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Compiled & Published
by the SpringDale
Neighbourhood Centre Inc.

The SpringDale Messenger

July 2015
Volume 25 Issue 6



Laughter

is the best medicine.
What happens at a *Laugh Out Loud* session?

Join a laughter session to laugh stress away and just do some laugh exercises. Laughter plays an important role in human emotions, improves health and helps with healing. A laughter session encourages playfulness to help balance the mind, body and spirit. At a laughter session we throw around smiles, catch the giggles, open our hearts and fill our lungs with good humour to reduce stress and prevent hardening of the attitudes. Laughter sessions help those less *laugh-oriented* to laugh just for fun.

Among the many other health benefits, laughing 10-15 minutes a day burns 2.2 kilograms a year! Please contact SpringDale to find out more about these sessions.

Another Health and Wellbeing activity at SpringDale.

Laughter Tutor
Agata Comisso

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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 August 2015 **Bookings/copy required** by 1 July **Dist:** Sat 25 July **Circ:** 9,000 copies

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

JULY

Saturday	4	Harvest Basket Produce Swap 9am – 10.30am
Tuesday	7	
to Friday	10	Hansel and Gretel 10.30am & 1.30pm daily Potato Shed
Wednesday	8	Days for Girls
Monday	13	SpringDale Dining Group – St Leonards Hotel 6.30pm Neighbourhood Watch Meeting SpringDale 7pm
Friday	17	Winter Wonderland Onesie Party 6pm - 9pm Potato Shed
Saturday	18	SpringDale Family Dance SpringDale Hall, 7.30pm \$10
Tuesday	21	Mundi Mundi to the Kerragundi Morning Showtime 10.30am Potato Shed
Saturday	25	A Guy and A Gal In Concert - Cabaret Style 8pm Potato Shed
Thursday	30	
Friday	31	
& Saturday	1 August	Demolition Job 8pm Daily Potato Shed

SESSIONS AT SPRINGDALE

Laughter, Goal Setting, Stress Reduction and Motivation Introduction Class

Dates/times: Tue 28 Jul 1pm – 3pm or 7pm – 9pm or Tue 15 Sept 1pm – 3pm or 7pm – 9pm
Fee: \$5

Laugh out Loud

Dates/times: 9am for 30 minutes. Tues 30 June, Tues 28 July, Tues 25 Aug and Tues 29 Sept
Fee: \$5 per session.

SpringDale Family Bush Dance

Saturday 18 July, 7.30pm \$10 - Bring a plate to share
SpringDale Neighbourhood Centre

SpringDale Diners Group

Dinner will be at the St Leonards Hotel Monday 13 July, 6.30pm
August dinner Monday 10 August, 6.30pm Fu Restaurant Leopold.

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

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

The SpringDale Messenger is a locally produced publication.

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

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



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Department of Planning and Community Development



Department of Education and Early Childhood Development



Coordinator's News

Anne Brackley



Over the last month I have been lucky enough to attend a number of sessions that relate to SpringDale's purpose and strategic goals. Each time, I gave a copy of the Messenger to people I met. I always love the reaction. Many speak of its presentation; all speak of the content and layout. Many people believe that our wonderful part of the world could be worth visiting based on our document. There is always something to learn and I try to be always open to new ideas and opportunities.

My personal learning continues. I have invested many hours into learning how to read the City of Greater Geelong budget and am so happy that now I have this skill as part of my tool kit. It wasn't really that hard to read but by looking for the money that was put aside for the Clifton Springs Pier, I could actually see that the \$150,000, promised as part of the City of Greater Geelong Community Concepts budget needed to also have \$150,000 brought into the budget from somewhere else for this to be achieved.

The 2014-2015 budget also showed an amount of \$130,000 for 1.34 ha impacting

3 parcels of land north of Portarlington Road (within the Jetty Road Growth Area) I believe this is land to assist with the planning for the new intersection planned for the Curlew traffic to enter the Portarlington Road near the Curlew Golf Club House.

The Drysdale Sports Precinct has budgeted amounts of \$3.5million in 2016-2017 and \$3.2million in 2017-2018.

The 2015-2016 budget shows an upgrade of the Jetty Road Sub-Regional Playground \$250,000, and \$100,000 for detailed design of Drysdale Integrated Children and Family Centre.

The big revelation is that by reading the budget we will know what City of Greater Geelong is planning for our wonderful part of the world and we can even look at whether we are receiving a fair share of the budget.

We continue to have movement in the groups and community businesses that hire SpringDale. We have held a few children's birthdays, some special meetings and look forward to welcoming a few new businesses who are keen to use our rooms.

Hoping to see you at SpringDale soon

Yours sincerely

Anne Brackley
for the SpringDale Team

NEW COURSE - Introduction to Guitar Playing

You may have a guitar just sitting waiting to be played or ring the teacher Peter (0434 942 092) re the type of guitar to buy because you will need a guitar to do this course.

Dates/times: Tue 28 Jul – Tues 15 Sept 9am – 10am (8 sessions)

Fee: \$85 **Tutor:** Peter Taylor

The latest **Course & Opportunity Guide** is now available at the SpringDale Neighbourhood Centre. Call in for your copy.

SpringDale Bush Dances

SATURDAY 18 JULY at 7.30pm til late

Come and listen to the great music - it will have you up dancing
Quarterly Bush Dances supported by SpringDale Dance Band



\$25 per family
\$10 per adult
and bring a
plate of supper
to share

Email office@springdale.org.au
for more details

www.springdale.org.au

2015 COURSE UPDATE

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 for 18 weeks

Fee: Funded \$800, Conc \$516, Unfunded \$4193

Venue: SpringDale

Tutor: Ocean Grove Neighbourhood Centre

Learn Local Courses



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 recognise 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: Jennifer Merret

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

New V/Line Train Services

The State Government has recently announced its new V/Line train time tables to operate as of the 21 June 2015.

For Geelong commuters this new time table means trains departing every 10 minutes to Melbourne in morning peak and the same to Geelong in afternoon peak. In addition, outside of these times during the day, trains will depart on average every 20 minutes.

The new time table coincides with the opening of the \$3.6 billion Regional Rail Link on the same day. This new line will provide Geelong, Ballarat and Bendigo commuters with a dedicated line through Melbourne into Southern Cross Station.

And although the line will in fact be 15klms longer, because the regional trains, including those from Geelong, will no longer be caught up in heavy metropolitan train traffic, the service will be far more reliable.

