



The SpringDale Messenger

July 2016
Volume 26 Issue 6

ABN 21 404 220 267

Compiled & Published by the SpringDale Neighbourhood Centre Inc.

CONGRATULATIONS JEFF STEWART

2016 Adrian Mannix Community Service Award Winner

Jeff Stewart is the 2016 Adrian Mannix Community Service Award winner. Jeff was nominated because of his 30 years of service as a CFA fire fighter, which includes 12 years holding the series of 4th, 3rd, 2nd, and First Lt roles and 6 years as Drysdale CFA Captain. Jeff also participated in CFA Running and Marching teams and coached both of these as well. Jeff also volunteered in the Drysdale Football Club including Committee, Sponsorship, Runner and Jr Coaching roles. Jeff coordinated the Children's Hospital Good Friday Collection for 25 years and helped in the management of Bellarine League Finals held at Drysdale over 20 years.

Jeff has been selfless in his enthusiastic, quiet, unassuming style of leadership, dedicating a great deal of his adult life to our town and in building social infrastructure.

Jeff's 20 years membership as a player of Drysdale Football Club and the 310 games that he played for his enjoyment, were not included in the award process – although our town benefited from his strength, courage and fairness that he showed on the field.



*Pictured together
Jocelyn Mannix
& Jeff Stewart*

Community CALENDAR

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

COPY DEADLINE August 2016 • **Bookings/copy required by** 1 July • **Dist:** Sat 30 July • **Circ:** 11,000

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

Saturday	2	Harvest Basket Produce Swap SpringDale 9am – 10.30am
Tuesday	5 to 8	Rapunzel 10.30am and 1.30pm Potato Shed
Wednesday	6	Draft Drysdale Town Spare Community Drop-in at Drysdale Seniors 4pm -7pm
Friday	8	Romeo & Juliet – Ballet 7.30pm Potato Shed
Sat/Sun	9-10	Felting Workshop 10am - 4pm SpringDale
Monday	11	School Term 3 starts
Tuesday	13	Dining SpringDale Group dinner at Clifton Springs Golf Club 6.30pm
Wednesday	13	Days For Girls, SpringDale 9am – 12noon
Tuesday	19	Morning Showtime - Soul Sister Swing 10.30am Potato Shed
Thursday	21	Max Gillies Once Were Leaders 8pm Potato Shed
Friday	22	Drysdale Day View Club meeting 10.30am
Saturday	30	Bush Dance 7.30pm - 10.45pm

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

On Sale now at SpringDale...
Grab your copy today and
start saving!
Geelong & Surfcoast Edition 16/17



The SpringDale Messenger is a locally produced publication.

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

Distributed throughout Drysdale, Clifton Springs, Portarlington, Indented Head, St Leonards, Ocean Grove and selected businesses on The Peninsula.

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

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



SpringDale Neighbourhood Centre Inc. acknowledges the support of:





Coordinator's News

Anne Brackley



Greetings to all members of our community. Thank you again to everyone who keeps telling me how much you appreciate our community magazine – The SpringDale Messenger. We continue to seek ways to ensure the sustainability of our community connecting, isolation reducing, hope and optimism building monthly dose of goodness. We continue to hope that groups, clubs, organisations may partner with us and offer to support the back page to increase their profile and help us to fund the magazine. Individuals, families, clubs, groups or associations may be happy to sponsor a page or part of a page for an issue or for a longer period of time.

In the interim SpringDale strives to fund this community connecting tool by accepting fundraising challenges. Over the last 6 weeks you may have seen a number of volunteers who helped us deliver 5638 phone books in the Drysdale Clifton Springs area. It was an interesting opportunity to have accepted but once accepted we needed to complete it as well as we could.

Within the 5638 books delivered there were 60 houses that had asked not to have the

books delivered to their addresses and if we did there was a huge fine, totally out of balance with the amount being given for a correctly delivered book.

During the last 6 weeks, we have been lucky enough to have many rainy days and so many of the books needed to be placed in a plastic bag to protect it and this was an extra task on top of delivery with no extra payment for this task. The way the phone book should be placed near the front door on the hinge side of the door to limit risks and the list of requirements goes on.

But I enjoyed doing it – I can't speak for the rest of the volunteers but I enjoyed having permission to walk up to a community member's door. I loved seeing all the beautiful gardens that gave me joy. I loved seeing the unusual letterboxes and pieces of art that some people have in their gardens.

I loved doing the job well. I loved being in the moment finding opportunities to celebrate being able to walk, being able to walk around our beautiful part of the world and I loved having the opportunity to encourage me to do the walking.

People that I spoke to were mostly happy to receive the phone book and many people found that the delivery of the book marked a certain time of the year.

It took a while for me to develop an efficient delivery system as for much of the time I tried to do the hardest, riskier deliveries. The delivery system was worked out after an amount of deliveries and a number of trials but once the system was created and tested, I found the delivery system to be even more rewarding and allowed me to enjoy delivering even more.

Often at SpringDale or even in life we don't do things often enough to work out systems for success. Please take the time to enjoy what you are doing and appreciate the time you are spending with people and maybe reflect on the good parts and emphasise how much fun that was. This is part of being in the moment and being mindful about everything we do and enjoy life. I know I do.

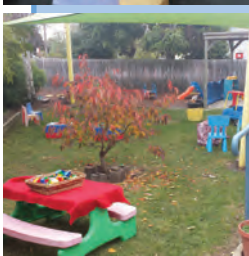
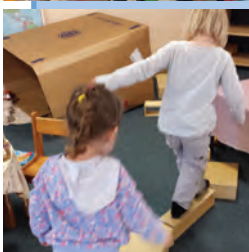
Anne Brackley
for the SpringDale Team



SpringDale Occasional CARE

SpringDale Occasional Care has operated to fill community childcare needs for more than 20 years. Jean and Janet are mature, dedicated, qualified and experienced childcare employees who provide 3 or 5 hour childcare sessions in a small, comfortable, homelike, welcoming environment. This is a licensed service, discounted childcare is available for parents undertaking study at a Learn Local and we are striving to become an approved service which will attract Child Care Benefit and Child Care Rebate. Please let us know if you would be interested in this service. Please phone Jean or Janet on 5251 1627.

