

Laughter *is the best* MEDICINE

Research shows that Laughter is an excellent antidepressant. It is hard for some of us to laugh at certain times in our lives. We get tired, angry, stressed. We forget to laugh and it is too difficult to look at the bright side. We don't find things funny any more. We can't. Life hurts. We lose the ability to laugh.

The good news from Neuroscience is that we can relearn things we have forgotten. You are able to change the brain back to how it used to be or actually form a new NEURON. You learn to reframe circumstances to look on the positive - find things funny again. This is the science part - Laughter releases serotonin, dopamine and other chemicals in the brain. While laughing oxygen bursts through the body it helps to energise the body and mind, as well as gives a boost to the immune system. Blood pressure decreases and immune cells increase in the blood stream. Laughter is a great cardio workout. It just takes about a hundred little giggles, chuckles or bursts of laughter to raise the heart rate to the same as 10 minutes of running.

Recover from the loss of laughter in your life. Relearn or learning to laugh is like learning a language or a musical instrument - practice makes perfect!

Join our Laughter Group on a Saturday morning at 9am at SpringDale. Learn some "fun exercises". Those 2 words don't usually go well together. But in this case, I promise, they do!

Agata is a certified Wellness and Laugh Coach and is available to provide laughter sessions for small groups, weddings, team building and meetings.

*Join our Laughter Group with Agata Commisso
on a Saturday morning at SpringDale*

Turn to pages 11-14 New COURSE GUIDE July - Sept



Community CALENDAR

SpringDale Community Calendar is a SpringDale Neighbourhood Centre initiative to support the whole community.
If you wish to place your event in the calendar and further issues of The SpringDale Messenger please email, write or call the event details to our office.

COPY DEADLINE July 2016 • **Bookings/copy required by** 1 June • **Dist:** Sat 26 June • **Circ:** 14,000

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

Saturday	4	Harvest Basket Produce Swap SpringDale 9am – 10.30am
Wednesday	8	Days For Girls, SpringDale 9am – 12noon
Wednesday	8	Star Making Workshop 1pm
Tuesday	7	Drysdale Landfill & Resource Recovery Centre Info Session 6pm SpringDale
Sat/Sun	9-10	Felting Workshop 10am - 4pm SpringDale
Monday	13	Queen's Birthday Public Holiday. SpringDale closed
Monday	13	Dining SpringDale Group lunch at Curlewis Golf Club
Tuesday	14	Top of The Brass 10.30am Potato Shed
Tuesday	14	NBN Explained Session 11am SpringDale
Friday	17	Winter Solstice 8.00pm Potato Shed
Saturday	18	Winter Solstice 8.00pm Potato Shed
Friday	24	Drysdale Day View Club meeting 10.30am
Friday	24	School Term 2 ends



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

E
N
J

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**

For all advertising enquiries: office@springdale.org.au OR P: (03) 5253 1960 F: (03) 5253 3050

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



Dear Friends

During my life I have had many people support me, encourage me, mentor me and help me along the way. This has all led to the person I am today and it is thanks to all the people I have met, those who have challenged my thinking and my abilities, even those who told me I couldn't do something – helped me to want to prove them wrong and mostly did.

I remember Mum encouraging me to go to a Guide meeting when I was 10. I had finished Brownies and was supposed to be going to Guides. I was nervous and apprehensive, the Guides were so much older and bigger than me. Without the encouragement from Mum I wouldn't have attended and my life would have taken a different path – maybe I'd be more competitive than inclusive.

Each step we take helps us to take the next. Sometimes when I let people know that I'm not confident on the phone, they don't believe me. Sometimes we do have to fake it till we make it so we can gain confidence and experience and eventually know that we really know how to do whatever it is.

Almost everyday someone wanders into SpringDale for the first time and is apprehensive about the welcome they might get and whether their question will be answered, whether they will be respected as a person and treated accordingly. Feedback tells us we get this right most of the time. Once people realise that we are sincere in our desire to help and there is always a friendly face to welcome people at the counter – people come in ready to have fun.

The fact that we are now being prescribed by doctors as a health and wellbeing treatment warms our hearts as do the words from family members that appreciate the joy that is coming back into their family members' lives, make us ready to achieve even more with the help of our community. It is the social

capital that we are creating by providing a safe environment in which people grow and ideas flourish.

If you haven't made it through the SpringDale door yet please come and give us a try. Think of something you would like to learn or something that you would like to share and we'll try to make that dream come true. Every week a new something is suggested and some gather momentum and succeed and some aren't quite ready for this point in time.

We look forward to seeing you for the first time or seeing you regularly. The banter at the front counter doesn't alter very much from first time to 100th time – the only difference might be that we now know your name. Each day is very different – the activities, the people, the smells from the kitchen but the vibe remains the same. Many people feel better just having come through the door.

Thank you to our advertisers and sponsors – we need to find almost \$100,000 each year to enable the SpringDale Messenger to be designed, printed and delivered to more than 11,000 homes each month and quarterly to 14,000. This is a huge expense but it is a dose of goodness for each house. We find the good in stories to keep this a positive influence over the whole community. We still have some opportunities for a businesses or groups to sponsor the back page – please contact SpringDale office (03) 5253 1960 if you are interested in partnering with us in this endeavour – to keep our community happy and healthy.

Lastly, thank you to everyone who has helped to make our dream of a Commercial Kitchen come true. By the time you read this we hope the renovation is well underway and we should have photos of the renovated kitchen for the next edition.

Anne Brackley
on behalf of the SpringDale team.

Course Highlight

Felting Workshop

I hope you are ready for another felting workshop with the colourful Elizabeth Armstrong.



Elizabeth is the author of the wonderful Felt Happy book which is full of inspiration and colour, as well as techniques to encourage the novice and experienced felter to create something truly beautiful. This workshop we are doing seamless felt. A bag, a doll, a vessel, or you may have something else in mind, you choose. The dates are Saturday 9 and Sunday 10 July, 10am – 4pm each day. Cost is \$200 + material. Elizabeth will have kits available, approximately \$30.

To register your interest please phone SpringDale on 5253 1960.



Drysdale Landfill and Resource Recovery Centre Information Session

The Drysdale Landfill is a modern waste disposal and resource recovery facility, servicing the Bellarine Peninsula and broader Geelong community.

The City of Greater Geelong will be conducting an information and open forum session on Tuesday 7 June.

Venue is the SpringDale Neighbourhood Centre, 17-21 High St, Drysdale.

The first session will provide an insight into the operation and management of the site. This session runs from 6pm to 7pm.

This is followed by an open forum session providing an opportunity to discuss various aspects of the facility. This session runs from 7pm to 8pm.

Interested participants are invited to attend one or both of the sessions.

For all enquiries contact Councils Waste Education Officer on 5272 4337 or dmunro@geelongcity.vic.gov.au



NBN Explained *Have you seen the workers in our streets and wondered what they are up to?*

The new NBN (National Broadband Network) is being installed in our community right now.

Local community member and telecommunications expert, Helen Searle will explain what the NBN is and how it affects individuals and our community.

These sessions will focus on providing information about the rollout schedule and the options and time frame involved as we all transition our phone and internet services onto this new network.

A 30 minute information session will be held on Tuesday 14 June at 11am SpringDale Neighbourhood Centre.

RSVP (03) 5253 1960 or just turn up.





Drysdale Bypass Funding

The 2016/17 State Budget was delivered on the 27 April with \$107 million being allocated for the Drysdale Bypass. This money now fully funds the construction of the road, with earlier allocations providing for planning. Importantly as part of the package, \$3 million will be spent on improvements to High Street to provide greater safety and easier movement for pedestrians and cyclists.

The Government will also make sure ten per cent of the workforce on the Bypass is reserved for apprentices, helping to train Geelong's next generation of skilled tradies. In addition, \$4million was allocated to a "Geelong Ring Road Extension Planning Study" which will investigate connecting the Geelong Ring Road to the Bellarine Peninsula.

Fifty Extra Train Services for Geelong

The State Budget has also invested in our rail service, providing for an extra fifty additional services weekly between Melbourne to Geelong to begin later this year. In addition \$280 million has been allocated to purchase twenty seven more V/Locity carriages ensuring extra passenger capacity on our trains.

If you would like more info on the State Budget please contact my office.

And 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.

Bellarine Secondary College Upgrade

The Budget also funded \$1.2 million for further upgrade to the Bellarine Secondary College. This is in addition to the \$1.1 million allocated in last years budget. The funding is being used to refurbish and upgrade tired classrooms and facilities at the school.

Ocean Grove Primary School received \$4million funding that will see the school totally transformed in the coming years. This education focus continues on from last year's multi million dollar allocations to schools such as Drysdale and Portarlington primaries.

Hon Lisa Neville MP
Member for Bellarine

lisa.neville@parliament.vic.gov.au

[Twitter@Lisanevillemp](https://twitter.com/Lisanevillemp)

Ph: 5248 3462



Drysdale Sport Precinct Design Work Underway

The Victorian Government is getting on with building a new sports precinct in Drysdale with architects appointed to design the new regional sports facility. Member for Bellarine, Lisa Neville, on behalf of Minister for Sport John Eren, today announced that Haskell Architects had been appointed to design the Drysdale Sports Precinct, which will deliver new football, cricket and soccer fields for the growing Drysdale community.

With a growing number of families moving into the area, the Drysdale Football Club, Drysdale Soccer club and cricket clubs have been struggling to cater for growing demand on outdated facilities. The State Government is contributing \$3.5 million towards stage one works of the Drysdale Sports Precinct.

