



The SpringDale Messenger

May 2016
Volume 26 Issue 4

ABN 21 404 220 267

Compiled & Published by the SpringDale Neighbourhood Centre Inc.

The NBN (the National Broadband Network) is being installed in the streets of the Bellarine Peninsula NOW and every home and business will be affected by this.

The existing copper network for telecommunication services that we have always had will soon be deactivated and not available for us to use.

What is the NBN?

What does this mean for you as a business owner and or resident who wants to use a phone or the internet from your business or home?

What are your choices and what do you have to do?

For the answers to these questions and more, come along to our Business Breakfast at SpringDale Neighbourhood Centre on Monday 30 May 7am.

Local resident and telecommunications expert Helen Searle will present a clear overview of the NBN process and answer your questions about the NBN rollout in our area.



Business Network Breakfast

**Monday
30 May
7am start**

\$20

Mark this date
in your diary
today!

Phone SpringDale on
(03) 5253 1960 and
reserve your place now!



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 June 2016 • **Bookings/copy required by** 1 May • **Dist:** Sat 28 May • **Circ:** 11,000

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

Thursday	5	Bellarine Diabetes Support Group at SpringDale 2pm
Friday	6	Moroccan Cooking at SpringDale 5pm - 7pm
Friday	6	SPUD CLUB OPEN MIC at The Potato Shed 6.30pm
Saturday	7	Harvest Basket Produce Swap SpringDale 9am – 10.30am
Saturday	7	Mountain to Mouth 2016 - Drysdale Station 9.30am - 12 noon
Tuesday	10	Arm Chair Travel Cocos Keeling & Christmas Island at SpringDale 7.30pm
Wednesday	11	Days For Girls at SpringDale 9am - 12 noon
Wednesday	11	Dining Group Dinner - Tandoori Mahal Indian Restaurant Portarlington 6.30pm
Thursday	12	Boy out of The Country at The Potato Shed 8pm
Friday	13	Boy out of The Country at The Potato Shed 1pm & 8 pm
Friday	13	When Bush Comes to Town Festival Portarlington
Saturday	14	When Bush Comes to Town Festival Portarlington
Saturday	14	Sun Sea and Sand Exhibition Portarlington 10am - 4pm
Sunday	15	When Bush Comes to Town Festival Portarlington
Sunday	15	Sun Sea and Sand Exhibition Portarlington 10am - 4pm
Tuesday	17	Morning Showtime - Old Time Music Hall at The Potato Shed 10.30am
Monday	23	The Money School Free Seminar for 1st Home Buyers SpringDale 7pm - 8pm
Friday	27	Desperate Housewives at The Potato Shed 7.30pm
Monday	30	May Business Breakfast SpringDale 7am
Monday	30	Adrian Mannix OAM Service Award Presentation at SpringDale 5pm

**Bookings &
copy required by
1 May for
June 2016
issue**

MAY

The SpringDale Messenger is a locally produced publication.

Compiled & Published by the SpringDale Neighbourhood Centre Inc. A0024916V.
17-21 High Street, Drysdale Vic 3222. Postal Address PO Box 80 Drysdale
The SpringDale Messenger Production & Creative by **Jo Aspland | Jo Aspland Graphic Design**

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For all editorial enquiries: E: messenger@springdale.org.au W: 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.



SpringDale Neighbourhood Centre Inc. acknowledges the support of:





Coordinator's News

Anne Brackley



People who regularly read this column will realise this one is more of the same – another amazing revelation whilst doing a reasonably ordinary task. Once again we said yes to an opportunity, once again there were challenges and once again we learned so much. As a song from the seventies proclaim “Never let a chance go by” is one of our chants.

Having the opportunity to make 20 batches of scones recently, I spent a deal of time bringing what I understood were the correct ingredients together. Preparing the ingredients to combine them. Preparing the work space to ensure this process was effective. Coercing the ingredients together without losing the lightness but ensuring that it was well combined and wouldn't crumble apart. As I cut the scones with a glass, I could hear a pop and knew that was going to be a good scone. If I didn't hear the pop then the dough might need a little more work on combining it together. I topped the scones with an egg wash the first day but second day I used my mother's scone topping idea from many years ago, which was a small piece of butter (which I think gave a better top).

As I invested time and energy into making more than 200 scones, I came to think about how this is the same process we use when

trying to get a new SpringDale Group, course idea or event to our community and hopefully to a successful presentation.

You take the idea, with the energy that the suggester brings with it, you bring together other people to hopefully complement the initial suggestion (ingredient), with a little experience in combining the ingredients together without pushing all the air or energy out of the idea. With the correct cooking environment allow the dough to reach its full potential but then ensure it doesn't burn and look after it once cooked. I actually kept a cut scone, as an experiment, topped with butter and tasty cheese in the fridge and it tasted fresh a week on. I thought this was amazing.

Over the past few months we have encouraged a Diabetes Support Group, a Mothers Group, Armchair Travel Group and a Circus Group. The success of all these groups depend upon participants – please feel free to join in and help these groups be successful.

Thank you to everyone who helps to make SpringDale a very special place to visit, join or to use once.

Anne Brackley
for the SpringDale Team



Neighbourhood House Week 9 -15 May 2016

SpringDale is all about growth.

Our Vision is SpringDale where Ideas Grow and People Flourish.



The SpringDale Messenger May 2016

Course Update

Card Making

Mon 2 May 1pm - \$10

Reading Music

Fri 6 May 10.30am - (4 sessions) \$60

Writing - Beginning Fiction

Sat 7 May 9am - \$40

Coffee Making Course

Sat 7 May 10am - \$40

Writing Workshop

Sat 7 May 2pm - \$40

Money Management

Tues 10 May 7pm - \$10

Ageless Grace

Sat 14 May 11.30am - \$30

Cheese Making - Fetta

Sat 14 May 10am - \$100

New Start Date

Sculpting with Light - Digital Photography

Tues 17 May 7pm - \$100

Cheese Making Halloumi

Sat 21 May 10am - \$100

CPR

Fri 27 May 9.30am - \$60

Provide First Aid

Fri 27 May 9.30am - \$120

Business Breakfast

Mon 30 May 7am - \$20

Adrian Mannix Community Service Award

Mon 30 May 5pm - Free

Neighbourhood House Week Activities Special Sessions

Making Stars

Come into SpringDale Monday 9 May to Thursday 12 May any time 9 to 5 to make a star for yourself and a star for the 1 Million Stars Project – no fee but a donation towards ribbon would be appreciated.

Free Tai Chi Session

Monday 9 May 2pm – 3pm
Please book to reserve your place

Getting to know SpringDale Facebook Pages

Tuesday 10 May 10am – 11am

Arm Chair Travel trip to Cocos Keeling and Christmas Islands

Tuesday 10 May – 7.30pm \$2

Dining Club at Tandoori Mahal Indian Restaurant

Wednesday 11 May 6.30pm

www.springdale.org.au



Bellarine Show

As always, the Labour Day/Easter period was a busy one on the Bellarine, with plenty on offer for both locals and visitors alike. On the Labour Day weekend I once again had the pleasure of opening the Bellarine Agriculture Show where it was great to see so many locals taking part or just having a look.

The Show is an important regional event where not only is the Bellarine Peninsulas farming history highlighted but also current and future agriculture initiatives are on show. The event also provides the opportunity for locals to display their wares and exhibit their horses, dogs and other livestock.

I take this opportunity to thank all those who volunteer their time on the day and the committee who work tirelessly throughout the year to make the show the success that it always is.

Rotary Club of Drysdale

On Monday 21 March I was pleased to be the guest speaker at the weekly meeting of the Rotary Club of Drysdale. As many locals would be aware the club has been operating for more than 40 years and in that time has contributed enormously to not only to Drysdale but right across the northern area of

the Bellarine.