Parents say "I particularly appreciate the relaxed, supportive atmosphere and the flexibility when it is needed."



HAVE YOUR SAY

DRAFT DRYSDALE TOWN SQUARE CONCEPT

CONSULTATION PERIOD UNTIL
29 JULY 2016

In 2012, the City of Greater Geelong with the local Drysdale community, developed an Urban Design Framework (UDF) for the Drysdale Town Centre. The UDF established a vision for how the town centre could be developed in the future.



Woolworths are seeking to redevelop the Wyndham Street store and this has created an opportunity to develop a shared vision with the community for an exciting and high quality public space.

Council has developed a draft concept for the Town Square. The proposed concept would seek to:

- fix the existing level issues across the site.
- improve pedestrian connections in and around the area.
- improve access to existing shops and the senior citizens building.
- provide a space for events, increased planting, shade and seating.
- provide a planned vision for the area.

Tell us what you think about the draft concept for the Drysdale Town Square. You can view a plan of the draft Drysdale Town Square Concept in the following ways:

COMMUNITY DROP IN SESSION

- **Drysdale Senior Citizens Centre**, Drysdale Town Square cnr Wyndham Street
- **Date:** 6 July 2016 • **Time:** 4.00pm - 7.00pm to talk to a Council officer

IN PERSON

- Drysdale Customer Service Centre in the Drysdale Library, 18-20 Hancock Street, Drysdale
- Geelong Customer Service Centre, 100 Brougham Street, Geelong

WEB www.geelongaustralia.com.au/yoursay

EMAIL Submissions can be emailed to planningstrategy@geelongcity.vic.gov.au

POST Submissions can be posted to Planning Strategy Department, City of Greater Geelong, PO Box 104, Geelong Victoria, 3220.

DOI:40616-Springdale

WWW.GEELONGAUSTRALIA.COM.AU



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 CRAFT SHOP



Specialty gifts for - Footy Fans
Fathers Day • New Babies • Spring Brides
Large range at reasonable prices
11am – 4pm daily
18-20 HIGH ST DRYSDALE P: 5251 1605

POTATO SHED 2016 season programme

BOOK EARLY

MORNING SHOWTIMES start 10.30am, \$15pp - Morning Tea incl.
Tuesday 19 July **Soul Sister Swing** - **The Girls are back** with a 60's theme - come and enjoy!

ROMEO & JULIET
Friday 8 July 7.30pm Licensed Bar

BOOK EARLY



Join Melbourne City Ballet as they bring the classical ballet version of William Shakespeare's arguably most popular work *Romeo & Juliet* to life.

TICKETS \$36, \$32 Conc
Groups of 20+ \$28

STUDENT
RUSH \$20

SPUD
VIP \$28

ONCE WERE LEADERS
Thursday 21 July 8pm



MAX IS BACK TO SEND UP THE HACKS
Max Gillies has been a keen observer of the political combat zone for half a century. His fascination with the ups and downs of political leadership has seen him parody everyone from Hawke to Thatcher and many more.

TICKETS \$36, \$32 Conc
Groups of 20+ \$28

STUDENT
RUSH \$20

SPUD
VIP \$28

WANDER
PRODUCTIONS
6pm

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

WWW.GEELONGAUSTRALIA.COM.AU

POTATO SHED

WIN a Double Pass to Morning Melody

Soul Sister Swing

Tuesday 19th July 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 CLOSING 3PM FRIDAY 15 JULY

RSL Member Profile - Mr John Rowell

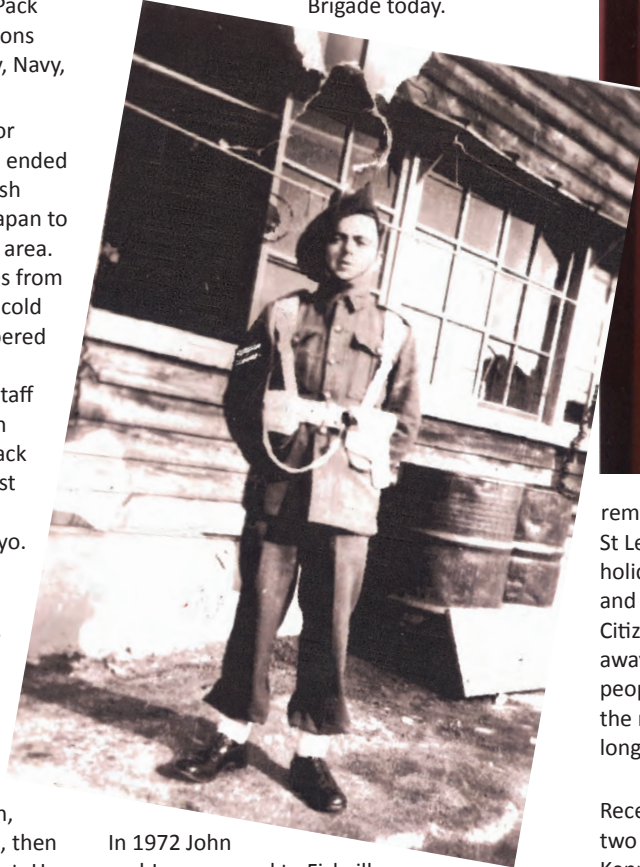


John was born in Launceston, Tasmania in 1940 and on leaving school was employed as a Loom Turner at the Woollen Mills, Launceston. He enlisted in 1941 for full military service with 8th Garrison at Kingston, Tasmania and then moved to other camps throughout Tasmania and Victoria, with the Pioneer Platoon. John spent time with Pack Saddle Transport (horses) based at Wilsons Promontory, providing supplies to Army, Navy, Air Force and Lighthouse personnel.

Then he was posted to Bathurst NSW, for Jungle Training and in 1945 when WW2 ended volunteered for duty as part of the British Commonwealth Occupation Forces in Japan to demilitarise weaponry and stabilise the area. In 1946 he arrived in Kamaitachi, 2 miles from Hiroshima. The weather was bad, with cold and snow and he was housed in tar papered sheds, with no floors, only dirt. He was made CPL Provost with duties to drive staff cars, jeeps and trucks and travelled with an interpreter, patrolling districts for black market goods and other offenders. Most areas were considered hostile including Hiroshima, Okayama, Fujiyama and Tokyo. No protective clothing or information was provided for protection against radioactive dust and or other materials, they were in daily contact with.