The new time tables coupled with the Regional Rail Link is good news, especially for daily commuters who over the years have

raised with me their concerns with reliability and frequency of services.



Drysdale Clifton Springs Community Association

Support for Drysdale Clifton Springs Community Association

I am pleased to be providing ongoing support to DCSCA in its campaign raising concerns on behalf of the community in relation to the new service station. Together with my office, I have had regular contact with DCSCA representatives in providing assistance and for example was more than willing to provide DCSCA with letters of support for their dealings in VCAT.

Also I was pleased to have recently had a breakfast meeting with DCSCA to discuss the State Governments 2015/16 budget and other local issues.

I take this opportunity to commend all those involved with DCSCA for their ongoing and



tireless work in representing the views of Drysdale and Clifton Spring residents.

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

5248 3462

Letter to the Editor

It is so good to have a well read community magazine such as the SpringDale Messenger. It brings home to us news that is not always shared in the local newspapers from community groups such as Rotary, Probus, Senior Citizen, Bowling Clubs and alike.

It gives them a platform to show us what fun they have on different outings and how they conduct local events and most importantly where they support the community.

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

As much as we need these community associations we also need the local businesses to also support this little magazine that pops up in our mailboxes and shares the community news. We read it every month and I always try to support our local businesses, still buy my meat from the butcher and fruit and goodies in local shops that are independent businesses. We need them all so we have the diversity from major players to the small business.

My grandson plays sport in the district and it is a shame we do not see more of our local sporting associations supporting their local outlet to share their news, so come on footy clubs, netball and when in season, the cricket. You all write results for the newspapers so why not for your local magazine. The parents and grandparents love to read their kids names and gives them a sense of pride.

Three cheers for the SpringDale Messenger. It is our little voice and we should all support it.

Catherine (78 years old)
Clifton Springs

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

Mannix family thanks community

To all members of the Lions Club of Portarlington Drysdale, the Rotary Club of Drysdale, SpringDale Neighbourhood Centre and the wider community of the Bellarine.

The family of the late **Adrian Mannix O.A.M.** wish to express their thanks to everyone for their on-going support of the **Adrian Mannix O.A.M. Community Service Award**.

Adrian's love for and deep interest in all aspects of his community was widely known and appreciated.

Every recipient of this prestigious Award has ably demonstrated their own commitment to continued community service in many diverse areas and we are deeply grateful to you all.

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Big names at the Shed



A Guy and A Gal in Concert starring Gold Logie winner **John Wood** and singing sensation **Michelle Forbes**, singing songs such as *Baby it's Cold Out There*, *Steppin' Out With My Baby* and *Too Darn Hot* and many more.

We are already half way through 2015 and the best is yet to come at the Potato Shed. School holidays are here again with the ever popular *Theatre 3triple2 4 Kids* presenting *Hansel and Gretel*. With all the usual fun and frivolity, music and dancing, the kids will be thoroughly entertained.

Morning Showtime sees the return of Tim Sheed together with Christine Middleton and Matiss Schubert in *Mundi Mundi to the Kerragundi*. A delightful show with classic bush verse and songs from the shearing sheds. For the younger ones among us BYAC is holding their annual *Onesie Party*, this was a big hit last year and safe fun night for 12 – 25 year olds.

We are also very excited to announce an extra show has been added to our season, *A Guy and A Gal in Concert* with Gold Logie

winner John Wood and singing sensation Michele Forbes. *Tickets selling fast!* And last but certainly not least *Demolition Job* will be performed at the Potato Shed over 3 nights. A controversial 80's play about childhood trauma and schoolyard bullying, directed by TV's Libby Tanner and starring Richard Sutherland and Stephen Macklin, not to be missed.

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

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Hansel and Gretel

Tuesday 7 – Friday 10 July
10.30am & 1.30pm daily

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

Name: _____

Address _____

Phone No: (03) _____

COMPETITION CLOSSES 3PM FRIDAY 3 JULY



Tuesday 7 to Friday 10 July
Hansel and Gretel
10.30am & 1.30pm daily
\$9 per ticket \$32 Family (4)



Tuesday 21 July
Mundi Mundi to the Kerragundi
Morning Showtime 10.30am
\$15 Incl Morning Tea



Friday 17 July
Winter Wonderland Onesie Party
BYAC all ages Event.
6pm - 9pm FREE



John Wood
Gold Logie Winner
Singing Sensation **Michelle Forbes**
Cabaret Style
BYO Basket Supper
Drinks at bar prices.
Saturday 25 July / 8pm
A Guy and A Gal In Concert
Adult - \$36 Conc - \$32
SPUD VIP \$28



Thursday 30 & Friday 31 July
Saturday 1 August
Demolition Job
8pm Daily
Adult - \$36 Conc - \$32
SPUD VIP \$28

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 **f**

CITY OF GREATER
GEELONG

WWW.GEELONGAUSTRALIA.COM.AU

VicRoads Update – Drysdale Bypass

Community Information Sessions were held in Drysdale and Portarlington on 15 and 22 April 2015 and were attended to by over 200 people. Concept plans for the bypass route were exhibited, as well as three options for the busy intersection at Portarlington/Jetty/Grubb Roads.

Feedback received from attendees at the information sessions and feedback forms indicated:

- Strong support for the construction of the bypass and the proposed route
- A preference for a roundabout at the intersection of the bypass and Portarlington/Jetty/Grubb Roads
- Suggestions for improvements to some of the details of the bypass, including proposed intersections, traffic noise treatments and improved access for all road users
- Suggestions for improvements on High Street within the town centre of Drysdale.

VicRoads is currently undertaking the following activities which will occur in the next few months:

- A review of the proposed roundabout on the bypass at Portarlington/Jetty/Grubb Roads, taking into account community suggestions for improvement
- Consideration of providing a roundabout intersection on the bypass at Drakes Road instead of a partial intersection and a left

in/left out intersection on the bypass at Gillies Road

- Refinements to details of the bypass including its location within the existing public acquisition overlay, the gradients along the road and treatments to minimise affects on neighbouring properties
- Traffic counts at intersections and on roads in the vicinity of the bypass route
- Engineering and title survey work along the bypass route
- Specialist investigations such as traffic noise, cultural heritage, vegetation and hydrology.

