



The SpringDale Messenger

September 2016
Volume 26 Issue 8

ABN 21 404 220 267

Compiled & Published by the SpringDale Neighbourhood Centre Inc.

BELLARINE VINTAGE MACHINERY DISPLAY 4 SEPTEMBER

Bellarine Vintage Machinery group are holding their annual Vintage Machinery display at the Bellarine Railways Drysdale station precinct on 4 September (Father's Day). The Vintage Machinery group (a sub group of the Bellarine Agricultural Society) was a group formed by local people interested in preserving, restoring and operating all types of vintage machinery and equipment. The event gives the public a chance to see tractors, stationary engines, steam engines, cars and trucks used and owned by their parents and grandparents from years ago. Many older people will remember when this machinery was used daily on farms and roads in their younger days. This year the group will have demonstrations on chaff cutting and grain thrashing. It is also planned a 101 year old rail mounted steam crane operating at the event, with Bellarine railway running short carriage rides from Drysdale station, along with their regular service to Queenscliff.

The event will be run at the Drysdale railway station, in partnership with the Bellarine railway who have been the major supporter of the event every year. Gate will be open at 9am for the public to view the exhibits with the demonstrations being run during the day. Entry cost is \$5.00 per adult or \$10.00 per family (with railway rides at an extra cost). It is a great way to see the "good old days".



Turn to pages 11-14 New COURSE GUIDE Oct - Dec

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

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

SEPTEMBER

Friday	2	Spud Club Open Mic 6.30pm Potato Shed
Saturday	3	Bellarine Football League Grand Final at Drysdale
Saturday	3	Harvest Basket Produce Swap SpringDale 9am – 10.30am
Sunday	4	Fathers Day
Sunday	4	Vintage Machinery display at Drysdale Station 9am
Friday	9	Galaxies and Gum Leaves 7.30pm Potato Shed
Saturday	10	Galaxies and Gum Leaves 2pm Potato Shed
Wednesday	14	Days for Girls, SpringDale, 9am – 12noon
Friday	16	School Term 3 ends
Tuesday	20	Geelong when I Grew Up (Morning Showtime) 10.30am Potato Shed
Friday	23	Drysdale Day View Club meeting, 11am Portarlington Golf Club
Tues-Frid	27-30	Molly's Magic (school holiday play) 10.30 & 1.30 Potato Shed

**Bookings &
copy required by
1 September for
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issue**

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

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

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



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Coordinator's News

Anne Brackley



Thanks to everyone that keeps SpringDale humming, all our staff (paid and unpaid) our group leaders, our tutors, our members and our friends. I've been gallivanting over Victoria in search of ideas and contacts that might help take SpringDale forward in the future. The world is changing so quickly and for us to stay relevant and be able to bring our community with us we need to be in the forefront of change. At the same time we commit to continue to provide the services that our community continues to love.

In Camperdown, the topics were Partnerships and Creative Design and while there I was able to find a world famous statue of Robby Burns. This statue is the stimulus for the regular Robby Burns Festival. The Festival is a stimulus for visitors to come to the area but the statue is in the town drawing people in all year round. I love finding each town's point of difference. I continue to believe Drysdale's point of difference is that we are named after the first town in Australia to be named after a woman and that Anne Drysdale was the first woman to be able to vote in Australia (although it was only for a short while). This makes us unique in Australia and I continue to believe this is a strong point of difference that no other town can take away from us. Sorry I am passionate about this subject.

During the sessions in Melbourne I heard Dr Jason Fox, Holly Ransom, Craig Davis, Yvonne Adele, Toby Travanner and Glynn Nicholas all speak about values and especially mindfulness. Almost every discussion boiled down to trust, respect, allow yourself to make mistakes as it is from those experiences that we learn most. All of these amazing speakers were part of the Small Business Festival and they were inspiring. During a networking activity I met a gentleman who has a business in Geelong which helps people to know where cables are before you dig. He lives in Moolap and has been through Drysdale many times but had no idea of SpringDale or any Neighbourhood Centre. It was great to be able

to build another connection and open the door to Neighbourhood Houses to another community member.

Small businesses are so important to our community, they provide so many opportunities for employment and economic development. SpringDale has supported small businesses in many ways over our 25 plus years and over the last ten years we have been bringing businesses together at our quarterly Business Breakfasts and through our range of other services. One of our current projects is to create entry level sessions to help people consider innovation and entrepreneurship as a career option. We have put many years into researching this subject and we are very close to testing and would love people to help us test the initial rounds of these sessions. Love to hear from you if you would like to help and maybe help yourself at the same time.

Over the last month I have wanted to share some information and I would love to know your best contact – emails and mobile phone numbers are our favourite ways to contact you but happy to understand what works best for you. Please let our office know your details if you would like to be given information as it comes to our attention between SpringDale Messengers.

Looking forward to seeing you during Adult Learners Week 1-8 September or at anytime.

Anne Brackley

on behalf of the SpringDale team.

UPDATES

Thanks to everyone who has brought glass jars for relish making, blankets, coats and toiletries for the homeless, food for the foodbank, donations for animal food all of these have been gratefully received and forwarded.

Thanks to all the people who have made stars to counteract violence we still have ribbon for more and would love people to support this initiative to help us buy more ribbons. Some people have said they would be interested in a regular Bus excursion but we probably need a few more for us to proceed so please register your interest. Thanks for showing support for all the ideas that are presented to our community.

Please remember if we wish to keep the increased bus services we need to use them – I'm hoping to get to the Ferry using the bus – how can you use the 60, 60A and 61 buses in our area?

Still to commence in September

- Fri 2 Understand your phone/iPad/ device 1pm \$2
- Sat 3 Espresso Coffee Making 10am \$40
- Mon 5 Card Making Workshop 1pm \$5
- Wed 7 Painting workshop 10am \$30
- Mon 12 What iPad / Tablet should I buy? 5pm \$10
- Wed 21 Water colour workshop 10am \$30
- Sat 24 Writing review workshop 2pm \$40

Please book in and confirm your attendance with payment prior to the date.



The New Rules of Social Media

Facebook and other social media have changed - it's harder to reach your audience, no-one responds and it can feel like you're alone in the desert. In this session our presenter, James Crook, will outline how you can break through using your Business Page to make a real impact on your followers, and where alternative opportunities lie in Groups, Advertising and other social media channels.

Event details:

Date: 21.9.2016 - 9:30am to 11:30am
Place: SpringDale Neighbourhood Centre, 17-21 High Street, Drysdale
Price: \$20 including GST
Tickets: www.trybooking.com/MCZW

If you need to know more, please contact Les Watson at Small Business Smart Business on 5222 2234 les.watson@geelongchamber.com.au

Places are limited so book early!



