, erratic driving, suspicious persons or vehicles in your street, suspicious activity on building sites after hours, call 000 when the offence is discovered or as it is occurring. Don't wait till the next day. And don't think "I don't want to bother the Police". **Call 000 and report.**

New noticeboards will be erected at the west entrance to the Safeway Shopping Complex

within the next week or so, these have been funded by Safeway management and their support is greatly appreciated.

Regular newsletters are available for collection from Mortimer's Service Station, the Convenience Store in High Street and Doctor's rooms in Drysdale thanks to Tavid's Print Group for printing these. You can collect a copy from the outlets mentioned above The newsletter is also offered via email – simply register your email address to our email address –

**www.nhwbellarine@gmail.com or go online to the Neighbourhood Watch website - [http://www.nhw.com.au/Western-Region/Geelong/Newsletters-\(1\)](http://www.nhw.com.au/Western-Region/Geelong/Newsletters-(1))**

Remove ALL valuables from your car and ensure all windows are closed and doors are LOCKED whenever you leave your vehicle unattended. Even if it's parked in your

driveway, on the front lawn, at the railway station or just outside the local shop - LOCK your vehicle. Opportunists are out there!

If you would like to get involved and assist us with community safety and crime prevention projects, contact Leanne on 0409 389 488 or complete an online registration form by visiting the Neighbourhood Watch website – **www.nhw.com.au/Getting-Involved**

Care about the community you live in – get involved. You may also wish to connect with us via Facebook – Neighbourhood Watch Bellarine or join the group Drysdale and Clifton Springs First Response. Meetings – **The June meeting will be held on Monday, 15 June at 7pm at the Springdale Neighbourhood Centre, rather than our usual second Monday. Everyone is welcome to attend.**

## Drysdale & Clifton Springs Neighbourhood Watch Creating safer communities together.

## Lucky Penny - her wandering days are over

Jan and Owen Ellis from St Leonards have had an experience with their new pup that they would probably rather forget, even though there was a happy ending.

Penny, a 9 month old Tenterfield Terrier had been with them only 3 days when she escaped and disappeared into the distance. The dog had been purchased from a breeder in Echuca, so it knew neither its local area nor new owners. It is also of a nervous disposition, and had no identification.

What followed was a frantic program, including flyers up on businesses and into numerous letterboxes, calls to GAWS, the

local Vets and others, a concerted effort on Facebook and much tramping and driving the streets by the owners and family members. There were a couple of unconfirmed sightings, but nothing was certain.

After the fifth night, in a period that included rain, cold wind, thunder and lightning, nobody was that hopeful, when, out of the blue a call came from a local resident reporting a skinny, scared and hungry little dog in their backyard. The rest, as they say, is history.

The owners wish to sincerely thank the many people who helped in the search. Just goes



to show the importance of community and family, and that perseverance pays.

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## Drysdale Croquet prizes and more prizes

At the annual lunch and presentation, held in the Drysdale Bowling and Croquet Clubrooms, the croquet section presented its *in house* competition trophies.

The President, Gillian Horvath, in welcoming all to the luncheon, said she was pleased that Drysdale had an extremely successful year with winners, runners up and representatives in many local and regional competitions this season. And of course the *in house* competitions - *The Wilma Bath Shield* - winner Roger Colvin, *The Mortimer Doubles Competition* - winners Barry Smith and Sue Carroll and *The Burroughs Trophy* - winner Margaret Britt were all competed with much enthusiasm, and she hoped to see even more members compete in these club competitions next season. Not only will members gain invaluable experience and hone croquet skills, but will also be assured of a good time playing against and with fellow members.

Representing her father, Lex Mortimer, Anne Brackley presented the Mortimer Golf Croquet Doubles Competition trophy to Barry Smith (his partner Sue Carroll being unable to attend on the day). The inaugural *Novice Shield* (Golf Croquet) competition was played this season and won by Lorraine Mentha. A very close competition with only a point separating the winner from the runner up, Alan Craig. Congratulations were extended to all competitors.

Gillian Horvath - President



Above: Representing her father Lex Mortimer, Anne Brackley presented the **Mortimer Golf Croquet Doubles Competition** trophy to Barry Smith (his partner Sue Carroll being unable to attend on the day).