In 1947 John was discharged at Hobart and married Joyce Martin from Carlton, Victoria. He completed a Carpentry Training course in Launceston and moved to Maryborough, Victoria to work on the Hospital project, then on the Bendigo Benevolent Home project. He then worked at Myer Bendigo as maintenance

carpenter and joined the Kangaroo Flat Volunteer Fire Brigade which preceded a career with the CFA as a permanent Fireman based at the Bendigo Fire Station. During this time he started the Bendigo Junior Fire Brigade with many of the first intake of Cadets still actively involved with the Bendigo Fire Brigade today.



In 1972 John and Joyce moved to Fishville as the first CFA employees onsite. They



remained several years before moving to St Leonards where they had spent many holidays. They later moved to Portarlington and became members of the RSL and Senior Citizens Clubs. Unfortunately Joyce passed away aged 83 in 2006. Friendships with many people in Portarlington sustained him over the next 5 years and in 2011 he married a long-time friend, Frances.

Recently the Drysdale RSL Sub-Branch lost two of their members – William Hughes and Kenneth Davies. Lest We Forget.



For this month I thought I would add one of my favourite recipes to celebrate the 2016 International Year of Pulses to raise the profile of pulses and to celebrate the role of beans, chickpeas, lentils and other pulses in feeding the world, position pulses as a primary source of protein and other essential nutrients, and promote broad discussion and cooperation at the national, regional and global levels to increase awareness and understanding of the challenges faced by pulse growers, be they large scale farms or small land holders.

For more information about the Australian Year of the Pulses on Facebook: <https://www.facebook.com/ausiyp16>.

For more information about the health benefits of pulses and legumes as well as ideas for recipes visit: www.glnc.org.au.

Lentils are Quick & Easy to Cook and Prepare

- Lentils do not require soaking like other pulses.
- Rinse lentils with fresh water to remove any dust or debris.
- Cook on a stovetop, using 3 cups of liquid (water, stock, etc) to 1 cup of dry lentils. Be sure to use a large enough saucepan as the lentils will double or triple in size.
- Bring to a boil, cover tightly, reduce heat and simmer until tender.
- Whole lentils, cook time is typically 15-20 minutes.
- Split red lentils, cook time is typically only about 8-10 minutes.
- Season with salt after cooking – if salt is added before, the lentils become tough.
- Canned lentils are also a great time-saving option – be sure to rinse them under fresh water for about one minute in order to reduce the sodium content.
- Add them to a simple base soup with leeks and spinach.

- Make a ham hock broth then add lentils for the last 20 minutes or so for a hearty soup.

As with many other famous dishes Minestrone started as a peasant dish, being composed of inexpensive ingredients and made with left overs. Some people call it Pasta and Fagioli which means mainly beans and pasta. Minestrone varies from region to region but commonly made using cannellini beans, borlotti beans - any dried beans, any vegetables available plus any small variety of pasta. This is where the Dean Martin song "That's Amore" includes the rhyme "When the stars make you drool, just like pasta fazool, that's amore".



I've been travelling in Europe for the last few weeks, visiting colleagues, friends and family in Germany, Austria and France. I must confess, my thoughts haven't really been concerned with the practicalities of growing vegetables on the Bellarine Peninsula, so forgive me if I'm inclined to ramble ...

However, I have had time to think about the importance of plants in people's lives, how people can work with nature to create gardens in the most unlikely places, and how we have excluded nature from our agricultural landscapes.

I've seen Berlin 'garden colonies' where apartment-dwelling Berliners can have a few square metres of treasured green space, complete with summerhouses, neatly clipped hedges and lawns and inevitable garden gnomes. I've seen bleak urban streets turned into leafy green community meeting places by the addition of shade trees and park benches and the exclusion of vehicles.

I've seen one busy city square transformed into an organic community garden, where the produce is grown in raised beds and watered by elaborate irrigation systems, while bees from city hives fly back and forth gathering nectar and pollen.

But perhaps the most impressive sight for me was a natural meadow in the foothills of the Austrian Alps. I'd forgotten how far we have simplified our agricultural landscapes in Australia (and most of the developed world), and it was almost a shock to see grazing land covered in wildflowers.

Our friend had brought us to admire the magnificent view of the mountains, but my wife Susan and I could have spent all day looking at the few square metres of greenery at our feet. Even at a quick glance we could identify tens of flowering plants, several species of bee and many other insects going about their business.

We need to have places with that kind of biodiversity for the good of the planet and for the good of our souls.

If the natural richness of our agricultural land has to be sacrificed to mechanised chemical agriculture, then at least our gardens can make a little space for nature. Personally I think it's such a shame to reduce a garden to a few species of architecturally preened and straightened plants, bowling-green lawns and neat rows of vegetables. I'm going to look for ways to bring nature back into ours.

A wildflower meadow in the Austrian Alps



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save
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on home loan fees*



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Community Bank

Landfill Meeting

A meeting was recently held at SpringDale where a number of City of Greater Geelong officers informed community members, which included members of Landcare, Neighbours of the Landfill, business owners who handle private rubbish removal, SpringDale representatives, general community members and an EPA officer.

An action from the meeting was to form a Reference Group which may meet 4 times a year with the first meeting being in August. We hope to be able to bring information to our community as we learn it.



reel health

International Short Film Festival



This is the second year of hosting an event in the Reel Health International Film Festival. Those who came last year will vouch for the impact the films had on them and I've been lucky enough to preview the films for this year and they are fantastic. We have booked two sessions for this year Friday 26 August 1.30pm and 7pm – please try to include one of these timeslots into your diary – I think you'll be glad you did.

SpringDale Venue Hire & Catering

Weddings & Special Events



For more information call (03) 5253 1960

www.springdale.org.au



SpringDale Dining Group

SpringDale Dining Group is off to the Clifton Springs Golf Club. Tuesday 12 July 6.30pm for dinner. What a great way to spend the evening but with friends old and new. Please ring to reserve a spot on 5253 1960.