2016 Business Directory – collect yours at SpringDale

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



Update on Community Safety and Policing

As I have written on many occasions, community safety is an important priority for me as local member. So like all on the Bellarine, I was appalled and am very concerned with the recently committed serious crimes that have severely impacted on a number of our local residents.

As Minister for Police I am focussed on decisively tackling these crimes. For example, in conjunction with the Commissioner of Police, changes will be made to the no vehicle pursuit policy that will send a clear message that offenders will be pursued, but in doing so police officers will not put other road users at risk.

In addition, later this year the State Government will be introducing new laws that will target car jackings and home invasions, with offenders facing lengthy jail sentences. Police numbers are always an issue and the Andrews State Government is employing four hundred extra police across the State.

Fifteen of these officers have already been engaged in the region allowing for the re opening of the Drysdale, Portarlington and Queenscliff stations. And with further police to be recruited over the next two years and I am confident more will be employed locally.

Portarlington to Melbourne Passenger Ferry Trial

It was great to see that the successful trial run of the Portarlington to Melbourne Ferry that took place on Friday 29 July. A full vessel of four hundred passengers took the return trip to Docklands of approximately 90 minutes each way.

The trial is a significant step forward for the introduction of a possible permanent daily service and in supporting such a service the State Government has committed \$15 million in building the new Portarlington Safe Harbour that can cater for the ferry.

I take this opportunity to congratulate Port Phillip Ferries on the trial and I now look forward to their report back to Government on their review of the trial. I am also told that all passengers on board enjoyed their trip and the fact that into the future they can say they were amongst the first to have travelled on the ferry service.



Travel Grants to help emerging athletes on Bellarine

I was pleased to announce the recent opening of the latest round of the "Athlete Pathway Travel Grants" Program, which helps athletes compete and participate without the burden of travel costs.

Some of Victoria's most celebrated sports stars come from regional Victoria, where travel to and from competitions or training camps can be difficult.

The State Government understands getting to and from state and national competitions can be a challenge for emerging regional athletes. That's why State Sporting Associations are able to apply for grants of up to \$6000 for teams or \$2000 for individual athletes to travel to compete at national events or training camps.

Clubs can also apply for grants of up to \$750 to assist athletes, coaches, officials and teams with travel costs.

In its first year, the Athlete Pathway Travel Grants Program provided 256 successful applicants from more than 60 different sports across the state a share in \$533,000 funding.

The grants are currently open and close on 22 September 2016.

For more information visit www.sport.vic.gov.au

Hon Lisa Neville MP
Member for Bellarine

lisa.neville@parliament.vic.gov.au

Twitter@Lisanevillemp

Ph: 5248 3462

Last minute OPPORTUNITIES

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

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



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LISA NEVILLE MP MEMBER FOR BELLARINE

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#womenshealthweek Jean Hailes FOR WOMEN'S HEALTH

Jean Hailes for Women's Health will be getting rid of those elephants during Women's Health Week 2016 (5-9 September).

Women can be good talkers, but when it comes to health we often don't take the time to ask questions, seek out credible information and work out a sound plan of action.

To celebrate the week Drysdale Osteopathy invites you to come along to a Women's Health Expo on Tuesday 6th September 12pm-1pm at Springdale Hall. Local health professionals will be doing small presentations and information stalls with plenty of opportunity to ask questions.

"This is a great opportunity for women to find out what they need to know about women's health, what they want to know and what's not being talked about," Jean Hailes Executive Director, Janet Michelmore.

To help celebrate Women's Health Week, Drysdale Osteopathy are also holding the following at their clinic.

- Monday: Body image – you are your own critic "Wear Pink to Work Day"
- Tuesday: What's normal? Health Expo at Springdale Hall 12-1pm
- Wednesday: Mental health – what can you do? (Free Yoga Class 11.30am at Drysdale Osteopathy (limited spots please book at the clinic)
- Thursday: Let's talk about sex - Clinic promotion including information pamphlets please drop in to collect.
- Friday: Healthy weight All day tea party with a healthy twist and Free Pilates class at 11.30 am- please book at the clinic.

Chocolates For Everyone

Chocolates for Everyone started in Lovely Banks, where Doris Knight started as a sole trader after being a chocolate maker for Kaiser Chocolates in Belmont for more than 8 years. Doris brought the Plane which resides in the front yard to emphasise the fact that her chocolates are not "plane".

Drysdale's own hand made chocolates, coffee and cake, gifts and hampers are available Thursdays to Sundays 9am - 5pm or by appointment. Doris allows people to select the contents of the hampers to suit their taste, which make fantastic gifts, maybe something special for Fathers' Day.

I'm happy to speak at any group meetings about chocolate making and starting a business on the Bellarine.

Please contact me if you would like me to speak. Doris Knight 0407 849 969.



Don't forget Father's Day Sun 4th Sept

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Drysdale's own handmade chocolates, coffee and cakes, gifts and hampers.

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POTATO SHED 2016 season programme

MORNING SHOWTIMES
Tuesday 20 September
start 10.30am, \$15pp - Morning Tea incl.
Geelong When I Grew Up
Old film clips and images of Geelong collected, edited and presented by Colin Mockett with live commentary and music from Shirley Power.

BOOK EARLY

A CHILDREN'S PANTOMIME
27, 28, 29, 30 September
10.30am & 1.30pm each day
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The Potato Shed
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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.

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COMPETITION CLOSES 3PM FRIDAY 23 SEPTEMBER

Launching Mental Health Week in October

This year Mental Health Week will run from October 9 -15 with World Mental Health Day marked every year on the same day October 10. This week aims to activate, engage and educate Victorians about mental health issues.

'Communities of the Bellarine Walk for Wellbeing' invite you to be part of launching this week by walking a leisurely three kilometres on Sunday October 9 along the foreshore in Portarlington. In its third year the Walk for Wellbeing continues to celebrate health and wellbeing and to support greater understanding and awareness about mental health. Entry is a donation with funds raised going to Bellarine communities' mental health and wellbeing activities.

Time to complete the walk at a leisurely walking pace is about 40-60 minutes, or power walk, jog, run, skate, walk with your dog on lead, pole walk, travel by motorised scooter, walk part of the distance or lap the course if you wish.

Every participant in the walk will be given a green ribbon to wear symbolising growth and renewal, restoring a sense of wellbeing. You



can also pick up a green wrist band with our mental health message 'A problem shared is a problem halved'. Our shared hope is that mental illness becomes no more difficult to talk about than other health issues free of stigma and that support services are there

when needed.

If you would like to take part, assemble on the foreshore at Pier Street, Portarlington with registration from 10am onwards and walk at 11am. If you have any queries please contact the event team on 5259 3138.

Bellarine Support Group for Kinship Carers

We're turning ONE on the 7th September

If you are a Kinship carer come along to our first birthday on the 5th Sept. Being a Kinship carer is so difficult on your own - so let our little group assist you in whatever you need help with, concerns with Centrelink, Child Support and the court system are a minefield of problems for Kinship Carers.