VicRoads met with the Peninsula Drive school principals, the parish priest and representatives from the City of Greater Geelong on 1 May 2015, to seek to determine ways to deal with current concerns regarding traffic congestion, safety of schoolchildren and the impact of the bypass on the school facilities. Improved access was determined to be a key requirement, which VicRoads is working with council to address.

Community suggestions for improvements on High Street, within the town centre, have been documented and will be discussed with the community and City of Greater Geelong representatives later this year. VicRoads will work with council to ensure its plans for High Street are consistent with the Drysdale Urban Design Framework Plan, which is currently in place.

If you have any questions or concerns regarding the planning work being undertaken by VicRoads for the Drysdale Bypass, please email drysdaletransport@roads.vic.gov.au

Ten residents to visit the project



From the last **SpringDale Business Breakfast**, VicRoads have agreed to welcome up to 10 residents to visit the VicRoads Project Office in Waurnd Ponds to view the traffic modelling.

This will allow these 10 people to have a better idea of how the traffic will flow through the options under investigation along the Drysdale Ring Road. **This session is on Thursday 23 July.**

Please ring Anne Brackley 0407 529 205 to show your interest in being part of this group who can feed information back to other parts of our community.

A Big Thank You from Foodbank

Your donations were admirable and very much appreciated.

The Drysdale Community church has been greatly in need of donations and as always when the need arises, the community responds.

Winter is always harder than other months and this year is no exception. Thank You for your support. It will be an ongoing project so please feel free to donate if there is extra in your cupboards that you can spare.

Please leave your contribution at SpringDale Neighbourhood Centre.



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

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5 Mortimer Street, Drysdale
(03) 5253 2241



Drysdale Clifton Springs Community Association

Coles Supermarket

Approval has been granted to rezone land at 32 Murradoc Road to enable the new Coles Supermarket.

The Clifton Springs Fishing Pier

Following a meeting between the City of Greater Geelong (CoGG), Fisheries Victoria and some members of the public it is becoming apparent that the Boat Harbour is the preferred site and the structure is likely to be a jetty. CoGG is commencing the funding application process and DCSCA is providing a letter of support.

A meeting was held at COGG in March 2015 to discuss responses from locals about the draft functional design plan for the boat harbour area. Last month locals along with Fisheries Vic staff met at the location and discussed design and access options.

The local community has wanted a pier for many years and in a 1997 Landscape and Management Master Plan the area was said to be a significant recreation resource.

More than 900 signatures from people who supported the idea were collected in February 2014.

Hon Lisa Neville MP said State money for the pier is available and she supports the project.

The Bellarine Pirates Angling Club Inc & St Leonards Angling Club Inc have submitted their support for a fishing pier to COGG along with ideas for a "access for all abilities fishing platform".

The Drysdale Integrated Children's & Family Centre

In the June 2015 edition of *The Voice* Councillor Rod Macdonald highlighted details within the Council Draft Budget regarding the development of a new Integrated Children's and Family Centre for Drysdale to meet the demand generated by the growth within our community.

We welcome this development and look forward to hearing confirmation of a date for the start of project planning which will include community consultations to input into the process.

Service Station

Milemaker's lawyers have lodged a submission to VCAT to award costs against DCSCA.

Community Concept Submissions

2 of DCSCA 10 submissions were considered priority projects (these were the Clifton Springs Foreshore and Traffic Congestion in Geelong CBD) but none made it to the final listing.

New Curlewis/Portarlington Road Intersection

VicRoads information is that the intersection is to be signalised and CoGG is now responsible for the detail design.

Drysdale Seniors Community Club

We hold a wide variety of activities every week.

Monday – Yoga, Snooker, Cards and Carpet Bowls.

Clifton Springs Curlewis Lions Club meets 1st and 3rd Mondays.

Tuesdays – Weight Watchers, Lunch for Seniors Members, Bingo and Cards.

Wednesdays - Carpet Bowls, Snooker, WACAS, Quilters.

Thursdays – Line Dancing, Arts Chat group and afternoon tea.

Fridays - Carpet Bowls and Snooker.

Seniors 55 years and over are welcome to come and join the club and enjoy fun trips.

Enquires (03) 5253 2983 or come in and visit.



DON'T EXPECT - INSPECT

Buying your home?

In any property purchase, a key milestone is when an offer to purchase becomes unconditional and is required to proceed. Any research, inspections or assessments on a property must be done before this takes place so that you can benefit from the findings. Ideally, you will aim to make your purchase subject to being satisfied with the findings of your due diligence process.

In some instances there is no possibility to have any such conditions, (at an auction) so in these circumstances you will need to get everything done before the auction takes place.

Often clients steer away from inspections as they may end up bidding on multiple properties before success, hence, additional costs are incurred.

However, there is significant risk in not fully being aware of the condition of the property at purchase.

The cooling off period is a period of time in which you have the right to not proceed with the contract, for any reason whatsoever, without incurring any penalties. This period is before the offer becomes unconditional and is an excellent opportunity to be able to assess the property, even if you do not have any specific conditions included with your offer. It is important to note there is no cooling off period for residential properties sold at an auction.

Victorians who buy residential property are legally entitled to a cooling off period of three clear business days.

Resicert Property Inspections, servicing Geelong and the Bellarine provide a prompt written report with supporting photographs.

They have professional indemnity insurance and are ISO 9001 accredited.

Should you require help with any of the above **Phillip Griffiths of Resicert** can be contacted on mobile **0407 204 200** or email: **pgriffiths@resicert.com**





in our
Garden



with steve williams

your

Soil

Although there are plenty of vegies that will grow over winter in our climate, it tends to be a quiet time in our gardens, with a few empty beds waiting for the spring.

So it's a good time to give our hard-working soil some lovin'!

Topsoil is a living thing. It contains all kinds of life – plants, fungi, bacteria, invertebrate animals, etc. Alive and dead, these may constitute 5% or more of its weight. It also contains a complex soup of organic chemicals, water, minerals, rock fragments of all sizes down to microscopic silt and clay particles, and a surprising amount of air.

In short, topsoil is complicated stuff, and there's a lot that scientists still don't know about how soil life and plant roots interact. It isn't so much "dirt" as a web of life. It needs delicate handling.

However, the traditional method of revitalising garden soil is anything but delicate. "Double digging" involves trenching the bed to two spades' depth and bringing the bottom layer to the top. Recent insights into soil biology suggest that this is a bad idea. You're turning your topsoil upside-down, bringing the less fertile, less active subsoil to the surface and disturbing or killing soil organisms.