I take this opportunity to congratulate President Caroline Rickard and her hard working committee and club for the work that they do. The club meets every Monday night, 6.30pm at the Clifton Springs Golf Club. Anyone who is thinking about joining Rotary I would encourage you to do so. I know you would be very warmly welcomed at their next meeting.

Rotary Easter Art Show

One great event the Drysdale Rotary Club organises and I enjoy attending annually is the Easter Art Show. This year there were 438 paintings on display, with 117 artists contributing. And it is very pleasing to note that through the show over the last 15 years the club has raised more than \$250,000 which has been distributed to local and overseas charities. Again well done to the

Rotary Club of Drysdale for another great Easter Art Show.

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.

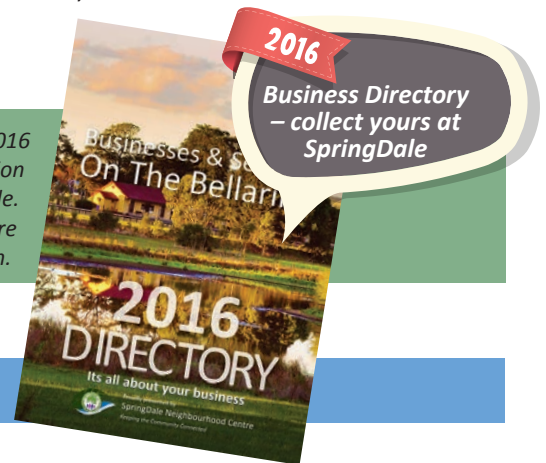
Hon Lisa Neville MP
Member for Bellarine

lisa.neville@parliament.vic.gov.au

Twitter@Lisanevillemp

Ph; 5248 3462

Missed out on being included in the 2016 Directory. Don't wait for the 2017 edition as online options are now available. Contact the SpringDale office for more information.



Letters to the Editor Send your letters to: messenger@springdale.org.au

Ambulance Cover

During the last month, I came to understand one of the Ambulance Victoria Business Rules that I hadn't understood before. If you are lucky enough to have children in the 17 to 25 year old age bracket – or you know someone who does – this may be of interest. Only fulltime students in this age range are covered. If your child is on a gap year or studying part time then she or he is not covered under Ambulance Victoria Family Membership Rules.

Please read these rules carefully.

<https://s3-ap-southeast-2.amazonaws.com/prod.assets.ambulance.vic.gov.au/wp-content/uploads/2016/03/membership-scheme-business-rules.pdf>

Anne, Drysdale

Diabetes Support Group

I came to the Diabetes Support Group for the first time in April with my friend Jean. I felt so welcome in the relaxed environment. Jean and I have used a few things we learned and look forward to continuing to do so. We'll be back. Thanks Agata for leading this group.

Marie, Clifton Springs and Jean, Portarlington

Yoga On Chair

Never been before, relaxing, revealing about what my body can do.

Kathleen

Difficult to do floor yoga now, so it is good for my body.

Noreen

For market appraisal or simply to discuss the property market please contact:

Rhonda Humpage
0457 313 609

rhonda@neville-richards.com.au



neville richards

Shop 2, 6 High Street Drysdale 5251 3857
www.neville-richards.com.au

LISA NEVILLE MP MEMBER FOR BELLARINE

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



Lisa Neville MP

lisa.neville@parliament.vic.gov.au
Funded from Parliament's Electorate Office and Communications budget

De Facto Law Worries?

Come in for a *free* chat

RISTEVSKI
L A W Y E R S

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

Proudly printing this magazine for you, on the Bellarine.

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ENTERTAINMENT

When Bush Comes to Town Festival 13th-15th May Portarlington

When Bush Comes To Town Festival
13th – 15th May 2016
PORTARLINGTON
For venues and more information see website



Join us at the beautiful Seaside Town of Portarlington for a weekend of –

- Dreamtime Storytelling
- Bush Poet Breakfasts
- Art Show
- Poetry & Songwriting Workshops

And a Special Performance of "The Man From Ironbark" from Geoffrey Graham

Put the 13th – 15th May in your diary now!

ENQUIRIES: Tim Sheed
timothysheed@bigpond.com
Phone Enquiries: 0438 861 271
www.timsheedbushpoet.com.au

This is a weekend of fair dinkum Australian stories, music, yarns and classic Aussie poetry.

Freddie Dowling, Pangerang Elder, will enchant with Dreamtime storytelling.

The renowned Geoffrey Graham, will give a special performance of *The Man From Ironbark*, his original and unforgettable Banjo Show. Booking essential.



Are you a bush poet or yarn spinner? Bush Poets Breakfasts are a must if you are.

A themed art show with cheese and wines and the official launch will be on Friday night at the Portarlington Neighbourhood House. The art show will also be open on Saturday.

The very full program is available at www.timsheedbushpoet.com.au and please note, you must book for some activities and performances.



Marilyn Munroe Exhibition in Bendigo

Meeting a community request to attend the Marilyn Munroe Exhibition in Bendigo, SpringDale is collaborating with The Grey Outdoors to provide another bus trip.

Date: Friday 17 June meet at SpringDale at 8am for 8.30am departure

Cost: \$80 all inclusive - morning tea, box lunch and entry.

Return: Approximately 5.30pm

Only 10 spots available.

Contact SpringDale on 5253 1960.



POTATO SHED 2016 Season Programme

MORNING SHOWTIMES start 10.30am, \$15pp - Morning Tea incl.

Tuesday 14 June Top of The Brass Superb brass band music - Just Brass ensemble with Wendy Steele. **BOOK EARLY**

WINTER SOLSTICE
Friday 17 June 8pm
Saturday 18 June 8pm **BOOK EARLY** **theatre 3 Triple 2**

Come, drink mulled wine, enjoy live music, sit by the fire and be amazed by the incredible talent of our local playwrights. Theatre 3 Triple2 are proud to present two new one act plays.

ALL tickets \$20

RAPUNZEL
Tuesday 5 – Friday 8 July
2 performances of each show
10.30am & 1.30pm
'Rapunzel, Rapunzel, Let down your hair.'
Trapped in a tower this girl needs some help! Will the Prince save the day and take Rapunzel away?

FOR THE KIDS

ALL TICKETS \$9 per person or \$32 for a family of 4 (Under 2's free).

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
41 Peninsula Drive Drysdale
Ph: (03) 5251 1998

find us on   WWW.GEELONGAUSTRALIA.COM.AU

POTATO SHED

WIN a Double Pass to Morning Melody OLD TIME MUSIC HALL

Tuesday 17th May at 10.30am



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

Name: _____

Address: _____

Phone No: (03) _____

COMPETITION CLOSES 3PM FRIDAY 13 MAY

RSL Member Profile - The late Dr. Bruce Jones



Dr. Bruce Patrick Jones was born on 28 December 1920. As a child he moved from Moonee Ponds to Boronia then to Auburn and later Caulfield. Bruce along with his brother Keith and sister Marion attended Boronia State School where all three were taught by their father Percy Jones. Bruce later attended Auburn State School, Caulfield Central and

Melbourne High. In 1938 Bruce commenced the study of Medicine at the University of Melbourne.

Bruce was aged 19 at the onset of WW2 in 1939. In 1941 he volunteered for the Air Force, but had to wait to be accepted, during this time he was manpowered to the Australian Militia 20th Field Ambulance Unit, and was a volunteer with the University of Melbourne Rifles Medical Wing. Bruce enlisted on 9 October 1942, was posted to R.A.A.F Initial training at Somers, after 2 months he achieved the rank of Aircraftsman Grade 2, then made a Trainee Wireless air Gunner.