Every day grandparents are asked to care for their grandchildren on a long term basis. The number of Kinship Carers in Australia is now double the number of Foster Carers, that are caring for children under the age of 18 years.

The Bellarine Support Group for Kinship Carers meeting is held every month 10am to 1pm at SpringDale. Our next meeting is Monday 5th Sept.

If you are a Kinship Carer we would love to see you at our meetings.

For enquiries please Jeanette 0414308257



Mindfulness

Mindfulness: Dealing with the Reality of Living.

Notice, Accept and Commit are three aspects of mindfulness meditation that can be applied to gracefully respond to the obstacles that are often scattered along our life path – pain, anxiety, worry and loss.

This eight-week practical course led by Dr Max Simmons, a retired psychologist, follows on from previous SpringDale Mindfulness courses and is relevant to both experienced and beginning meditators.

Dates/times: Wed 12th Oct - 30th November 1.30 pm - 3.00 pm

Where: Donnelly Room, St James Anglican Church, Collins Street, Drysdale

Tutor: Dr Max Simmons




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RSL Member Profile - Antonius Tol



My name is Antonius Tol, otherwise known as Tony.

I originally registered for National Service but was not called up, I then spent quite a while thinking about whether or not to join up, prior to actually joining.

I first joined up on the 17th August 1966, and completed my basic training at Geelong 10th Medium Regiment for approximately twelve months. As my experience with transport outside of the armed services was recognised, I was placed in Transport. I remained in transport until I discharged on the 1st November 1970 as my work commitments made it difficult to remain in service. I then rejoined on the 6th November 1974 and spent that time in a number of positions, including being in charge of the mess for the 10-week training excursions, assisting in the 37th Battery Store, clerking in Head Office and being in charge of the Transport Store. I was also a driving instructor. I then discharged on 11th March 1987. In total I had served for 16½ years, deemed efficient during all times of service.

During my second time enlisted, I had the opportunity to act as store person, along with transporting supplies to the guns during training sessions. In recognition of this work, I was offered the opportunity to train in catering. I ended up training and qualifying as

a Cook. Not long after this I was asked to train to be promoted to Corporal, which I declined. I was quite happy to do whatever was asked of me but preferred to remain in the trenches, for want of a better description. During this time, I had also been employed in government positions including a Police Officer and Prison Officer. I found my training in the armed services to be helpful in these positions.

The opportunity arose for the family to buy a dairy farm, which made it far more difficult to remain enlisted as farming is quite time consuming and the farm we eventually purchased was well over an hour and half away from the nearest barracks. So, reluctantly I resigned the service.

I retired from farm life at the age of 65. I have since become a member of the RSL and a member of the 10th Medium Regiment Association. I was also invited to become a member of the National Servicemen's Association but didn't feel I qualified for membership as I had never actually served.

I now enjoy the life of retirement along with my wife Maria, residing in Clifton Springs. Enjoying time spent with the grandchildren and taking long country drives. I was, until recently involved in a voluntary capacity with the State Emergency Service, but that is a whole other story.



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Money Tip - *Habits*

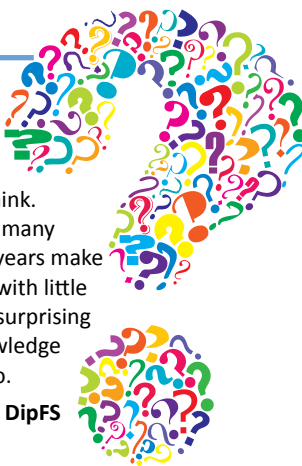
One of my favourite saying is 'If nothing changes, then nothing changes'. Sounds almost silly, I know, but it's true. We all have different ideas and opinions on how to handle money, and we all have different habits (some subconsciously) on how we go about it. Most of your money habits and attitudes today are linked to what you experienced and learned in your earlier years from your parents, family members and caretakers. These are learned behaviors.

I suggest you take a few minutes and think about your money habits i.e. how you handle your money on a day-to-day basis. You may wish to make a list of both positive and negative traits, and consider how your family or caretakers handled money issues when you were growing up. Were they frugal with their money, and watched every penny? Did they always manage to save something, even though their income was limited? Or were they spendthrifts - carelessly spending their money with little or no thought to the consequences? Were they able to make ends meet or was it always a struggle to pay their way?

You should also be aware of how important money is to you and how big a role it plays in your life. All of these insights will help you to evaluate why you are in your present circumstances and what you can do to improve them.

Changing your money habits may not be as difficult as you think. I have witnessed many people over the years make transformations with little effort. It's quite surprising what a little knowledge and desire can do.

Elena Alexander, DipFS



The Money School – Free Seminar

The seminar focuses on budgeting, home loans, investments 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: Mon 7th Nov, at 7pm - 8pm
(Bookings required) At the Springdale Neighbourhood House. Phone 5253.1960

Tutor: Elena Alexander, DipFS, The Money School

Messenger

Over the years SpringDale Messenger has won some awards with the Community Newspaper Association Victoria. To ensure we submit the correct article for the correct category, I rely on a panel of SpringDale friends to help us. These friends have had an interest in newspapers / magazines in part of their lives. Our entries have just been finalised for 2016 but if you have skills that you would like to volunteer to help us with this process for 2017, I'd love to hear from you.

We are also hosting an Article Writing session on Saturday 29th October to help our contributors and potential contributors to write even better articles for the SpringDale Messenger. There will be no fee charged for this class if you are contributing or intending to contribute to our Messenger in the near future. Please book with SpringDale office to reserve your place.



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Guides Accept The Challenge

We've taken up the Guides Victoria Sunflower Challenge to encourage more girls aged 5-17 to join. Over the next few months you may see Guide Sunflowers popping up. Please help us to spread the word. We meet Thursdays from 4.00pm at the SpringDale Neighbourhood Centre. Activities include Art and Craft, Cooking, Camp skills, Life skills and Leadership skills. Girl Guiding is a great opportunity to build confidence and to make lifelong friends. We hope to see you soon.

Yours in Guide

Kelly Barrett

Sunflower Champion

For more information contact Anne on 0407 529 205.



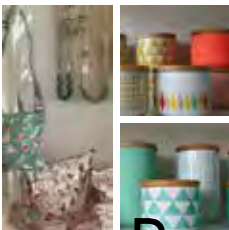
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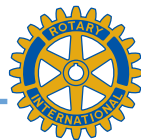
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Rotary Club of Drysdale in Action



Are you looking for a way to make a difference in your local community and the wider world? Becoming a Rotarian could be just what you are looking for.

Perhaps you have just moved to the Drysdale area. It is the perfect way to network, have fun, and make life-long friends in your new community.