Donations Appreciated

Blankets & Coats for Homeless

Toiletries & Sanitary items for Homeless

Food for the Drysdale Community Church Foodbank

Dog & Cat food for GAWS

Glass jars for SpringDale



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TIME: 9.00AM TO 3.00PM

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Goal Setting

Goals are what we aim for in life, what we want to achieve. Everyone, regardless of age, needs goals. Our mind is very powerful. If we have clear goals, our mind moves us forward towards these goals. Without goals we just stumble through life. Our goals change as we move through different stages of our lives. For example students have different goals to adults. Retirees have different goals to those in the workforce.

We can have short term goals, i.e. goals for a day, a week. Long term goals are life goals, what we hope to achieve in longer periods of time, for example what we hope to achieve in five year goals; in ten year goals or in longer periods of time.

Ensure your goals are **SMART** as explained below:

Specific: Know exactly what you want to achieve e.g. I want to improve my speed at typing.

Measurable: Exactly how much do you want to improve: I want to be able to type 60 words a minute. I will track my progress weekly.

Action Orientated: exactly what you will do to achieve this goal e.g. I will practice typing for ten minutes every evening.

Realistic and Relevant: Is this within your ability; challenging but achievable. E.g. it wouldn't be realistic if you wanted to climb Mount Everest when you haven't even climbed a local hill. It's relevant to my life as I want to write more so typing quickly will be of huge benefit.

Time Based: By what date do you want to have achieved this goal For example, in the next three months.

We need goals for different areas of life e.g.

- Health and fitness goals
- Family goals
- Learning goals
- Relationship goals
- Community goals
- Spiritual goals



The following is a suggested step by step format to get you started.

- 1 Choose the area of your life in which you want to improve.
- 2 Brainstorm as many ideas as you can on what you want to achieve.
- 3 From your brainstorm, choose one..
- 4 Now write how you will achieve this using the **SMART** formula.
- 5 Reward yourself frequently.

Marguerite Clancy

Some of Marguerite's books for students:

Coming soon: Parenting Book.

For information about her books email: margclancy40@gmail.com.



Recycling not linked to plastic number codes

Plastics manufacturers stamp a Plastics Identification Code (Code 1-7) on their products.

This is to identify the type of plastic that the product is made from. The numbers do not indicate that a product can be recycled.

Not all plastic items can be recycled in your yellow lid recycling bin - even though it may have a recycling symbol.

The type of plastic items that can be recycled in your recycling bin include:

Hard plastic items such as:

- Milk bottles
- Cordial and juice bottles
- Ice cream, yoghurt and take away containers
- Laundry and bathroom containers.

Soft plastics items such as empty bread bags, biscuit packets, frozen food bags, rice and pasta bags, confectionary packets, plastic shopping bags and old reusable bags can not be recycled through your kerbside recycling bin.

These items can be recycled via specially marked bins at selected Coles and Woolworths supermarkets.

Use the online directory at www.geelongaustralia.com.au/recycling/guide.aspx to find disposal or recycling options for a wide range of items

Recycling more than ever before



For more information go to www.geelongaustralia.com.au

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Conversation about innovation.

At a session the other day the facilitator said "The speed of change will never be as slow as it is today." Like many, I had always looked at it from the other side and grieved the fact that everything is changing so quickly and wishing for it all to slow down. Looking at change from the opposite angle allows us to enjoy and celebrate today and prepare for a successful tomorrow.

Looking at things from different angles helps us to come up with ideas and putting ideas into action that creates value is innovation. Many people have ideas, I know I have had ideas sitting on the back burner for years just waiting for me to have sufficient time to bring them to reality. These ideas were generated years ago but I've never really tested them and they will probably never generate value as society has moved on.

One of the secrets to creating value quickly is to Fail Faster it's hard for me to even write this. I try to only say positive words and saying Fail Faster doesn't roll off my tongue easily. This phrase is all about trailing your ideas with your customers and listen to suggestions and improve your offering. I understand the concept, having trialled this methodology last year I know it works, but I would rather have a more positive term and if anyone can help me with a more positive term I would be very grateful.

We ask for your help to keep SpringDale relevant by asking you to tell us what you value about what we do. The services we offer are Childcare, Publications, Classes, Groups and Community Support. If you could spare a few minutes to tell us what you value it will help us develop our Innovation Strategy. We have a short survey on our website, at reception and we would be happy to record your answers over the phone. Please email office@springdale.org.au to be emailed the short survey or phone 5253 1960.

Lastly I'd like to let people know that we have a Breakfast happening on Monday 29 August which will focus on Innovation and I'm thinking that there might be other people who might like to discuss innovation and share interesting ideas. If you are interested in either of these please book with the SpringDale office by emailing office@springdale.org.au or phoning 52531960.

Anne Brackley, Aspiring Innovator



Letters to the Editor



Thanks so much for the steady supply of glass jars that we received over the last month. We would love more small jars but we can often swap bigger jars for smaller jars so please keep them coming. We continue to be grateful to Pauline and Mark Cline for filling these jars with very tasty preserves and relishes. Pauline and Mark have raised more than \$2,000 to help support the SpringDale Messenger which helps support our community. So please keep the jars coming.

Thanks Debra Winter, President SpringDale Neighbourhood Centre.

Surprise 80th Celebrations

My surprise 80th Birthday celebrations were held at SpringDale in June. Not only did my family organise a scrumptious afternoon tea but my SpringDale friends organised a surprise special lunch after ukulele class. Although I did not feel the need to celebrate the milestone and believed it would pass without fuss, I enjoyed sharing every second of them with my family and my SpringDale family. Thank you again.

Margaret, Drysdale.