In March 1943 five men were chosen as Navigators, Bruce was one of them, by October that same year he was a Wireless Navigator and promoted to Flight Sergeant, progressing to Warrant Officer, then Pilot Officer finally becoming a Flying Officer. In 1944 Bruce travelled from Adelaide to Coomalie Creek 70 miles south of Darwin. Bruce left Darwin and flew to Morotai the aim of this mission was to attack the Japanese air

and land establishments so that the Australian Army could enter Borneo.

The main landing strip was on the beach at Balikpapan. Among the many RAAF Bristol Beaufighter crews whose work was with rockets, receiving special praise was Flying Officer C.A.Terdich and his Navigator, Pilot Officer Bruce Jones both of No 31 Squadron RAAF AMA Airstrip. On 1 January 1945 Bruce received his Commission in No.31 Beaufighter Squadron. Flying Officer Bruce Jones was discharged on 14 March 1946.

On Bruce's return from the war he recommenced his Medical Degree he studied hard in the coming years and graduated in 1950, this led to 61 years as a General Practitioner and Anaesthetist in many rural and regional settings throughout Australia. Bruce moved to Drysdale in 1980 to retire, instead he set up a practice in Portarlington and later in Drysdale, he retired in 2011 at the age of 91. Bruce sadly passed away on 14 April 2016. Lest We Forget.

CLIFTON SPRINGS COMMUNITY MEN'S SHED INC.

Men talk but work shoulder to shoulder

Clifton Springs Community Men's Shed is pleased and proud to support Wombat's Wish.

Wombats Wish is Geelong community based specialist service that offers support to children and young people who experience the death of a parent. Obviously this is an extremely difficult time for those children and their extended family and friends, and can potentially result in long term emotional health problems.

Wombat's Wish assists bereaved children to find a way to live with loss and grief, to move forward and take the next steps on their bereavement journey. This service is a therapeutic one, provided by a team of professional facilitators in conjunction with trained volunteers. For further information or enquire of volunteering phone Melanie on 0499 966 228.

Over the past few years our Shed has undertaken to manufacture and supply timber memento boxes, for the children who attend Wombat's Wish camps, as part of our community involvement.

Further information regarding Clifton Springs Men's Shed phone 0459 213 153 or visit our Shed at 45 Central Rd, Clifton Springs (rear of block).



Everyone at SpringDale was excited to help the wonderful Ray Gibson celebrate his 90th birthday on 16 April 2016.

Ray was born in Warracknabeal in 1926 and is the longest serving member of our Wednesday's Men's Kitchen. He is the second eldest of 11 sisters and 3 brothers.

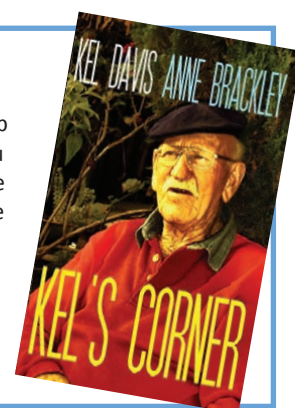
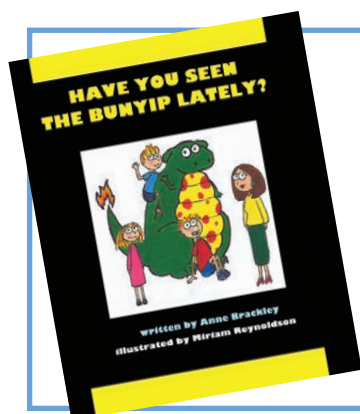
Ray moved to Clifton Springs in 1992 and his favourite recipe is Shepherd's Pie. Ray is always welcomed by everyone at SpringDale for his cheerful and cheeky nature.

On Sale now at SpringDale

If you enjoyed the Bunyip Festival over the last 40 years, or if you have wanted to help support the SpringDale kitchen, or if you would like to give a book to a child then you might like to buy a book that has been published especially to support the SpringDale Kitchen renovation. All proceeds of *Have you seen the Bunyip Lately?* will support the SpringDale Kitchen. Each book is \$10 and available at SpringDale. Author is happy to sign the book.

Kel's Corner is having its first reprint, 200 copies have sold within 3 months.

This book is available from SpringDale for \$20.



Adrian Mannix OAM Community Service Award 2016



The Adrian Mannix OAM Community Service award has evolved over the last 15 years. The way people are nominated has changed, the people we invite to the event has changed but many things have stayed the same.

The three groups that brought this award together Rotary Club of Drysdale, Portarlington / Drysdale Lions Club and SpringDale Neighbourhood Centre have remained partners, sharing every aspect of the award process. The idea of celebrating community service has remained the key to keeping the award focused and people centric.

Although most members of all three groups may never have met Adrian Mannix, the idea of having an award remains firm.

It was suggested and agreed after the 2015 event, by the three organisations that the annual presentation of the Adrian Mannix OAM Community Service Award evolve into a different type of event. An early evening soiree starting at about 5pm with nibbles and drinks and at 5.30pm the Winner be announced and presented. The evening would wind down by 6pm.

The changed type of event would allow the previous winners to be invited and other members of the community at no cost.

Date/Time: Monday 30 May at 5pm

Venue: SpringDale

Cost: Free

All Welcome.

Last minute OPPORTUNITIES



Please consider signing up for SpringDale Webmail updates. Go to SpringDale Website and in the bottom right hand corner of the Home page and select the subscribe button.

Join SpringDale on facebook – we have a number of pages – so you can follow what interests you. Looking forward to finding you on facebook.



SpringDale Venue Hire & Catering

Weddings & Special Events



For more information call (03) 5253 1960

www.springdale.org.au

Home loan deals.

At Bendigo Bank, it's all about rewarding you with greater savings on your home loan, the more you choose to bank with us.

And for you, that could include saving \$600 on home loan fees*.

So, consider a home loan from Australia's most reputable bank (AMR Corporate Reputation Index 2015).

Drop into your nearest branch at 44 Newcombe Street, Portarlington - 5259 3266 or 1/13 Hancock Street, Drysdale - 5253 3192 to find out more about securing a home loan you can count on.

Ask us how to
**save
\$600**
on home loan fees*



on home loan fees*



 **Bendigo Bank**
Bigger than a bank.

Community Bank

*Terms, conditions, fees, charges and lending criteria apply. Full details available from www.bendigobank.com.au/homeloans.
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MOUNTAIN TO MOUTH 2016 6-7 May Circle 8:

**Drysdale Train Station
7th May 9.30 am - 12.00 noon**

We had a wonderful story-stick making session at SpringDale Neighbourhood Centre in April. As well as creating beautiful story-sticks which will be displayed in M-M16 Drysdale's walking circle – stories were also audio recorded which will form part of the Circle's soundscape.

You can still be involved in this wonderful celebration of Drysdale's community, culture and heritage.

Come along on 7th May between 9.30 am and 12.00 noon. To add to the atmosphere you can wear white, bring some rosemary, sage or thyme to give to the Circle Guardian to burn – bring Autumn leaves to add to the Circle or even make your own story-stick and bring it on the day. We really hope you can make it! Just come and walk the Circle and share your community's stories.

For more information please contact –
SpringDale Ph 5253 1960
office@springdale.org.au or check out –
www.mountaintomouth.com.au



The Melodaires Entertainment Group



After a very successful 2015, The Melodaires are now rehearsing for 2016. The title of our new show is "Let's Face the Music" with bright, bouncy numbers and glitzy and colourful costumes. Under the direction of Alan Wilson with Lizzie Coyne on piano and Len Neagle on drums, our show runs for 1 hour 15 minutes and we are now taking bookings. When planning your social functions, look no further than the Melodaires.

Our manager Lorraine would be delighted to hear from you on 0447 751 697.



