

# The SpringDale Messenger

September 2015  
Volume 25 Issue 8



## Drysdale Youth Space opens at SpringDale

Photography George Stawicki

The Bellarine Youth Action Crew (SYAC) opened the Drysdale Youth Space at SpringDale Neighbourhood Centre. They conducted a range of activities from Xbox games, live music, temporary tattoos, ping pong, badge making, balloon twisting and enjoyed a free sausage sizzle. Around 30 people attended and took part in the fun loaded events. All welcome.



**THIS EVENT  
WILL BE RUNNING  
FORTNIGHTLY  
FROM  
TUES 13 OCT**



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**AND LOTS  
MORE!**

**Turn to pages 11-14 this issue  
'COURSE and OPPORTUNITY GUIDE'**

# 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** October 2015 **Bookings/copy required** by 1 Sept **Dist:** Sat 26 Sept **Circ:** 14,000 copies

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

## SEPTEMBER

<b>Tuesday</b>	<b>1 - 8</b>	Adult Learners' Week
<b>Wednesday</b>	<b>2</b>	Kinship Carers First Meeting 10am SpringDale Annual Bellarine Rail Trail Planting Day 10am Pt Lonsdale
<b>Saturday</b>	<b>5</b>	Harvest Basket Produce Swap & Edible Gardening Group, SpringDale 9am-10.30am
<b>Monday</b>	<b>7</b>	Importance of Play (and Mon 14) 11.30am – 1.30pm
<b>Wednesday</b>	<b>9</b>	Days for Girls at SpringDale
<b>Thursday</b>	<b>10</b>	RU OK and Bellarine Secondary College YouthFest
<b>Friday</b>	<b>11</b>	
<b>&amp; Saturday</b>	<b>12</b>	<b><i>Peggy the Pint Sized Pirate</i></b> 11 @7.30pm, 12 @ 2pm Potato Shed
<b>Monday</b>	<b>14</b>	SpringDale Dining Club at Grand Hotel Portarlington 6.30pm
<b>Tuesday</b>	<b>15</b>	<b><i>Geelong On Camera</i></b> Morning Showtime 10.30am Potato Shed
<b>Friday</b>	<b>18</b>	<b>Spud Club</b> Open Mic Night 6.30pm Potato Shed
<b>Saturday</b>	<b>19</b>	<b>The Kazoos</b> 11am & 1pm Potato Shed
<b>Sunday</b>	<b>20</b>	Pleasant Sunday Afternoon Uniting Church Hall Portarlington 2pm
<b>Tuesday</b>	<b>22</b>	
<b>– Friday</b>	<b>25</b>	<b>Three Little Pigs</b> 10.30am & 1.30pm Daily Potato Shed
<b>Sunday</b>	<b>27</b>	<b><i>Gallie 'The Occuquan River'</i></b> CD Launch 2pm Potato Shed
<b>Tuesday</b>	<b>29</b>	
<b>&amp; Wednesday</b>	<b>30</b>	<b><i>Caravan Burlesque Rides Again</i></b> Potato Shed

### SpringDale Diners Group

**Monday 14 September - Dinner will be at  
6.30pm at the Grand Hotel, Portarlington.**

*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.**

The SpringDale Messenger is a locally produced publication.

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**For all editorial enquiries: E: [messenger@springdale.org.au](mailto:messenger@springdale.org.au) W: [www.springdale.org.au](http://www.springdale.org.au)**

**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



Hello Everyone

It's an exciting time for SpringDale and our community. We have successfully held our first online course. The tutor was in Dandenong and we were in the computer room and in homes around the Geelong area. The sessions were recorded allowing people to join partway through the course. We have been talking about this and working towards this for a long time and it's just so rewarding once a plan comes to life..

Our next piece of exciting news is to thank the Department of Education and Training for awarding us a grant to research how to teach innovation and entrepreneurship. In these days of changing employment opportunities, the single idea that keeps bubbling to the surface is that of innovation and entrepreneurship. If we want to survive, these two seem to be the shining lights but can they be taught. If they can be taught, how can they be taught and how do we create the environment or ecosystem in which they will thrive.

Some people have already shown interest in this subject and I have been attending a number of sessions in the hope that we might get this opportunity to spend time and resources on this subject. I've met this year with Don Kenyon, Bank of I.D.E.A.S., Don Macke, Center for Rural Entrepreneurship Lincoln Nebraska, Dan Swinney, Manufacturing Renaissance Chicago, Vinh Giang, South Australian Entrepreneur of the Year 2013 and Jason Clarke, Minds at Work our speaker at the August Business Breakfast.

These people are inspiring and the key that keeps shining through is relationships.

Building, keeping and maintaining relationships – SpringDale continues to try to achieve this purpose in our community. Please feel free to register your interest in this project.

There has been a lot of talk about the Sharing Economy with new businesses popping up, but SpringDale has been in this business since it was established. We have a Toy Library in both Drysdale and Portarlington which enable families to borrow toys for a period and then give them back and get new toys. We have a Jigsaw Library that enables people to borrow a jigsaw for the period that you need it and then you give it back and borrow another. These groups have small fees and enable easy access to these items for appropriate timeframes.

We also have chocolate moulds, crockery, cutlery and glasses that can all be hired and we also have tables and chairs that can be hired. We have a data projector and screen that can be hired.

Our groups also share their skills and interests with our community and with each other. We also share our rooms through hiring them to other groups, organisations and businesses. We also share our computers and photocopier, fax, scanner etc to ensure our community has access to these facilities without having to own them.

The most valuable thing that we share at SpringDale is time. Our staff and our volunteers spend hours each week with our community trying to help make lives happier and healthier.

**Anne Brackley**

On behalf of the SpringDale Team

## Classes still to start.

### Music and Movement

Tues 1 and 8 Sept 11.15am – 12noon  
First session Free

### Cooking on a Budget

Tues 1 Sept 1pm-3pm or 7pm-9pm

### Espresso Coffee

Sat 5 Sept 10am

### First Aid Provide First Aid

Sat 12 Sept 9.30am – 3.30pm

### CPR

Sat 12 Sept 9.30am – 11.30am

### Budgeting Solutions

Tues 8 Sept 1pm – 3pm or 7pm – 9pm

### Laughter, Goal Setting, Stress Reduction and Motivation

Tues 15 Sept 1pm-3pm or 7pm – 9pm

### Spring into Spring

Tues 22 Sept 6.30pm – 7.30pm

### VCE Oral French Test Preparation

Sat 26 Sept 9am – 1pm

## IMPORTANCE OF PLAY



This course is designed to help parents and carers to develop knowledge and skills to prepare their children for play.

The sessions will include:

*What is Play?*

The **Importance** and power of play, Why games are good for children, **Importance** of block play and how to extend construction play, **Importance** of and how to encourage creative play.

**Dates/Times:** Mon 7 & 14 Sept  
11.30am – 1.30pm

**Fee:** \$20 conc \$10 subsidised  
childcare available

**Tutor:** Alison March

## Success of SpringDale Dining Club



The idea of a **SpringDale Dining Club** started just over a year ago and since then we have met in 13 different restaurants, cafes, hotels and wineries.

Each event has seen on average 24 people in attendance and 49 different people have attended. These people come from all over the Bellarine and we have reciprocated by going to venues all over the Bellarine.

Our dinner is usually held on the second Monday of the month or the Tuesday if the venue picked isn't open on a Monday night. On public holiday Mondays, which have conveniently fallen on a second Monday, we have held lunchtime events at wineries.

We chose an evening early in the week to try to help with business sustainability and each visit we have invested on average \$700 in food and drink and over the 13 events so far is \$9100 extra put into our local economy. The businesses and all been very happy to receive our patronage. Many friendships have formed between people new to the area and long term residents. Many conversations have solved many world problems and we continue to look forward to what's next.