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



William Sheahan

Funerals

"Committed to Caring"

PHONE: 5251 3477

Call us ~ 24 hours / 7 days



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



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

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THE DELL

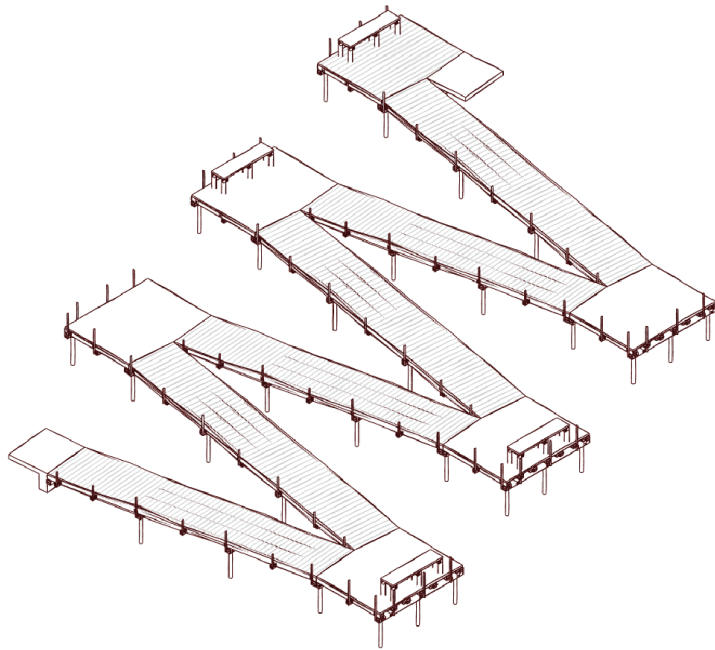


DRAWING LEGEND:

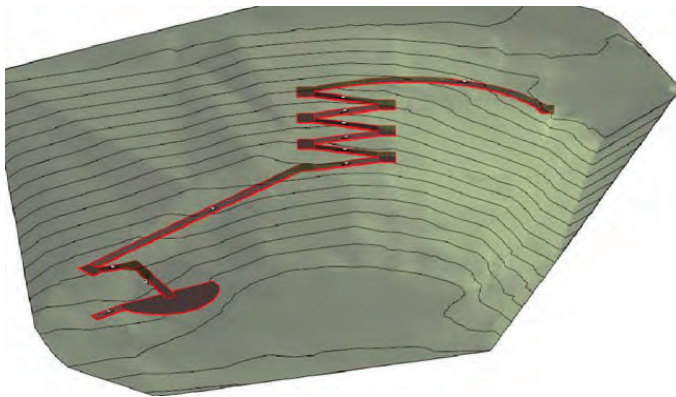
- | | |
|---|---|
| <p>1 Top landing and start of elevated access ramps & paths to The Dell area</p> <p>2 Gently graded path following the natural curvature of The Dell's topography</p> <p>3 Elevated switchback ramps and landings with seating: supported on screw piles</p> | <p>4 Gently graded path following the previous access road of the 80's</p> <p>5 Viewing platform structure & access to The Dell area</p> <p>6 Access to The Dell area & surrounds from timber viewing platform</p> <p>7 All ability access car park and public facilities</p> |
|---|---|

Under construction and due to be completed late 2016.

New Access Path and Elevated Ramps



3D Presentation view of the new Elevated switchback ramps and landings with seating, supported on screw piles: Screw piles were chosen for the project for their minimal footprint impact to the Dell's fragile topography.



3D Schematic view of the location for the new access paths and elevated switchback ramps and landings



A Recent History of Access to The DELL

The Dell is a popular coastal recreation reserve, not only for the local community but for visitors to the region. The site has a colourful history, once being a mineral spring water resort. Vehicular access to The Dell was closed in 2002 following the discovery of a large tension crack and associated mass movement of land, pedestrian access was maintained by way of the stairs and a steep path.

Topography of The DELL

The Dell is located within a prominent natural amphitheatre formed by 20m high coastal cliffs. The Dell is best described as a complex landside formation containing multiple landslides.

Extensive investigations and monitoring of The Dell has continued over recent years and a number of remedial measures implemented which has resulted in a greater understanding and confidence in the geotechnical stability of the site.

Improved Access to The DELL

At present the two access points: a long timber staircase on the western site of The Dell and an extremely steep asphalt pathway on the eastern side present challenges to those who aren't moderately fit.

In order to improve access to The Dell area and surrounds a variety of options were considered and various alignments investigated in order to construct a path and boardwalk which achieves the lowest grade or incline possible.

In considering appropriate alignments, areas of known landslide were mapped, topography analysed and a feature survey undertaken.

New Path and Elevated Ramps to The DELL

The new access to The Dell area will be a combination of pathways and 6 elevated ramps that switchback across the steeper section of the slope. At the end of each ramp there are landings with seating. The ramp structure is suspended on screw piles, some of which are 10 metres in the ground which acts to stabilise the slope. The subfloor and deck is constructed from fibre reinforced plastic which is extremely strong and light weight.

Construction of the new access path and ramps to The Dell is scheduled for completion in the middle of 2016. Council has no intention of closing the stairs or alternative access paths. For further information please contact the City of Greater Geelong's Environment Unit on 52725272.

Beacon Point Pre-School - a few places left for 2017



If you have a child due to start Kinder in 2017, make sure you get your application in with the Geelong Kindergarten Association soon, as places are filling up. With a variety of stimulating indoor and outdoor activities,

interesting excursions and visitors, your child's year at Beacon Point promises to be fun and memorable.

This year the children have enjoyed visits to the Marine Discovery Centre in Queenscliff and the Narana Aboriginal Cultural Centre in Geelong. We've had educational visits from the local CFA, where the children learned about fire safety (as well as getting the chance to climb on the fire engine and play with the hose!) and from Barwon Water, where the children learned all about the water cycle. Coming up we have a visit from Wild Action, where the children will get the chance to learn about (and meet) Australian reptiles and mammals. The children also enjoy regular music and movement sessions with Erin, fun science experiments with Fiona and Brain Gym exercises.

At Beacon Point, we strive to create a warm, stimulating atmosphere and a "home away from home". There are plenty of opportunities for families to get involved at the Kinder, and the children love hosting the Mothers' Day morning tea and Fathers' Day pizza night.



If you missed out on our Open Days, you can still arrange a tour of the Kinder - just contact our educators Alison, Dani, Monique or Donna on (03) 5253 1550 or email: beacon.point.kin@kindergarten.vic.gov.au

Beacon Point Pre-School - 49 Centaurus Avenue, Clifton Springs

The Money School Tip: Taking control

Let me begin by asking you a question - are you in control of your finances or are they controlling you? *If you are not in control, you're treading water, meaning you may be staying afloat, but you're not actually going anywhere.*

Being in control is one of the most important aspects of financial freedom, and the following steps will help you achieve it.

1. Determine the state of your current financial position.

You can't get to where you want to be without first determining exactly where you are right now. This means making a list of all your expenses, income, assets, liabilities and any other relevant factor.