Last month we advertised a Star Making workshop which was well attended and those present were enthusiastic to make more Stars. If you missed out you might like to attend a regular session that we will be holding on the second Wednesday afternoon 1pm - 3pm at SpringDale each month till April/May next year.

These stars are to show our intent to try to do good in the world and to fill the sky with stars as per the Martin Luther King poem shown. Our plan is to string the stars made each month and place them in the SpringDale foyer. In May next year they will then be sent onto the Region Coordinator Chris Storm and then sent onto the National Coordinator for them to be displayed at the Gold Coast Commonwealth Games 2018 - in total we hope to have one million stars displayed.

We have acquired a range of ribbon colours to use for the stars and it would be great if you would like to donate a gold coin to help us supply the ribbon. Please make a star to take home and stars for the project.



Inner drawers for those hard to get to spaces



Having trouble with your inner kitchen space?
Not able to reach those hidden spaces?
Give us a call and we will organise an obligation FREE quote.
We can solve your problems.

DRYSDALE Kitchens
Cabinets & Joinery

Call us for more information (03) 5253 2774

Est. 1986



A decade of artmaking

Ten years have simply flown. When Max and I arrived in Drysdale in 2005 one of the first things I did was find the SpringDale Centre to find the Springdale Singers. I'd read an article about them and I needed to be singing. I picked up a copy of the SpringDale Messenger and to my surprise there were lots of interesting groups and courses but none about visual art. Such an opportunity for me as I had now been retired from secondary art teaching 3 years and was missing the interaction with students of art. I soon had a lovely chat with Anne Brackley and the journey of community art tutoring began. My first class in April 2006 made me realise how much I gain from teaching and the opportunity to develop courses at SpringDale was a gift I have enjoyed. It has also enhanced my own artistic pursuits, enlivened my practice.

The Discover the artist within courses I have developed in response to my students have evolved over the decade. My aim is to continually rethink what I'm doing, to create a unique opportunity for students of art to find their own way with my support. Some just want a new experience in learning and are putting their toes into the world of making art for the first time to see if it fits, others want to develop or rekindle their already discovered love of making art and still others want to create an art business that is sustaining. I love the variety of want, need and approach and encourage invention, enjoyment and camaraderie.

Some of my graduates, artists and hobbyist residents of the beautiful Bellarine area have helped me establish the SpringDale Artists, launched in 2012. This collective has become an independent, mature exhibiting group who recently had their 10th annual show in the SpringDale Hall and continue to show their work locally at Drysdale Village Medical Centre and are regular exhibitors in all the Bellarine art shows, in local businesses and beyond.

Where to now? Probably more of the same but with a close ear to the evolving needs of our community. The opportunity to make art, to teach art and to explore creative possibilities with so many motivated members of this community has been and is a great joy.

Annette Playsted

Art tutor SpringDale Centre



Photos by Ian Rollinson

LIVE BY THE BAY

Bring your dream home to life with a home & land package at the breathtaking Bayview estate.

With lots ranging in size from 350m² to 643m², there's something to suit every family. As well as being close to the water, you'll love living just a stone's throw away from the brand new Bayview Central Curlewis Shopping Centre which includes a Woolworths, café, BVWS, pharmacy, women's boutique clothing store and a medical centre.

Plus, you'll enjoy easy access to a host of other amenities such as a children's playground and undercover BBQ area at the popular Percy Cherry Park. So don't waste another minute making the sea change you've always dreamed of.

call 0419 781 231

visit bvbellarine.com.au

sales office Centennial Blvd, Curlewis
(opposite shopping centre)



BAYVIEW



Armchair Travel



Cocos Keeling and Christmas Island

Meet on – 10 May 2016

After our Antarctic adventure it is time to enjoy places a little warmer, a little closer to home. Think about azure seas, friendly people, strange animals and unique birds and yet still be within Australian territories.

The turquoise waters of Cocos Keeling Islands are teeming with fish both inside and outside the impressive lagoon. Just by quietly floating

on the surface, one can see the diversity and uniqueness of the underwater community. The water is so clear and warm that everybody wants to share the experience. The islands boast of a captivating landscape and a stunning natural environment and the Cocos Malay people showcase an authentic friendliness and a fascinating culture.

Christmas Island is a place of wonders and contrasts. Come and encounter the yearly crab migration, the search for strange and unique birds and yet again an underwater world that is a challenge to the Great Barrier Reef. Did you know that Christmas Island is a huge volcano that rivals Mount Everest? There are many secrets that can be found at Christmas Island.

Come and join our group on Tuesday 10th May at 7.30pm to explore the wonders of our special Australian territories. Entry \$2



Dining Group

SpringDale Dining Group continues to welcome new people who are sick of dining by themselves or they have just moved to the area or just heard about this very special activity.

May Dinner will be at Tandoori Mahal Indian Restaurant Portarlington - Newcombe Street and it's a few doors west from the Portarlington Hotel from 6.30pm - please book a spot with SpringDale office to ensure we reserve sufficient seats.

Hoping you might consider joining us - we can arrange rides if needed.

Ken Brackley for our Dining Group



Enjoying April's dinner with great company.



Make a night of it!

WEDNESDAY & SATURDAY

STEAK NIGHT

300g Porterhouse with chips & salad & sauce of your choice

The Drysdale

\$16.90

AVAILABLE IN BAR ONLY

The Drysdale Hotel Collins Street, Drysdale



Thank You to all Volunteers

National Volunteer Week is almost upon us. This important week, which runs from 9 to 15 May, is a great opportunity to say thanks to the volunteers who help make Drysdale, Clifton Springs and Curlewis so special.

It's hard to imagine our towns without volunteers. The events that bring a smile to our faces... from the Glass Festival to the Railway to the sausage sizzles... would all be impossible. Our Neighbourhood Centre wouldn't be able to function. Nor would the Historical Society next door or the Scouts across the road.

These, and many other, elements of our local identity owe their existence to an army of volunteers who thanklessly give of their time... day in and day out.

A great example of this is Clifton Springs Primary School's recent outdoor cinema. This one evening took many months to bring together. Everything from the choice of movie (harder than it looks!!), planning, marketing, seeking the all-important sponsors, preparation of the grounds, traffic direction, logistics and much of the food preparation were made possible by a team of volunteers with only two goals in mind – a happy night for families and much needed funds for the community.

So, next time you enjoy a local event or venue, take a moment to think about the many volunteers who've just made your day (and our towns) great.



Camino Walk



The Camino Francaise is an 800 kilometre journey commencing in St Jean Pied de Port in France and ending in Santiago in the north of Spain. Scenery changes often as the trail winds through the Pyrenees, ancient villages, small towns and larger cities and you never quite know what to expect or who you might meet. Most pilgrims walk the Camino but there are many who ride bicycles and some who travel on horseback. There are even those who travel with man's best friend. If a thousand pilgrims completed the journey, each would have a different story to tell. This is one pilgrims presentation, in the form of a digital story, that gives an insight into some of the adventure, excitement, scenery, pain, community dinners, spirituality, humour, religion, music, food, wine, stories and the people one meets along the way.

It is a journey where pilgrims congregate from many different countries from around the world to share the range of experiences and the camaraderie. In some way the journey will change lives forever.

If you are interested in finding more come along on Friday 27 May 7pm at SpringDale.

Cost: \$10 includes Tapas to try



One of our newest groups is gaining members
Circus Club meets Sunday afternoons at SpringDale. This is a SpringDale Group and participants need to be a SpringDale Member and cost is \$8 per session.



Moroccan Cooking

*If you love good food,
and you are in the mood,
come and try the Moroccan spices.*

*If you love to cook,
you might be hooked,
on the Moroccan nicest.*

Moroccan food is not just thrown together.

The food is cooked for your leisure.