**Next event is at Grand Hotel Portarlington on Mon 14 Sept, 6.30pm.**  
**For reservations call SpringDale Phone (03) 5253 1960.**



## Tourism Greater Geelong and the Bellarine

The Andrews State Government has recently announced funding for, and recognition of, "Tourism Geelong and the Bellarine" as a Regional Tourism Board. In recognising the organisation the State Government has committed an initial \$275,000 to assist it in promoting the region. Previously Geelong and the Bellarine were part of the broader Otway and Ocean Road Board. The Andrews State Government is committed to the growth of tourism across the State and I will be working to ensure that the Bellarine is part of that growth.

## New Regional Rail Link Provides 200 Extra Services a Week

On 21 June Geelong trains begun to use a new dedicated rail line into Melbourne's Southern Cross Station. The new line is designed to increase the reliability of Geelong trains and has enabled a significant increase in train services.

In addition, peak trains to and from Melbourne now run every 10 minutes boosting peak hour services. Off peak on weekdays Geelong/Melbourne trains now run on average every 20 minutes. The boost to train services was complemented with a huge increase in bus services across the region.

I am however aware that the new bus timetables and routes have created a problem for some bus users on the Bellarine. Public Transport Victoria (PTV) who are responsible for the bus service have committed to reviewing these changes in December 2015.

If you have a problem with the new service and would like to discuss it please contact my office who will endeavour to help and also pass on your concern to PTV.

## Portarlington Safe Harbour

On Friday 24 July I had the pleasure to open the new 175 metre Portarlington Pier which is the first stage of the \$15 million Portarlington Safe Harbour Development committed to by the State Government. Over the next eighteen months the harbour will be

completely upgraded and this in turn will kick start the search for a ferry commuter service to Melbourne. The State Government will work with private operators to try and get a future daily service operating. The harbour will also provide more facilities to grow the aquaculture industry in the region including mussels, oysters and scallops.

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](https://twitter.com/Lisanevillemp)

(03) 5248 3462

## Ladies Probus of the Bellarine

## Small group but motivated

The Ladies Probus Club of the Bellarine meets in St James Church hall on the 3rd Monday of each month at 10am. Although our numbers are comparatively small and most of us are well past 21, we are a lively lot. We have monthly coffee mornings at a local winery, lunches at local pubs and cafes and we are about to embark on a number of new group activities.

These new groups will involve visits to local movies, plays and exhibitions.

In addition we plan to have art and craft, walking, photography and water exercises all followed by coffee.

If you would like to join us at our meetings to hear some of our many guest speakers and join any of our groups, please phone Val Lewis (03) 5251 2623, Rosemary Kerr (03) 5251 1040 or Marg Lynas (03) 5251 2439.

## 10 September R U OK? Day

Are You Ok Day is an annual national day of action that aims to get Australians, right across the entire spectrum of society, connecting with friends and loved ones, by reaching out to anyone doing it tough and simply asking: "Are you ok?".

It is the one thing we can all do to make a real difference. R U OK ? Day is about prevention, preventing little problems turning into big problems.

[www.ruokday.com](http://www.ruokday.com)

## 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)  
Funded from Parliament's Electorate Office and Communications budget



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# Our very busy September at the Shed

It's a HUGE month at the shed with Bellarine Jongleurs Juniors presenting *Peggy the Pint Sized Pirate*. The Jongleurs Juniors have been working on the production all year and range in age from 5 – 11 years. It is a wonderful experience for them all and support from the community is always appreciated.

For Morning Showtime we are taking a look back at *Geelong the way it was with Geelong on Camera*. Our venue own open mic night, *SPUD CLUB*, from the young to the not so young, with music, poetry, comedy and bands till late – *Spud Club* always promises a great night out, and this one will be no exception.

As seen on TV, The Kazoos will be bringing their show 'What's Up Croc?' to the Potato Shed this month. An educational, interactive and highly entertaining show with a chance to meet Chomper the Friendly Crocodile! Don't miss the return of the Big Bad Wolf and those cheeky little piglets in *The Three Little Pigs* during the school holidays with the wonderful crew from Theatre 3triple2 4 Kids. Look out for the colouring competitions in your post box soon. We also welcome Gallie with his CD Launch - *The Occuquan River*. Gallie's original songs contribute echo the



influence of legendary Irish forefathers such as Van Morrison, and extend a warm handshake to American soul and blues ambassadors such as Bill Withers.

Back due to popular demand Finucane and Smith bring the world's most provocative variety show to the Shed. *Caravan Burlesque Rides Again* direct from a sell-out season in Paris, Buenos Aires, Sao Paulo and Tokyo, not for the faint hearted this show definitely stretches the boundaries.

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

## WIN ONE DOUBLE PASS

POTATO SHED



**Tuesday 15 Sept at 10.30 am**  
Includes Morning Tea

To enter fill out the coupon, send or deliver to:  
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Address: \_\_\_\_\_

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COMPETITION CLOSSES 3PM FRIDAY 11 SEPTEMBER



**THE KAZOOS**

Saturday 19 **The Kazoos**  
11am & 1pm \$15

**THE 3 LITTLE PIGS**

Tuesday 22 – Friday 25  
**Three Little Pigs**  
10.30am & 1.30pm Daily  
Tickets \$9 Family(4) - \$32

**Caravan Burlesque Rides Again**

Tuesday 29 & Wednesday 30  
**Caravan Burlesque Rides Again**  
8pm Adult - \$36 Conc - \$32

**SPUD VIP \$28**

**Gallie**

Sunday 27  
**Gallie**  
**'The Occuquan River'**  
CD Launch 2pm  
Pre Sale - \$18 At the door - \$20

**Spud Club**

Friday 18  
**Spud Club**  
Open Mic Night  
6.30pm  
\$6 Entry  
includes First Drink

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

POTATO SHED

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[WWW.GEELONGAUSTRALIA.COM.AU](http://WWW.GEELONGAUSTRALIA.COM.AU)



Drysdale Clifton Springs Community Association

The Victorian Civil and Administrative Tribunal (VCAT) has ordered the Drysdale & Clifton Springs Community Association (DCSCA) to pay \$5,500 in legal costs to Caltex franchisee Milemaker Petroleum by December 2015.

Milemaker Petroleum is building a service station at the junction of Jetty Road and High Street, Drysdale. In February 2015, VCAT dismissed DCSCA's application to overturn the planning permit granted to Milemaker by the City of Greater Geelong Council.

DCSCA had asked VCAT to overturn the planning permit for two reasons. First, the association argued that the council had ignored local opposition to the proposal. When the council invited public comment on Milemaker's proposal in January 2014, every



submission opposed it.

Second, the association argued that planning permission for the service station was inconsistent with the council's refusal of planning permission for a child care centre in the same Rural Living zone, deeming the child centre inappropriate.

Prior to the VCAT hearing in February 2015, the association organised a petition opposing the proposed service station, which gathered more than 400 signatures.

Most signatories said that they'd been unaware of the proposal.

The association could not afford legal representation at the VCAT hearing, so DCSCA committee members represented it. Milemaker's lawyers – including a Senior Council – argued that the association's application should not be heard, as it had been submitted after the due date for such applications. The chair of the hearing agreed,

dismissed DCSCA's application and invited Milemaker to request that DCSCA should pay its legal costs.

### Opposition to costs proposal

DCSCA had requested VCAT not to award legal costs against it and received widespread support for its request. Supporters include representatives from each level of government: local federal MPs Richard Marles and Sarah Henderson, local state MP and Environment Minister Lisa Neville and local councillor Rod Macdonald.

Support has also come from local community groups, including the Bellarine Catchment Network, Bike Safe and the Clifton Springs Tennis Club.

**An online petition (organised independently of the association) asking VCAT not to make DCSCA pay Milemaker's legal costs has gathered 349 signatures.**

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**NPP**



## The Money School Tip:

### What is financial freedom?

Financial freedom provides security and independence, which in turn results in choices. Choice is a small word but has huge meaning and implications. The dictionary tells us that choice means 'an abundance and variety from which to choose'. *That says it all.*

### So how do you attain financial freedom?

As mentioned last month, the first step is budgeting and planning. Once you have prepared a household budget the next step is planning. Think about what you want to achieve – what are your goals – in the short and long term?