Rotary is a business/professional network, founded by Chicago lawyer Paul Harris in 1905. Vocational, one of the Rotary Avenues of Service, calls on every Rotarian to work with integrity and contribute their expertise to the problems and needs of society.

For more information, please contact our Membership Director Bruce Van Every on 0409 149 025.

Rotary Club of Drysdale Mentors New Intake of Young Artists

We have another four students who are embracing the opportunity of learning from Mentor Jill Shallness as they accept the challenge of being a part of the Bruno Callori Young Artist Mentorship Program being offered for the sixth year by the Rotary Club of Drysdale.

We have a focus on helping youth to be the best they can be in the area of art.

I recently visited the Winter Garden in Geelong where I witnessed the students already learning about the different mediums. They already have produced some works they should be very proud of. I can't wait to see what they will produce for our Annual Easter Art Show in 2017.

Caroline Rickard - Mentorship Coordinator

Thanks Colin

Colin Barnard has been our Introduction to Computers tutor for the last two and a half years. He has trained 100 people through hundreds of hours of tuition. Colin employed his years of experience working in the computing field to instruct and support our community members. He has been able to demystify initial computing experiences for many people. Thanks Colin, enjoy retirement and we look forward to you still helping the community in other ways.



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Spring in the Kitchen

The gardens are bursting with colour and filling with spring vegetables as the days are getting longer. It is still cold

enough to slow cook meals with or without meat. Whether it's a vegetarian dish with lentils and beans or a couple of bones and shanks, a bouquet garni will add extra flavour and aroma.

A bouquet garni is a bundle of aromatic herbs. French for "garnished bouquet" it is a bundle of herbs usually tied together with string and mainly used to prepare soup, stock, and stews. It is cooked with the other ingredients, but is always taken out just before serving.

There is no actual recipe for bouquet garni. Most recipes include thyme and bay leaf. It may also include parsley, basil, chervil, rosemary, sage, savoury and tarragon. Sometimes celery leaves or celeriac, leek, onion and parsley root are included in the bouquet.

Some like to place the ingredients in a small sachet, a net, or a tea strainer. Traditionally, the aromatics are bound within leek leaves, though a coffee filter (or cheesecloth) and butcher twine can be used, instead.

Bay leaf has been used for flavouring by our ancient relatives for ages. It is an essential in European cooking, as well as in the Americas.

As a leaf off the tree it is not aromatic. It is used in soups, stews, meat, seafood, vegetable dishes, and sauces. They remain very stiff even after thorough cooking and may pose a risk of scratching the digestive tract or even causing choking. The bay leaf should always be removed before serving (can be abrasive in the digestive tract).



Raw Leeks are crunchy and firm and most of it is edible - the white base of the leaves (above the roots and stem base), the light green parts, and the dark green parts of the leaves, especially when fresh. The dark green portion is usually discarded because it has a tough texture, but it can be sautéed or added to stock for a light version of onion flavour.

Chopped finely, leeks enhance any recipe (use in place of onion) and especially great when stir fried with asparagus or broad beans at this time of the year. They are easy to grow, cutting little bits off as required, a little bit goes a long way. Here are some more ideas to use leeks for extra flavour, colour and texture:

- Leek and potato soup
- Leek and sweet potato tartlets
- Leek and cauliflower soup
- Leek baked with fennel and potatoes
- Leek and asparagus in an omelette
- Leek and fish
 - baked in foil or parchment paper
- Leek and mushroom risotto with or without chicken!

Lamb Ragu

Extra virgin olive oil
1Kg Lamb mince or pieces
Salt & pepper
2 leeks, chopped
2-3 garlic cloves crushed
1 cup red wine
2 cans tomatoes** or passata
1 bay leaf
1 cinnamon stick
some parsley, chopped

In a large pot (will need a lid), heat 1/3 cup olive oil over medium flame.

Add the lamb to the pot.

Season with salt & black pepper & brown well.

Remove the meat.

Add the leeks and sauté until softened, about 4 minutes.

Add the garlic and sauté until it gives off an aroma, about a minute longer.

Add the red wine and let it reduce by half.

Add the bay leaf, cinnamon stick, and tomatoes** or passata.

Simmer for 5 minutes then replace the meat.

Lower the heat, cover the pot, and simmer until tender, about an hour.

Taste for seasoning add chopped parsley.

As a pasta sauce - add your favourite green vegetables and top with grated cheese.

Cans of tomatoes** blended or chopped roughly or plain tomato passata.

Agata Commisso

Wellness and Laugh Coach

Diabetes Support Group Bellarine

At the Diabetes Support Group Bellarine meeting in August we discussed the highlights of keeping the group going. We have shared and compared day-to-day life, ups, downs and many great achievements. It's great to be able to swap recipes and ideas. New members and visitors are always welcome. If you have diabetes or someone you know would like to come along to the next meeting, it is on Thursday 1st September at 2pm at the SpringDale Neighbourhood Centre.

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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.

Dates/times: Mon 4 Oct or Mon 28 Nov 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 register. We will need this information to ensure you are in the correct class.

Introduction iPad

Skill Level: Beginner

Dates/times: Wed 12 Oct - 30 Nov 10am - 12.30pm (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: Mon 10 Oct - 28 Nov 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: Wed 12 Oct - 30 Nov 1pm - 3.30pm (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: Mon 10 Oct - 28 Nov 10am - 12.30pm (8 sessions) **Fee:** \$165 or **Conc:** \$75

Tutor: Jonathan Harris JNH Software P/L

Go Digi - Help with mobile phone / iPhone / iPad / Tablet sessions

SpringDale in partnership with Bellarine Secondary College provides 2 sessions to help people with getting started using your phone or digital hand held device or get started using it better. You're your phone or device and goodwill and we'll provide the rest. A program to inform and to connect the generations. We have had fantastic feedback from previous sessions. Bookings essential.

Date/Time: Fri 21 and Fri 28 Oct 1pm - 2pm **Fee:** \$2

Tutors: Bellarine Secondary College Year 9 students

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: Thurs 13 Oct - 1 Dec 1pm - 3.30pm (8 sessions) **Fee:** \$165 or **Conc:** \$75

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: Tue 11 Oct - Tue 6 Dec 1pm - 3.30pm (8 sessions)

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

Word & Excel for Small Business

Small Business owners and staff never have enough hours in the day. This course will fix that by improving your efficiency, productivity and profitability. Learn how to format a personalised mailout to your customer, an eNewsletter, use style sheets in Word, add an automatic Table of Contents, include hyperlinks to other websites. Time permitting and interest requiring other Office products will be investigated in the class as well. Please register your expressions of interest

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

Tutor: Jonathan Harris

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 29 Oct 9am - 1pm

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

Writing Workshop

Do you have a written 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 29 Oct or 26 Nov 2pm - 4pm

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

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: Mon 3 Oct 10am - 12 noon

7 more 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 confirmed - please register your interest

Tutor: Anne Brackley

The Money School - Free Seminar

The seminar focuses on budgeting, home loans, investments 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: Mon 7th Nov, at 7pm - 8pm

Fee: Free but bookings essential

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: Mon 10 Oct 9.30am - 11.30am

Fee: Free

Tutor: Anne Brackley

Introduction to Sustainability

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

Date/Time: to be confirmed

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

Tutor: Experts in each field

Red Cross Community Wills Day

Red Cross has organised a special event where solicitors will donate their time to prepare a simple Will for local residents.