*Come and enjoy a dinner,
now that's a winner.*

or

*Come and enjoy a lunch,
Hum now that's a hunch.*

Demonstration: Moroccan Lamb Tagine

Date and Time: Friday 6 May 5pm - 7pm
or Tuesday 17th May 11am - 1pm

Course fee: \$25.00 **Tutor:** Toni-Anne



Escorted Group Rail Journey from the Bellarine

8 Days/7 Nights - Departs 3 September 2016

Enjoy one of Australia's Great Train Journeys, travelling between Darwin and Adelaide through the heart of Australia on the newly launched Ghan Expedition. With highlights of Darwin, Katherine, Alice Springs, Coober Pedy and Adelaide. Spend time in Darwin including a city sights tour and 2 day Kakadu tour.

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Welcome to



* Conditions Apply



Hommy's Quality Meats

Hommy's Quality Meats have been at 16 High St, Drysdale for over 21 years, an award winning butcher's shop that specialises in top grade cuts. All products are prepared and packaged on site.

Peter, Matt, Liz and staff of Hommy's Quality Meats have expanded into the Drysdale Village Shopping Centre, next to Baker's Delight.

Hommy's Quality Meats in the Drysdale Village Shopping Centre has extended hours.

7am – 7pm Monday to Friday, 7am – 6pm Saturday, 9am – 4pm Sunday. The High Street shop continues to operate open from 7am – 4pm Monday to Friday and 7am – 11am

Saturday. Increase in total hours of just over 100% and an increase in staff of more than 200%.

The community feedback has been fantastic. People enjoy being able to buy exactly what they would like. Marcia said, "I think it's great!" and Katrina said, "Their sausages are the best!"

Peter, Matt, Liz would like to thank the local trades people who made the transition to the additional shop to be very easy.

Show Seniors Card to receive 10% discount.

Diabetes Bellarine Support Group

The Group meeting last month was small but the conversation was deep. We discussed feelings of anger, stress and depression. Amazingly diabetes seems to magnify most feelings - sometimes just momentarily. At times the feelings of anxiety and frustration lead to other distressing feelings. Good to know we are not alone.

If you know someone feeling down or depressed:

- Give them a chance to talk about it
- Listen rather than talk
- accept them as they are
- Encourage them to take part in social activities
- Suggest they see a doctor and offer to accompany them
- Talk to them after the appointment to see how it went
- Help them find info about depression from websites or the library, and learn about it yourself
- Encourage them to do regular physical activity and eat healthy food
- Encourage others to be supportive and non-judgmental
- Seek support for yourself from friends, family, your GP, or a support organisation for carers
- Take any thoughts of suicide seriously - it's

OK to talk about it

- Don't leave them alone if they feel unsafe
- Call the support line 1300 136 588.

The treatment for depression and diabetes involves a coordinated approach that monitors both diabetes control and the symptoms of depression. It is about finding the treatment that works best for each person. For example, people with diabetes and mild depression may find that regular physical activity improves depressed moods and also helps with blood glucose control. Talk to your doctor or other health professional about getting the right advice and support.

Information www.ndss.com.au -

Support line Diabetes Australia:

Helpline: 1300 136 588

www.beyondblue.org.au,

phone 1300 22 46 36

For more details and to keep up to date with Diabetes news please go to our FaceBook page: <https://www.facebook.com/DiabetesSupportBellarine/>

Our next meeting is on 5 May at 2pm at SpringDale.

Agata Commisso

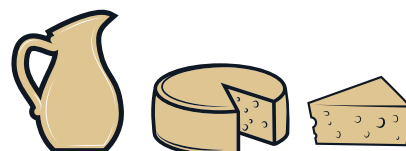
Wellness and Laugh Coach

0407 687 971

www.lighten.org



Cheese Making in May Fetta (14 May) and Halloumi (21 May) later in the year Cheddar, Camembert (July and October) Book with SpringDale 5253 1960.



SpringDale is looking for jars – especially 500gm jars and smaller – please drop to SpringDale.



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Diabetes Australia App is available

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Bravo Avocado

Avocados are known to have existed from as far back as 291 BC. They originally took root in the highlands of Central America and Mexico and the lowlands of Columbia in South America, where they grew wild. The highest volume of fruit, here in Victoria, is available between March and November.

They are loaded with goodness! Not easy to pick off the shelf and get home safely, but delicious for breakfast on toast, lunch in a salad, for dinner any way you like it and let's not forget a little sweet treat. In South America they are blended with banana and oats for breakfast.

- Good source of fibre both soluble and insoluble - helps reduce cholesterol.
- Strong antioxidant with vitamins and minerals as well as natural antioxidant and anti-inflammatory compounds.
- Vitamin C and Vitamin E naturally. Both help to protect from free radical damage.
- Good for the heart. Known as oleic acid - the "healthy fat" food.

A healthy varied diet high in fruit and veggies, such as avocado, has been shown to reduce the risk of heart disease and contribute to heart health.

To use soft ripe avocados simply use a fork to remove from the skin and gently mash it:

- blend with yoghurt, creamy or goat cheese
- spread on bread, wraps - add salad and your favourite toppings
- spread instead of butter and top with eggs cooked your favourite way
- add it to mashed potato instead of cream.

If the avocado is too firm, place it in a brown paper bag with an apple or a banana. Firm are best cut into cubes for salad or sliced on toast with a dash of cracked pepper or cayenne if you like it hotter.

Keep avocados in the fruit bowl at room temperature to ripen and use as required. If they are fairly ripe they will keep in the fridge for a couple of days - unless you eat them!

Agata Commisso will be conducting a class on Bravo Avocado in June, July, August and September. Please contact SpringDale if you are interested.

Avocado blended with added surprise - kale, orange juice, topped with blueberries makes a healthy drink/snack. (That's one way of hiding that cheeky kale!)



Avocado Hummus

- 2 Avocados, medium ripe
- 1 can Chick peas (400g)
- 1 or 2 clove Garlic (more if you like it)
- ½ cup chopped coriander (opt)
- Juice of ½ a lime (or lemon)
- 1½ tablespoon Tahini (opt)
- Salt and cracked pepper
- ½ teaspoon Cumin (opt)

Blend all of the above to a smooth paste – all the options are only if you like them and if you have it in the cupboard! Pour into a bowl and top with about 5 tablespoons extra virgin olive oil and decorate if you like with some red hot chilli flakes. Serve as a dip with vegetable sticks or as a spread in wraps or serve with your favourite type of falafel/chicken or fish or meat balls.



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First Home Buyers – Turning your dream into reality

If you are one of thousands of people around the country wanting to buy your own property, but feel it's unaffordable or just unsure where to start, perhaps I can help.

Buying your own property remains one of the most important financial decisions in your lifetime. This step could give you not only the comfort and security of living in your own home, but the opportunity to build financial growth and long term financial security as well.

We all know that high property prices, particularly in the Melbourne and Sydney market, have outpriced many first home buyers, and there's no doubt this is a serious problem for many. But there's more than one way to get into the market – or at least getting a foot in the door that you may not be aware of.

Due to limited space I will briefly mention a couple of these, however the First Home Buyers seminar to be held on Monday 23 May will detail these methods and give you the opportunity to ask questions and discuss this matter in detail.

Consider location – have you thought about moving to a cheaper suburb or perhaps relocating to a country region? These decisions require a great deal of thought and research but may offer a solution. Purchasing an investment property could be

an alternative, which could make obtaining a home loan easier as the rent amount is generally counted as income. Although unable to live in the home (at first) this gets you into the property market and in time and with good capital growth you may be able to leverage off this property or sell and use the proceeds to cover the deposit and costs.

I don't wish to trivialise the process because there are many factors to consider, however you may be doing yourself an injustice if you don't explore all available alternatives.