The project includes a competition football and cricket oval, multi-use fields, sports lighting, relocatable pavilion, cricket nets, car parking and fencing. The project is a partnership with the Greater Geelong City Council who is providing \$3.226 million, and is a great example of communities working together to develop future facilities to meet growing community needs.

The Labor Government's 2016/17 Victorian Budget delivered a further \$60 million boost to build new and upgrade sporting facilities across the state and keep our reputation as the nation's sporting capital.

This includes a further \$8 million over four years to continue the popular *Country Football and Netball Program*, as well as \$22 million for a new initiative to build and upgrade indoor sports stadiums.

Letters to the Editor

Lake Lorne.

I would like to congratulate the Geelong Council and the people of Drysdale who have put such a wonderful effort into the upgrade of the area around Lake Lorne.

It is a wonderful sight to see so many groups using this area now, all day, every day. From the young ones using the playground, the walkers and riders using the Rail Trail and Lake Lorne circuit walk, the fellows using the Men's Shed and the host of regulars queueing up for their coffee, this area has brought a community together. A great asset to our town.

Bronwyn Clark

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

Bellarine PC Repairs

based at Clifton Springs
Servicing Geelong and The Bellarine Peninsula

FREE QUOTES - flat rate \$55 hour
Home or office visit.
No call out charges apply.



NO FIX - NO FEE - if we can't repair your PC there is **NO CHARGE**. Workshop Repairs are collected and returned **FREE** of charge. A large range of services.



Call Martin on **03 5251 5405**
or mobile **0411 472 360**

De Facto Law Worries?

Come in for a *free* chat

RISTEVSKI
LAWYERS

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

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

Consumer Affairs Victoria

Consumer Affairs Victoria (CAV) is this States consumer affairs regulator. Our purpose is to help all Victorians make informed decisions about the goods or services they purchase, whether they are in business or just everyday consumers.

All too frequently the media is filled with tales of travelling conmen, scams and horror stories of products gone wrong. The purpose of this letter is to offer free information sessions to your members, which should prove informative and beneficial to all.

Some of the more common topics we are asked to speak on include:

- My shopping rights – Layby's, Refunds, Faulty products, Telemarketers, Door-to-door sellers.
- Scams and travelling con-men.
- Product Safety – Keeping kids safe.
- Becoming an incorporated association .
- Running an incorporated association.
- Retirement villages – including Residents Committees.
- Living in an Owners Corporation.
- Landlords and tenants – Best practice to manage your investment property or dealing with issues as they happen.

CAV regularly provides information sessions to community groups, businesses, consumers, landlords and tenants on a wide range of subjects and all are free. Please contact SpringDale Office to show your interest in us holding one of these sessions. Phone 5253 1960.



How is delivering phonebooks a community development activity?

In order to make ends meet again this year, we elected to deliver some phone books to raise some funds. I found the process to be very rewarding, giving me a reason to walk some extra steps and also it gave me permission to put the book beside peoples' front doors if possible. This was quite empowering, allowing me to be very close to neighbours' doors that I had not felt permission to do so before. I was lucky enough to greet a few people in passing and would be confident to greet them again. It is surprising what can help develop the community spirit and allow people to meet. Thanks to everyone who helped make this challenge a success.

New SpringDale volunteer Manika



SpringDale Neighbourhood Centre is now eligible for Tax Deductible donations to help with social inclusion programs. Please contact SpringDale for more details.

SpringDale Morning Tea

Held on 1st Tuesday of each month



Proudly printing this magazine for you, on the Bellarine.

OPEN

Monday - Friday
9.00am - 5.00pm

13 Sykes Place,
Ocean Grove

ph: 5255 2663

e: quote@presshere.com.au

• Design • Print • Office Supplies

www.presshere.com.au



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**

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.

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?

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

FOR THE KIDS

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.

find us on

The Potato Shed
Bellarine Multi Arts Centre
41 Peninsula Drive Drysdale
Ph: (03) 5251 1998

CITY OF GREATER GEELONG

WWW.GEELONGAUSTRALIA.COM.AU

POTATO SHED

WIN a Double Pass to Morning Melody

Top of The Brass

Tuesday 14th June 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 11 JUNE

www.springdale.org.au

RSL Member Profile - John Brodribb Finn Tucker

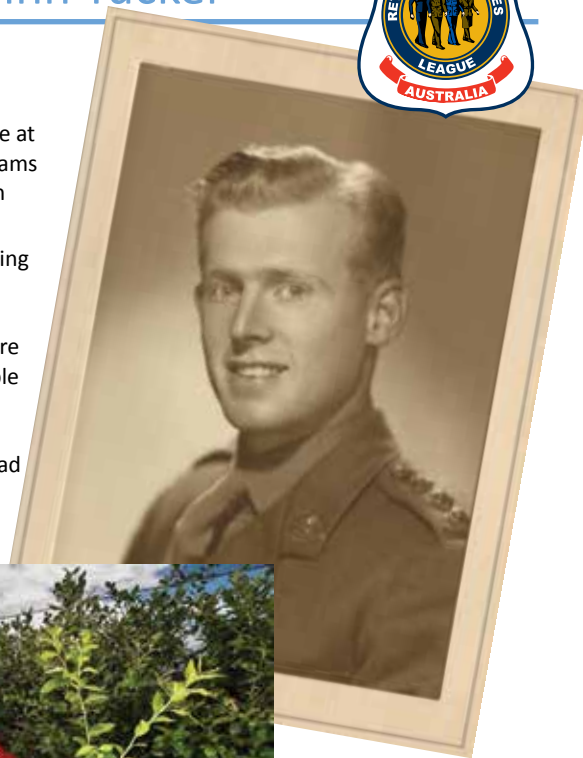


John was born at home in November 1918. Home was on the corner of New Street and Bay Street Brighton, Melbourne. John's schooling began at nearby Firbank in 1924, followed by Grimwade House and then in 1933 Melbourne Grammar. In 1937 he started a medical degree at Melbourne University and in 1941 joined the Melbourne University Rifles and sat his final exams in May 1942. He took up a junior residency at the Alfred Hospital in July 1942 which ended in March 1943.

John signed up to the army in March and was sent to the 2/4 Aust. Field Ambulance for training in the Atherton Tablelands in Queensland. He boarded the Kanimbla in Cairns and was taken to Port Moresby where he spent a very boring 6 weeks waiting for the next campaign to get organised. The 7th Division moved to the recently captured village of Nadzab where they were to launch their assault on Lae. He set up aid posts behind the advance moving on every couple of days on the road to Lae. In the Field Ambulance John worked with a group of doctors however in April 1944 during leave he was sent to the 2/10th Aust. Infantry Battalion as the Regimental Medical Officer meaning that he would be the only doctor in the unit. The unit had been fighting together for 4 years and were waiting for a new CO to arrive when John joined them. The new CO was Lieut./Colonel Thomas Daly (later Chief of General Staff, General Sir Thomas Daly). John remarks that "Daly brought a miraculous change to the demeanor to the officers of the unit".

On 1 July 1945 John took part in the amphibious landing at Balikpapan. The 2/10th Battalion took charge of the top of Hill 87 with only a few casualties. Tragically, several days later, an American aircraft carrier assumed that they were Japanese and bombed Hill 87 killing and wounding quite a few members of the battalion. John arrived back in Australia in September 1945 and was posted to the Heidelberg Military Hospital until demobilized in July 1946.

After a career as an anaesthetist, John joined his wife Margaret in the management of their blueberry farm Tuckerberry Hill, Drysdale.



*Captain John Brodribb
Finn Tucker (c1943)*



John Tucker (2016)

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.

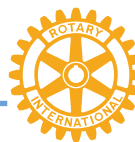


 **Bendigo Bank**
Bigger than a bank.

Community Bank

*Terms, conditions, fees, charges and lending criteria apply. Full details available from www.bendigobank.com.au/homeloans.
Bendigo and Adelaide Bank Limited ABN 11 068 049 178 AFSL/Australian Credit Licence 237879. S53787-02 (288337_v1) (11/01/2016)





Rotary Club of Drysdale Hosts International Friendship Exchange

Rotary is all about people, and doing good work in the community, both locally and internationally. As a global organisation, with 1.2 million members, Rotarians are given the opportunity to meet and make new friends await in every corner of the world.

One way Rotary makes this happen is through its Friendship Exchange Program. Rotarians get to genuinely experience another culture guided by their friends in Rotary. Exchange participants take turns hosting and visiting one another, forging friendships that can last a lifetime. Exchange participation is open to individual Rotary members, couples, families or groups.

The Rotary Club of Drysdale's International Director Peter Downes and his wife Helen recently travelled to India on exchange. In return Drysdale Rotarians were pleased to welcome Ramesh and Asher.

By participating in a Friendship Exchange, it also provides Rotarians with the opportunity to work with Clubs in other parts of the world. If you are looking for a way to make a difference in your community, joining Rotary is a fantastic way to do it.

Rotary is a service organisation, founded by Chicago lawyer Paul Harris in 1905. The motto "Service Above Self" calls on every Rotarian to act and work with integrity. It is a great way to give back, participating in worthwhile local and international projects.

The Rotary Club of Drysdale is currently looking for new members. If you think you have something to offer, please don't hesitate to get in touch with us. We meet on Monday evenings for dinner at the Clifton Springs Golf Club. For membership inquiries, please contact Bruce Van Every on 0409 149 025.



Bellarine Support Group for Kinship Carers

Calling all Kinship Carers on the Bellarine Peninsula.