Setting goals is important. Once you know the destination, the journey from here to there can be mapped out and implemented.

Without goals however, you may keep your head above water, but you are not progressing. Several years later, you will still be in the same financial situation as you are now. That is what I call treading water. This happens when people's spending increases in line with their income – in other words, the more they earn, the more they spend.

So take some time to consider your goals, and keep in mind that the most important



Facilitator: Elena Alexander FP

long-term goal is to have the lifestyle of your choice at retirement.

Remember, where you stand tomorrow is determined by what you do today.

**Free Information session  
Monday 14 September 2pm**

**COURSE &  
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PAGES 11-15  
THIS ISSUE**

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## DON'T EXPECT – INSPECT

### Sustainability- what does it all mean?

Sustainability is one of those words that can mean so many different things to different people. What does it mean in relation to property and why is it important?

#### Below are some of the key findings from our research:

1. The drivers for improving the sustainability of a property are, firstly, saving money (80%) and secondly, improving comfort and quality of life (66%)
2. The main areas of interest relate to energy efficiency, water efficiency and heating and cooling improvements.
3. 44% of respondents were prepared to spend money on sustainability items which may have a payback period of at most 6 years.
4. The top two items that people felt would make the biggest difference to them in the short term were solar panels and grey water reuse systems.

#### Insulation – slow the two way flow

One of the largest sources of energy use in our homes relates to heating and cooling. This can be around 30% of our energy bills on average; more during the peak of winter and summer. One of the simplest ways to have a significant impact on these costs is the use of insulation, both in the ceiling and the walls.

Often clients advise us that there is insulation in the roof. We then find that they have a product called anticon, located directly under the metal roof. Whilst this contributes, it is not effective insulation and does not prevent heat from escaping from your rooms into the roof space. So unless you plan to live in our roof space, it is essential that the insulation is located on the ceilings.

**So, do not take it for granted that you have insulation, or that it is adequate just because someone tells you so. Inspect it, or get it inspected to be sure.**

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

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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**



# The Melodaires Glitz & Glamour



L-R: Norma Addison, Lorraine Wilson, Lara Zanoni, Val McInerney, Adrian Richardson and Leona Johns

After a very fun filled first six months, the Melodaires are looking forward to a very exciting balance of 2015. Our shows are full of glitz and glamour and have wowed our audience with numbers ranging from musical comedy, jazz and blues.

Our colourful costumes along with popular music played by Lizzie Coyne on keyboard will guarantee your members will be treated to a fabulous show.

We are looking forward to performing over seniors month at **Ocean Grove Garden Club Monday 19 October** and **Grovedale Seniors Thursday 22 October**.

We are accompanied by three men,

Alan Wilson (Director), John McCarty and Ray Jones.

Why not come along and be entertained by these talented groups of entertainers.

We are in need of a *Roadie* who would be able to assist in setting up our sound equipment when we are entertaining at our future bookings.

**If you feel you want to be involved, contact Alan (our Director) on 0447 751 697.**

**If looking for entertainment, look no further than the Melodaires. Our manager would be delighted to hear from you so please call Lorraine 0447 751 697.**

1-8 September

## Adult Learners' Week

Australia's only national celebration and promotion of all forms of adult learning.

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



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gardening in our district

## Bellarine Planting Day

The **Swan Bay Environment Association** and **Bellarine Catchment Network** are pleased to be running the annual Bellarine Rail Trail Planting Day at Fellows Road, Point Lonsdale. This is open to all members of the public and other community groups and marks the 6th consecutive year of restoration works at this site. **The planting will take place on Wednesday 2 September from 10am to 12 noon and will be followed by a free BBQ lunch. All welcome.**

## DONATIONS FOR DOG & CAT FOOD



Along with students from **Bellarine Secondary College, SpringDale** is taking donations of dog and cat food for **Geelong Animal Rescue**.

**Please drop all donations off at the SpringDale Office.**

1-30 September

## Biodiversity Month



Biodiversity Month is held in September each year. The Department of the Environment and Heritage provides support throughout the year with a variety of resources for local groups promoting biodiversity.

[www.environment.gov.au/biodiversity/month.html](http://www.environment.gov.au/biodiversity/month.html)



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



# Tomatoes & CO

Every year in early September I grow my own tomatoes from seed. It's easy when you know how and gives you access to literally hundreds of heirloom varieties. You can also save seed from your own tomatoes for next year. You can also grow eggplants and capsicums the same way.

## Sowing

I start off with a plastic propagator tray with a lid, a stack of biodegradable coir or paper pots and a bag of seed raising mix. Soak the pots in a bucket of water, then fill them with seed raising mix and water thoroughly: the mix will settle so that you've got room to sow your seeds. Sprinkle a thin layer of seed raising mix over your seeds, then water again gently.

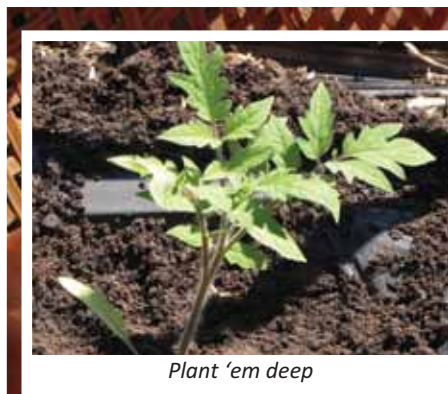
Put the pots in the propagator and the lid on top. Keep in a warm place but not in direct sunlight and don't let the pots become dry to the touch. Your seedlings may take 2-3 weeks to emerge.

## Seedling care

When the seedlings are up, I make sure they get plenty of light, but are protected from wind. A greenhouse or a coldframe is ideal for this, but a sunny windowsill will also do. Keep the pots moist and give the seedlings a liquid feed (e.g. Seasol or worm juice diluted to half the strength you would use on established plants) every week.

## Planting out

Tomato plants establish best when the soil (not just the air) is 15°C or warmer – and that probably won't happen until November. For capsicums and eggplants, the soil needs to be even warmer – 18°C plus is ideal. They also need longer ripening than tomatoes, so pick a nice sunny spot for them.



*Plant 'em deep*



*Tree guards – not just for trees*



When you plant out your seedlings, plant them deep – right up to the bottom leaves. The stems will generate more roots, making a stronger plant. With biodegradable pots, you don't need to take the plant out of the pot: the roots will grow through the pot into the soil.

A side dressing of sulphate of potash will help the plant to make stronger roots and juicier fruit. Plastic tree guards help to protect the little plants from sun and wind until they're well established.

★ 24/7 ★ **G** ass arden eneral ★

## MAINTENANCE

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# Lids and Bins for the Bride and Groom - TIN KETTLING



Making noise and celebrating the Bride and Groom after the wedding.

One way that couples were welcomed home after their honeymoon was with a tin kettling. Locals would arrange a meeting time and place to then go on mass and take positions around the house.

All waiting for the word to go! With lids from rubbish bins, saucepans and lids and maybe even a mouth organ we would start throwing things to make lots of noise on the tin roof.

Then holding the rubbish lid like a shield and hitting it to make lots more noise. This probably lasted for thirty minutes.

Then we would be greeted by the happy couple – happy that the noise had stopped.

We would take supper with us and enjoy the rest of the evening celebrating a job well done.

**Kel Davis** and **Anne Brackley** scribe

*(I only just remember mum and dad heading off for a tin kettling – perhaps it was for Brian and Melva Bennett ?)*



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# Courses

@ SpringDale

Improve your business skills



October - December Term 4 2015

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 Local Courses



### The Secret Life of the Honey Bee

Honey bees really are the most amazing creatures and this information session will amaze and enthrall you. Come and find out about the secret life of the honey bee. It is suitable for everyone from school age upwards.