Elena Alexander



The Money School – Free Seminar First Home Buyers

The seminar focuses on all aspects of purchasing your first property, including location, financial requirements, deposit and legal costs, home loans/lenders, construction, property inspections, researching and much more.

Date/Time: Mon 23 May, 7pm-8 pm SpringDale

Tutor: Elena Alexander, DipFS, The Money School

SpringDale Small Business Help

Have you written a marketing plan for your business? Your business plan documents the business revenue and costs. Time now to detail the marketing activities that are going to produce the sales.

Start by listing the headings appropriate for

your business of where your customers are going to come from (Source of Business) like; signage, magazine advertising, social-media, website, networking, sponsorships etc. Then, flesh each one out with its details of what needs to be done, who is doing it and what it will cost.

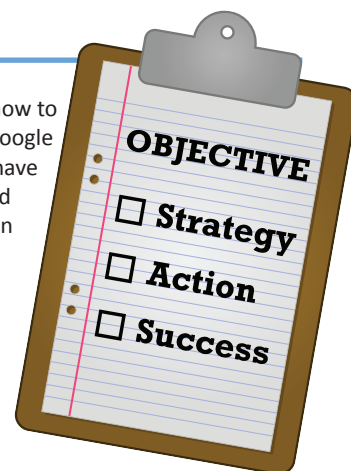
Next you need to add these activities to a time line. For two reasons; you want to spread the costs across the year so that they are manageable with your cash flow, and secondly allow you to concentrate on them one at a time and not be overwhelmed when looking at all of the outstanding tasks at once.

Now you need to itemise what you will do to achieve each of these activities. It might mean talking to a magazine about their readership volumes and demographics. Talking with

experts about how to improve your Google ranking (there have been many dead bodies buried on page two of a Google search).

Maybe even find a sporting group that has a membership that matches your target demographic to see what sponsorships are available. This is where understanding your target market first can prevent you from wasting money with no chance of return.

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Community Summit 2016

When we came up with the idea of a Community Summit in 2012, I didn't have any idea how successful it could be. I hoped for successful outcomes but even just bringing the community together could be regarded as a success. The realisation that the 6 highest priorities of our community listed during our Community Summit in 2012 could possibly be either completed or worked on is almost unbelievable.

Because so many people participated, because we submitted the results to many different government bodies and reports, because we kept reiterating our highest priorities – all our highest priorities and more have been acted upon and either brought to a successful conclusion such as the Clifton Springs Fountain.

This is what a community can do if it comes together, believes in itself and stays strong. During this year we need to hold another Community Summit so that we can formulate our goals and dreams for the next four years. The more people who have a say – the more persuasive our report will be with all levels of government. Please sign up for alerts via our website or please register your phone number for phone alerts, or your address for postal participation.



Sign up for emails on the SpringDale Website – www.springdale.org.au and the link is down on the bottom right hand side of the HOME page or the actual link is : <http://lists.springdale.org.au/phplist/?p=subscribe> – hoping you'll join the hundreds of people who have subscribed.

Anne Brackley

Concerned citizen



Keeping our Community Connected

SpringDale Messenger connecting people, ideas and businesses On the Bellarine Home delivered to more than 12,000 residences monthly.

Connecting our Community

Send in articles about your community or sporting group. Advertise your business, event or activity or simply enjoy reading it. Postal subscriptions available and the Messenger is uploaded to our website:

www.springdale.org.au



The SpringDale Messenger May 2016

www.springdale.org.au

Ageless Grace

The Benefits of Exercise in a Chair or The Benefits of Ageless Grace or The FUN you have when you exercise with Agata! Ageless Grace is a simple, playful exercise based on the science of neuroplasticity that uses all five functions of the brain — analytic, strategic, kinaesthetic learning, memory/recall, creativity and imagination.

- Joint mobility
- Spinal flexibility
- Right-left brain coordination
- Cognitive function
- Systemic stimulation
- Balance
- Confidence and
- Playfulness

The Ageless Grace program is ideal for everyone – as young as 3 to 103 including special needs and with physical limitations. Caregivers (professional or family members) who want to provide ease of movement to their clients and/or loved ones will find the Ageless Grace program of special interest. It engages the body and brain with playful exercises based on the science of neuroplasticity, which suggests that the brain can change structurally and functionally. Ageless Grace is helping to change people's activity habits to incorporate a greater diversity of movement. It encourages us to use our body in a variety of ways to break free of old habits, create new connections, engage imagination and bring a smile at how such simple things can make such a big difference.

RESTORATIVE

For anyone suffering ongoing pain, injury, post operation or loss of ability.

PREVENTATIVE

For anyone determined to USE IT so they don't LOSE IT, by working with their individual abilities, instead of adapting to their limitations.

DEVELOPMENTAL

For kids with extra energy to calm them or have fun contests with the family for example saying the alphabet backwards at the same time - drawing circles in the air.

In the last six months or so, Agata has worked with a number of small groups including children and adults. Some recovering from a range of issues such as stroke, surgery, and problem shoulders. While some prefer to continue with the exercises at home, others enjoy attending the regular groups.

If you would like to try Ageless Grace we have introductory workshops at SpringDale on Saturdays 14, 21, 28 May at 11.30am. Regular group in Drysdale on Fridays at 10am at St James Church Hall. Please contact agata@lighten.org or 0407 687 971.



Drysdale Toy Library

Open Tuesdays 4pm - 5pm during school terms. Also 2nd and 4th Saturdays each month 9.30am - 10.30am at SpringDale Neighbourhood Centre.



Reading Music



New

Language Class - the language of music

Date/Time: Friday 6 May 10.30am - 11.30am 4 sessions (every second Friday)

Fee: \$60 or conc \$50



SpringDale Occasional CARE

Session times

Monday 8.30 – 1.30

Tuesday & Friday 9.00 – 12.00

Wednesday & Thursday 9.00 – 2.00

Fees: 5hrs - \$40 3hrs - \$25

Entrance is off Princess Street, adjoined to the Neighbourhood Centre. Phone 5251 1627.



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Year 9 students will be at SpringDale for 2 consecutive afternoons and very willing to help people understand their mobile phone, iPad or Tablet. If you have wondered how to make a call, how to text, how to use the wifi somewhere, how to take a photo and how to send a photo – all these skills and more will be able to be shared one on one with a 9 year student in a safe encouraging environment. Then there will be a week for our community members to practice the new skills and a follow up session to go over information shared and to increase the number of skills learned.

Please sign up to be part of this – there are only 50 places available each term – please register with SpringDale office if you would like to take advantage of this community building activity. When this was run a number of years ago, both the community members

and the students found the experience to be very rewarding, both groups seemed pleasantly surprised about the success of the program on so many levels.

This program can be seen as part of the Year of Digital Literacy and we will use any extra resources available through this initiative. SpringDale does run classes as well to back up this kick start program.



Dates/times: Friday 27 May and 3 June
1pm – 2pm (2 sessions)

Fee: Gold coin donation for tea / coffee

Tutor: Year 9 Bellarine Secondary College Students

Innovator George Abel

I started to talk to George Abel recently about how the Birdman Rally came to be and we ended up talking about community spirit.

As with many good ideas and innovations they are the culmination of various experiences. George decided to help raise funds for the Royal Airforces Association and was after an idea. He noticed a shopping complex opened by a man dressed up as a bird received media attention and a gentleman who jumped into the Thames received media attention. George thought of the film *Those Magnificent Men in their Flying Machines* and how the start of the film showed men dressed as birds and how the people laughed. All these things together led George to believe this could work and it has for more than 45 years.