Do you feel isolated and lonely on taking on the full time care of your grandchildren or family member.

Our group meets once a month, we discuss all sorts of issues from where to go for help, Centrelink problems, school issues and any other issues that we may have.

We laugh a lot (and okay we are sometimes a bit loud) as we listen to other group members. But we always go home with a smile on our faces. We have a lot of fun.

Our next meeting date is Monday 6 June at SpringDale, from 10am to 1pm. We would love to see you there.

Jeanette



BELLARINE
BGS
GLASS & SCREENS

- Security Doors • Shower Screens
- Wardrobe Doors • Mirrors • Flyscreens
- Glass Repairs • Balustrading

7 Days A Week
Fast Glass Repairs
Same Day Service

Ph: (03) 5253 2301
 38 Murradoc Road Drysdale 3222
 D Ward Facsimile 03 5251 3905

foot
health care
for all ages

Bellarine Podiatry
Kirilee Lundberg
Katrina Page
Rhys Davis

- General Consultations
- Diabetics & High Risk
- Orthotic Therapy • Nail Surgery
- Veterans Affairs
- TAC & Work Cover

Shop 8,
 90 Centennial Blvd
 Curlewis 3222
03 5256 2019

SpringDale Small Business Help

No business can operate in a vacuum. Each business needs the community to be customers as much as the community needs each business to provide jobs and money into the community.

And this win win relationship goes much deeper. The community also expects each business to be a good community citizen, not different to what it expects of its residents.

This could include segregation and recycling of waste, also energy efficiency with a low energy footprint. Similarly for the use of all other resources like water efficiency and footprint.

It could also include having, as close as possible, a paperless office. This is so much easier to achieve these days as the digital age gives us very cost effective tools for information storage, searching and retrieval.

You might be able to share the knowledge - with work placement students, trainees and mentees.

And finally it could mean contribution to local charities and not for profits, by way of cash or services. Some big businesses are able to rebuild an orphanage overseas, while there are a lot of other examples closer to home. The Bendigo Community Bank program, has made giving of grants a core part of their business.

Once the community sees the culture and caring provided by a company, the law of reciprocity kicks in, and the community will also want to utilise the services and products of this business.

Jonathan Harris - 0417 336 621

Portside
Physiotherapy

Theatre Plaza, Harding Street, Portarlington
Ph: 5259 1277
www.portsidephysiotherapy.com.au

Drysdale Health Group
Proactive, Preventative & Professional

- Physiotherapy
- Podiatry
- Myotherapy
- Exercise Physiology
- Acupuncture
- Pilates
- Naturopathy
- Remedial Massage

27-29 High St Drysdale
(03) 5251 2958

Diabetes Bellarine Support Group

The Diabetes Group meeting is on the first Thursday of each month at 2pm at SpringDale. The meeting time goes quickly, especially now everyone is comfortable with each other and there seems to be so much to talk about. Everyone shared either a recipe or information about reading labels as well as food and organic blueberry tea.

Recently Jan brought along delicious bite-sized Apple/Almond dutchie pancakes to share with the delicious blueberry tea which went well and was enjoyed by all. We talked about different cooking ideas and the health benefits of blueberries - full of anti-oxidants.

It seems that everyone gets support of some kind in the group, as we listen to each other and compare concerns whether it's about shopping and reading labels or using "unusual" ingredients like Cous Cous. It's a forum where we each get a chance to say something and share how we overcome some of the day-to-day problems.

We have a little core team of members attending regularly, but we always welcome

visiting friends, neighbours or new guests. At our next meeting on 2 June we will discuss choosing to eat food that is satisfying and nourishing to all of our senses - Mindful Eating.

Agata



SpringDale Dining Group

SpringDale Dining Group is off to the Curlewis Golf Club. Monday 13 June 12.30pm for lunch. What a great way to spend the Queen's Birthday holiday but with friends old and new. Please ring to reserve a spot on 5253 1960.



Drysdale Toy Library



Fantastic New Toys

These toys were purchased following the generous donation from the TAC in Geelong. Thank you very much John and the team there. We have now added a new S.T.E.M (science, technology, engineering, mathematics) category as a result of this donation.



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.

www.bellarineescortedjourneys.com.au



helloworld Drysdale
Shop 3, 3 Wyndham Street

☎ 03 5251 1125 ✉ drysdale@helloworld.com.au

Welcome to



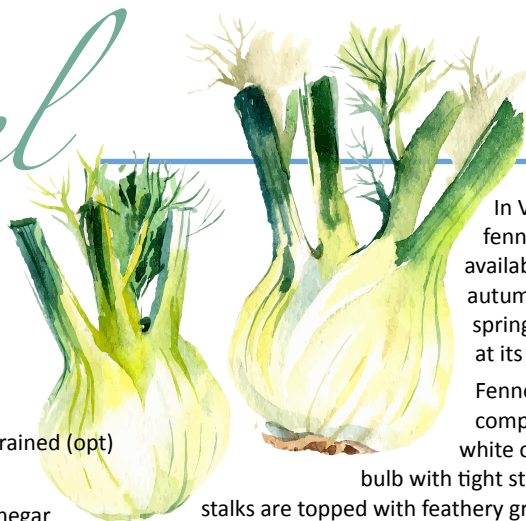
* Conditions Apply



Fennel

Fennel Salad

1 fennel bulb, thinly sliced
1 orange, thinly sliced
1 red onion, thinly sliced
1 cup full rocket leaves
1 clove garlic, minced (opt)
2 tbsp salted capers, rinsed, drained (opt)
2 tbsp extra virgin olive oil
¼ cup balsamic or red wine vinegar
2 cups strawberries, sliced
top with chopped parsley or fresh basil
Blend carefully and enjoy.
For a light lunch serve this salad with grilled chicken breast or fish.



In Victoria fennel is available from autumn through to spring when it is at its best.

Fennel is composed of a white or pale green bulb with tight stalks. The

stalks are topped with feathery green leaves where the flowers grow to produce fennel seeds. The bulb, stalk, leaves and seeds are all edible. Fennel's aromatic taste is unique, reminiscent of licorice and anise. It belongs to the Umbellifereae family - closely related to parsley, carrots, dill and coriander.

Fennel, the essential oil, is used for upset stomach relief. Clinical trials have found fennel to have skin-softening and anti-aging properties, and extracts have been found to ease colic in infants. Vitamin C is by far its most important nutritional attribute, but other minerals and phytonutrients combine to help prevent cholesterol build-up, high blood pressure, and colon cancer.

Agata Commisso *Wellness and Laugh Coach*
Check out what's in season or be inspired to start cooking at Amore Cucina visit www.amorecucina.com.au

Recipe ideas/suggestions:

- Fennel sliced fresh in salad for added crunch, especially blood orange for colour.
- Serve thin slices with mature cheese, strawberries, oranges and spring onions.
- Broken away from the bulb make little carriers for avocado or other dips.
- Sliced fennel with shallots or leeks make a nice bed to poach salmon or rockling.
- Sliced and cook with cabbage to serve with lamb or pork.
- Roast pork on a base of fennel sliced with onion and apple. Once roasted, blend together to make a thick sauce or gravy.
- Fennel is easy to grill/BBQ in quarters and serve with other favourite vegetables and serve with pork sausages, chicken or turkey.
- Make this hearty and warming soup: chop fennel, celery, carrot and parsnip then add 2 cans of chopped tomatoes and 2 cups of stock or water. Cook for about 45 minutes. Blend to make it smooth add salt, pepper to suit and then add your choice of what is available in the pantry - can of kidney beans or sweet corn, peas or fresh vegetables like mushrooms or grated zucchini. Add grated parmesan to serve with crunchy bread stick or toast.








What sparks you?

coastline advice

Now in Ocean Grove!

The team at Coastline Advice are excited to be providing the Bellarine Peninsula with the same award-winning financial services and support that clients on the Surf Coast have enjoyed for many years. Come in and experience our innovative, goals-based approach today!

Simplify Your Finances

Need to take control of your family's future? Don't wait.

Retire Right

Thinking of retiring? How long will your Super last? Start planning now.

Protect What's Important

The right insurance plan can give you peace of mind

Invest In Property

Need a home loan or a better deal? Talk to our lending team.

AMP  advice

Ocean Grove
T. 5297 3000

Anglesea
T. 5263 3964

Torquay
T. 5264 7700

Bass Coast
T. 5672 1810

T: 1300 646 946
www.coastlineadvice.com.au

Money Tip *Planning - Short and Long Term*

Everybody needs a plan, for the present and the future, which needs to be an individualised plan, one size does not fit all. Someone once said if you fail to plan, you plan to fail. I'm not sure whether this is the case with everything, but I know for certain that having a short and long term plan is essential when it comes to finances.

It's important that we define exactly what short and long terms means. There is no set rule here, and to me, short term is anything from now to a year's time. An example of a short term goal or plan is to be debt free i.e. credit card debt etc. within that time-frame. Medium term tends to be 1-5 years, and long term 5-10+. Examples of medium term plans are saving for a house deposit, saving for your kid's education, an overseas holiday etc. Long term generally means 10 years plus and relates to your mature or retirement years.

Your age will be a significant factor in how you choose the short, medium and long term periods. For instance, if you are 20-30 (as long as you have some money going into super or other retirement savings) then at this time, you may want to concentrate on the short and medium term. What you do during that time will set the scene for you in the longer term.

If there's a change in your circumstances, eg. new job, new living arrangements, new baby etc. then you may need a new strategy. Your

status also makes a difference to the time frame you choose i.e. single or partnered, have children or not, renting, or if you have purchased one or more properties to date.