Date/Times: Tues 18th Oct 10am-4pm

Fee: \$75 bookings essential

SpringDale Neighbourhood Centre Inc. to make an appointment phone 1800 811 700 or email bequests@redcross.org.au

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 15 Oct Cheddar, 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 5 Nov or Sat 3 Dec 10am - 12noon

Fee: \$30

Tutor: Jordon Smith

Photography Sculpting with Light

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: Tues 8 Nov - Tues 29 Nov 7pm - 9pm (4 sessions)

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

Tutor: George Stawicki

Photography Master Class

Have you completed George's 'Sculpting with Light' course and would like to extend yourself further. Hone your skills in time for Christmas with this Master Class and take your photography to a new level.

Dates/times: Tues 6 Dec – Tues 13 Dec 7pm – 9pm (2 sessions)

Fee: \$70

Tutor: George Stawicki

Mindfulness: Dealing with the Reality of Living.

Notice, Accept and Commit are three aspects of mindfulness meditation that can be applied to gracefully respond to the obstacles that are often scattered along our life path – pain, anxiety, worry and loss. This eight-week practical course led by Dr Max Simmons, a retired psychologist, follows on from previous SpringDale Mindfulness courses and is relevant to both experienced and beginning meditators.

Dates/times: Wed 12th Oct – 30th Nov 1.30pm – 3.00 pm

Where: Donnelly Room, St James Anglican Church, Collins Street, Drysdale

Tutor: Dr Max Simmons

Yoga

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

Dates/times: Mon 10 Oct – 28 Nov

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 13 Oct – Thurs 1 Dec

6pm – 7.30pm (8 sessions)

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

Tutor: Glenda Breedveld

Materials: Bring your own mat and blanket if required.

Venue: SpringDale Hall

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: To be advised.

Fee: \$50 **Tutor:** Ken Brackley.

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 13 Oct – 1 Dec 11am – 12noon (8 sessions)

Fee: \$85

Tutor: Sarah Carroll

Ukulele Advanced Beginners

Date/Times: Thurs 13 Oct – 1 Dec 10am – 11am (8 sessions)

Fee: \$85

Tutor: Sarah Carroll

Ukulele Intermediate

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

Date/time: Thurs 13 Oct – 1 Dec 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.

Dates/times: Sat mornings 9.15am - 10.45am

Fee: \$50 for 10 weeks

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: Wed 5 Oct - 9 Nov 7pm – 9pm

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

French for Travellers

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

Dates/times: Tue 4 Oct - 13 Dec 11.30am – 12.45pm

10 weeks (not including Melbourne Cup)

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

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 3 Oct, 7 Nov, 5 Dec 1pm – 3pm

Fee: \$5 and Membership of SpringDale

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 11 Oct – Tue 29 Nov 1.00pm – 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 10 Oct – Mon 28 Nov 10 am – 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 11 Oct – Tue 29 Nov 10am – 12.30pm (8 sessions)

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

Tutor: Annette Playsted

Materials list available from SpringDale office.

New Wednesday Morning Workshops

Still Life Drawing Workshop

Date/time: Wed 5 Oct, 10am – 12.30pm

Portrait Drawing Workshop

Date/time: Wed 12 Oct, 10am – 12.30pm

Further details and Materials List on application

Fee: \$30 each

Tutor: Annette Playsted

Book of Me Workshops

Your story encourages you to reminisce and search your past.

Date/time: Thursday Group 27 Oct, 24 Nov 1pm - 4pm

Saturday Group 22 Oct, 19 Nov 1pm - 4pm

Fee: \$10 per month plus monthly kits (between \$10 to \$15 per month) Please book at SpringDale or if you have any queries call 5251 3008.

Tutor: Lyn Clough

Accredited Courses

Provide CPR *Code HLTAID001*

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

Dates/times: Fri 21 Oct 9.30am - 12noon

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: Fri 21 Oct 9.30am - 3pm

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.

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!

Dates/times: Friday afternoons 1pm - 2pm

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.

Thur 1.30pm - 3.30pm

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, 40¢ 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 afternoons 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

Scrapbooking Group

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 products available to purchase.
Thurs 13 Oct, 10 Nov, 8 Dec 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

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. Contact Spike and Jodie for more information Ph 0402 186 040

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 5 Sept, 3 Oct, 7 Nov, 5 Dec
10am - 1pm

Business Breakfasts

Monday 28 Nov 7am - 8.15am Breakfast \$20.
In 2017 Business Breakfasts will be run in February, May, August and September.

Bush Dance

Next Bush Dance will be on Saturday 12 November at 7.30pm. Come a join in the family fun.

SpringDale AGM

SpringDale Neighbourhood Centre Inc. AGM will be held in November with the date to be confirmed.

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 18 years 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 4/6 Oct for 9 weeks. No classes 22, 24, 29 Nov or 1 Dec
Fee: \$135
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 3 Oct - 28 Nov 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 3 Oct - 28 Nov 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.

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- 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.

Innovation SpringDale Style

Our project we have been working on for the last year or so is to create short courses to help people who are changing career direction, map skills and passions, assist with creating ideas and designing options, and finalise tools to measure innovation potential before and after each course. We have a few interested people but I would appreciate having a few more to assist with the trialling and testing. If you are interested in being part of this exciting project and have been sitting back waiting for it to be finished, I need your help as soon as possible. Please email Anne Brackley coordinator@springdale.org.au or phone or text 0407 529 205. This is my favourite subject at the moment (but don't worry Anne Drysdale and Caroline Newcomb are running a close second). Hope you can find some time to help.



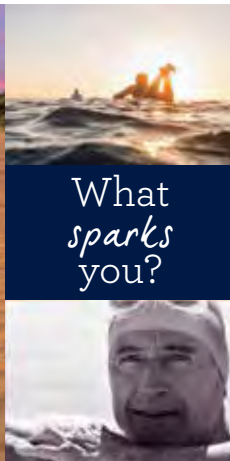
Combined Probus Club of Clifton Springs/Drysdale



Speaker from the Australian Marine Oil Spill Centre, Geelong

Last month our speaker was Jessica Miller from the Australian Marine Oil Spill Centre (AMOSC) who told us about oil pollution around the world. AMOSC is based in Geelong with easy access via two airports and interstate roads to provide the necessary response to any marine oil spill. Equipment including oil containment booms, skimmer systems and a range of oil dispersant chemicals are kept at the Geelong headquarters. Jessica shared stories of the training she provides to clients of AMOSC and of spill disasters she has attended, including the cleaning up of oil affected wildlife, at several locations around the world. The range of questions put to Jessica showed the interest this topic had to our members.