George gave the rally an inspiring name of International Birdman Rally although it was only being held in Selsey but it spread quickly to Australia, New Zealand, Italy, Germany, USA, China and Japan and has raised millions of pounds and dollars over the years for a variety of charities.

Selsey came to be known as the birthplace of the Birdman Rally, which really put it on the map. George was keen to bring an attraction to his village that he loved.

George and Ann enjoy living in the village of Drysdale and mentioned the community spirit that they celebrate.

Thank you for sharing your story with us George and for inspiring a new community of innovators.

Anne Brackley.



George as one of the first birdmen.



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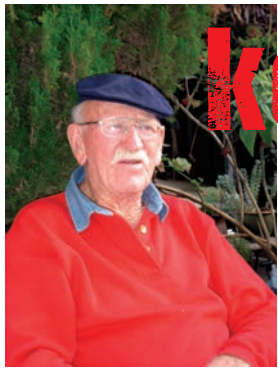
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Kel's Corner

At the last SpringDale Bush Dance I was lucky enough to catch up with a school mate,

who asked me to tell Kel a story (and drag it out). I was to ask Kel if he knew anyone who could eat Jam Drops in double quick time. Kel knew straight away it was Steve Watson. Kel went on to tell the story.

"We were shifting milking cows for Wiffens to another property called Lucerndale near Naracoorte, South Australia. Steve asked if he could come for the trip. When I picked him up in High Street (where Drysdale House B&B is now) he was holding a large mixing bowl full of breakfast and carrying a large spoon. Once he had finished breakfast he turned his sights to other food in the cabin. He could see the 2 large (2 lb Bushell's) Coffee Jars full of Norma's Jam Drops. I warned him off the biscuits as they were to help us in the return journey. I told him not to touch the Jam Drops."

"Eventually Steve wanted to trial the Jam Drops. He was lying back on the passenger seat, holding Jam Drops above his mouth, singing to the tune of Raindrops keep falling on my head – "Jam Drops keep falling in my mouth.""

"I asked him to leave some for the way home." But that was not to be.

Kerrie and Jenny Wiffen were at Lucerndale to receive the cows. Jenny insisted that we eat before we headed back home. Jenny cooked up a large plate of bacon and eggs. Steve was first to the table and last to leave. He got an extra slice of bread from Jenny and used it like a grader blade to clean from the outside of the plate to the inside. He worked the plate til it was shining. Jenny probably didn't need to clean it – it was polished.

We brought a truck load of lucern bales home for Wylies because they were short of feed for their dairy cows. They had to ensure the supply of milk for Polar.

I never asked Steve to accompany me again. I understand Steve now lives in Leopold with his wife.

Rotary Club of Drysdale Round Up



40th Easter Art Show Wrap Up

The Rotary Club of Drysdale held another successful annual Easter Art Show. It was a great community event, with a wonderful showcase of talent on display. The Hon. Lisa Neville, M.P. opened the show, with Special Guest (Cystic Fibrosis Patron) Denis Walter speaking about the effects of cystic fibrosis on sufferers and their families. Proceeds from this year's Art Show will go to Rotary community projects, including the Cystic Fibrosis Association Geelong.

Rotary New Membership Drive Pops Up

The Rotary Club of Drysdale is very excited to announce the launch of its 'pop-up' membership drive. Sporting its new set of eye-catching banners, Rotarians have been 'popping up' in cafes across the Bellarine, including Ground Zero in Drysdale and Café Dolce at Curlewis. It is a great way to promote the work Rotary does in the community, as well as interacting with local business owners. The Club is always looking for new members to enable it to do more.



If you have an idea for a project, or a keen to make a difference on a local or more global scale, the Rotary Club would love to hear from you. Look out for Rotarians in their 'pop up' cafes, or if you would like to fast track the process, why not come along to a meeting. The Rotary Club of Drysdale meets on Monday evenings for dinner at the Clifton Springs Golf Club between 6pm and 8pm. For more information, please contact Bruce Van Every on 0409 149 025.

My Literary Trip to Hawaii

The world the fiction is full of surprises, not just for readers but also for authors. I've just come back from Honolulu, Hawaii to accept the 2016 Grand Prize and the Best General Fiction Awards for my novel *The Novelist*. The prize included a return ticket to Honolulu and a cash prize. I was up against hundreds of other books from around the world, but somehow *The Novelist* got the attention of the judges. The book was partly written here in Clifton Springs because this is where my home is, and I also teach fiction and creative writing at SpringDale Neighbourhood House in Drysdale. I never expected to win, so it was a real surprise to receive an email one early Sunday morning in March this year by the organiser to tell me I won the Grand Prize.

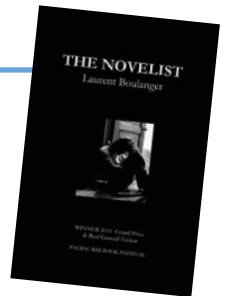
Literary prizes are a good way to encourage writers to keep on writing, particularly literary fiction writers, because the sales of books are never enough for anyone to make a living. It would be too easy to give up on the craft if one relied on income only.

When I write fiction, I always aim for the truth. I do not mean truth in terms of story, but truth in terms of exploring the human condition of my characters. I don't follow genres or try to

fit into a market. I explore themes that are of interest to me and place characters in situation where they are forced to find their strength and weaknesses. At the SpringDale writing classes, I tell my students to always write on subjects they are passionate about. The *Novelist* explores what's like to be a novelist in these days of a shrinking readership, and this is a topic I was interested in exploring.

During my six-day stay in Honolulu I met some of the most friendly and welcoming people in the world. Everyone was kind, genuine and loving life. Both adults and children took great pride in their cultural ancestry and cherished it in their daily activities, from the food they ate to the clothes they wore. I come back to SpringDale refreshed, inspired and willing to share what I have learned from the craft with my writing students. I have no doubt that one of my future novels will be set in Hawaii.

The Novelist is available at SpringDale for \$9.95. Don't miss Laurent's writing classes and writing workshops on the first Saturday of each month – May's topic is Fiction Writing.



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Languages at SpringDale



SpringDale is happy to present a variety of Language Classes

French for Travellers

on Tuesday mornings 11.30am - 12.45pm

Italian for Travellers

on Saturday mornings 9.30am - 11.30am

Latin Saturday mornings 9.15am - 11am

Now we may have the opportunity to offer
Mandarin

Interested in learning Mandarin?

I am Kelvin Ling from Malaysia. This is my first year at Deakin University.

It has been my good fortune that I happened to be living in this wonderful region of Victoria, staying with Liz and Doug Wade.

I instantly fell in love with this town and am keenly seeking for ways to get involved in this wonderful and friendly community.

My hobbies are basketball, badminton, soccer, cooking (planning on studying culinary arts next year) but I may even have a "crack" at footy.

However, my main attributes are Mandarin language skills that I can share with you, both spoken and written. You may agree that more and more people are taking an interest in learning Mandarin for business, travel, social or even romance.

If you are interested to learn Mandarin please contact SpringDale to register your interest, email office@springdale.org.au or phone (03) 5253 1960.



An Interesting Fact

Doctors have started prescribing participation at SpringDale to assist some health issues. We have understood its preventative qualities of the services we provide for quite a while and have thanked people for sharing their stories with us.

De-Stash

Craft Item Sale went very well. Many community members sold craft items out of their cupboard - it was called a De-Stash. If you are interested in another one please register your interest with SpringDale Neighbourhood Centre 5253 1960.



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Ian McLaverty will be our guest speaker at the May meeting. Ian is going to talk to us on Proteas.



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The SpringDale Messenger May 2016



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Colin Foley



Don't chuck it ... Compost it!

As the last of the summer veg dies off, I'm left with a lot of dead plant material to dispose of: tomato, cucumber and pumpkin vines, capsicums and eggplants, sunflower and corn stalks, to mention but a few examples. Now that the grass is growing again there are also lots of lawn clippings.