It's important to review your plan regularly. This will help to keep you on target, focused and energised about achieving your goals. If there is a minor change in you or your partner's circumstances, then you may need to move the goal posts a little, or adjust your time frame. If there has been a major change then a new plan may be necessary.

Elena Alexander, DipFS



The Money School – Free Seminar

The seminar focuses on budgeting, home loans, investments, short/long term savings etc, so come along and have your questions answered, and gain an insight into general financial affairs and day-to-day money management issues.

Date/Time: Wed 27 July, 7pm - 8 pm Springdale

Tutor: Elena Alexander, DipFS, The Money School



Photography by George Stawicki

Join us **June 14 & June 28**

The Bellarine Youth Action Crew (BYAC)



Every second Tuesday 3.30-5.30pm
at the Springdale Neighbourhood Centre
for young people 12-25 years old.

FREE MUSIC & ACTIVITIES

For more information please contact

Aleisha on 0421 583 369

or aharling@geelongcity.vic.gov.au

encompass
community services

College of Education
and Training



CHC33015 - Certificate III in Individual Support

CHC43115 - Certificate IV in Disability

*Starting a new career in the growing
Community Service sector has
never been so easy.*

Offering courses in your **local area**.

An RTO since 1999 - We have a high student satisfaction rate with over 90% of our graduates employed.

Encompass Community Services

Providing opportunities for people with a disability or those disadvantaged in the Geelong region for over 30 years.

For further Information www.encompass-cs.org.au/services/college/

Accredited NDIS Service Provider

encompass
community services



T0ID 6899

Register interest NOW

5222 2819 | rto@encompass-cs.org.au

400 Pakington Street Geelong

This training is delivered with Victorian and Commonwealth Government funding - eligibility criteria may apply. Individuals with disabilities are encouraged to access Government funding.



Courses are designed and presented according to requests and ideas from possible students or possible trainers. If needed and possible we try to schedule extra courses. We are also facilitating one on one sessions where requested and possible. Subsidised childcare may be available for people attending *Learn Local* funded classes, conditions apply.

Computers



Limited subsidised places may be on offer.

* Conditions apply.

What iPad or Tablet should I buy?

This session will focus on the issues for purchasers to consider before making a decision about which iPad or tablet to buy? The positives and negatives of each will be discussed.

Date/Time: Mon 11 July or Mon 12 Sept 5pm – 6pm

Fee: \$10 **Tutor:** Jonathan Harris, JNH Software.

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 iPad

Skill Level: Beginner

Dates/times: Mon 25 Jul – Mon 12 Sept 1pm –

3.30pm (8 sessions) **Fee:** \$165 **Conc:** \$75

Tutor: Jonathan Harris JNH Software P/L

Advanced iPad

Skill Level: Must have attended SpringDale Intro to iPad.

Dates/times: Wed 27 Jul – 14 Sept 1pm – 3.30pm (8 sessions) **Fee:** \$165 or **Conc:** \$75

Tutor: Jonathan Harris JNH Software P/L

Introduction

Tablet Android/Windows

Skill Level: Beginner

Date/time: Mon 25 Jul – Mon 12 Sept 10am - 12.30pm

(8 sessions) **Fee:** \$165 **Conc:** \$75

Tutor: Jonathan Harris JNH Software P/L

Advanced

Tablets Android/ Windows

Skill Level: Must have attended SpringDale Intro to Tablets Android/ Windows.

Dates/times: Wed 27 Jul – 14 Sept 10am – 12.30pm (8 sessions) **Fee:** \$165 or **Conc:** \$75

Tutor: Jonathan Harris JNH Software P/L

Introduction to Computers C/E

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

Dates/times: Tues 26 Jul – Tues 13 Sept 1pm-3.30pm (8 sessions) **Fee:** \$165 or **Conc:** \$75

Tutor: Colin Barnard, C & K Designs

Introduction to Computers F

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 +

Dates/times: Thurs 28 Jul – Thurs 15 Sept 1pm – 3.30pm (8 sessions)

Fee: \$160 or **Conc:** \$75

Tutor: Colin Barnard, C & K Designs

Introduction to Social Media

Participants are welcome to BYO their own computer, iPad, tablet or Smart phone. They learn to set up with a password, add a picture and practice using social media to keep up with other people. We will focus on Skype, Twitter, Instagram and Facebook.

Tutor: Agata Commisso

Calling for expressions of interest.

Beginning Fiction Writing

If you have always wanted to write a novel, but have no idea how to start and what the techniques and rules of fiction are, this class will provide you with the nuts and bolts to get you started. Learn about setting, voice, viewpoint, dialogue and dramatic conflict.

Taught by writer-director producer and Swinburne University writing teacher Dr Laurent Boulanger.

Date/time: Sat 30 July 9am – 1pm

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

Beginning Article Writing

If you like the idea of seeing your work in print in newspapers and magazines, then come to this class to learn how to do research, conduct interviews, find ideas and write for a specific market. Taught by Dr Laurent Boulanger, Swinburne University writing teacher, and writer of over 30 published articles in Australia, the USA and the UK.

Date/time: Sat 2 July 9am – 1pm

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

Beginning Scriptwriting

Have you got an idea for a short film or a feature film but do not know how to present it? Learn how to present your idea into a screenplay for the market. In this class we look at script layout, introducing characters, dialogue, dramatic conflict, scene building and story arc. Taught by writer-director producer and Swinburne University writing teacher Dr Laurent Boulanger.

Date/time: Sat 27 Aug 9am – 1pm

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

Writing Workshop

You have written a story, a novel or a script, but have no idea how it stacks up against published works.

Bring your writing along to this workshop and gain constructive feedback from your fellow writers and solid advice from your tutor on how to bring it to the next level. Facilitated by multi-award-winning author and Swinburne University writing teacher Dr Laurent Boulanger.

Date/time: Sat 30 Jul or 27 Aug or 24 Sept 2pm – 4pm

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

Writing a Eulogy

Dealing with the loss of a loved one can be very traumatic. Regardless of whether the passing was sudden or expected, the journey ahead can be overwhelming.

If you are a 'significant' person in an individual's life, you might suddenly find yourself doing something you have never done before.... Writing a Eulogy and maybe even having to deliver a Eulogy. Like many things in life, the best time to learn a new skill is before you need it.

Come along, you might even like to write your own story!

Presenter: Alyson Burchell from Tuckers Funeral and Bereavement Service and Bronwyn Davie, Civil Celebrant

Dates/times: Fri 5 Aug and 12 Aug 1.30pm -3.30pm

Cost: Free

Introduction to Skin Care / Makeup

Calling for expressions of interest in basics of skin care, products and sunblocks, preparation of skin, application of everyday makeup (not glamour shots), Tips and tricks. 1.5 hour workshop. Please let SpringDale office know if you are interested.

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 is especially for anyone who is looking for a new direction in their life.

Classes will be tailored for each participant.

Dates/times: Thurs 4 Aug 10am – 12noon plus up to 7 other sessions as individually scheduled

Fee: \$100 or **Conc:** \$65

Tutor: Anne Brackley

Innovations for would be Entrepreneurs

An entry level course for would be Entrepreneurs.

This course looks at the skills and mind sets necessary for people to develop the skills to become an innovator or an entrepreneur.

Dates/times: To be advised

Fee: \$100 or **Conc:** \$65

Tutor: Anne Brackley

The Money School – Free Seminar

The free information session focuses on Budgeting, Home loans, Investments, Short/long term savings etc, so come along and have your questions answered, and gain an insight into general financial affairs and day-to-day money management issues.

Dates/times: Tues 27 July 7pm – 8pm

Fee: Free but bookings essential

Tutor: Elena Alexander, The Money School

Money Management

We all need to make our money go further and build a financially secure future, but how do you make informed decisions and improve your financial situation?

The Money Management course is a step-by-step guide to managing your day-to-day finances. Topics include budgeting, home loans, savings and many other topics that affect us all.

No matter your age or situation, the Money Management course has something of tangible benefit for everyone!

This course will be offered in term 4

Tutor: Elena Alexander, The Money School

The Joy of Volunteering

A way of getting experience is to volunteer. A way to give back to your community is to volunteer. A way to meet people is to volunteer. A way to fill in your time and share your skills is to volunteer. Many organisations and clubs rely on volunteers. This course looks into all aspects of volunteering and perhaps will help to increase your resume.

Date/Time: Thur 21 July 9am -11am

Fee: Free

Tutor: Anne Brackley

Introduction to Sustainability

A series of sessions to assist people along the path to sustainability through planting, recycling, sustainable energy and other topics.

Date/Time: to be confirmed

Fee: \$100 **Conc:** \$70

Tutor: Experts in each field

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. You will be asked to bring some kitchen equipment.

Dates/times: Sat 9 July or 15 Oct Cheddar, 16 July or 22 Oct Camembert 10am– 3pm

Fee: \$100 per session milk and “hoops” included

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 enrol early.

Dates/times: Sat 6 Aug or 3 Sept 10am – 12noon

Fee: \$40 **Conc:** \$35

Tutor: Jordon Smith

Digital Photography Doctor

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

Dates/times: Mon 15 Aug – Mon 5 Sept

7pm -9pm (4 sessions)

Fee: \$100 or **Conc:** \$92

Tutor: George Stawicki

Product Photography

A new course - tips will be shared for great product photography for websites or publications. Bring along your products to photograph. Please let the office know the types of products that you will be bringing. *Calling for expressions of interest.*

Yoga

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

Dates/times: Mon 25 Jul – Mon 12 Sept

9.15am – 10.45am (8 sessions)

Fee: \$135 **Conc:** \$120

Tutor: Glenda Breedveld

Materials: Bring your own mat and blanket if required.