Please contact Dick at 5251 1227 or Di at 5251 5069 for information about the Combined Probus Club of Clifton Springs/Drysdale, a social club for retired ladies and gents which meets on the second Monday of each month, 10am at Clifton Springs Golf Club.



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'My Bellarine'

On Saturday 15 to Sunday 16 October 2016 the Bellarine Camera Club will be conducting its 6th Annual Photographic Exhibition at the SpringDale Community Hall High Street, Drysdale.

The event opens at 10am each day and concludes at 4pm.

Gold Coin Entry.

Images from Club members will be on display and for sale.

The theme for the public judged display this year is 'MY BELLARINE'. Club members will also have other works on display. All members of the public are welcome to attend and enjoy the display and inspect the talented work by club members.

For further information about the event you can contact Shane Coles on 0143 607 370 or visit our website at www.bellarinecameraclub.org.au



Looking Forward to the Book Sale

St James Book Sale will be on again next January, 7 and 8. Too early to be letting you know?

The Book Sale has always helped to pay off the huge loan for the refurbishment of St James Church Hall and the outstanding balance is now much reduced, so it's an exciting time and every effort is being made to make the next Book Sale a bumper one.

St James is very grateful for all the donations of books and magazines for the sale, and a small group of ladies work all year, sorting cataloguing and pricing them as they arrive. If you have any books you would like to donate, the Book Room at the Church in Collins Street, Drysdale (opposite the Christian College) is open from 9 - 11.30am on a Thursday morning for deliveries. Just enter through the double gates, go along the right hand side of the Church Hall and the Book Room is in the long shed at the back of the Hall. If you have a quantity of books/magazines, pickup can be arranged, just call one of these numbers: 5253 1230, 5251 5566 or 5251 3702.

The Book Sale itself is always very well supported – for which St James sincerely thanks the local community and all the visitors in the area over the New Year period. Because of this success, it is a frantic time for those helping to run the Sale and most

of the ladies who sort the books are pressed into service as cashiers or to answer queries. Whilst donations of books on the sale days are always most gratefully received, they first have to be transferred back the Book Room to be sorted and priced, and with all the activity concentrated on the Sale itself, many of these books will inevitably be held over for another year.

So please, if you think you may be downsizing or just clearing out a few shelves and if you'd like to donate your books to this Sale, sooner rather than later would be so, so gratefully received.



Music Leaps the Generations - Seniors Week Concert

Popular local choir Coryule Chorus will join musical forces with Newcomb Secondary College VCE students for a wonderful morning of choral and show band songs and tunes as part of COGG Seniors celebrations.

The concert at The Potato Shed, Peninsula Drive, Drysdale is on Thursday October 6th at 10.15am. Arrive for a homemade morning tea followed by delightful music.

What a great way to celebrate music across the generations!

Tickets via a \$5 donation are available from any CoGG Customer Service Centre or over with phone with credit card – 5251 1998.

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Debunking the aerosol myth

Even though aerosol cans are easily recyclable, 66% of Australians aren't sure what to do with them.

This is just one of the surprise findings in Planet Ark's Seven Secrets of Successful Recyclers report.

Aerosol cans, for example seem to cause confusion with just one third (33%) of people correctly identifying them as recyclable. 54% incorrectly say they aren't recyclable and a further 12% say they aren't sure.

With Australians using around 250 million aerosols every year, this means an enormous amount of recyclable steel and aluminium is ending up in landfill.

Then asked why they believe aerosols aren't recyclable the key responses were:

- They've been told that aerosols are not recyclable;
- They believe that aerosols explode in the recycling bin; and
- They believe that aerosols are not made from recyclable material.

Once empty it is safe to put aerosols in the home recycling bin.

The aerosol can is one of the most sustainable packaging solutions available. It protects its contents, is cost-effective and can be recycled after use again and again.

To find out more visit the Aerosol Association of Australia's website.

Darby Munro - Waste Education Officer at City of Greater Geelong.

Trial of Portarlington Ferry to Docklands



Well, the day had arrived – 29th July, for the trial ferry trip from Portarlington to docklands. Meryn and I were two of the lucky ones to obtain tickets at a cost of \$25.00 For the return trip, which apparently sold out in 14 hours. The day was cold, windy and overcast, but that certainly didn't deter the 387 people that walked along the pier to board the ferry, as well as the crowd to see them off.

You could sense that everybody was excited about this trip, which had taken a long time to come to fruition and was the culmination of 9 years hard work for John Rae and Geoff Henderson.

The ferry sailed out of the harbour right on time at 10.30am, and although the waves were choppy, the ferry was smooth and very comfortable. We quickly built up speed to 25 knots and were on our way. People moved about chatting to acquaintances and friends and climbed up the stairs to the second level and out onto the back deck, where interviews were taking place with the media.

The trip took a little over hour and a half, slowing down considerably as we hit the mouth of the Yarra river, slowing down to 10 knots and then dropping to 5 knots as we passed under the west gate bridge.

As we sailed along the river, we noted the large number of buildings under construction and before we knew it had arrived for

disembarkation at the pier at Docklands. By this stage the sun had come out and everybody poured off and made for the various restaurants for a quick lunch and coffee – Meryn and I had a freshly made roll from a vietnamese restaurant. We were only one block away to the tram at the end of Bourke St., so it would be a quick trip into the city centre.

Back on the ferry for the return journey and as we pulled away from the dock, I noticed a small boy waving goodbye, apparently the grandson of a friend, Mary, who had specially come down to see his grandmother. Another comfortable trip back and again lots of chatter with people onboard. Very positive remarks from the passengers on this trial and the hope that it would lead to a permanent service for the bellarine. **Judy Knights**

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Pop-up Gardens

If your yard is mostly hard surfaces, or your garden beds are too shady to grow vegies successfully, there are ways to create enough space in the sun to grow your own food – without digging up your driveway. (Which in fact we did, back in 2007, but that's another story ...)

One way is traditional raised beds, for example the corrugated steel ones, but those are more-or-less permanent structures. Another, more portable option is planter bags. These are tough woven plastic bags with webbing handles, and you can get them in sizes from 20 to a massive 2000 litres. Check them out at planterbags.com.au. They are UV resistant and I've had some in use for about 5 years with no signs of wear.

For growing vegies, I wouldn't go smaller than 45 litres. That's big enough to grow a few lettuces or basil plants, pea or runner bean vines, or a single capsicum, eggplant or cucumber vine. 100 litres is big enough for a tomato plant and 400 litres has enough space for a pumpkin or two, three to four rockmelons or a decent crop of potatoes.