2. Get your house in order.

Preparing a budget will determine if you have a surplus or a deficit. If there's a deficit then decisions and changes need to be made. It may mean getting a second job to pay off the credit card, other debts etc. Also ensure that your financial housekeeping is in order, which means filing paperwork appropriately eg. superannuation statements, bank statements, tax returns etc.

3. Set goals and take appropriate action.

Be proactive, not reactive - that's we are told constantly. Goals are simply images of your desires, and taking action is what's needed to create them and make them real. This is a step-by-step process, and it may take a while, but that doesn't matter, because time will pass anyway.

We are all working towards financial freedom and independence, that is the ultimate goal. Remember that where you stand tomorrow will be determined by what you do today.

Elena Alexander

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The Money School – Free Info session for First Home Buyers

If you are one of many people wanting to buy your own property, but unsure where to start, then this is for you. This session will include options on entering the property market, costs, home loans, researching, and much more.

Date/Time: Saturday 9th July, 10am to 12 noon

Bookings required: Ph 5253 1960

Tutor: Elena Alexander, DipFS, The Money School

Fee: Free

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Drysdale Toy Library



Drysdale Toy Library held their very first World Play Day 'Stay and Play' event raising funds for Monash Children's Hospital at SpringDale. It was a morning of activities for the kids including painting lady bugs, nuts and bolts game, pom pom drop, colouring in, quoits, the rollercoaster, and making Superheroes. It was a chance to play with the new toys from the TAC grant and other popular toys. There were children of ages 6 months - 8 years all enjoying participating in the activities. Bellarine Party Shop donated a free balloon per child and fresh fruit was donated by Drysdale Woolworths. The adjoining SpringDale Occasional Care also opened their doors for activities and tours. This fun packed morning also raised \$20 in gold coin donations for Monash Children's Hospital. Thank you very much to all the people and businesses who assisted in running and promoting this event for the families in our local community.



Come along to Drysdale Toy Library this term and see the large range of toys available for borrowing. Only \$10 per school term. Open Tuesdays 4-5pm and also the 2nd and 4th Saturday of the month 9.30-10.30am. Facebook: Drysdale Toy Library



Statements that might resound with you

A day without sunshine is like night.

*On the other hand you have
different fingers.*

*99 per cent of lawyers give the rest
a bad name.*

He who laughs last thinks slowest.

*Depression is merely anger without
enthusiasm.*

*The early bird may get the worm, but
the second mouse gets the cheese.*

Best wishes from John Clarke

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Rotary Club of Drysdale in Action



The Rotary Club of Drysdale Business Excellence Awards were held on Monday 1 May, and a great evening was enjoyed by all who attended. This event focussed on recognising businesses of Drysdale, Clifton Springs and Curlewis.

President Elect Sue Van Every and Membership Director Bruce Van Every presented recognition certificates and awards to businesses in the following categories.

Commended

Ronniez, Peak Pharmacies, Picnic Time, Clifton Springs Medical Centre, Ground Zero, Bellarine Photographics, Samadhi Beauty, Boutique Hair Room, Springdale \$2+, Razors Edge, Springdale Neighbourhood Centre, Dima's Mechanical Services, Fight Cancer Recycle Shop, Freedom Personal Training, Chris Walsh's Pharmacy, Bellarine Veterinary Clinic, Joshae Hair and Beauty, KG Lawyers, Stockdale and Leggo (Drysdale), Instyle Blinds, Tavid's Print Group.

Highly Commended - JR Coffee

Winner Most Voted - Glamour Puss

The winner of the top award was Curves Drysdale.



The Rotary Club will be holding its next round of Business Excellence Awards in the latter part of 2016, this time for businesses in Portarlington, Indented Head, St Leonards and Leopold. Keep your eye out for participating businesses so that you can vote for and have your favourites recognised.

Rotary is a business/professional network, founded by Chicago lawyer Paul Harris in 1905. If you are looking for a way to make a difference in your local community through your business or profession, becoming a Rotarian is a wonderfully rewarding way to do it. The Rotary Club of Drysdale is currently looking for members, so if you think you have something to offer, please don't hesitate to get in touch with us. We meet at the Clifton Springs Golf Club on Monday evenings for dinner between 6 and 8pm. Contact Membership Director Bruce Van Every on 0409 149 025.

Catherine Eagleson

Rotary Club of Drysdale Publicity Officer



Thanks to the Rotary Club of Drysdale and especially Bruce van Every pictured who brought this piece of infrastructure for our community into being. Thanks Bruce for initiating this project and completing it.

Memorial Seat Unveiled to Honour Work of Roger Lavingdale

On Sunday 22 May, Rotarians family, friends and members of the Drysdale community gathered at the Lake Lorne Reserve to formally recognise the work of the late Roger

Lavingdale. Roger was passionately involved in many community projects and was a twice Past President of Rotary Drysdale. A memorial seat was unveiled and a tree planted in his honour.



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Digital Technology

Bellarine Secondary Collage year 9 students ran a series of sessions recently for the community to understand their mobile phones, iPads or tablets. There was a great turn out with the hall filled with students and community members making the atmosphere lively. With the support and assistance from the students, giving their time for the members to understand their iPad or Mobile a great deal of information was shared. We received a letter

from one of the community, "I enjoyed the two sessions and I learned a great deal ... the year 9 students used their initiative by drawing symbols and writing steps down so it was easy for me to understand and remember..... thanks Liam, Brad, Clay and Bailey" Judy Griffiths
Another set of sessions are coming up on Friday 26th August and Friday 2nd September, 1-2pm at SpringDale Neighbourhood Centre a Gold coin donation would be appreciated.



Diabetes Bellarine Support Group

At our meeting in June we discussed eating with mindfulness. This information from <http://thecenterformindfuleating.org>:

Principles of Mindfulness:

- Mindfulness is deliberately paying attention, non-judgmentally.
- Mindfulness encompasses both internal processes and external environments.
- Mindfulness is being aware of what is present for you mentally, emotionally and physically in each moment.
- With practice, mindfulness cultivates the possibility of freeing yourself of reactive, habitual patterns of thinking, feeling and acting.
- Mindfulness promotes balance, choice, wisdom and acceptance of what is.

Mindful eating is:

- Allowing yourself to become aware of the positive and nurturing opportunities that are available through food preparation and consumption by respecting your own inner wisdom.