Venue: SpringDale Hall

Yoga

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

Dates/times: Thurs 28 Jul—Thurs 15 Sept

6pm—7.30pm (8 sessions)

Fee: \$135 **Conc:** \$120

Tutor: Glenda Breedveld

Materials: Bring your own mat and blanket if required.

Venue: SpringDale Hall

Yoga on Chairs

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

Dates/times: Mon 1 Aug – Mon 19 Sept

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.

Dates/times: Sat 6 Aug 9.30am – 1.30pm

Fee: \$50 **Tutor:** Brett Kerr

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 28 Jul – Thurs 15 Sept
11am – 12noon (8 sessions)

Fee: \$85

Tutor: Sarah Carroll

Ukulele Advanced Beginners

Date/Times : Thurs 28 Jul –Thurs 15 Sept
10am—11am (8 sessions)

Fee: \$85

Tutor: Sarah Carroll

Ukulele Intermediate

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

Date/time: Thurs 28 Jul – Thurs 15 Sept

9am – 10am (8 sessions)

Fee: \$85

Tutor: Sarah Carroll

Latin

The language of Catullus and Cicero. At two levels, absolute beginners and those who have some high school or tertiary Latin and would like to pursue it further. We will generally use internet resources. Two hours per week. Saturday mornings.

Tutor: Neil Bell

Basic Italian for Travel

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

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

Date/time: Sat 23 Jul – 27 Aug

9.30am – 11.30am (6 sessions)

Fee: \$150 **Tutor:** Agata Commisso

French for Travellers

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

Date/times: Tue 16 Aug - Tue 13 Sept 11.30am -

12.45pm

Fee: \$100 **Conc:** \$95 **Tutor:** Serge

Ageless Grace

Join in the fun and exercise your BRAIN using movement/exercise in a chair! As they say USE IT so you DON'T LOSE IT. Learn all 21 tools required to Respond, React, Recover. Help improve balance, feel lighter and help the brain create new ways of doing things. This class appeals to all ages! For adults (Preventative) and children (Developmental).

Date/time: Sat 23 Jul – 27 Aug 11.30am – 12.30pm

(6 sessions)

Fee: \$75 **Tutor:** Agata Commisso

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.

Dates/times: Mon 4 Jul, 1 Aug, 5 Sept

Fee: \$10 **Tutor:** Jessie Holton

Discover the Artist Within - Level 1

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

Dates/times: Tue 2 Aug – Tue 20 Sept

1pm – 3pm (8 sessions)

Fee: \$130 **Conc:** \$70

Tutor: Annette Playsted

Discover the Artist Within - Level 2

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

Dates/times: Mon 1 Aug – Mon 19 Sept
10am –12.30pm (8 sessions)

Fee: \$140 **Conc:** \$75

Tutor: Annette Playsted

Materials list available from SpringDale office

Develop the Artist Within – Advanced Workshop Program

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

Dates/times: Tue 2 Aug – Tue 20 Sept

10am– 12.30pm (8 sessions)

Fee: \$140 **Conc:** \$75

Tutor: Annette Playsted

Materials list available from SpringDale office.

New Wednesday Morning Workshops

Drawing in Mixed Media Workshop

Date/time: August 17, 10am – 12.30pm

Painting Workshop

Date/time: September 7, 10am – 12.30pm

Water Colour Workshop

Date/time: September 21, 10am – 12.30pm

Further details and Materials List on application

Accredited Courses

Provide CPR *Code HLTAID001*

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

Dates/times: Sat 27 Aug 9.30am – 11.30pm

Fee: \$50

Provide First Aid (including CPR)

(Level 2) Code HLTAID003

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

Dates/times: Sat 27 Aug 9.30am – 3.30pm

Fee: \$120

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.

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.

Laughter Group

Join a laughter session to laugh stress away and learn to do laughter exercises. It's good for your health! It encourages playfulness to help balance the mind, body and spirit. Sat 9am – 9.30am **Fee:** \$2

Colouring in for Adults

Do you need to just chill out? This is ART for the HEART. If you have had enough of running around, shopping ... then colouring – in is a stress – free activity for you to relax. BYO books, pencils. Pens or come along and share the ones we have! Fridays 11am – 12noon **Fee:** \$2

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.

Girls' Shed

A great activity for all year. Keep your hands busy and be creative. Bring your UFOs (Un Finished Objects) Tuesday weekly from 1pm – 3pm.

SpringDale Badminton

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

Bellarine Community Choir

Peninsula residents are welcome to join this choir. We sing 4 part harmony to perform at functions on the Bellarine and Geelong. All welcome. For more information phone SpringDale 5253 1960 or Jenny 5251 2676.

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. Fridays weekly at 10am.

Fun Volleyball

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

Genealogy

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

SpringDale Jigsaw Club

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

Line Dancing

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

SpringDale Mahjong Club

This group meets Wednesday from 9.30am – 12noon.

Pole Walking Group

Enhanced walking where the arms are used to push. The movements of your arms, feet, pelvic area and the entire body are similar to those employed during a vigorous walk. 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 on Tuesday afternoon at 1:30pm until 3:30pm. 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.

Men's Kitchen – Tuesday Mornings

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

Men's Kitchen – Wed / Thurs / Fri Morning

Wed / Thurs / Fri Morning 10am – 2pm
Waiting list applies.
Fee: Price depends on menu

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.
Thur July 14, Aug 11, Sept 8 from 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

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.

Circus Club

Learn the art of Circus Skills, juggling, hula hooping and more. Circus Club meets Sunday afternoons at SpringDale. \$8 per session from 1pm – 3pm.

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.

Kinship Carers

Meets monthly Mon 11 Jul, 1 Aug, 5 Sept 10am – 1pm

Business Breakfasts

Monday 29 Aug and 28 Nov 7am – 8.15am each breakfast \$20.

Non SpringDale Groups

Drysdale Guides

Our Mission is to enable girls and young women to grow into confident, self respecting, responsible community members. We meet on Thursday evenings at SpringDale Neighbourhood Centre. Girls aged 5 – 11 years meet from 4pm – 5.30pm and girls 11 to 18years meet from 6.30pm – 8pm. Contact Anne Brackley for more details 0407 529 205.

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: Classes on either Tue/Thur 12-14 July – Tue/Thur 13-15 Sept for 8 weeks. **Fee:** \$150
Tutor: Monique MacLeod
Phone to book: (03) 5251 2958
Venue: Drysdale Physiotherapy & Sports Injury Clinic, 27-29 High Street, Drysdale

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: Mondays July - 12 Sept 4pm – 4.45pm
Fees: Karate \$165 Primary Students and High School Students \$180 per term.
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.
Date/time: Mondays July - 12 Sept 5pm – 6pm
Fee: Tai Chi \$195 or Conc \$180
Tutor: Art of Defence Australia
Phone to book: 0407 320 333 **Venue:** SpringDale

Bellarine Woodworkers Inc.

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

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.

SpringDale Business Services

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

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

Document Signing Service

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



Be Involved & Be Informed...

Is there something that interests you and there is not a course to attend.

Please! Let us know.

Do you have an idea for a new group or course that you might like to start or suggest?

What is your dream that we can help make come true?

For more information or to register your expression of interest about these and the following activities please contact the friendly team at SpringDale Neighbourhood Centre (03) 5253 1960



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 for 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 date to be announced \$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



Australian Government
Department of Education, Employment and Workplace Relations

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.



Our Garden Club is bubbling along quite nicely at the moment. Each month we are welcoming visitors and new members. Our current members are also supporting the interesting speakers that we have each month: June - one of our own members will educate us on different types of potting mix, what to look for, symbols on the packaging etc. and in July there is no meeting, we have a social dinner instead.

Despite the inclement weather, the Club was welcomed to Ard Choille Heritage Garden Mt Macedon, by owner Helen Cottow, who had a large smile on her face.
Helen

told us that they hadn't had decent rain for 18 months. This was very evident by the dry lake and dry creeks throughout the property. Ard Choille is a hill station garden on the northern, rather than the southern side of the mountain which makes it different to most other Mt Macedon gardens. The fog and rain didn't allow us to really appreciate the unique plants that are abundant in this garden, but it gave us a different view.

Our monthly newsletter contains information on all the Club's activities and is available to any interested persons electronically.

If you would like to know anything about our Club contact our Secretary, Helen Allan on 5257 1566 or email hallan@iprimus.com.au.



Computer Repairs Servicing & Tuition



NO FIX - NO FEE

Seniors Discount

I will come to you

No call out fee

Flat rate \$55/hr

Phone Leigh 0439 024 870

encompass

community services

NDIS - In Homecare & Domestic Support

Cleaning Services Provided Under NDIS

Encompass Community Services has been assisting people with a disability in the Geelong region for over 30 years. We are a specialised leader in providing cleaners, gardeners & carers particularly to those linked to NDIS.

Through my NDIS plan I have had a cleaner coming for the last few months, and it has been fantastic! She does an awesome job and gets so much done in the allocated 3 hours. A couple of months ago, I also was able to use the services of a gardener. My yard is looking better and better and my children can now play outside more easily. I can recommend Encompass gardening and cleaning services, they have helped me tremendously and I'm very thankful.

-A satisfied client

We actively service Drysdale, Clifton Springs, Portarlington and all areas of the Bellarine peninsula and have scope for more clients. To enlist our services, please contact Sean Hill on 52223377 or email sean@encompass-cs.org.au.