In the short term, double digging can produce good yields, because it burns through the soil's nutrients quickly. The trouble is, it also exhausts the soil and puts you on a treadmill of adding large amounts of fertiliser each season to keep the vegies growing. In the long run, it isn't sustainable. It isn't great for your back, either.



Make beds narrow enough to reach the middle without treading on them.



*'SOIL
the Stuff
of life'*

These days I try to disturb my topsoil as little as possible. I loosen it gently with a fork to reduce compaction and break up any surface crust, then I put compost and manure on top rather than digging it in. Earthworms and other critters will mix it in for you, if you haven't chopped them up with your spade!

I avoid walking on beds, because that compacts the soil and squeezes the air out of it. (Good bed design helps here – don't make beds wider than you can reach across.) I also keep the soil covered in a protective layer of mulch most of the year, so that soil critters have a nice, comfy environment to work their magic in.



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dandkcd@yahoo.com.au



Four Steps to Edible Gardening- Week 2



The participants planted out a wide variety of winter vegies under Linda's guidance, including cauliflower, lettuce, celery, garlic, parsley and peas.

20-26 July

National Farm Safety Week

National Farm Safety Week aims to raise awareness of farm safety issues in rural communities across Australia.
www.farmsafe.org.au



24 July

National Tree Day

Planet Ark is calling for people to connect with nature by getting involved in

National Tree Day,

Australia's largest tree-planting and nature care event. People can participate by becoming National Tree Day site coordinators or attending plantings in their local areas.

treeday.planetark.org



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Colin Foley

Cool now, Warmth later

No not a weather briefing but news of the SpringDale Artists!

Our current exhibition at Drysdale Village Medical Centre is called *Cool* and focuses on the cool range of colours in a variety of media, subject ideas, and approaches. Most artworks are small and very affordable. *Cool* will close at the end of July. Pop in and snap up a bargain.

Our next exhibition to follow *Cool* is called *Warmth* and will feature new artworks in a range of media by the versatile SpringDale Artists.

Warmth will be our major 2015 exhibition and we thank the Drysdale Village Medical Centre for hosting our 9th annual show.

The exhibition will be opened on 8 August and all works will be for sale. Visit the Drysdale Village Medical Centre during



business hours to view the exhibition. Commission on works sold at DVMC goes to World Vision.

The SpringDale Artists 2016 annual exhibition will be held in January. It will be our 10th Annual Exhibition and will be held in the SpringDale Neighbourhood Centre Hall. The committee is laying down plans for an arts

festival for the whole of January 2016 to feature ongoing exhibitions, and other arts events at the SpringDale Centre. Watch out for details of this exciting new program for the summer.

Annette Playsted

Coordinator SpringDale Artists Exhibition Committee, SpringDale Art Tutor

Combined Probus Club Of Clifton Springs/Drysdale

Tocumwal tour was 'fantastic'

Last month a group of Caravan and Cabin Friends from our Probus Club went to Tocumwal, NSW, for our quarterly sojourn. We had fantastic weather - not a cloud in the sky for 5 days!

One couple went to play that game – Gentlemen Only Ladies Forbidden – on the first day, with him coming back with his tail between his legs. Sightseeing was done at various places – the old railway bridge, the railway museum, the air museum, Chrysties motor museum, and the Big Fish. The final day saw most of us on a river cruise on a paddle steamer at Cobram. The coffee shops around town did a good business also. Each evening was started with 'happy hour' (usually lasting at least two!) then followed by a communal dinner at the outdoor kitchen. On the Saturday night, we went to the golf club for dinner, entertainment (Joe Attana), and dancing.



*Needless to say,
lots of laughs
were had by all.*





William Sheahan

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Alby on (03) 5253 2631
or Pat on (03) 5253 2142
for further details.

Trips and Tours - a musical journey



Another successful trip organised by our Trips and Tours team, was as usual, as smooth as ever. It started with our departure from the Drysdale Football Club right on time at 8.30am, full house with 57 members consisting of our own Probus, Drysdale Ladies and Bayview Probus from Portarlington. We headed towards the Ring Road which took us all the way to Watsonia, the home of the Defence Force School of Music. Upon arrival we all settled for a cup of coffee or tea, then gathered with other groups to be entertained by these very talented musicians. They consisted of 31 members of which 6 were females from different forces.

The interesting part was every part they played was conducted by a different conductor each time. They played an assortment of numbers of which some were war songs.

A tremendous applause each time they finished a part by the full house audience. The concert finished with a most enjoyable medley of more war familiar songs with the whole audience participating. After the concert we went to the Watsonia R.S.L. for an enjoyable two course meal. Everyone seemed happy to be part of such a good day. At 3pm we all got on the coach for our journey back to Drysdale arriving at 4.30pm.



All in all, a very enjoyable day out with our Probian friends. An interesting point about these mixed Probus trips is the fact that one gets a good chance to meet other members from other clubs. The Defence Department

must be so proud of these young and not so young musicians.

In all a great day was had by all.

Joe Cutajar

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Congratualtions the Rotary Club of Drysdale turns Forty



Past District Governors, present District Governors, past Presidents, current Presidents, past members, current members, family and friends collected together to celebrate the 40th birthday of the Rotary Club of Drysdale at the Club Italia in Moolap. We all had a wonderful evening with close on 90

people reminiscing and remembering the fun times and sometimes tough times they have experienced in that long history. A club that has successfully run 39 Art Shows, saw the development of a Children's Park at Point Richards with a miniature train, countless overseas trips to assist countries recover from

floods, earthquakes and other disasters. A club where members have formed lasting lifetime friendships. A club that lives its "Service Above Self" motto. A club that would love to continue its good work.

Do you have some time to come along and lend a hand? It is far more than just doing, it's just as much about being someone who knows they want to make a difference in our world locally and globally. Why not visit rotary.org and see what we do. Then we would love for you to join us at a meeting as a guest to find out more. My experience in Rotary over the last 4 years has taught me so much. It's a way you can give back to your community while also networking your business. Our Membership Chair is Bruce VanEvery and he is waiting for you to call him on 0409 149 025.

Caroline Rickard
President Elect, Publicity Officer
Rotary Club of Drysdale

Percy Baxter Charitable Trust to aid the SpringDale Kitchen



PERCY BAXTER
Charitable Trust

Football club with help from Drysdale Village Medical Centre.

We have gained financial support from Bendigo Bank, Portarlington Drysdale Lions Club, Rotary Club of Drysdale and Heather Condie.