Last summer I set up a group of the 45 and 100 litre bags in our front garden, connected them to a gravity-fed irrigation system and successfully grew cucumbers, tomatoes and capsicums in them. I used clay 'wetpots' or ollas (Spanish: pronounced 'oy-ya') from easioyya.com hooked up to two 20-litre water tanks. I only needed to refill the tanks once a week with a hose, taking a minute or so.

At our bigger Landshare garden I filled two of the 400-litre planter bags with homemade compost and straw and grew pumpkins and rockmelons. I wanted the pumpkins to grow up, not out, so I created a temporary trellis from two wire fence panels. It worked a treat. The key is to have a good rich compost mix in the bags with lots of organic matter, so that it's slow to dry out.

This year I won't need the planter bags, so I'll use the compost from them in my no-dig potato bed, give the bags a quick blast with the hose and leave them to dry in the sun, then fold them up and pack them away until I need them again.



Clifton Springs Garden Club

Although the past few months have been very wet and cold and not conducive to being out in the garden, our hardy members have been busy getting cuttings and seeds growing for our very successful plant stall that is part of our Annual Open Day. This year our Open Day will be held on Saturday 29th November (put this date in your diary). Part of the money raised at the Open Day is donated by the Clifton Springs Garden Club to a local charity, organisation or individual in the local community who has been nominated and agreed to by the Committee and Members. This year the Club was very happy to be able to contribute \$500.00 towards Ten02 Incorporated, which is a local organisation that is assisting local youth to learn vital life skills both personal and educational through a Faith Kitchen, Faith Food Van and a Faith Garden. The Club enjoyed hearing all about Ten02 from Peter Kenny, Chairman Ten02 Incorporated at our August meeting.

September there is no guest speaker but we hold the very important Annual General Meeting, where a new Committee is elected to take us forward into another busy and interesting year.

Visitors are always welcome at our monthly meetings with no pressure to join the Club. For any further information, Secretary Helen Allan can be contacted on 5257 1566 or email hallan@iprimus.com.au.

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The SpringDale Community Garden

Water, water everywhere – nor yet a drop to drink! After a Summer where our garden members were carting water in watering cans to keep our garden alive, we now have an oversupply of water, and all our tanks are full to overflowing. This has also meant some flooding in the garden beds, and a resulting decrease in the quantity of fresh vegies that we have been able to supply to the Church's FoodBank program – apart from some beautiful cauliflowers, and some celery.

We have begun planting fruit trees in our orchard area, and within a few short years, we'll be able to add some fresh apples, apricots, apples and pears to the menu for our members and the FoodBank families that we assist. Plans are afoot for our Spring 2016 plantings, where we aim to increase the areas under cultivation, and the variety of vegetables in our communal and FoodBank gardens.

Now for the extra good news! Through the Church's Drysdale Food Support operation, we were successful in our application for further funding from the Geelong Community Foundation, and Chairman Max and I were there at the presentation night at the Geelong Footy Club for the handover of a cheque for \$6500. This will cover the cost of a 6 metre x 3 metre under-cover shelter, where we can carry our seed planting and propagation, plus the costs involved in putting gravel on our main pathways for safer walking in the garden. This should all take place within the next few months.

We will also prepare further submissions

for additional grants from the Bendigo Bank Foundation, and from the City of Greater Geelong. If we are successful, we hope to add a further large water storage tank, a small greenhouse for young plants, and some purpose-built compost bins.

We are still seeking to add more members to our group, so if your back yard is not big enough to allow you to grow the quantity of fresh vegies that you would like, please have a look at joining our team of friendly and dedicated gardeners. Not only will you be able to help in the communal and FoodBank garden areas, but private plots are available (both in-ground and in above-ground boxes) so that you can start immediately growing your choice of fresh vegies. We have waived garden membership fees for the balance of 2016. Details are available from the SpringDale office in High Street, Drysdale.

Brian Knights



SpringDale Dining Group



The SpringDale Dining Group continues to enjoy good food and friendship each month. It's amazing how much we learn from each other about life experiences and local community history. There are always many laughs and friendly banter so, no need to feel shy. If you haven't been with our group before this month at Portarlington may be the time to come and join us.

Dinner will be at 6.30pm at the Portarlington Golf Club in Hood Road on Monday 12 Sept.

Please book your spot with the SpringDale office on 5253 1960 or email office@springdale.org.au **Ken Brackley**



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Kel's corner

Kel and I spent the morning visiting Geelong Rural Open Day and meeting up

with Amanda and Bryan Davies, locals who are the new owners. Kel and I loved participating in all the activities. We wish them well and thank them for supporting the Messenger and hope our community will be able to support them at Geelong Rural.

On the way home I was talking to Kel about what I learned the day before at the Cemeteries and Crematorium Association Victoria Annual Meeting, about symbolism in a cemetery and so we started to look for these symbols in the East Geelong Cemetery.

Then we started talking about other good turns and Kel told me about the graves that he fixed up for the returned servicemen. "People used to ask me to do all sorts of jobs and Garry Spry asked me if I could fix his father's grave. After approximately 20 years



the grave of Frank Spry suffered some ground movement and the strain on the centre part caused the concrete to crack. I promised to help but it took some thinking to work out a plan. I made an adjustable frame with inch bolts each end to wing the whole grave together. Once it was together then I used a troweller jack and once it was plumb then I mixed concrete and pushed it under the concrete top to set and stabilise."

Despite Kel's eyesight continuing to fail he could direct us to the gravesite without any issue and it still in good order after 40 years. He continues to be amazing.

Kel's birthday is September 16 and he'll be 89 years young. Happy birthday Kel.



Kel visited the Clifton Springs Men's Shed

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Tickets \$15pp, includes afternoon tea, are available from Barry Ruler on 5259 3304 or 0427 513 950 or at the door. A great afternoon of choral music to suit all tastes from our wonderful local choir, Coryule Chorus.



Messengers wanted

The SpringDale Messenger is a very informative, interesting, entertaining and useful magazine published monthly by the SpringDale Neighbourhood Centre and is free in our local community: Drysdale, Clifton Springs, Portarlington and St Leonards. If you are reading this now, you probably get yours delivered to your home. There are many households missing out because no one delivers to their street. More "messengers" for the Messenger are urgently needed! It doesn't have to be a chore; you can deliver to one side of your street, to one end of it, to a nearby street or to somewhere completely different. It gets you out for a short walk once a month so think of the double benefit - exercise for you and you helping in the community. Why not get some friends or neighbours together and make it a social occasion - the options are endless! If you're new to the area, delivering Messengers can be a good way of getting to know your local area better.