Accredited NDIS Service Provider

For further information on Encompass visit our website <http://www.encompass-cs.org.au> or find us on facebook



kel's corner

Newsflash - Fish are biting off the boat ramp in Jetty Road. John Davis, our son rang me and gave

me 15 minutes to be ready to go to fishing. I was ready in 14 minutes waiting for him to pull up. I obeyed his safety instructions putting on my seat belt etc. He walked me to the jetty and told me to "Sit and stay" while he went and backed in the boat and trailer, tied the boat up to the jetty, walked me to boat and asked me to trust in him to get onto the boat. With my life jacket on I had to wait for John to park the car and trailer.

John started the boat up and we left the boat harbour at a slow speed and John went to the exact spot to catch whiting, it took about 20 minutes. John baited the hook for me and let me know it was ready to cast with muscle and squid on the hook. After casting it a short distance, before the hook reached the bottom a good sized whiting had already jumped on. It was almost as if the fish were wanting to jump in the boat.

The rod bent heavily, John instructed me to "Lift lift" and he took off the whiting and rebaited the hook. Once again another fish jumped onto hook before it hit the bottom. Unbelievable.

Once we got close to the quota we had to do the reverse of the initial procedure to get me back to safety. I helped John scale the fish and John filleted them quickly – I tried to keep up with the pace he set. I continue to love fishing although my lack of sight is a huge problem.



Independently Owned & Operated

- Advanced Non Toxic Carpet & Upholstery Cleaning
- 24/7 Fire & Flood Damage Restoration
- Pet Urine Removal • General Cleaning
- Dust Mite Anti Allergen • Leather Cleaning

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



**Binder
Peart
Design**
pty. ltd.

residential | extensions | units
commercial | industrial

Judy: 0437 463 125 Lisa : 0413 202 300
e: info@binderpeartdesign.com.au
w: binderpeartdesign.com.au

Mindfulness - The Colour Bug has landed in Drysdale



Mindfulness is a form of self-awareness training adapted from Buddhist mindfulness meditation. It has been adapted for use in treatment of depression, especially preventing relapse and for assisting with mood regulation.

It has been described as a state of being in the present, accepting things for what they are, i.e. non-judgmentally. It was originally developed to assist with mood regulation and relapse prevention in depression and has been found to have considerable health benefits. Information from Black Dog Institute website. www.blackdoginstitute.org.au

We intend to do many things in our day-to-day life. To be mindful we just have to stop to think about each thing, as we take one step at a time, breathe. From eating and drinking, to running, walking and just sitting.

Take a few moments to focus on breathing and notice what else you hear, see and feel.

In our colouring-in session we have looked at a black and white picture and thought about what it is before we clarify the intention. With this in our mind, we decide which colour pencil or paint.

Example of intention: "My intention is to learn to work from a place of calm and stillness"

1. Connect to your breathing. Take 3 deep breaths in and out.
2. Today I will colour in one page and think about each colour and what it represents in life.
3. Stop and breathe before you pick up each pencil to start and colour in.

The health benefits of colouring-in are quite amazing.

It's fun and it's good for you! According to psychologists it is a stressfree activity that relaxes the fear centre part of the brain (amygdala) and allows the mind to rest.

Carl Jung started prescribing colouring-in to his psychiatry patients. He gave them mandalas to colour-in as part of therapy.

It helps in finding your centre, journeying within and allowing yourself to be calm. These are ways to aid relaxation and de-stress.

Colouring inside the lines also opens up the frontal lobe of the brain.

This allows us to focus and live in the moment. We can forget about our "troubles" for a little while.

It helps with fine motor skills and vision. Like crosswords and puzzles it may delay or prevent the onset of dementia.

To Be or Not to be social – join a group, listen, talk, share but also nurture mindfulness through colouring-in.

Colouring-in is not a test and there are no rules.

BYO or share the supplies when you join this group on Fridays at 10.30am at SpringDale.



Mobile: 0421 843 611

Eco Choice Heating and Cooling is a locally owned and operated business servicing The Bellarine Peninsula, Geelong and The Surf Coast.

• Air Conditioning

• Electrician

• Solar Power

• Heating

FUJITSU

www.ecochoiceheatcool.com.au

LIC: Plumbing 49132 Elec 20281



DRYSDALE

Large range of:

Auto spare parts, batteries, filters, oil and so much more.

Open Sundays 10am - 1pm

2/31 Murradoc Road, Drysdale VIC 3222

Tel: (03) 5253 2811

admin@autoprodrysdale.com.au

The SpringDale Community Garden

Community Gardens – Your Questions Answered

1. What is a Community Garden?

Community Gardens enable members to combine their skills to grow fresh produce.

2. What and where is the SpringDale Community Garden?

The SpringDale Community Garden is a Special Interest Group of SpringDale Neighbourhood Centre. The 1200 square metre Garden is located on church land behind the Drysdale Community Church, in Jetty Road, Curlewis.

3. Are there other Community Gardens in the area?

Yes - Ocean Grove, Barwon Heads, Breamlea and Portarlington.

4. How is the Garden organised?

Our Garden is managed by a volunteer Committee, and is arranged in three areas, Communal, Private Plots and FoodBank.

5. Who can be a part of the SpringDale Community Garden?

SpringDale Members are eligible to become members of our Community Garden project. Individuals and families who

become financial members are able to plant and work in the Communal section of the garden, share in its harvest and are expected to regularly assist in the FoodBank area of the garden. The Foodbank garden area supports the Drysdale Family Support Program run by the Church, to support disadvantaged families in the region.

Members attend monthly working bees to maintain all areas of the garden including the Communal and FoodBank sections.

6. What does it cost to become a member of the Garden?

Membership of the SpringDale Neighbourhood Centre \$12 per year. This entitles members to access all the resources provided by the Neighbourhood Centre. Garden membership then adds the following fee structure –

- A one-off joining fee of \$10.00.
- Membership fees of \$15.00 (single), \$30.00 (family) or \$10.00 (concession).

Members may also rent personal plots, either “in-ground” (1.2 metres x 2.4 metres) or above ground boxes (1.2 metres square), cost \$30.00 per year.



7. Who is supporting the Garden financially?

We are grateful for the support of Geelong Community Foundation, Drysdale Rotary Club, Portarlington Drysdale Lions Club, City of Greater Geelong, Bendigo Community Bank and local businesses.

8. Do you have an overall Garden Plan?

A Garden Master Plan addresses current and future planning. The Plan prioritises work required to reach season-to-season goals, and directs activities to where most needed.

9. What's next?

Working Bees are held on mornings of the 4th Saturday of every month. We invite you to visit and find out whether this project is for you.

For further details, contact Meryn 0457 510 074 or Max 0414 833 290.

SPECIAL OFFER

Drop off your old mattress during June and save!

DROP OFF LOCATIONS

GEELONG RESOURCE RECOVERY CENTRE:

100 Douro St, North Geelong.

OPERATING HOURS:

Mon to Sun, 7.30am - 4.15pm.

CONTACT: 5272 2613.

DRYSDALE RESOURCE RECOVERY CENTRE:

Becks Rd (off Murradoc Rd Drysdale).

OPERATING HOURS:

Mon to Sun, 8.00am - 4.15pm.

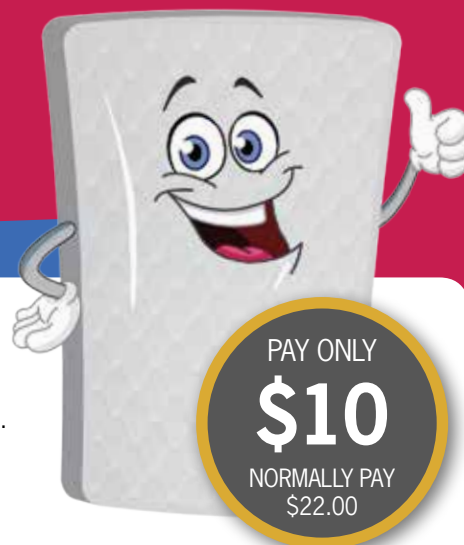
CONTACT: 5251 2935.

PICK UP SERVICE

A pick up service is available on request for customers who do not have transport. You can book your pick up with The Mattress Recycler during June, contact: **5248 2227**. This pick up service is \$15 per item. Mattress and base charged separately (\$15 each). Please note: this pick up service is only available in the City of Greater Geelong municipality.

DROP OFF CONDITIONS

Domestic quantities only (limit four per customer). Mattress and base charged separately (\$10 each). Offer ends at 4.15pm on Thursday 30 June 2016. This mattress offer is part of the City's recycling program and is in partnership with The Mattress Recycler.



Drysdale Bypass - funding confirmed

The 2016 state budget includes \$107m to build the Drysdale Bypass and \$3 million to improve traffic flow in Drysdale High Street. The Vic Roads timetable for the project is as follows:

2016. Complete the designs of the bypass and of the improvements to Drysdale High Street; start to improve traffic flow in Drysdale High Street; start to amend the relevant planning scheme to allow the Bypass.

2017. Complete improvements to traffic flow in Drysdale High Street; complete amendments to the planning scheme; acquire the land for the Bypass; appoint a contractor.