It has been very difficult to gain sufficient funds to actually install the commercial appliances due to the position of our kitchen in our City of Greater Geelong owned building. Over the years I have thought that we might be successful with grants that we had applied for with little success until very recently.

Percy Baxter Charitable Trust has come to our assistance and we look forward to working with the Trust to achieve our goals. We look forward to representatives coming to visit the kitchen before and after the kitchen renovation.

We also look forward to extra courses and opportunities that the upgraded kitchen will give us including bread making – if our tutor is still available after the 6 years he has been waiting!

People who visit SpringDale will be happy that the tune that I have been singing about the kitchen renovation will hear a new tune. Thank you so much to all the groups who have supported us in this long term project and especially to the **Percy Baxter Charitable Trust**.

Very happy Anne Brackley.

Over the last 10 years the kitchen at SpringDale has been used almost non-stop. It was planned to be a demonstration kitchen in which techniques would demonstrated but it has only ever been used in this way a few times.

Our kitchen is more likely to be full of men, working in two teams to prepare and cook a couple of meals, to share with each other and to take home some serves as well.

We currently have 4 Men's Kitchen Groups at SpringDale and one at St Leonards. They each have up to 14 men and a at least one facilitator who get together weekly to cook together and share time with each other.

The kitchen might also be hired by a small business owner, who is using our Registered Kitchen to prepare food items for sale.

The kitchen might also be use to prepare for a Business Breakfast, a community event or even for a catering. Over this time we have had 4 domestic stoves and 6 or more sets of stove hinges replaced and 2 domestic dishwashers. Unfortunately we have known that the workload that our kitchen is under was too great for our domestic appliances. In the last 8 years we have been working towards replacing these appliances with commercial ones. We have inherited a stove and dishwasher from Drysdale

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12-18 July

National Diabetes Week



Each year Diabetes Australia celebrates National Diabetes Week to raise awareness about diabetes in Australia. The campaign aims to educate Australia of the risk factors for type 2 diabetes and how type 2 can be prevented.

www.letspreventdiabetes.org.au

5 Common Causes of Knee Pain – Part 5. Patello-femoral pain

Patello-femoral pain, or pain in and around the knee cap, is a common cause of knee pain. The knee cap can often be overloaded, leading to pain.

Patello-femoral pain is an umbrella term describing many causes of pain; the most common being:

- Knee-cap position
- Muscle tightness around the knee-cap
- Muscle weakness around the knee-cap

Good knee cap position is important for ensuring that even weight distribution to the tendon is achieved. If the knee cap is tilted one way, increased pressure (over-load) to the tendon is applied on every step, leading to pain.

Commonly in the clinic I have found that the muscles on the outside of the thigh are extremely tight, while the inside muscle are very weak. This causes the patella to be pulled to the outside of the leg, increasing pressure on the tendon.

Often there are other causes to patello-femoral pain which can be investigated by a physiotherapist.

Initially, the treatment is just to reduce pain, with rest, ice, compression and elevation (RICE).

Then a physiotherapist will address the causative issues, such as weak muscles, and prevent the injury from recurring.

Brea Turnley

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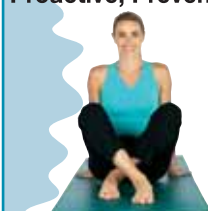
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– Alan & Anne Nettley (pictured), incoming residents, Bellarine Springs, Drysdale.




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Timor-Leste, an Emerging Nation



L-R: Paulina, Marita, Lucia



Delancia and Minda dancing for the children

Timor-Leste recently celebrated its 13th year of Independence in May this year. Despite the tumultuous years of its history there are positive signs of strength and hope for its people. I had the privilege of participating in a Teacher to Teacher Conference in Viqueque (in the south of Timor-Leste), the sister city of Geelong. The team consisted of teachers connected to Christian College, Geelong, (from Kindergarten -Yr 12), a speech pathologist and a maintenance person.

Of the team of eleven, six of us live or work on the Bellarine Peninsula. Our Group Leader, Ms. Deb Singleton, has had a long association with Viqueque and her knowledge and passion for the Timorese people provided great leadership and networking.

'The Timorese people are resilient, with a great hope for a better future.'

We travelled from Dili, in a 4WD taking 6 hours for a distance of 170km, on windy and narrow roads.



L-R: Minda, Pam, Diane, Velancia, Gillian

It was Easter, and as a strongly Catholic nation we witnessed their faith commitment as they walked along the roads carrying palms on Palm Sunday. On Good Friday there was the re-enactment of the Easter story with thousands following along the roadside. The Timorese people in Viqueque were most welcoming – with a regular greeting of *Bondia Kolega* which translates as *Good Morning friend*.

The Teacher to Teacher conference was an amazing experience. There was opportunity to share knowledge and experience in areas of curriculum including health, literacy, play-based learning and lesson planning. Lots of practical ideas and resources were made available. Of course, relationships have developed and the mentoring continues.

Two Timorese Kindergarten teachers returned with us and are continuing their learning as they gain teaching experience in a variety of early childhood settings sponsored by Christian College, Geelong. The local *Days for Girls* chapter operating from Springdale Neighbourhood Centre completed 100 hygiene kits for us to distribute. These were received well. Thank you Diane, Pam and your team.

Timor-Leste is one of our closest neighbouring nations, a flight of a little over an hour from Australian shores. The Timorese people are resilient, with a great hope for a better future. It was definitely a blessing for me to witness this first-hand.

Marita Thurman



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Drysdale Guides

Drysdale Guides
prepare for indoor camp



Drysdale Guides have been preparing for their annual indoor camp for all the girls from Junior and Senior Guides. It will be a great 3 days of sharing skills, talents and time.

Our theme is **World Wide Wild Life Camp** and everyone is looking forward to unpacking this theme.

Rescue, Adopt, Donate!



Springdale Neighbourhood Centre and Gnurad Leadership Students Supporting Geelong Animal Rescue.

We are a group of students from Bellarine Secondary College who recently attended a Leadership School called Gnurad Gandidj. During our stay there, we were asked to work on a Community Learning Project (CLP). For our CLP we decided to support Geelong Animal Rescue, which is a local organisation that saves the lives of unwanted and neglected animals.

As part of this project we made food bins and donation boxes to provide GAR with much needed support.