- Choosing to eat food that is both pleasing to you and nourishing to your body by using all your senses to explore, savor and taste.
- Acknowledging responses to food (likes, neutral or dislikes) without judgment.
- Learning to be aware of physical hunger and satiety cues to guide your decision to begin eating and to stop eating.

Someone Who Eats Mindfully:

- Acknowledges that there is no right or wrong way to eat but varying degrees of awareness surrounding the experience of food.
- Accepts that his/her eating experiences are unique.
- Is an individual who by choice, directs his/her awareness to all aspects of food and eating on a moment-by-moment basis.
- Is an individual who looks at the immediate choices and direct experiences associated with food and eating: not to the distant health outcome of that choice.
- Is aware of and reflects on the effects caused by unmindful eating.



- Experiences insight about how he/she can act to achieve specific health goals as he/she becomes more attuned to the direct experience of eating and feelings of health.
- Becomes aware of the interconnection of earth, living beings, and cultural practices and the impact of his/ her food choices has on those systems.

Our next meeting is on Thursday 7th July at 2pm and more information available: <https://www.facebook.com/DiabetesSupportBellarine/>

Picture of Flourless Orange Almond mini cakes

Agata Commisso

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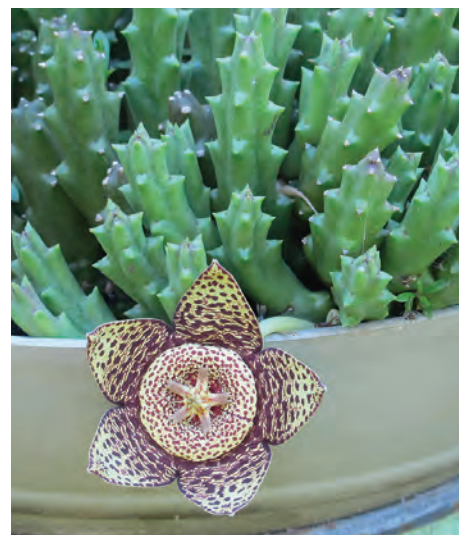


Clifton Springs Garden Club

I have just finished reading the June Edition of the Messenger while I contemplate what to write for the July edition, on behalf of the Garden Club. What struck me was the theme running through this edition, "Community" whether it be gardening, Rotary, learning a new language, cooking etc. I thought to myself, the Clifton Springs Garden Club is a Community group, whose purpose is to encourage and develop a greater appreciation of gardens, to provide information on gardening and the opportunity of sharing an interest in gardening with other gardeners. Gardening participation can come in many forms, your own garden, a community garden, or helping someone else do their garden, or by visiting the many beautiful open gardens we have in our state. The Clifton Springs Garden Club tries, through their yearly calendar to cover all these aspects of gardening, by providing a selection of interesting speakers who talk on a wide range of gardening topics and we also provide opportunities to members and non-members to visit open gardens, that you may not readily visit yourself. The Club is very community minded and members love sharing their knowledge as well as their plants. If you are a gardener you might like to come along to one of our monthly meetings as see the Community spirit in our gardening club for yourself.

Meetings are held on the 3rd Monday of each month, except July and December.

If you would like more information on our Club, please contact our Secretary Helen Allan on telephone 5257 1566 or email hallan@iprimus.com.au.



Bellarine Support Group for Kinship Carers

Every month a few more grandparents find out about our group and we are able to point grandparents to services that they didn't have a clue about. The number of grandparent or kinship carers continues to grow. In a recent regional roll call of kinship carers there were hundreds of people in this caring relationship mostly with a grandchild or grandchildren.

We meet monthly and our meeting time goes so quickly. We listen to each other because not every Kinship Carer is experiencing the same concerns. Most of our concerns relate to Centrelink issues, financial issues and the court system. Most important are the issues relating to our grandchildren.

Being able to assist other Kinship Carers in what they need to survive will continue to be our groups main focus. Whether it is in the form of practical advice or assist with being able to put food on the table for themselves and their grandchildren.

The Kinship Carers meeting is held every month 10am to 1pm at SpringDale. Our next meeting date is Monday 11th July at SpringDale.

If you are a Kinship Carer we would love to see you there.

For inquiries please contact

Jeanette Hanley-Heath 0414 308 257



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kel's corner

Vision is important

Although my sight continues to fail, I'm still able to spend some time making others happy and remembering all the wonderful things that have happened. Seeing the faces of the residents of Drysdale Grove when I go to visit and they see Jack and they are so happy. Dorothy who is coming up to 102 just loves Jack as do many others.

Seeing the faces of friends when they are trout fishing and the line goes off screaming and a trout jumps out of the water. It changes your day and you are wondering if you have a fish that might win the competition.

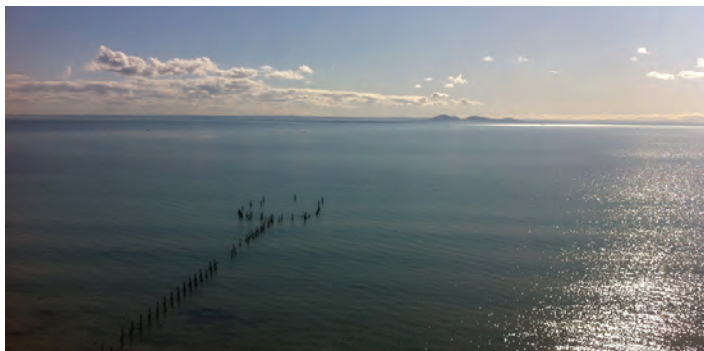
When traveling in a convoy of trucks watching the truck drivers watching out for all the other. Driving from Hay to Cobar and Mt Hope and we came near big mobs of kangaroos. The sunsets traveling from Albury to the Adelaide market with a load of potatoes the sunsets were amazing. Herds of wild goats in NSW near Bourke.

During the Annual Fire Brigade Demonstrations, when Drysdale camped as a team, watching and waiting in line for meals was always a happy time and being able to try to talk my way up the queue where the ladies serving the home cooked tucker.

I used to be able to see an ant on the You Yangs now I can't even see the You Yangs.

Kel Davis and Anne Brackley scribe and suggester of this topic.