**Date/time:** Sat 14 Nov 9.30am – 11am

**Fee:** Free **Tutor:** Susan Norris and Steve Williams

### Ageless Grace is Restorative and Preventative for Adults and Developmental for Kids.

Come along to this fun, simple, playful exercise - done seated, based on the science of neuroplasticity. It activates all 5 functions of the brain and addresses all 21 skills necessary for optimal function. Seated exercises work the entire core of the body in a way that cannot be done standing.

**Date/time:** Tues 10, 17, and 24 Nov

9.30am – 10.30am **Fee:** \$30

**Tutor:** Agata Comisso

### Introduction to Felting

Everything supplied to make your first scarf, some flowers and try nuno \$30 and learn the skill ready to become part of the active felting group which meets monthly at SpringDale.

**Date/time:** Sat 7 Nov 12noon – 3pm

**Fee:** \$30 **Tutor:** Julie Drobek

### 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 their life. Classes will be tailored for each participant.

**Date/time:** Mon 12 Oct – 10am – 12noon plus up to 7 other sessions as individually scheduled

**Fee:** \$100 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 to find a new career path.

**Date/time:** Mon 19 and 26 Oct 10am – 12noon

**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.

**Date/time:** Mon 16 and 23 Nov 10am – 12noon

(2 sessions) **Fee:** \$40 or Conc: \$20

**Tutor:** Anne Brackley

### 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.

**Date/time:** Mon 19, 26 Oct, 16 & 23 Nov

1pm – 3pm **Fee:** \$40 or Conc: \$20

**Tutor:** Anne Brackley

### Autism from the Inside – Season 1

These sessions are available via a private

Youtube link for your convenience.

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.

**Fee:** \$80 or Conc: \$40

**Tutor:** Donna Williams

### Autism from the Inside – Season 2

The sessions are available at SpringDale or you may participate over the internet. Each week a different topic is covered :How do I choose the most fitting autism approach? Autism and Exposure Anxiety; working with compulsive avoidance, diversion and retaliation responses, Autism and the recognition, reading, expression, and management of emotions, Autism and self: identity, personality and dissociative disorders on the autism spectrum.

**Date/time:** Wed 28 Oct, 4, 11 and 25 Nov

7.30pm – 8.30pm **Fee:** \$80 or Conc: \$40

**Tutor:** Donna Williams

## Computers



Limited subsidised places may be on offer.

\$65 concession fee is made up of \$25

subsidised tuition fee and \$40 sustainability

fee\* . \* Conditions apply.

### IPad & iPad like Devices

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

### Introduction to iPad

**Skill Level:** Beginner

**Date/time:** Wed 14 Oct – Wed 2 Dec

(8 sessions) 1pm – 3.30pm

**Fee:** \$160 or Conc: \$65

**Tutor:** Jonathan Harris JNH Software P/L

### Introduction to Tablets Android

**Skill Level:** Beginner

**Date/time:** Mon 12 Oct – Mon 30 Nov

(8 sessions) 10am- 12.30pm **Fee:** \$160 or Conc: \$65

**Tutor:** Jonathan Harris JNH Software P/L

### Advanced iPad

**Skill Level:** Beginner.

Must have attended SpringDale Intro to iPad

**Date/time:** Wed 14 Oct – Wed 2 Dec

10am – 12.30pm (8 sessions) **Fee:** \$160 or Conc: \$65

**Tutor:** Jonathan Harris JNH Software P/L

### Advanced Tablet Android

**Skill Level:** Beginner - must have attended

SpringDale Intro to iPad

**Date/time:** Mon 12 Oct – Mon 30 Nov

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. This will include setting up a MyGov account and using it.

**Skill Level:** Beginner +

**Date/time:** Thurs 15 Oct – Thurs 3 Dec

1pm – 3.30pm (8 sessions) **Fee:** \$160 or \$65 Conc

**Tutor:** Colin Barnard, C & K Designs

### Introduction to Computers F

Learn how to install and uninstall programs. Clean up deleted items and documents, use cleaner and defragger to keep your computer running smoothly. Download software from the internet free, antivirus programs and others from the internet. Set up your computer the way you want it.

**Date/time:** Tue 13 Oct – Tue 1 Dec 1pm – 3.30pm

(8 sessions) **Fee:** \$160 or Conc: \$65

**Tutor:** Colin Barnard, C & K Designs

### 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.

**Date/time:** Tue 13 Oct – Tue 1 Dec

1pm – 3pm (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.

**Date/time:** Wed 14 Oct – Wed 2 Dec

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.

**Date/time:** Tue 13 Oct – Tues 1 Dec

10am – 12.30pm (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.

**Date/time:** Starts Thurs 3 Sept 9am – 3pm, runs Thurs and Fri for 18 weeks

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

**Venue:** SpringDale

**Tutor:** Ocean Grove Neighbourhood Centre

## Basic Food Safety

(Follow Workplace Hygiene Procedures)

Code SITXFSA101

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

**Date/time:** Sat 14 Nov 9am – 1pm

**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.

**Date/time:** Sat 28 Nov 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

**Date/time:** Fri 23 Oct

9.30am – 11.30am **Fee:** \$50

## Provide First Aid

Code HLTAID003

**Date/time:** Fri 23 Oct 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

### Music and Movement

We have lots of fun actions songs, games and activities to get your 0 - 5 year olds moving and wiggling. Children at an early age can appreciate music and dance helping to build a connection between body movement, rhythm and awareness. Physical movement helps balance, coordination, self-esteem, confidence, independence and body awareness. Singing helps enunciation, memory, singing in union and listening skills.

**Date/Time:** Tues 13 Oct – Tues 1 Dec

11.15am – 12noon. 8 sessions. **Fee:** \$40

**Tutor:** Rachael Smith

### Fight allergies with natural remedies.

Understand how allergies, both seasonal and food related, upset the body, and what natural remedies are available to combat them.

**Date/time:** Tue 20 Oct 6.30pm – 7.30pm

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

### Sustainable weight loss strategies

Learn what the latest science is telling us about how to effectively lose weight, and keep it off.

**Date/time:** Tues 17 Nov 6.30pm – 7.30pm

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

### Advance Fiction Workshop

Are you stuck on the first draft of your novel or short story and have no idea what to do next? Our multi-award winning author (2015 Hollywood Book Festival Winner for Best Sequel) will work with you to make your story come to life. Bring along some of your writing and learn how to transform your narrative to a professional standard that publishers and readers will love.

**Date/time:** Sat 31 Oct 9am – 1pm

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

## Produce Your Own Film

Do you want to get into the film industry? Learn how to produce your own feature film (or short film), including script selection, casting, auditioning, development, shooting and post-production. Taught by a seasoned independent film director and producer, this course will provide you with all the knowledge to get your project moving.

**Date/time:** Sat 28 Nov 9am – 1pm

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

## 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 6 Oct 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.

**Date/Time:** Tue 13 Oct

1pm – 3pm or 7pm – 9pm

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

## Lifestyle Courses

### Cheese Making with Corinne

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

**Date/time:** Sat 17 Oct Camembert

Sat 24 Oct Cheddar (session each class)

10am – 4pm **Fee:** \$80

**Tutor:** Corinne Blacket – Drysdale Cheeses

### Espresso Coffee Making Workshop

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

**Date/time:** Sat 7 Nov or 5 Dec 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.

**Date/time:** Mon 19 Oct – Mon 9 Nov

7pm – 9pm (4 sessions)

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

### Yoga

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

**Date/time:** Mon 12 Oct – Mon 30 Nov

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.

**Date/time:** Thurs 15 Oct – Thurs 3 Dec

6pm – 7.30pm (8 sessions) **Fee:** \$135 Conc: \$120

**Tutor:** Glenda Breedveld

**Materials:**

**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.

**Date/time:** Mon 12 Oct – Mon 30 Nov

11am – 12 noon (8 sessions)

**Fee:** \$100 Conc: \$91 **Tutor:** Glenda Breedveld

**Venue:** SpringDale

## Buying and Selling on eBay

Does eBay confuse you? Would you like to be able to buy and sell on eBay with confidence? Then this course will navigate you through the process of getting started and using this worldwide facility to buy or sell your chattles. Please bring email address and password and bank details for Paypal.