2020. Open the Drysdale Bypass!

DCSCA Supports Glass Underwater

DCSCA is supporting a proposal to create an underwater sculpture gallery on the northern shore of the Bellarine Peninsula near Clifton Springs. The proposal has come from the Boating Industry Association of Victoria and Tourism Greater Geelong and The Bellarine (of which DCSCA is a member). The two organisations are seeking \$2m from the state government for the Gallery, arguing that it would bring artistic, educational, environmental and economic benefits to the area. DCSCA is suggesting that the gallery should include some glass sculptures, to reflect the area's growing reputation as a centre of glass art activity.

Drysdale Station Upgrade

DCSCA is working with the Bellarine Peninsula Railway to upgrade the 'station house' at Drysdale station. The upgrade will consist of the construction of a ramp for people with disabilities at the station house entrance, and the replacement of some damaged weatherboards. DCSCA Treasurer Doug Carson said, "The upgrade is a community based project, so we'd like to involve local businesses in its design and construction. That way, any money spent on the project stays within the community."

If you have an issue that needs attention, please contact us – together, we can make things happen.

Contacting DCSCA: P.O. Box 581, Drysdale, Vic. 3222; or dryclift@bigpond.com

For up-to-date news, please visit DCSCA's blog - drycliftdays.blogspot.com/

McKINLEY
AUTOMOTIVE
MECHANICAL SERVICE AND REPAIRS 5253 2505

- All Mechanical Repairs & Servicing
- Pre-purchase Inspections
- New Car Log Book Servicing that does not affect your New Car Warranty

Where caring for your car is our priority.
51 Murradoc Road Drysdale

Need new bench tops but not cupboards?

We have the PROFILE for you.

New colours and design in stock. We are quality trades people and our company will design and install to your specifications. Obligation free quote.

DRYSDALE Kitchens
Cabinets & Joinery

Call us for more information (03) 5253 2774

Est. 1986

Square Edge
Single d
Double d
Tight Double d
Bullnose

Calling for Callers

We need a new caller for our Family Dance nights – please tender your interest in this position



SEASCAPE PLUMBING

YOUR LOCAL GEELONG/BELLARINE PLUMBER

**FRIENDLY
RELIABLE
LOCAL
SERVICE**

SENIORS DISCOUNT

- HOT WATER SERVICES • AIR CONDITIONING • BLOCKED DRAINS
- BURST PIPES AND LEAKS • TAPS REPAIR/REPLACEMENT
- TOILET PANS AND CISTERNS • HOT AND COLD WATER

24 HOUR EMERGENCY SERVICE. 7 DAYS A WEEK!



CALL 0404 049 868 OR VISIT OUR WEBSITE SEASCOPEPLUMBING.COM.AU

Call Luke at Seascope Plumbing for friendly reliable local service. Lic# 53223.

Spuds

The Bellarine Peninsula is great potato growing country, and the humble spud used to be one of the area's main agricultural crops. We can grow potatoes year round here.

I sow mine in late winter and again in late summer. Or rather, the ones I missed in my New Year's harvest sprout and produce a second harvest in May-June. (Somehow I can never find those last few spuds.)

That timing works well, because the tubers are just starting to sprout during the hottest and coldest months respectively, safely protected by layers of compost and mulch. By the time the tender shoots emerge into the light, the weather is hopefully relatively mild, which is the sort of growing weather that potatoes like best.

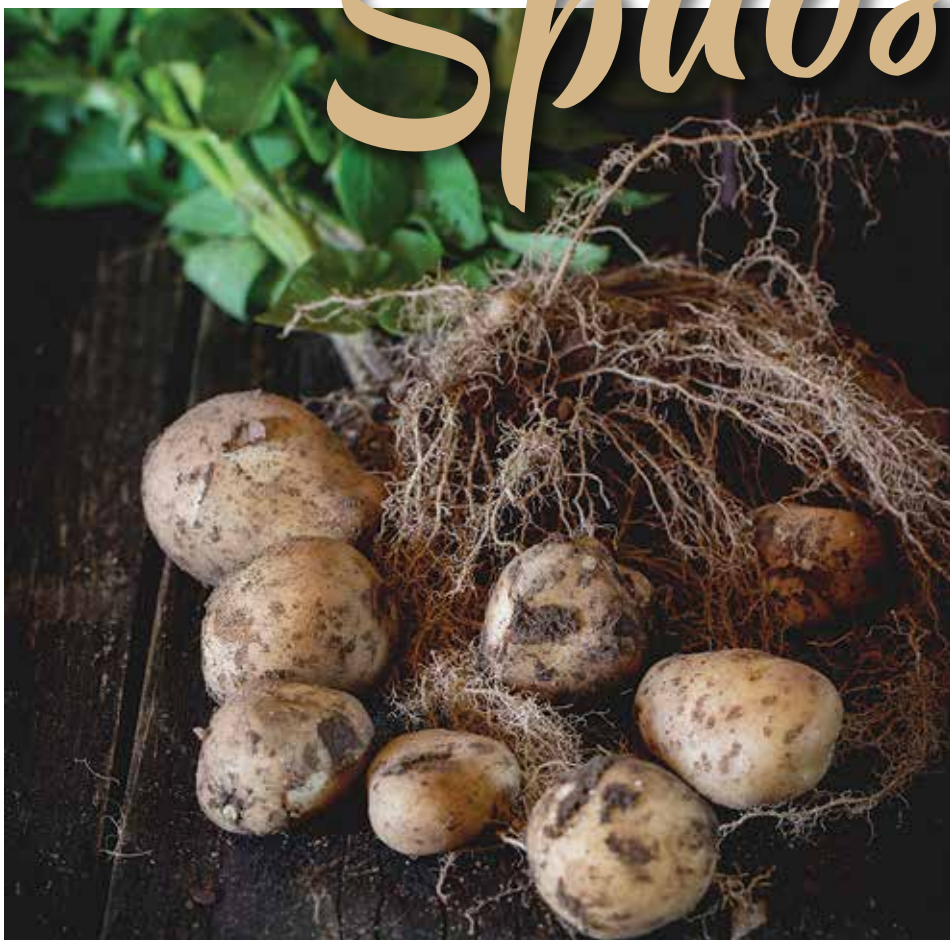
Potatoes are ideal for creating a new vegie bed, using a no-dig method:

I slash down any weeds, only pulling out tough perennials (e.g. kikuyu and carpet weed – galenia). The rest will be covered by a layer of damp newspaper a few sheets thick, which will smother annual weeds.

On top of that goes a layer of home-made compost, on which I lay the seed potatoes. It's always a good idea to get certified seed potatoes, so that you can be sure of using disease-free stock.

On top of the seed potatoes goes another layer of compost, then peastraw, which I like to soak in a wheelbarrow with water and some manure to make a wet, spongy mass full of nutrients. I use a lot of peastraw, about 30 cm depth. The potatoes will soon find their way up through the straw, but nothing else will – other than a few peas, which are a bonus.

This method works because a potato plant only grows upwards from the tuber, not downwards. Its fine roots spread out horizontally, rather than penetrating deeper into the soil. Like other solanaceae (e.g. tomatoes) potato plants put out additional roots from their stems wherever they are in contact with the soil, so packing soggy peastraw and/or compost around the stems strengthens the plant and increases the yield.



Grown this way, potatoes need little regular care. Occasional watering and feeding will increase the yield, as will topping up the peastraw, but if you don't have time, then the plants will pretty much look after themselves in all but the very hottest, driest weather.

When you've harvested your spuds, you'll have a weed-free nutrient-rich bed to grow your next crop of vegies in. No digging required!

OCMS Owners Corporation Management Specialists Pty Ltd

Local professional Body Corporate management, friendly service for owner occupiers and investors.

Phone **(03) 5244 5682** Like us 
For a no obligation quote

www.ocms.net.au

CARPET COURT
DRYSDALE FLOORING CENTRE

Large range of Carpet, Vinyl, Laminate Flooring Engineered Timber Flooring & Solid Timber Flooring

Neil Petrie
P: (03) 5253 1855
Mob: 0419 519 030
63 Murradoc Rd Drysdale
drysdale@carpetcourt.com.au
www.carpetcourt.com.au

St. Leonards
PHYSIO BY THE BAY

Neil Wise is a highly experienced physiotherapist with over 30 years of experience in Private Practice,



- Private, Concession & Aged Pension rates available – no referral required
- DVA, Workcover, TAC, CDM (Medicare) patients welcomed with referral

P: 5257 1832
1 Mouchemore Avenue, St Leonards
E: info@stleonardsphysiobythebay.com.au
W: www.stleonardsphysiobythebay.com.au

Repco
AUTHORISED SERVICE

DRYSDALE MOTORS

All Mechanical Repairs including New Vehicle Log Book Servicing
Specialising in European Vehicles:
Audi, Mercedes, Peugeot, VW and more
Nationwide Warranty
why travel when the best is right here in Drysdale
5253 1033
44 Murradoc Road, Drysdale
info@drysdalemotors.com.au

24/7 Grass Garden General MAINTENANCE

Lawns / Edges / Rubbish Removal / Pruning
Hedging / Gutters / Ride On Mowing
Windows / Chainsaw Work
Yard & Garden Clean Ups / Landscaping
Preparing Property For Sale / MULCHING SERVICE

Mob: 0419 364 418
Colin Foley

Aged Care on the Bellarine is a real issue.

Across the Bellarine, 22% of residents are aged 65 years or older. This is in stark contrast to the Victorian and Australian average where only 14% of the population are 65 plus years old. The emerging needs of the ageing population should be a high priority.

Baby Boomers are moving into the 65 years and older age group. Cost effective, transparent and integrated services for the aged are needed now.

Some of the issues are: Management of chronic ill health to maintain healthy ageing.