PS I'm sorry to say this was not a great topic to suggest. With the distances that Kel has traveled and the many things that Kel has done, I, Anne Brackley, thought this would be a great topic – but it was like pulling teeth. It was obvious from the conversation that surrounded the writing of this article that Kel is much much much more comfortable focusing on things he could fix or things he could do rather than reflecting on the beauty that he saw along the way. Please suggest anything that you would like to hear about to help this duo bring your questions to life.



Drysdale Clifton Springs Community Association

DCSCA and the Bellarine Catchment Network are collaborating to promote awareness of local environmental issues. For example, earlier this year, they co-published a booklet introducing the area's plants and animals; and for the last two years, they have run an Environment Day at The Dell for local school students. The aim is to introduce students to some of the area's indigenous wildlife and to revegetate the area with indigenous plants. This year, they held two Environment Days – one in May near the Clifton Springs boat harbour, the other in June at MacLeod's Waterholes.

A Murano glass master to Drysdale

DCSCA's Festival of Glass sub-committee plans to bring Davide Penso – a master glass artist from Murano, Italy – to the 2017 Festival of Glass. Murano - an island off Venice - has been a centre of excellence for glass art for centuries; and Murano glass masters are renowned for their skill and creativity. Davide runs a glass art jewellery business and has exhibited and taught internationally, including at the Murano Glass Academy and the USA's Corning Museum of Glass.

Under the banner, Glass Inspirations 2017, Davide will present glass-blowing demonstrations and classes, building on the success of this year's version, which brought Australian glass artists Peter Minson (Canberra) and Mark Elliott (Sydney) to Drysdale. The Festival sub-committee is currently seeking sponsors to cover the costs of bringing Davide to Drysdale and it has assisted five local glass artists to seek funding from the City of Greater Geelong that will help them to attend Davide's classes. Bringing Davide to the area will be a small but significant step towards establishing a Glass Art College on the Bellarine.



Davide Penso at work.

If you have an issue that needs attention, or if you'd like to be involved in DCSCA, 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/

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This is a monthly hands-on workshop over the following dates, all handouts, questionnaires and product kits will be available at each workshop. You will be helped every step of the way, also extra adhesives, page protectors will be available.

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Portarlington Demons Football Netball Club

The Portarlington Football Netball Clubs Annual Ladies day was held recently whilst playing against Queenscliff. This year's theme was "Yes I can" with the room filled with yellow. 'Yes I can' was to bring inspiration to the day and to our guests.

Our guest speaker Mary Henley-Collopy was the inspiration we needed.

Mary is a survivor of Thalidomide which caused her to be born with birth defects. With no arms and legs but fingers and toes Mary has achieved amazing things. She is an artist, social worker, water skier, snow skier and her main mission in life is an aid worker in Uganda. She has set up communities with workshops to help fight poverty and the aid epidemic in Africa.

Mary has founded her own organisation called "The Power of Two" which helps assist her and her colleague's travels to Uganda. Amazing women with many challenges in life but an 'I Can' attitude' hence the theme.

It was a fantastic fun filled day for the 80 guests in attendance with food, wine, cocktails, games and raffles to keep everyone entertained.

Every year a monetary donation is made to a nominated organisation and this year we are more than delighted to help support the 'Power of Two'.



Ladies Day



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Football Club in Desperate need of Sports Precinct

The Drysdale Football Club is continuing to push council to hasten the development of its proposed Sports Precinct on Peninsula Drive as its current home ground begins to show wear and tear from hosting up to eight games per weekend.

The club is frustrated by the slow progress of the new precinct, which began with community consultation back in 2009. Now, 7 years later and 11 months after council approved their funding, it is still only in the design phase.

The challenge of having 400 plus under age footballers plus 60 seniors trying to train on one oval is a logistical nightmare, with Auskick and U9's and U10's having to utilise

the Drysdale Primary school oval which has poor drainage and minimal maintenance.

By way of its role on the reference committee for the Drysdale Clifton Springs Sports Precinct project, where it is represented by club stalwart and civil engineer Peter Preece, the club is desperately keen to find cost savings in the current Stage 1 plan so that council can use money saved to lay instant turf rather than seeding so that they might get on the ovals some time in 2017, rather than 2018 if seeded. It is estimated that the difference in cost could be \$240,000 between seeding and turfing.

The facilities at the existing oval are never likely to be improved due to cultural heritage issues hampering any further development. In addition City of Greater Geelong may not spend money in the current reserve with the new precinct being imminent.

Of course it is not just Football that needs new facilities for our rapidly growing population. The local Soccer Club have nowhere to train or play. Other sports like netball, cricket and tennis are all catered for in the longer term plan for the site.

We will need to seek funding from all levels of government if we are ever to get to the second stage, which includes a full pavilion similar to the new facilities at Ocean Grove. We would appreciate Federal Government support similar to that given to Ocean Grove. Strong community support will be needed to ensure that the children of our growing township have somewhere to play.

Ross Deeath

Junior Coordinator Drysdale Football Club

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SATURDAY
30th July
 7.30pm ~ 10.45pm
 Springdale Hall in Drysdale

Guest Caller
Jane Bullock


Bush Dance

With The Springdale Open Dance Band

All Dances Called - No Partner Required

Family \$25 Adults \$10 Students \$5

Please bring a Plate of Supper to Share



DANCE CALLERS WORKSHOP



At the SpringDale Neighbourhood Centre from 4.30PM to 6.00PM with Jane Bullock.

Jane Bullock has offered to run a dance workshop for folk who would like to try their hand at dance calling. The dance workshop will be structured for new dance callers; experienced dance callers are also welcome.

Cost of \$10.00 includes free entry to the evening bush dance and a chance to try your new skills. Bookings can be made by phoning the SpringDale Neighbourhood Centre 52531960

JANE BULLOCK is well known around Melbourne and across Australia, and has been calling Bush, Colonial, Contra, English and Maypole dances since the 1970s. A regular member of the Brumbies Bush Band, Delia's Friends English dance band, and the Victorian Folk Music Club's Billabong Band, Jane is recognised for her ability to call for experienced dancers, beginners and children. Jane appears regularly at festivals including Nariel and the National Folk Festival, and has appeared as a guest caller in both the UK and USA.

**SATURDAY
30th JULY**

Come and give it a go