**Date/time:** Sat 24 Oct 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/time:** Tues 6 Oct – 1 Dec 11.30am- 12.45pm

**Fee:** \$80 Conc: \$75 **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 15 Oct – Thurs 3 Dec

11am – 12noon (8 sessions)

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

## Advanced Beginners

**Date/time:** Thurs 15 Oct – Thurs 3 Dec

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 15 Oct – Thurs 3 Dec

9am – 10am (8 sessions)

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

## African Drumming

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

**Date/time:** Tues 13 Oct – Tues 1 Dec

6pm – 7pm (8 sessions)

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

## Goal Setting and Motivation

Think about goals and being motivated to achieve goals. BYO pencil/pen and small notebook and a sense of humour. This class continues to be the beginning of a whole new world.

**Dates/times:** Tues 20 Oct 1pm – 3pm

or 7pm – 9pm **Fee:** \$5 **Tutor:** Agata Commisso

## Basic Italian for Travel

**Date/time:** Sat 17 Oct – 5 Dec

9.30am – 11.30am (8 sessions)

**Fee:** \$200 Conc: \$180 **Tutor:** Agata Commi

## TAPAS Demonstration Cooking Class

(watch someone else do the cooking!)

Using local and mostly organic/free range products participants can sit back, relax, learn to make and enjoy lots of samples then take the recipes to make and share at home. PLEASE NOTE: not suited for vegetarians and not gluten free at this time.

**Date/time:** Friday 30 Oct 6.30pm

**Tutor:** Agata Commi **Fee:** \$25

## Card Making Workshop

Open for all ages from beginners to experienced crafters. Everyone will make a card and a matching bookmark using some great techniques.

**Date/time:** Tues 27 Oct, 24 Nov 10am – 12 noon

**Fee:** \$10 **Tutor:** Jacqui Ryan



## Four Steps to Edible Gardening

This 4 session course will cover the basics of starting an edible no-dig garden, using a raised bed. You will have a practical hands-on demonstration. You will gain knowledge and skills to make your own garden to grow vegetables and herbs at home.

### Session 1:

#### Site assessment and soil preparation for vegetable gardening.

**Date/time:** Sat 10 Oct 9.30am – 11am

**Tutor:** Steve Williams

### Session 2:

#### What to grown in the vegie garden.

Choosing crops to suit your site and the season, planting vegie seedlings, watering and weeding.

**Date/Time:** Sat 24 Oct 9.30am – 11am

**Tutor:** Linda Walker

### Session 3:

#### Feeding and mulching.

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

**Date/time:** Sat 7 Nov 9.30am-11am

**Tutor:** Dennis Walters

### Session 4:

#### Protecting your vegie crops.

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

**Date/time:** Sat 21 Nov 9.30am – 11am

**Tutor:** Steve Williams

**Fee:** \$45 for all 4 weeks

## A Taste of the Importance of Play

What is Play? The importance and power of play, Why games are good for children, Importance of block play and how to extend construction play, Importance of and how to encourage creative play.

**Date/time:** Mon 19 and 26 Oct 11.30am – 1.30pm **Fee:** \$20 Conc: \$10

**Tutor:** Alison March

## SpringDale Groups

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

### Card Games

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

### Friendly Cuppa and Chat Group

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

### SpringDale Craft Group

A great activity for all year. Keep your hands busy and be creative. Learn to knit or crochet a garment of your choice.

**Date/time:** Tuesday Weekly from 1pm – 3pm.

### SpringDale Badminton

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

### Cryptic Crosswords Group

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

## Fun Volleyball

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

**Venue:** Drysdale Scout Hall

## Genealogy

People interested in researching family history come together weekly and share tips and tricks.

**Date/time:** Thursdays 9.30am – 12noon

## SpringDale Jigsaw Club

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

## Line Dancing

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

## Bellarine Community Choir

Peninsula residents are welcome to join this choir. We sing 4 part harmony to perform at functions on the Bellarine and Geelong. All welcome.

**Date/time:** Thursdays 1.30pm at SpringDale.

## SpringDale Mahjong Club

This group meets Wednesday from 9.30am – 12noon.

## Pole Walking Group

Enhanced walking where the arms are used to push. The movements of your arms, feet, pelvic area and the entire body are similar to those employed during a vigorous walk. **Date/time:** Weekly Mondays 8.50am – 10am (Contact SpringDale for meeting points)

## SpringDale Scrabble Club

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

## SpringDale Artists

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

## SpringDale Wheelie Riders

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

## SpringDale Singers

SpringDale Singers meets at SpringDale Community Centre. We sing in harmony (4 parts) a wide range of music and song; enjoying good fellowship and the joy of singing; accompanied by an excellent pianist. Several conductors (from the group) strive to enhance performance over the year. We are not a performing choir although we do have an end-of-year performance at the Community Centre. We welcome any interested singers to join us; the ability to read music is not essential, we learn as we go. **Date/time:** Tuesday 1.30pm – 3.30pm

## Men's Kitchen

### – Tuesday Mornings

Tuesday 10am – 1pm

**Location:** St Leonards Recreation Reserve

**Fee:** Price depends on menu

## Men's Kitchen

### – Wed / Thurs / Fri Morning

Waiting list applies. **Fee:** Price depends on menu

**Date/time:** 10am – 2pm

## Men's Kitchen

### – Wednesday Evening

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

**Waiting list applies.**

**Fee:** price depends on menu

## Traditional & Digital Scrapbooking

Would you love to organise your precious memories by scrapbooking your photos. Come along and learn traditional and digital scrapbooking solutions.

Material list for beginners, tools available for you to use and product available to purchase.

**Day/Time:** Thur 8 Oct, 12 Nov, 10 Dec 1pm – 4pm

## Write About

A group of committed Writers ranging from Biographers, Poets, Storytellers, Song and Report Writers meet on the 1st Thursday of the Month from 2.30pm – 4.30pm.

## Harvest Basket Produce Swap & Edible Gardening Group

Meets 1st Saturday of every month in the SpringDale Hall. You do not need to have anything to swap to come along and forge friendships and share veggie gardening skills.

**Date/time:** 9am – 10.30am

**Fee:** \$8 plus SpringDale membership

## Music Group

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

## Felting

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

**Date/time:** 1st Saturday each month. 10am – 3pm

## SpringDale Open Dance Band

The band usually meets weekly on Monday afternoons 5pm- 7pm. Musicians of various backgrounds who enjoy making music together and sharing their love of music with others. Open to all musicians.

Contact SpringDale Office for more details.

## SpringDale Mindfulness Meditation Group

Welcomes past and experienced meditators to the Term III group. Meets fortnightly at St James Church hall on Wednesdays between 1.30 – 3pm. \$4 per session. Enquiries at Springdale office.

## Springdale Community Garden: Growing Green – a Healthy and Sustainable Community.

Work in the Communal area or establish your own personal plot to produce fresh food of your choice to be enjoyed at home, swapped with other members or donated to the Drysdale Community Church's Foodbank project. Membership forms, details of annual payment and other information are available from the SpringDale Office.

## Bellarine Fathers Group

Meets 3rd Wednesday each month 7pm – 8pm and outings as arranged.

## Kinship Carers

Meets 1st Wednesday each month 10am – 1pm

## SpringDale Business Services

Photocopying, Faxing, Scanning, Laminating, Binding, Offsite Backup and storage, Online file sharing, Small business webpage development and hosting.

These services are available 9am-5pm weekdays available after hours and weekends by arrangement.