If you'd like to get involved, here's what you need to do:

1. Call into the SpringDale Neighbourhood Centre (down the hill a bit from the Drysdale Fire Station) and explain where you would like to deliver or ask where there are gaps in the delivery service.
2. Once that has been arranged, call into SpringDale at the end of each month to pick up the number of copies you need and away you go.





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Miniature Railway still open for business

This passenger carrying miniature railway situated within the grounds of the Portarlington Bayside Family Park, Point Richards Road, Portarlington, operates on its winter timetable from 11am until 3pm on the first and third Sundays of the month.

It is operated through the voluntary efforts of its members. Trains run at frequent intervals and the cost is only \$4.00 for a ride.

The train ride takes about 6 minutes and a special attraction is that children under the age of 2 years travel free. Family tickets and all day passes are available.

This family park is only 30 minutes by car from Geelong and with its natural beachside setting makes an ideal location for that special family outing or picnic. Other attractions in the park include ample car parking, playgrounds, walking trails, free electric bbq facilities and a station kiosk are all nearby. Special functions, trains and birthday parties can be arranged.

Further details can be obtained from the Portarlington Bayside Miniature Railway at PO box 419, Portarlington or from our telephone info line 0476 124 598.

Also visit our facebook page. Portarlington Miniature Railway



Funeral Planning can make more Cents...



The age pension assets test is changing from January 2017. Retirees can offset these changes with careful funeral planning.

Funeral planning specialist, Alyson Burchell from Tuckers Funerals is holding information talks to provide important information and answer your questions.

Friday Sept 2nd 10.30 - 11.30

Friday Oct 7th 10.30 - 11.30

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Portarlington Demons have a new Senior Football Coach

The Club's players and members were last week informed by Club President Steve Maul that, after a rigorous selection process involving a very strong field of candidates, the Committee had appointed Jesse Smith to the role from the start of next year. Jesse has had an impressive playing career including with Carlton in the AFL, West Adelaide in the SANFL and Oak Park in the Essendon District Football League.

Recruited into the AFL from the Calder Canons, Jesse has also played for and enjoyed finals and premiership success with regional teams such as Wangaratta, Barham - and St Albans in the Geelong Football League. At 30 years old he is currently playing with Elmore in the Heathcote District League where he is the Assistant Coach - and has been their Acting Coach.

A plumber by training, Jesse works as an Account Manager at Tradelink. He lives with his wife and young daughter in West Geelong and his parents live in Barwon Heads. Jesse is very enthusiastic about his appointment as the Demons' Coach and believes it comes at the start of an exciting time for the Club.



In making the appointment the Club also paid particular tribute to Acting Senior Coach, Nic Daniele. "Nic stepped up to the challenge when asked by the Club", said Steve Maul. "The Club looks forward to him remaining as Assistant Coach in 2017 as he and Jesse work constructively together to lead us to greater on-field success".

The Portarlington Demons have a long and proud history and the Club is confident that the appointment of Jesse Smith as Senior Football Coach will mark the start of another successful era. It will shortly advise members and supporters of opportunities to meet with the new Coach.

Portarlington Cricket Club Family Day/Season Launch

Portarlington Cricket Club invites the community to enjoy our Family Fun Day on Saturday 17 September from 12noon - 4pm at the Portarlington Cricket Ground, Boat Road, Portarlington.



There will be free family activities and plenty of fun for the kids, as well as the opportunity to spectate the club's senior side compete in a practice match.

Information about membership packages will be available and discounted prices will be offered to attendees on the day.

Portarlington Cricket Club has a long proud history with the community and we welcome players and members of all abilities to participate in our family-friendly club.

For further information about how you can be involved with the Portarlington Cricket Club, please visit our website or contact Ron Verdiesen 0403 538 833 or Reuben Beazley 0429 556 843.

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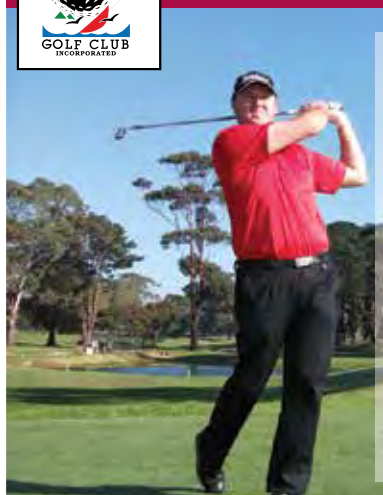
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Football Grand Final at Drysdale



In great news for the Drysdale Football Club, they have been announced as the host of the Bellarine Football League Grand Final for 2016 and 2017. This is a tremendous endorsement of both the club's facilities at Mortimer Oval and of its management.

Drysdale hosted every grand final between 1990 and 2006 however Torquay became the preferred venue in 2007. The club did host again in 2007 whilst the Torquay clubrooms were being redeveloped. This year Torquay chose not to tender for the Grand Final and Drysdale was the logical choice for the league's biggest game of the year.

Set within a natural amphitheatre, Mortimer Oval is surrounded by the open space of the recreation reserve, providing ample parking and room for even the largest of crowds to view the game in comfort. It also boasts four separate buildings available to cope with the needs of players, rostered clubs, umpires and spectators.

AFL Barwon Regional Manager Lee Hartman was quoted as saying of Drysdale "They've been great hosts in the past, and we know the club can host the grand final and the atmosphere there is quite good."

Ocean Grove's new facility at Shell Road was also considered, however issues with temporary fencing and placing a lock out on the facility were a concern for the organisers.

In order to showcase the year's premier game on September 3rd the club will rely on an army of over 100 volunteers across the week, with work to be done setting up fencing, marking the ground and car parks, cleaning, catering and providing security around the perimeter. It is a huge community effort, however the result is worth it in the recognition it brings to our club and our town.

Drysdale will also host the preliminary final this year, which will also serve as grand final day for the Bellarine netball competition.

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www.portsidephysiotherapy.com.au

Drysdale Toy Library

Be part of new life.

Using S1 Bugnoculars, the kids and I successfully watched a caterpillar turn into a moth!!!!
I hate moths but the kids loved this. We found him in our capsicum! It took nearly 2 months to watch the whole transformation. Then he emerged from his cocoon!

Caiti Kelleher



Oscar and Noah took the moth to kinder to show their classes, later letting the moth go outside the Toy Library. The Toy Library puzzle P75 'Birth of a Butterfly' goes hand in hand with this experience we had.



Please help find me. I'm missing!

If you have any information regarding the disappearance of this unique chair, the children and staff of the SpringDale Occasional Care would love it returned.

Please contact SpringDale Occasional Care on 5251 1627.



SpringDale Occasional CARE

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

Session times

Monday	8.30 - 1.30
Tuesday	9.00 - 12.00
Wednesday	9.00 - 2.00
Thursday	9.00 - 2.00
Friday	9.00 - 12.00

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

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