We have placed these bins and boxes around the community. Our food bin and donation box at the Springdale Neighbourhood Centre is doing very well, thanks to the wonderful people who are working there and supporting us with collecting food and monetary funds. If you have any spare cat or dog food at your house or a couple of dollars to spare could you please place them in the food bins and boxes at the community centre?

Bellarine Secondary College GAR Team

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

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Neighbourhood Watch - Be safe...always



Community Noticeboards erected in the foyer of the Supermarket



Street lighting outages have been repaired

Street lights play an important role in community safety. If you know of street light outages in your street, **contact Powercor on 13 24 12 (24 hours)**.

New noticeboards

New noticeboards have been installed at the west entrance to the Safeway Shopping Complex. We will provide safety and security information, Neighbourhood Watch meeting dates and space for residents to post stolen item notices. The Community Board will enable residents to post notices of upcoming events.

Store keys in a secure place out of sight.

Two recent burglaries – in Geelong West and Lara – saw offenders enter homes, remove keys and then steal two vehicles from the residences. Neighbourhood Watch reminds you to **REMOVE THE REMOTE** from your vehicle when parked at your home. A garage remote control can be used to open the garage and gain entry to the residence.

Ensure **ALL VALUABLES** are removed from your vehicle when parked, even when it's in your driveway. Remove the garage remote control, wallets, handbags, personal papers, cash and electronic items. Ensure all windows

are closed and **LOCK** the vehicle. Ensure the internal door between garage and residence is locked. Sgt. Grant Langmaid, Bellarine Police, reminds residents: *"We need to be constantly vigilant and alert, not only with the security of our own residences, but that of our neighbours. We need to **OBSERVE, RECORD and REPORT** any suspicious activities to police (000). Be active, be alert and be prepared to help your neighbours. If you see anything suspicious, **OBSERVE RECORD and REPORT**. Remember a Neighbourhood Watch Program is only as effective and as strong as its community. I encourage everyone to get involved with their community safety and crime prevention."*

Newsletters are available from **Neighbourhood Watch Board in Safeway, Mortimer's Service Station, the Library, Convenience Store in High Street and Doctor's rooms in Drysdale or** download copies: [www.nhw.com.au/Western-Region/Geelong/Newsletters-\(1\)](http://www.nhw.com.au/Western-Region/Geelong/Newsletters-(1)) or register for an email copy www.nhwbellarine@gmail.com or connect via **Facebook – Neighbourhood Watch Bellarine** or join the group **Drysdale and Clifton Springs First Response**.

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 – <http://www.nhw.com.au/Getting-Involved> Care about the community you live in – get involved.

The next meeting is Monday 13 July at 7pm at the Springdale Neighbourhood Centre. Everyone is welcome to attend.

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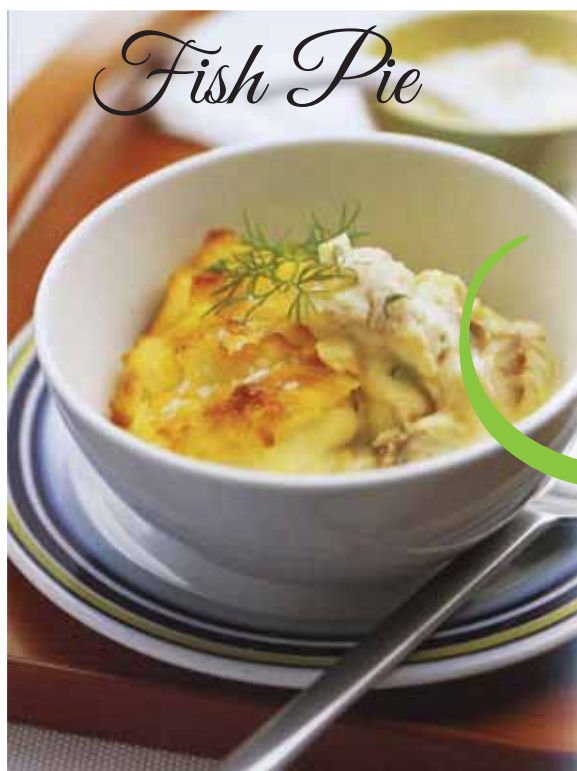


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Fish Pie

Serves 4

POTATO TOPPING

500gm potatoes diced
 ½ cup milk or cream
 1 egg slightly beaten
 30g butter
 60g Cheddar cheese finely grated

FILLING

800gm skinless Ling fillets cut into large chunks
 1½ cups milk
 30gm butter
 1 onion finely chopped
 1 garlic clove crushed
 2 tblspns plain flour
 2 tblspns lemon juice
 2 tspns lemon zest
 1 tblspn chopped Dill.

Fish substitution

Snapper, Monkfish, Cod, Haddock or Flathead.

Preheat oven to 180°C.

To make topping, steam potatoes until tender. Mash and place to one side of the pan, then add the milk and heat gently. Beat the milk into the potato until it is fluffy, then season and stir in the lightly beaten egg and butter. Mix half the Cheddar then set aside and keep warm.

Put the fish in the frying pan and cover with milk. Bring to the boil, then reduce the heat and simmer for 2 minutes, or until the fish is opaque and flaky. Drain, reserving the milk and put the fish in a 1.5 litre ovenproof dish.

Melt the butter in a saucepan and cook the onion and garlic for 2 minutes. Stir in the flour and cook for 1 minute, or until pale and foaming. Remove from the heat and gradually stir in the reserved milk. Return to the heat and stir constantly until it boils and thickens.

Reduce the heat and simmer for 2 minutes. Add the lemon juice, zest and dill, and season.

Mix with the fish. Spoon the potato topping over the fish and top with the remaining Cheddar. Bake for 35 minutes or until golden brown.

Let's eat Fish



Fish Provencale

Serves 4

1 small red capsicum, thinly sliced
 250gm bottle pasta sauce
 1 tblspn chopped Thyme
 40gm butter
 4 large skinless Perch or Snapper fillets
 Thyme sprigs for garnish

Put the capsicum, pasta sauce and chopped Thyme in a bowl and mix well.

Melt half the butter in a large non-stick frying pan over high heat and cook the fish for 1 minute, adding the remaining butter as you go. Turn the fish over and pour the capsicum mixture. Simmer for 10 minutes, or until the fish is cooked. Season to taste and garnish with thyme sprigs. Serve with roasted potato slices and crusty bread to soak up all the juices.

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VicRoads answering a few queries

I asked VicRoads

During June, many people asked me about the wire rope that was being placed along Portarlington Road and so I asked VicRoads for some information about its safety benefits and the reason why it was being placed on our road. This is the response I received.