# Non SpringDale Classes and Groups

## Pilates

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

**Date/time:** Tues 6 Oct – Tues 24 Nov (8 weeks)

**Fee:** \$120

• 9.05am-10.05am (ball class)

• 11am-12 noon (beginners – intermediate)

Thurs 8 Oct – Thurs 26 Nov (8 weeks)

• 6.45pm – 7.45pm (beginners-intermediate/advanced)

• 8pm – 9pm (beginners-intermediate)

**Fee:** \$120 **Tutor:** Monique MacLeod

**Phone to book:** (03) 5251 2958

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

## Bellarine Woodworkers Inc.

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

## Karate

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

**Date/Time:** Mon 5 Oct onwards 4pm – 4.45pm

First 2 lessons free

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

**Tutor:** Art of Defence Australia

**Phone to book:** 0407 320 333

**Venue:** SpringDale

## Tai Chi

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

**Date/Time:** Mon 5 Oct 6pm – 7pm

First 2 lessons FREE

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

**Tutor:** Art of Defence Australia

**Phone to book:** 0407 320 333

**Venue:** SpringDale

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

## Other SpringDale Services

### Family Services

### SpringDale Occasional Care

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

**Sessions:** Monday 8.30am - 1.30pm,

Wednesday and Thursday 9am – 2pm,

Tuesday, Friday 9am – 12noon.

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

### Drysdale Toy Library

Tuesday 4pm – 5pm, Saturday mornings 9.30am - 10.30am We have some fantastic toys to borrow (ages 0 – 6 years) so come along and see what we have to offer. Membership \$10 per term.

### Portarlington Toy Library

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

### SpringDale Family Dance Night

Next scheduled performance at the Family Bush Dance Saturday 18 July 7.30pm \$10 Adult, \$5 Child, \$25 Family – please bring a plate of supper to share. Ring Dennis 0419 543 920 for more information or to offer your assistance.

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

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

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

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



SpringDale Neighbourhood Centre Inc. acknowledges the support of:



Department of Planning and Community development



Department of Education and Early Childhood Development



## Enrolment & Payment Conditions

### ENROLMENT

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

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

### PAYMENT/ REFUNDS

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

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

### Privacy: The SpringDale Neighbourhood Centre

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



# Do you have a Will?

## What is a Will?

A Will is a written document that sets out what you want to happen to your property (your 'estate') after you die. It gives instructions for the person or organisation distributing your property about how this is to happen.

### Who can make a Will?

A Will can be made by anyone aged over 18, as long as they have the mental capacity to understand what they are doing.

### A person under 18 can only make a Will if they:

- are married
- get a court order to authorise making a Will.

### What can you leave in a Will?

Your estate includes any property you own at the time of death, including cash, savings and investments.

### You can include in your Will:

- assets, such as houses, cars, money, shares, cash
- rights and powers, such as the right to appoint the trustee of a family trust
- specific belongings such as jewellery, books, photos – if you list specific items make sure they are easily identified.

### You can also include other matters, such as:

- how you would like your remains to be dealt with
- organ donation
- who you would like to act as guardians of your children (*although the court makes the final decision*).

### What can't you leave in a Will?

Some assets do not pass from the deceased to another person through a Will.

### Examples include:

- property owned as joint tenants – called 'passing by survivorship'
- assets from your superannuation or insurance fund – you usually nominate an beneficiary when you take out the policy
- assets that are held in family companies or trusts – although under your control, you



do not actually own these assets so they are not directly distributed according to a Will. The Will must pass the control of the company or trust to trustees or to some other beneficiary.

### Making a valid Will

#### To make a valid Will you must:

- make the Will in writing
- sign the Will in front of two or more witnesses.

It is also a good idea to date it at the time of signing.

At least two witnesses are required.

You must sign your Will in front of two or more witnesses. The witnesses must also sign the Will when you are present.

#### You and the witnesses must sign the Will:

- at the foot of each page, if there are multiple pages
- using the same pen.

Reference [www.legalaid.vic.gov.au/find-legal-answers/wills-and-estates](http://www.legalaid.vic.gov.au/find-legal-answers/wills-and-estates)

## Pleasant Sunday Afternoon

The Uniting Church in Portarlington will present a **Pleasant Sunday Afternoon** by the **CORYULE CHORUS** on **Sunday 20 September, 2015** in the church hall, Newcombe Street, Portarlington.

Choral music to suit all tastes.

**2pm, tickets \$10 at the door.**

Cuppa and home-made biscuits to follow.

**Details from Barry Ruler on (03) 5259 3304.**

  
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## Tasmanian Holidays



### TASMANIAN SHORTBREAK

**8 days, Oct 6 (full), Nov 24**

**CONFIRMED DEPARTURE**

pay \$2,275\* ppts | \$420 ss

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**SAVE**

**\$215**



### TASMANIAN HIGHLIGHTS

**12 days, Oct 13, 27 Nov 17**

**CONFIRMED DEPARTURE**

pay \$3,130\* ppts | \$705 ss

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**SAVE**

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E: [drysdale@helloworld.com.au](mailto:drysdale@helloworld.com.au)

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ppts = per person twin share

ss = single supplement

\* Fares include savings

# A little French Style

## Love, life and recipes

Lyn Ingles

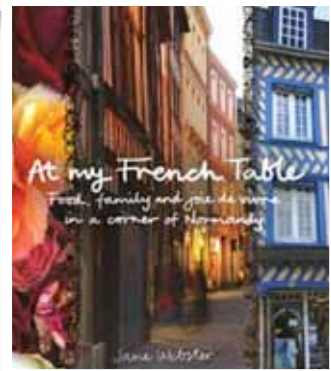
For those who know me, know that cooking books and I are rarely ever parted. They are always on top of the blanket box at the foot of our bed, in the bookshelves in the lounge room and now on my newly appointed shelves in my kitchen for my most revered authors and chefs. A few years ago my husband Graham bought me the titles *French Ties* and *At my French Table* both by Jane Webster and displaying eloquent photography by Robyn Lea, Mark Roper and Nicole Ramsay. I have recently revisited these beautiful books and have enjoyed them even more. I feel that a story is always good the second time round. If you are looking for a story about French cooking and the move to France well, these are for you.

If you would like to read a review on these books and Janes life visit:  
<http://thefoodsage.com.au/2012/04/01/french-ties-a-review/>

'Imagine, living in a restored chateau in the French countryside and indulging in daily rituals that revolve around food: collecting blackberries, bicycling to the bay tree in the grounds to collect leafy twigs and stockpiling the bike's basket with cherries from the nearby tree. Or restoring the walled 'potager', or kitchen garden, and escaping to a market to gather supplies from the fromagerie, artisan baker and other producers, then returning with brimful baskets to enjoy a long Sunday lunch. Welcome to Jane Webster's life, at least for part of the year.'

So! for those of you who dream of a France not too far away, this article is for you and a recipe to eat whilst you discover Jane's beautiful corner in Normandy. The books are still available and I am sure your mind will imagine a country not too far away and wanderlust will take over.

Perhaps *Bon Voyage*? mmmm!



### Chicken Confit

#### Ingredients

Serves 4

- 4 chicken marylands
- 2 bay leaves
- 4 sprigs thyme
- 200g sea salt
- 2kg duck fat, melted
- 6 kipfler potatoes, peeled and quartered
- 4 cloves garlic, peeled
- 12 Swiss brown mushrooms, halved
- 12 vine-ripened cherry tomatoes
- 200g baby spinach



#### Method

Choose a ceramic dish that will fit the chicken snugly (a lasagne dish is ideal). Place the chicken in the dish, tuck the bay leaves and thyme sprigs around it, and sprinkle the sea salt all over.

Cover and refrigerate for 24 hours.

by Jane Webster

Preheat the oven to 100°C.

Remove the chicken from the dish and wash and dry it thoroughly. Discard the salt and herbs, wipe out the dish, then place the chicken back in and pour over the melted duck fat. Cook in the oven for 7 hours. Carefully remove the chicken from the dish using a slotted spoon (the meat will be literally falling off the bones) and transfer to a large dish to keep warm while you cook the vegetables.