Cost of private health cover, Availability of low cost rental housing for men and women. Privatisation of residential aged care facilities and their staff/resident ratios.

Review of the taxation system and the complex financial planning options. Sufficient income to cover cost of living. Monitoring of

Home Care Packages to provide cost effective flexibility which will maximise positive outcomes for individuals within the system. Elder abuse. Choice of palliative care options for respite and end of life care.

Provision of long term support for frail aged residents.

If you are interested in discussions about these topics please contact the Bellarine Aged Care Association.

Tim Walsh

President Bellarine Aged Care Association Inc

Telephone 0414 329 610

Email timjwalsh@bigpond.com



Music IN THE AIR

The popular Choir, Coryule Chorus, in association with St James Anglican Church, will be performing a repertoire of songs that will have your toes tapping and your hearts singing.

The concert, **"MUSIC in the AIR"**, will be staged at the St James Anglican Church hall in Collins Street, Drysdale on Wednesday, June 15 at 2pm. The Coryule will have some fresh new songs, as well as some of their popular oldies to put on show, so even if you have heard them before, you can be assured of a pleasant musical afternoon. The concert will also feature its popular soloists and ensemble groups, and will be followed by the obligatory devonshire tea to be enjoyed with the members of the choir.

Entry donation is \$10, the proceeds of which will be shared between the St James Hall building fund and the Coryule Chorus. Seats are available at the door, however bookings are advised, and may be made by contacting Pat Marks on 5251 5566 or 0409 549 086, or Pat Whitford 0418 520 206.



Members of the Coryule Chorus performing at the St James hall last year.



Members of the Coryule Chorus singing at St Leonards Church, Brighton recently.



William Sheahan

Funerals

"Committed to Caring"

PHONE: 5251 3477

Call us ~ 24 hours / 7 days



DRYSDALE COMMUNITY CHURCH

Working with and for the community

- *Counselling Centre**
- *Foodbank Plus**

276 – 290 Jetty Rd Curlewis

Second Chance Shop
5 Mortimer Street, Drysdale
(03) 5253 2241

BELLARINE AUTO SERVICE

- Professional Repairs & Servicing
- Specialising in European Vehicles including VW, Audi, BMW & more
- Diesel Tuning
- Tunit Diesel Performance Chips
- Tyres & Batteries
- Diagnostic Machine Testing
- Log Book Servicing - Warranty maintained on all new vehicles
- Pre-purchase VACC checks

3 Mortimer Street, Drysdale (03) 5253 1644 

Combined Probus Club of Clifton Springs/Drysdale



TRIP TO CORINDHAP

Last month members of our Club visited the unique War Memorial and Avenue of Honour at Corindhap, west of Geelong. The unique aspect is the row of trees carved as wooden sculptures to honour those who had served in war – showing a “Wounded Officer and Horse”, “Digger”, “Pilot/Lancaster Bomber” and “Woman and Child”. We were all profoundly moved by the statues and the location there at Corindhap, especially being close to Anzac Day, and recommend a visit to all. We later enjoyed discussion of the statues over lunch at Inverleigh Hotel.

As a social club for retirees, ladies and gents, we welcome anyone wanting to keep an active mind, expand their interests and enjoy Fun, Friendship and Fellowship in group activities to come to one of our meetings. For further information please contact Dick 5251 1227 or Di 5251 5069.



Beginner Machine Sewing Class

Get to know your sewing machine and have some fun stitching up a cosy Flannel Rag Quilt.

This class will start with the basics, making sure everyone learns how to correctly thread their machine, wind a bobbin, change a needle, clean their machine etc. information will be provided about needle types and sizes and what needle and thread is appropriate for the various fabrics used when sewing.

With the sewing knowledge gained, participants will proceed to have some fun and practice their straight stitching technique while whipping up a lovely cot size rag quilt. Quilt making techniques such as rotary cutting, piecing fabric squares, and machine quilting will be taught in this class.

The end result will be a cuddly, fluffy, soft and sturdy quilt which can be thrown in the washing machine when required and just gets softer and more snugly with use.

Dates/times:

Mon 20 Jun - Mon 4 Jul
9.30am - 12noon

Fee: \$105 Conc: \$95

Tutor: Sonia Walder



The Grey Outdoors

*No Wrinkles...
...No Ride*

Come & Meet Us

**Lookout for our bus and
come and have a chat.**

We will be at:
Gateway Plaza Leopold
on Tuesday 7th &
Thursday 9th June

In the carpark near the Bakery
– 9am till 12noon

You could **WIN** a **Free Trip**

Just look out for our bus



Small Group Trips for Seniors

- Free Home Pick-up
- Max. 10 Passengers
- Day & Overnight Trips
- Relaxed Pace
- Just like a family outing

Rob & Sandy Higgins

P: 5253 1251 or 0438 798 075

E: robandsandy01@bigpond.com

F: www.facebook.com/thegreyoutdoors

W: www.thegreyoutdoors.com



What an amazing journey it has been for our own Tom Ruggles



Tom was member of our club from his Auskick days until he was a mature player at 21 years old. He had an outstanding junior career with multiple club best and fairests and representative honours, but above all he made some great friendships. His parents Peter and Joan were never far from his side, and were great helpers around junior footy. Peter was also a committee member and a long term sponsor.

Having first made our senior side as a 16 year old, Tom was selected for the Falcons TAC squad and spent two years there, playing senior for footy for Drysdale on the occasional off week. In 2010 he played in our senior Premiership as an 18 year old under current coach Wade Chapman.

The following year, having not been drafted to an AFL club, he travelled to Werribee to play in the VFL. He stayed on our list and was a regular at our games when not playing.

In 2014, perhaps looking for a break from travelling, Tom accepted a role as assistant

coach at Leopold and played the season there. However, in 2015 he joined Geelong Cats VFL squad and had an outstanding year, winning their best and fairest. Once again however, he was overlooked on draft night. That may have been the end for many, and approaching 24 he could have accepted he had done his best. But Tom was determined to make it and in the lead up to the rookie draft he called Geelong recruiting manager Stephen Wells and pitched his case for a spot on the list. It worked and he was the final player taken by the Cats in that draft.

In April Tom was elevated to the senior list, and the rest is now history. Tom has now played several senior games in which he has shown off his silky kicking skills and a preparedness to put his head over the ball.

Our club is very proud of Tom and his achievements and we look forward to adding his name to our honour board of AFL Players.



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



Funeral Planning

with Alyson from Tuckers

Alyson is available to provide free information and practical advice the 1st Friday of every month from 9.30am till 12.30pm at the SpringDale Neighbourhood Centre.

For more information contact Alyson at Tuckers on **5221 4788** or visit www.tuckers.com.au

...for a life worth celebrating.

www.tuckers.com.au 5221 4788

Tuckers
Funeral & Bereavement Service



Reliable Service

- LOCAL • COUNTRY
- NEW SOUTH WALES
- SOUTH AUSTRALIA

Drysedale REMOVALS & STORAGE

03 5251 3674

Karate FOR KIDS



FREE UNIFORM ON JOINING

TAI CHI FOR ADULTS



2 FREE SESSIONS
Contact us today
0407 320 333

ADA
ART OF DEFENCE AUSTRALIA

www.artofdefence.com.au

Portarlington Demons Football Netball Club

Junior Football Update

We have had a great start to 2016. We have fantastic numbers in our Auskick Program, Under 9's, Under 10's and Under 12's. We are still light on with Under 14's but with a lot of hard work and support from our Under 12's and opposition clubs we have been able to field a team each week. It all paid off with a hard fought win at home under lights against Bannockburn. Fantastic effort from all involved. We still need Under 14's and it's not too late to come to training and register for 2016. There are great incentives with a Junior Pack which includes a Portarlington Hoodie, Sports Bag, Cap and socks. Come all get on board and spread the word.

Stay tuned for the fixture. Keep updated on aflbarwon.com.au and our Facebook Page.

Our Auskickers attended Simonds Stadium on Sunday 17 April and had a great time with the Geelong Cats Players. There was a visit to Portarlington Auskick on Friday 27 May from a Geelong Cats Player.

Congratulations to Dillon Wickham, the captain of our Colts, on receiving the Spirit of Sport Award from AFL Barwon representative Michael Limb. Dillon is the round 3 winner and the award represents a young player who show outstanding fair play and good sportsmanship.

Well done Dillon.

Spirit of Sport Award

Congratulations to Grace Bradley from our under 17's team who won the Bellarine Netball league's Spirit of Sport award for her game against Drysdale. The award represents a young player who show outstanding fair play and good sportsmanship.

Outstanding Grace.

Plenty of good out of the Demons!



**2016 MEMBERSHIPS &
2016 DEMONS CLUB**

Keep your eye on the red & the blue!!






**PETROL STATION &
CONVENIENCE STORE**
Petrol, Autogas, Bait & Fishing Supplies

CAR WASH

**Open 7 Days
6am - 10pm**



97 High Street Drysdale 3222
Phone (03) 5251 2603

JAN'S ENGRAVING

- Recreational
- Commercial
- Industrial
- Laser Engraving & Trophies



**Discounts to Clubs
Free Delivery**

19 Centennial Blvd.
Curlewis 3222
0425 796 165
E: jan@jansengraving.com.au



PORTARLINGTON GOLF CLUB

www.portarlingtongolf.com.au



JOIN NOW

13 MONTHS FOR THE PRICE OF 12*

* GOLF MEMBERSHIPS VALID TO
1ST JULY 2017







130 Hood Road, PORTARLINGTON Clubhouse: (03) 5259 2492
www.portarlingtongolf.com.au