Geelong-Portarlington Road, Drysdale

Dear Ms Brackley

Thank you for your email dated 5 June 2015 regarding safety improvements to the Geelong-Portarlington Road.

VicRoads and our road safety partners are actively working to change the prevailing culture in society that accepts deaths and serious injuries as an inevitable price we need to pay to use the roads.

Victoria has adopted the Safe System approach to managing road safety. The Safe System approach recognises that people will make mistakes on our roads and that safe road infrastructure, safe vehicles and safe speeds should be designed to protect people in the event of a crash.

Part of this vision is delivered through the Safe System Road Infrastructure Program (SSRIP), which is funded by the Transport Accident Commission (TAC) and delivered by VicRoads. The program is a \$1 billion investment over 10 years and commenced in 2013-14.

On this road, between Moolap and Drysdale, there have been 19 recorded run off road crashes in the past 5 years; one of these was unfortunately a fatality.

Research has shown that these barriers reduce deaths and injuries from run-off-road crashes by up to 90 per cent.

Wire rope safety barriers have been in use overseas for over 30 years and in Victoria for around 15 years.

Experience has shown that wire rope safety barriers have been a highly cost-effective treatment in reducing road trauma, particularly in collisions with roadside hazards and cross-median crashes, as they cause less damage to vehicles and their occupants. Also the wire rope barriers are installed with an appropriate offset from the edge of the running lane of traffic to maintain the free flow of regular traffic and at the same time providing some room and time for vehicles to stop and/or recover, where possible, before they hit the barrier system.

Yours sincerely

Mark Koliba
Regional Director
VicRoads
South Western Victoria



Making Cheese is a great experience and loads of fun

We marched into the SpringDale Neighbourhood Kitchen for a 10am start, with excitement and a hint of anxiety to learn how to make Fetta cheese in the morning and Ricotta after our lunch break.

On entering the kitchen we certainly were prepared, as we balanced our 2 litre and 3 litre stainless stockpots, our metal slotted ladles, a probe thermometer, (*don't stress if you haven't one you can borrow*), a colander, packet of chux or some cheesecloth, packet latex gloves and some no-wash hand sanitiser and strategically placed our equipment next to our *personal* stoves.

Our instructor, **Corinne Blacket**, from *Drysdale Cheeses*, immediately put all of us



at ease with her welcome and engaging smile. An introduction to one another was next in order and a sense of now belonging in the cheese making class, not as strangers but a happy family embarking on a new adventure.

We had litres of pasteurised and UN-homogenised milk standing like soldiers awaiting orders from their Commander and Chief, Corinne.

And so the action began. Stoves were lit. Stockpots were strategically placed over the middle of the burners, and the milk *soldiers* were deployed into action, 3 litres were poured into each of our pots and heated to 34 degrees. Our instructions were clear and

to the point. Corinne is immensely experienced and amazingly knowledgeable in the science of making cheese. Prepared starter was next with lots of stirring required. Next rennet was added. Once again lots of stirring was needed. Watching the time was a good idea too! Goodness, the milk has now changed its appearance.

Now we have learnt the word *curd*. At this point, a two hour process was embarked upon whereby we stirred and later cut and then poured the curd into our cheese hoops to allow the whey to drain.

After pressing down the curd it was now time to allow our Fetta to stand overnight, on a rack over a tray till the next morning.

Every step in the process of making *Fetta* and later in the day, *Ricotta*, was monitored by Corinne with loving care and precise instructions.

The whole experience together with our timeout to have lunch and try some of the remarkable cheeses that *Drysdale Cheeses* is renowned for producing was fabulous. Without giving my readers a lesson in cheese making now, I just want to excite your senses and invite you to embark on this experience yourselves.

If you have never made cheese, I highly recommend this remarkable experience with Corinne. **Cecilia Marson**

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Improve your *heart health*

Based on data from the 2007–08 National Health Survey, an estimated 17% of the Australian population (3.4 million people) had a cardiovascular disease (CVD), with the prevalence similar in males (15%) and females (17%). This increased seven-fold from 10% of those aged 35–44 years to 70% of those aged 85 years or over.

Figure: Proportion of people with cardiovascular disease by age and sex, 2007–08

Source: AIHW analysis of ABS 2007–08 National Health Survey Confidentialised Unit Record File.

This is alarming. We really need to take better control of our heart health. But is there anything we can do, besides taking medication? Yes, we can look after our hearts with better nutrition!

Mediterranean Diet

Studies have consistently shown that those who follow the Mediterranean Lifestyle and Diet have better heart health outcomes. That means eating 4 serves of fruit (mainly berries) and 6 serves of vegetables (mainly dark green leafy), grass fed meats, 3 tablespoons of raw extra virgin olive oil, 20–40 minutes of exercise, and the occasional



glass of Pinot Noir per day. Have fish and seafood 4 times per week.

Polyphenols

These compounds are high in green tea (sencha or oolong), red wine (pinot noir) and even dark chocolate (85% cocoa). Have small amounts for maximum impact, (not a whole bottle of wine, or big block of chocolate).

Beetroot

Beetroot juice (1 small glass), or just eating a small handful of beetroots each day will help

dilate your blood vessels, and may help ease blood pressure.

Pomegranate Seeds

One cup of seeds per day can help improve the quality of your blood vessels. You can have the juice, but it's a bit high in sugar, so try having the seeds on salads, or mixed through veges to be served with roast meat.

NB. It is important for those taking medications to consult your health care provider before making changes to your dietary intake and/or using complementary medicines/supplements, to ensure there are no adverse reactions/interactions.

For more tips on how to improve your heart health, come along to our next seminar on **Tuesday July 21st at SpringDale Neighbourhood Centre, 6.30pm–7.30 pm.**

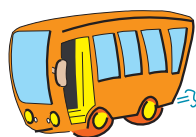
To book your spot phone (03) 5253 2960, or e-mail office@springdale.org.au.

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Thank you from Kel and Norma

Norma and Kel would like to thank everyone sincerely for their best wishes this month. Kel says *"My hand is getting sore and Norma's lips are getting sore from all the congratulations."*



Today's escapade is about long distance stock transporting. One of Kel's friends Kev Jolly, from Anakie would always skite about his truck being the best and he would have the bonnet up showing off his engine to other truck drivers. In those days, most of the trucks were petrol prime movers made in North Geelong at International Harvester.