Heat a couple of spoonfuls of the duck fat from the oven in a large frying pan. Add the potatoes and whole garlic cloves and cook over medium heat until the potatoes are tender and browned all over (about 10 minutes). Add the mushrooms and brown them for about 5 minutes, then add the tomatoes and cook for 3-4 minutes. Finally, fold through the spinach.

To serve, spoon a mound of vegetables onto each plate and tuck a chicken maryland next to it. I like to provide guests with a large jar of mustard, and warm crusty bread.

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# Thoroughbred Riding Club takes out the two biggest prizes for Equestrian Clubs in Australia



*2014/2015 has been a huge year of recognition for this unique Equestrian Club with the re-education and purposing of retired racehorses at its heart.*



Recently, the Thoroughbred Riding Club was crowned both the Equestrian Victoria Equestrian Club of the Year and the National Award of Sporting Excellence from Equestrian Australia for Equestrian Club of the Year. The Club President and Founder, Lisa Brown, proudly accepted the award on behalf of all club members and paid tribute to all the riders, supporters and members who have actively supported the re-training of racehorses.

These awards were made in recognition of the quality of training and programs that are offered to Thoroughbred enthusiasts. The club encourages and supports the retraining of retired racehorses in a wide range of equestrian disciplines for riders at all levels.

The club was started in 2011 by Lisa Brown, who grew up in Drysdale, to retrain and

re-educate Thoroughbreds and Off the Track Thoroughbreds to become equestrian horses. This would be done in a positive and constructive environment. The clubs instructors are all NCAS accredited and are currently, or have recently, competed on Thoroughbreds at the highest level. This enables them to develop empathy with riders in the retraining process and to give practical, real world advice and tips to our riders.

**"We are a very unique club as our membership comes from right across Victoria. Some members travel hours to get to our rallies in recognition of the specialist training and support that we provide. As a club we provide the support network where horses and riders can receive ongoing training and support to ensure a successful transition to riding horse."** said Lisa Brown.

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# 'Kids Teaching Kids' aims to inspire future environmental leaders



**Kids Teaching Kids** is an education model that uses local environmental issues as a theme for learning. **Kids Teaching Kids** starts in the classroom and extends into the community through the **Kids Teaching Kids** Learning Model and Program. We know kids are prepared to take up the challenges of saving our environment when we give them responsibility to manage their own learning through the **Kids Teaching Kids** Learning Model.

The **Kids Teaching Kids** Program promotes positive wellbeing and helps build resilience in young people. It raises awareness and drives action on local and global environmental issues, bringing communities

together to solve common challenges and help the next generation of leaders who will take collective responsibility for our future.

We connect and challenge students with real world issues, inspiring them to want to know more. By giving students the opportunity to present a workshop to others during Target **Kids Teaching Kids** Week or at one of the Kids Conferences, students see that they can have a positive impact on the world, starting in their own communities.

They are given tools to manage their own learning and become confident, caring and informed citizens ready to take on new challenges.

## Talk for Wellbeing

Understanding and Supporting Mental Health

**World Mental Health Day is marked every year on Saturday 10 October.**

**Mental Health Week** aims to educate and engage people about Mental Health Issues. To mark this day we invite you to attend an afternoon tea and talk with Barwon Health Mental Health Clinicians.

**Saturday 10 October, 2pm – 3 pm**  
**Portarlington Neighbourhood House, Brown Street.**

After the popular **Walk for Wellbeing** held last October and then in May this year our successful talk with Tony McManus, beyondblue Ambassador, the organising committee have arranged their next talk. This is the second event arranged from the money raised from the **Walk for Wellbeing**, continuing to support the understanding of mental health issues for the Bellarine community.

From our last talk, topics raised were understanding mental health across the ages and life stages, with reference to men and women's mental health, assistance in coping with people experiencing depression or anxiety and the help needed for family and friends of individuals with mental illnesses. The **Barwon Mental Health** clinicians will be available to discuss these and other issues regarding mental health.

Our shared hope is that mental illness becomes no more difficult to talk about than other health issues free of stigma and that support services are there when needed.

**Walk for Wellbeing Team:**

**Julie Elterman, Barb Fairweather, Lina Rawson (03) 5259 3138**

*A problem shared is a problem halved.*

Free wrist bands with this statement will be available on the day.



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### Kinship Carers



*Are you a grandparent/aunt/uncle caring full time for a child, 52 weeks of the year, 7 days a week, 24 hours a day - full time?*

Hi, my name is Jeanette Hanley-Heath and I am a full time grandparent and have been for over 10 years. I have cared for my grand daughter since she was 8 weeks of age and she is now 10 years of age.

At times especially in the beginning 2005, I felt isolated and lonely thinking that I was the only grandparent caring full time for their grandchild. But how wrong was I, in my 10 year journey I have met some wonderful people, enjoyed adventures, cried a lot, laughed a lot, got angry, got sad but I survived. I survived because I have had great support from lots of organisations willing to help support grandparents caring full time for their grandchildren.

I have discovered that the numbers of grandparents taking on the role of parents are growing every minute of every day and a lot of grandparents do not know where to go for help and support.

I would like to set up a support group for Kinship Carers on the Bellarine Peninsula, so we care support each other, we can laugh together, we can cry together, but most of all we can share our stories of what we as grandparents/aunts/uncles are going through.

If you would like to attend the first ever **Bellarine Support Group for Kinship Carers**, please bring with you the following:- pen and paper, tissues for our laughs and tears, a snack to share between our laughs and tears, coffee and tea.

The first meeting will be on  
**Wednesday 2 September**  
from 10am to 1pm at

**SpringDale Neighbourhood Centre,**  
17-21 High Street, Drysdale, phone  
(03) 5253 1960.

Child minding will be available at a cost,  
please contact SpringDale for details.

Jeanette 0414 308 257  
hanleyheath01@yahoo.com.au

### SpringDale Occasional Care

## OPEN DAY

Come along and have a look at our  
unique centre and meet the staff.

Limited places will be available  
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**Friday 30 October, 1pm-2pm.**

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Neil Wise



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# Planning for the Drysdale Bypass and improvements for High Street continue



**VicRoads** has continued to develop the design of the Drysdale Bypass and investigate improvements for High Street in Drysdale.

The project team have met with property owners who are affected by the bypass alignment to notify them that contractors will be entering their properties to carry out further engineering and land survey work along the route.

Meetings have been held with Peninsula Drive school principals, representatives from the Drysdale Clifton Springs Community Association and the Committee for Bellarine,

in relation to the details of the bypass planning work.

We are continuing to meet with Government agencies in relation to the various approvals that VicRoads need to obtain to get the project ready for construction.

VicRoads has collected traffic count information which will inform the design of intersections along the bypass.

Further ecological studies and cultural heritage investigations will be undertaken later this year.

The review of intersection options for the Geelong-Portarlington/Jetty/Grubb Roads intersection is well underway and the results will be discussed with the community as planning for the bypass progresses. At this stage no decision has been made on what that intersection will look like.

VicRoads is working with the City of Greater Geelong to determine improvements to High Street in Drysdale, as a result of the \$3 million commitment by the State Government earlier this year. Community suggestions from the April community sessions are being considered, as well as a range of works which VicRoads see as a priority to ensure the longevity and reliability of the road.

In September, **VicRoads** will hold further community information sessions in Drysdale and Portarlington. The dates for these are soon to be finalised and the community will be provided with advanced notice. These information sessions will give the community a chance to review the most recent plans for the Drysdale Bypass and have their say on what improvements should be made to High Street.

Over the next few months, you may notice roadworks occurring between High Street and Jetty Road. These works are being undertaken by the developer of the Service Station. These works will provide turning lanes into the entrances/exits of the service station. These works are not related to the Drysdale Bypass.

**Community members are encouraged to contact VicRoads at email [drysdaletransport@roads.vic.gov.au](mailto:drysdaletransport@roads.vic.gov.au) to seek further information on the planning work being undertaken.**



## 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 **52214788** or visit [www.tuckers.com.au](http://www.tuckers.com.au)

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14-21 September

## National Stroke Week



strokefoundation

**Think F.A.S.T. Act FAST!**

National Stroke Week raises awareness of stroke which is Australia's second single greatest killer, with over 60,000 strokes occurring every year. Get involved and hold an activity in your community to support the national campaign.