None of this will be going in the green bin – that would be just removing my garden's fertility and giving it away to the council. Instead, I'll be using it over the winter to make compost.

Good home-made compost is just about the best food for your soil. It's better than anything you'll buy from the garden centre. There are various ways of making it.

Cold composting. This is what happens in the black plastic bins that lurk in the corners of most gardens. You add materials a bit at a time: a little of this, a little of that; you fork it over occasionally, make sure that it's not too dry or too wet – and in about six months time you should have good, nutritious compost. Cold composting won't kill off seeds, tubers or rhizomes, so you have to be careful about what you put in – no oxalis and no kikuyu, for example.

Hot composting. For this you need at least a cubic metre of compostable material, all ready to go at the same time. Good hot composting is somewhere between art and science. Keep the temperature between 50°C and 70°C and you'll end up with beautiful rich compost, but let it climb over 70°C for long and you'll lose most of the nutrients and all of the beneficial organisms. Hot composting is quick (about a month), but it's also hard physical labour. Look up "Berkeley method composting" online for specific instructions.

Trench composting. This is a variant of cold composting, but without a bin. Instead, you dig a trench where you're going to grow next season's veg and fill the bottom with finely chopped plant waste. Mick Wallis from Drysdale Harvest Basket swears by this method and he grows magnificent veg with it.

Compost tumblers are quicker than traditional cold composting, because they use the tumbling action of the cylindrical bin to aerate, mix and break up the contents. They're great for gardens that are too small for a hot compost system. There are many different designs, some are more robust and more ergonomic to use than others.



*Hot compost day 2
– not quite up to temperature yet*

Day 30 – the end result: rich, crumbly compost



Remember Drysdale Harvest Basket is First Saturday each month 9am SpringDale Hall.

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Portarlington Demons Football Netball Club

With the 2016 season well underway results have been mixed but we continue to see improvement across the board. Our Thursday night meals have been huge with great crowds enjoying 'on the couch' with Ash Andrews, interviewing a variety of footballers, netballers, sponsors and Portarlington identities.

Thank you to all of our sponsors for their support of our raffle with patrons enjoying many great prizes showcasing local businesses that continue to support our club.

Our juniors continue to go from strength to strength with an under 14s side being fielded for the first time in a number of years. Matty Gorski is the coach of the 14s and with his wealth of experience is a welcome addition to this year's coaches. Matty is a multiple premierships player, former captain of our club, senior best and fairest at Port as well as a past team of the year member and he is even shown interest in making a comeback to playing this year even though time has become an issue for him with his coaching duties.

Nathan Storer, our Colts coach is embarking on a very worthy cause in May this year, he is undertaking a 175km walk from Bendigo to Geelong in sport of Beyond Blue, the well-known organisation helping to deal with Anxiety and Depression in our society. Most Australians have had some experience in this area whether it be personally, family or friends, so supporting such an initiative is vital to maintain the support this organisation has to offer. If you are interested in sponsoring Nathan please access is 'everyday hero' page and click the 'give now' button and following the link <https://give.everydayhero.com/au/nathan-45#/>

Our membership drive has been a huge success with our overall numbers well up from last year, so if you have been thinking of becoming a member please contact Steve Cogger 0419 357 358 and will help you find the one that suits you the best.

Thank you to all of our sponsors, many that have been with us for many years for their continued support, Linda Shaw, a new face this year is looking after Marketing and Sponsorship for the club this year so if you are interested in sponsoring please contact her on 0412 221 957.



**2016 MEMBERSHIPS &
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Shaun and Nathan Storer

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Drysdale Football Reunion

The Drysdale Football Club values many things, however it is our history and the people who made it that we hold most dear. That is the reason why each year at our first home game we invite all former players and officials back to the club to share some memories, and to honour premiership teams of the past. This year we celebrated the premiership anniversaries of our 1966 senior, 1976 senior and 1986 reserves sides as well as our 1986 U15 win.

Over 100 people attended the day with the biggest turn out being from our 1966 Premiership side, which was celebrating its 50 year anniversary. Master of Ceremonies John Edsall brought up a representative of each team to talk about their experience. From 1966 Rex Deeath spoke about playing in the

grand final as a 17 year old before moving on to play with Geelong West in the VFA and Geelong in the then VFL. Peter Kelly then spoke of his time at Drysdale as a boy hanging around the clubrooms with his father, a coach and committee member, and of spending time with mates playing in the 'suckers', before eventually playing in the 1976 premiership side. Peter said that although he now lived in Queensland, Drysdale would always be home. John next interviewed Robert McIntosh about the three seasons he enjoyed at our club which included playing in the 1986 reserves premiership side. Rob said he played only around 15 senior games during that time as he wasn't much of a trainer! Finally we heard from a member of the 1986 Under 15 side, Simon Southern. Simon had also travelled

from interstate to attend, and in particular to honour the memory of his father Noel, who had coached their side, and who sadly passed away last year.

It was great to see so many past players and officials make the effort to come along, not just those commemorating premierships. We never take these people for granted, they are the fabric of our club, and provide a great living history for our current crop of young players.



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What we offer at SpringDale

Activities at SpringDale Neighbourhood Centre some things happen, weekly, fortnightly, monthly, quarterly or annually – please seek more information from our Course and Opportunity Guide, SpringDale Messenger, SpringDale Website or our SpringDale Office.



Monday

Kinship Carers, Dance Band Practise, Business Breakfasts, Card Playing, Occasional Care, Pole Walking, SpringDale Wheelie Riders, Volleyball, Yoga, Yoga on Chairs, Advanced iPad, Advanced Tablet, Focus on the Future, Card Making, Innovations and Entrepreneurs, Bellarine Woodworkers, Karate, Tai Chi, Bellarine Camera Club, Dining Group Dinner, Computer access during office hours, photocopying, faxing, printing, laminating, typing etc services.

Tuesday

Occasional Care, SpringDale Wheelie Riders, Art Classes, Welcome Morning Tea, French, SpringDale Singers, Scrabble, Women's Shed, Toy Library, Introductory Computer Class, Social Media Class, Girl's Shed instead of Women's Shed, Computer access during office hours, photocopying, faxing, printing, laminating, typing etc services.

Wednesday

Men's Cooking, Mahjong, Occasional Care, SpringDale Wheelie Riders, Art Classes, Art Group, Badminton, Days For Girls Sewing, Ostara Employment Service, Line Dancing, Star Making, Computer access during office hours, photocopying, faxing, printing, laminating, typing etc services

Thursday

Men's Cooking, Genealogy, Scrapbooking, Bellarine Community Choir, Write About Group, Occasional Care, Jigsaw Group, Ukulele Classes, Introductory Computer Class, Scrapbooking Group, Drysdale Guides, Computer access during office hours, photocopying, faxing, printing, laminating, typing etc services

Friday

Occasional Care, Men's Cooking, Colouring, First Aid, Vision Australia Bellarine Group, Tuckers Funeral Planning, Tai Chi Group, Cryptic Crosswords Group, St Lawrence Employment Service, International Evenings, Computer access during office hours, photocopying, faxing, printing, laminating, typing etc services.

Saturday

Writing Classes, First Aid, Felting, Laughter Group, Harvest Basket, Toy Library, Latin, Italian for Travellers, SpringDale Community Garden working bees, Ageless Grace Sessions, Coffee, Making, Cheese Making, Bush Dance.

Sunday

I am Worship Church, Circus Skills.

Other ad hoc events also happen - people hire our rooms for other events and activities New ideas are being generated weekly - some gather critical mass around them and become a group, a class, an event or a service - please feel free to suggest an idea but please also be prepared to help us to bring it to life.

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