"We were in a group and Kev was skiting about how good his engine was. When he moved away, I would hop up on the bumper bar and lean into the engine, under the bonnet and with my trusty carpenter's pencil I would draw a line from the metal up to the spark plug. When he came back we'd say to him – Come on now let's hear her run Kev. When he started the truck up, the engine almost bounced out of the chassis – it was running that uneven. Kev started to rant about someone having done something and that's when Kel would hide".

Kev was the group leader all of the time as he organised the loads. Our trucks were the same model and sometimes after we'd been loaded, on a long open road Kel would pass Kev with his right foot on the accelerator and just touching the brake so the light came on - Kev would get very angry. When they next met, Kev would rant about how Kel passed him and even had his brakes on at the time. Kel remembers having to have his foot so far down that it was almost through the cabin floor.

We were shift a power of stock so we would always be getting other drivers to help. Some although they came with glowing recommendations once we saw them backing we knew they needed support.

Kel is thinking that this year might be his last for stories – I'm hoping for another year so please feel free to ask Kel for more stories.

Kel Davis and Anne Brackley

Business Network Breakfast Monday 24 AUG

7am start

Mark this date in your diary

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This is part of the **Small Business Festival** and will be \$35 for those not members of the SpringDale Business Network.

Our speaker will be Jason Clarke and a link to one of his TEDx talks is [www.youtube.com /watch?v=vPhM8lXibSU](http://www.youtube.com/watch?v=vPhM8lXibSU) There are only **120 spots** for this breakfast and will definitely be worth the investment of energy to be part of this event.

Guest Speaker - Jason Clarke



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Come back and tell us how you are going



Austin Harvey

We have recently heard from people who have previously come to SpringDale for various reasons. **Austin Harvey** was one of the first men at our Men's Cooking Group. He was in an electric wheelchair as a result of a traffic accident. The Cooking Group was one of the first things he had attempted and after that he kept trying new things.

He has just completed a Diploma in Counselling and is about to start a Degree in Dementia Care with the University of Tasmania.



Justine Martin

Justine Martin started with us in 2013 attending an art class and she is now running a facebook page to promote art with more than 1000 followers and is regularly commissioned to create artworks. Justine is also about to become an ambassador for MS.



Alex Needham

Alex Needham came to us as a volunteer while he was on school holidays from Dubai and through that gained the experience which helped him obtain his first job.

Thanks to everyone who comes back and lets us know how you are going, its interesting to hear about people who start at SpringDale and go on to many other things. Please think about coming into SpringDale and maybe trying something new who knows where it will end.

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Come and enjoy a game of bowls

Clifton Springs Bowling Club, located in Springs Street (opposite the Clifton Springs Golf Club) runs competition and social bowls throughout the year, and we encourage bowlers of all ages to come along and enjoy a friendly afternoon of lawn bowls.

The club enters Saturday and Midweek Pennant teams in the Geelong Bowls Region, open to both genders, and played from October through to March. Social bowling is played through Winter and Summer months on grass and synthetic greens.

At the 2015 Annual General Meeting, Life Membership was accorded to Laura Johnson in recognition of her outstanding contribution to the club. Laura has been a member of CSBC for 27 years, serving on numerous committees and currently holding the position of Bowls Director.

Also at the April AGM, the Club officially announced the appointment of Anthony (Larry) Donohue as Senior Playing Coach within the club. Larry has transferred from Ocean Grove Bowling Club where last year he competed with their team which won the 2014 Premier League Grand Final.

With his previous coaching experience, Larry has instigated Skills Training Sessions for members during the Winter months in preparation for the forthcoming Pennant season.

Larry will be ex-officio member of the club's selection committees and he is keen to help our club achieve promotion to higher Divisions.



Larry Donohue assisting players on techniques



St Ignatius College Drysdale and the Clifton Springs Bowling Club continued with the annual bowling program for students in 2015.

Year 10 students attended 14 sessions over 8 weeks, with 200 visits to the club. Their introduction to lawn bowls was both informative and enjoyable with the assistance of the Club Coach and member volunteers explaining the rudiments of the game. We noted some promising future lawn bowlers.

Jan Townsend
Membership Director
Clifton Springs Bowling Club



Larry Donohue - Senior Playing Coach



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Portarlington Demons Football Netball Club showing a marked improvement

The Portarlington Demons Football Netball Club continues to show marked improvement on the field culminating in an excellent win against Queenscliff, something that has not been achieved in many years.

The day was even more special for one of our most respected players, Mark 'Bugs' Davis playing his 150th game for the club. Mark was an excellent junior player; he is a past senior captain and is considered the heart and soul of the senior playing group. He is a one club player, a great testament to his character and commitment to the club. Our netballers continue to put the results on the board and have put themselves in a very strong position on the ladder leading into the second half of the year. We would like to congratulate Candice Bull [Bully] on the safe arrival of her second child Lyla.

Our Social calendar is huge over the next few months:

- Ladies Day is on Saturday July 4 at the club rooms
- One of our biggest fund raisers for the year is the Goods and Services Auction on Saturday 18 July, an event not to be missed. Lot items will be widely publicised around town as we get closer to the day. We fully expect some 80+ quality items to put "under the hammer". If you want to donate or require more information please contact the club. Come down and support the footballers and netballers and then stay on to join in all the fun at this big event.



Portarlington Demons Football Netball Club Inc.

Our juniors are having a fantastic year with all of the sides enjoying success both on and off the field. Samantha English and her committee is doing a fantastic job and have organised a number of events in the coming months.

- Our junior day is on Saturday July 18, there will be jumping castles and activities for the kids throughout the afternoon, following on from all junior football and netball grades playing throughout the morning

- A junior Disco will be held on Saturday 25 July at the club rooms, details can be found on the website.

Thank you to all our loyal sponsors and supporters for their continued support and everyone should be looking forward to a very successful second half of the season.

Show your support and become a member today.

Don't forget – TRAINING TUESDAYS & THURSDAYS with the Club BAR & BISTRO opening at 5pm each Thursday for great meals & camaraderie.

1-31 July

Dry July

Dry July is a not-for-profit organisation determined to improve the lives of adults living with cancer through an online social community giving up booze for the month of July. It's a chance to raise awareness of individual drinking habits, the value of a balanced healthy lifestyle, a personal challenge, encourage positive change and an awareness of a healthy attitude to alcohol consumption

au.dryjuly.com



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