**1800 STROKE (787 653)**  
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## There's A Book In Us All



Yes! There is a book in us all. You can never be too young or too old to tell your story; it's just a matter of putting pen to paper.

Not sure how to go about it? Here's the answer. Come and join the friendly classes led by talented author, Laurent Boulanger at SpringDale.

Do you have an idea for a play, a short story, or a novel? Have you started to write but have now arrived at that all too common stubborn 'writer's block'? Don't give up and put your ideas in the 'too hard basket' – Laurent is here to help you.

Laurent is extremely generous with his time and sharing his literary knowledge with us: from script writing, the use of good grammar; novel writing, right through to getting your story published or your play onto the stage.

I was struggling to write my first novel and since attending Laurent's classes, I've managed to deal with 'writer's block', become more disciplined and to write with more confidence. Having worked in publishing some 16 years ago, I was intrigued to learn how things have changed and how you too can get your work published.

So, harness your creative powers as Laurent is more than happy to share his passion and expertise of the literary world with you.

**Margaret Wilson**

## Help with Travel

*Is there a service in the Drysdale Clifton Springs area to drive wives/husbands, to visit their partner whilst they are in hospital or rehab?*

Recently I was speaking to a lady whose husband was in hospital. Their family live interstate. She has limited mobility and is no longer able to drive. It cost her over \$500 in taxi fares to visit him during his hospital stay.

I have suggested she apply for a taxi card, which would give her half price taxi service, but it would still have cost about \$250.00. In this circumstance applying for a taxi card wouldn't have helped, as there is a process, application forms to be completed by the applicant and doctor. It then takes about 2-3 weeks for an approval.

I think I would be amazed how many people, for some reason or another, don't venture out of their homes and are therefore unaware of the services available to make life easier. It's ok whilst there is a partner to help, but when that help is unexpectedly not there it makes them vulnerable. Most of these people are also proud and feel asking for help is a weakness.

**If you are able to assist in anyway please contact  
SpringDale office (03) 5253 1960.**

## 'No Sale' this year

**It is with regret that the Drysdale Fire Brigade will not be holding its Garage Sale this year.**



A decision was made by the brigade to cancel this year's event. It is a massive event to organise with members contributing time of up to five weeks beforehand.

With current work loads on member's time it was felt that we focus our fundraising efforts elsewhere. The **Drysdale Fire Brigade** would like to thank the community for their help, support and donations in the past.

**The brigade can be contacted on email [drysdalecfa@gmail.com](mailto:drysdalecfa@gmail.com) or via our Facebook page Drysdale CFA.**

**Brendan MacDonald, Captain Drysdale CFA.**



# NEW OWNERSHIP

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Mark Filbay

New owner of **Autopro Drysdale**, **Mark Filbay**, a lifetime local of Drysdale, along with wife Robyn and 3 children all look forward to giving the best service possible for all your automotive spare parts requirements.

Mark has more than 25 years parts experience, has a keen interest in Classic Cars and is an avid 4x4 enthusiast.

**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.

The store carries a wide selection of spare parts for all popular makes and models, quality oils, batteries for cars, motorbikes, trucks and boats, car care products, tools and accessories.



**Autopro Drysdale is open:**

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## Football Season drawing to a close

The season is now drawing to a close and it has been a year of re-establishing ourselves.

We are fortunate to be hosting the first week of the finals, giving us the chance to showcase our 2015 upgrades to the football community. The club has worked hard to ensure we meet the high expectations of AFL Barwon. Our club advertising has been substantially improved on social media and on our website, helping to promote our sponsors with visual displays and updates.

This season we have put strong effort into promoting our junior structure and, pleasingly, with some success. Leopold FNC kindly transferred players to our Colts with great success. Great young people with good skills and qualities – thanks for being with us. We transferred U16s to Queenscliff to ensure they remained in the game – our players have enjoyed themselves immensely but like good



**Portarlington Demons Football Netball Club Inc.**

port demons they are looking forward to coming home.

Our junior department has also conducted a very successful JUNIOR DAY with Jumping Castles, Pony rides, face painting and plenty of food – a day enjoyed by footballers and netballers of all ages; Then we had a Junior Disco strongly attended by 100 juniors who danced, ate and danced some more – very popular event that is now entrenched on our calendar – well done to the Committee, parents and young adults. More to juniors than just footy and netball, eh?

Our membership numbers are the highest for many years. The community has shown great support for the club with general membership being the main contributor to

the improved numbers. Without members we will not survive, so if you support the club but are not a member of the club join now for 2016.

The challenge is ahead of us in 2016 with the introduction of a points and salary cap system – a big change for the club but something we welcome to help the equalisation of the league. Our aim in 2016 is to play finals at all levels of football and netball.

We are focusing heavily on our juniors to ensure they have an outlet to play both football and netball. We urge anyone wanting to participate in team sport to join the fantastic atmosphere of a club on the rise.

### Clifton Springs Bowling Club



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



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### The House of Golf Geelong

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E: [geelong@houseofgolf.com.au](mailto:geelong@houseofgolf.com.au)

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**Don't forget – TRAINING Tuesdays and Thursdays with the Club BAR and BISTRO opening at 5pm each Thursday for great meals and camaraderie.**

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## A picture says a thousand words



Contact: Pam (03) 5251 3544 or 0425 869 339 or Noelene (03) 5250 3856 Facebook: Peninsula Netball Association

### Presentation night of a successful NetSetGo season

**Congratulations Peninsula Netball Association and Drysdale Football Netball Club on working together in the promotion of netball.**

Spring is here... which means it's time to get outdoors again in the pursuit of exercise and fun.

Peninsula Netball Association's Spring Competition is about to start. Please note that junior and senior netball will now be conducted on separate days.

Neither competition plays during the school holidays.

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Boys welcome  
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### PORTARLINGTON GOLF CLUB

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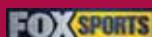


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Portarlington and Drysdale Community Bank @branches

## Bellarine Peninsula Community Bank @branch Ltd. Community Grants Program

*Apply online now*

A Community Grant may be just what your organisation needs to make a great idea happen.

### Bellarine Peninsula **Community Bank®** branch launches grants program

The **Bellarine Peninsula Community Bank® Branch** will launch its Community Grants Program on **Tuesday 1st September 2015** to help improve community outcomes.

**Community Bank®** Chairman, Russell Enders said the program will help support local community groups and organisations by making funding available for projects.

"The program helps us to reinvest Bellarine Peninsula **Community Bank®** Branch profits back into the local community," Mr Enders said.

"Projects may be large or small and may also be carried out in collaboration with other groups or organisations at any level."

The program is administered by Community Enterprise Foundation™, the philanthropic arm of Bendigo and Adelaide Bank.

Applications are available by going to – [www.bendigobank.com.au/foundation](http://www.bendigobank.com.au/foundation) and are open for submission until **Tuesday 29th September 2015**.

Priority will be given to organisations based in the Portarlington and Drysdale areas and the surrounding districts.

"There are currently over 300 **Community Bank®** branches across Australia that have returned more than \$160 million to support local communities," Mr Enders said.

"We encourage everyone to bring their ideas to the table, so we can really find out what our community needs."

**For more information, please contact either the Portarlington Community Bank®Branch on 03 5259 3266 or the Drysdale Community Bank® Branch on 03 5253 3192**

Visit our website [www.bendigobank.com.au/foundation](http://www.bendigobank.com.au/foundation)

The Bellarine Peninsula Community Bank @branch Ltd. Community Grants Program is a management account of Community Enterprise™ Charitable Fund. ABN 12 102 649 968. The Bendigo Centre, Bendigo, VIC, 3550. CEF16 (265240\_v1) (4/08/2015)