Right: The inaugural **Novice Shield** (Golf Croquet) competition was played this season. Won by **Lorraine Mentha**. A very close competition with only point separating the winner from the runner up - Alan Craig. Another great success, which of course will be on-going.



**kel's**  
corner

The Filbay family have had long association with Drysdale. Early in 20th century the Filbay family had a chaff works in

Murradoc Road near the current Sheahan Funerals Parlour. The chaff was cut for the Cobb and Co horses that used to pull coaches between Drysdale and Portarlington. The horses would often be rested in Drysdale after the long pull up the Bellarine Hills, they would eat the chaff as part of their recovery. As we have said before it takes a horse an hour to eat a kerosene tin of chaff.

The Filbay Chaff Works was powered by a giant stationary steam engine, similar to that demonstrated at the Bellarine Show each March. Every morning the steam engine was lit with timber and then followed by coal or briquettes to get full steam up. The steam

engine was rated less than 14 horse power. This Filbay Chaff Works closed in the 1940s while the war was on because the horses were starting to be replaced by motorised vehicles. The scrap metal from the steam engines was used for the war effort. Kel remembers scrap metal buyers cutting up the engine. This story came to light when we started to speak of Mark Filbay taking over the Drysdale Autopro shop only a short distance from where his extended family ran the chaff cutting business. Kel fondly remembers Fire Brigade running with Mark, when he was a young lad.

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# Huge crowd out to support the Demons

The Portarlington Demons Football Netball Club has had one of its best starts to a season in many years with emphatic ANZAC Day wins against our arch rivals Drysdale in both senior football and netball. The weather was not kind to us with wintry conditions greeting the players, but it did not stop a huge crowd gathering to see if Port Demons could cause an upset in the football and win its first match against Drysdale in 8 years.

The emphasis on local players in our recruiting program was on show with a number of former junior players contributing heavily towards the win. Brock Williamson has been selected for interleague duties, which is well deserved after training with Geelong Falcons for most of the pre-season. We wish him success.

Our senior Netball team led by Lisa Dyer had an exciting win over Drysdale – 48 to 29. We are keen to strengthen Portarlington's numbers so get involved, senior / junior / coaching / admin etc. – *we want you all!!*

Our junior football programs, led by Samantha English is going very well.



## Portarlington Demons Football Netball Club Inc.

Numbers in our AUSKICK and 10s are fantastic and our 12s, even though a little short on numbers, are going very well and enjoying their football. Thank you for all the support we have in the juniors – we need more, want more so please come along as continue to build our numbers for next year.

We have commenced planning for 2016 and each game we learn something about our club. We need to determine our requirements, planning and communications. If you have any constructive comments and/or ideas, please contact the club – we are only too pleased to hear from our supporters.

We want our identity and our territory – Curlewis, Clifton Springs, Indented Head, St Leonards and Portarlington is our region and we want you to be proud of your club. Membership is vital to the strength of any organisation but essential to community sporting clubs to ensure their viability, longevity and growth. It also gives the latitude and mechanism to provide quality facilities, coaching and services to those involved, particularly juniors and young adults. It is our responsibility to offer an exciting, safe and fitness regime to all – a positive and genuine alternative to some pitfalls that exist in life.

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AutoPro Drysdale will continue to be the major sponsor of the Classic Car Show in January with Mark looking forward to supporting the event in the future.

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Plus, as part of our passionate commitment to our local communities, at Drysdale and Portarlinton **Community Bank®** branches we've contributed more than \$1.3 million directly back into local projects and initiatives.

**So if you're not banking with us already, join us and be part of something bigger.**

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Drysdale **Community Bank®** Branch  
1/13 Hancock Street, Drysdale  
T 5253 3192

Monday – Friday 9am to 5pm  
Saturday 9am to 12pm  
ATM 24/7

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Portarlinton **Community Bank®** Branch  
44 Newcombe Street, Portarlinton  
T 5259 3266

Monday – Thursday 9.30am to 4pm  
Friday 9.30am to 5pm  
Saturday 9am to 12pm  
ATM 24/7

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Drysdale and Portarlinton **Community Bank®** branches

Bendigo and Adelaide Bank Limited, ABN 11 068 049 178 AFSL/Australian Credit Licence 237879. (S51514) (03/15)

