

ABN 21 404 220 267

Compiled & Published by the SpringDale Neighbourhood Centre Inc.

















The world is changing so quickly and there seems to be a divisive tone that is pervading. It is important that we understand that under different types of clothes, there are people with goals and dreams like us.

The Bellarine is not isolated from change within a global economy. It is important that we are able to participate in conversations through having experience not just through a superficial reading of papers or viewing of news broadcasts.

This Harmony Day event could be the initial stepping stone from which we could showcase other ways people can help and give them strong voices.

A number of people from our community have offered to share cultural aspects of their heritage and we would love to be able to showcase as many different cultures as we can. Please let us know how you can help to make this a successful evening.

Harmony Day Tuesday 21 March 6pm a Multicultural extravaganza. All welcome.

RSVP office@springdale.org.au or ring 5253 1960.

You are invited to Harmony Day Tuesday 21 March 6pm all Welcome

Community AIFND

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 April 2017 • Bookings/copy required by 1 March • Dist: Sat 25 March 2017 • Circ: 20,000

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

	Friday	3	World Day of Prayer St James Anglican Church, 10:00am
	Saturday	4	Harvest Basket Produce Swap, SpringDale 9am - 10.30am
	Tuesday	7	MORNING SHOWTIME - Marvellous Deakin: The Poet Who Persuaded Australians to Become a Nation - Potato Shed 10.30am
	Wednesday	8	Days for Girls 9am at SpringDale
	Sunday	12	Bellarine Agricultural Show, Portarlington Reserve Bookings &
	Monday	13	Labour Day Holiday. SpringDale Closed copy required by 1 March for
	Tuesday	14	Dining Club at Portarlington Golf Club, 6.30pm April
_	Wednesday	15	SpringDale Salads at Ripview Bistro, 12noon
	Saturday	18	Melbourne International Comedy Festival CLASS CLOWNS 2017 Geelong Heat FREE EVENT - Potato Shed 4.00pm
	Sunday	19	Drysdale Market 9am - 1pm
	Sunday	19	Fundraising, Family Film Afternoon - Christian College Auditorium 2.30pm
	Tuesday	21	Harmony Day Multicultural Extravaganza at SpringDale from 6pm
	Friday	24	Moonlight Movie Night - Clifton Springs Primary School
	Friday	24	An Evening with Mark Holden – History of The Holden Brothers Circus on The Bellarine - Potato Shed 8.00pm
	Friday	24	Indonesian Night at SpringDale 8pm
	Friday	31	BYAC GLOW IN THE DARK PARTY - Under Age Dance Party & XBOX , CHILL OUT - Potato Shed 6.00pm

The SpringDale Messenger is a locally produced publication.

Compiled & Published by the SpringDale Neighbourhood Centre Inc. A0024916V. 17-21 High Street, Drysdale Vic 3222. Postal Address PO Box 80 Drysdale The SpringDale Messenger Production & Creative by Jo Aspland | Jo Aspland Graphic Design For all advertising enquiries: office@springdale.org.au OR P: (03) 5253 1960 F: (03) 5253 3050 For all editorial enquiries: E: messenger@springdale.org.au W: www.springdale.org.au Distributed throughout Drysdale, Clifton Springs, Portarlington, Indented Head, St Leonards, Ocean Grove and selected businesses on The Peninsula.

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

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



SpringDale Neighbourhood Centre Inc. acknowledges the support of

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Making Dreams Come True is what we try to do every day. Whether it is something fairly small like copying a video to a DVD or whether it's helping to create something much bigger like quarterly Bush Dances. We try, if we possibly can to make it come true, we will.

Every day a new opportunity is presented to us. Some dreams we can do straight away but many take a number months or sometimes years like the renovation to the SpringDale Kitchen which took 7 years but when people see it they go "wow" and so do I.

Dreams that I know from your feedback we've helped to come true are the Life Drawing Group, which became too big for our premise, our Men's Kitchen groups – some men were sick of eating eggs on toast as their wives wouldn't let them in the kitchen, a number of classes including Cheese Making that a salt intolerant person was so happy to be able to have cheese again and she could make it.

A really big dream that we were very instrumental in coming true was the Fishing Platform at Clifton Springs. John Williams approached us late in 2012 just as we were planning our first Community Summit. His idea gained support via hundreds of signatures on a petition and we wrote articles about it in the Messenger and it gained more support and now it is a reality. It may be a bit shorter than we'd hoped for but people are fishing from it and catching fish. What might your dream be? You might want to play in a band, you might want to create an app for your phone, you might want to start a group, you might want to create a new career path via something that you are very interested in and wonder why no one has done it before. We have a band, we have a coding course, we have innovation classes and we are happy to talk to you about what your dream is.

Every time we make a dream come true we help the community to become stronger and more resilient. We build the capacity of what we can do next because we have had successes that we can draw on for the next challenge.

If you have a computer and you use email – please register to be part of our email network so you can be included and informed of upcoming events and opportunities that spring up quickly. If you don't have email but would like to know about using it please join our introduction class and or pop into SpringDale to gain updates. We would love everyone to know what is happening so you can choose what to be part of and feel connected with and belong. That's my dream, please help it come true.

Yours very sincerely

Anne Brackley for the Team SpringDale

Commencing in March

Experimental Drawing Workshop: Wed 8th & 15th March 10am -12.30pm P: \$50 conc \$45

Beginning fiction writing:

Sat 25th March 9am – 1pm P: \$75 Cheese making with Corinne:

Sat 18th March Fetta or Sat 25th March Halloumi 10am – 3pm P: \$100

Sourdough Bread Making: Mon 20th March 11am – 1pm P: \$60

Espresso Coffee Making Workshop: Sat 4th March 10am – 12noon P: \$40

Meditation

"Learn the art of meditation and allied selfawareness skills to enhance your level of tranquillity and well-being". Adolf Deppe is a retired psychologist with many years of counselling practice in which meditation has been an important and helpful ingredient. When he was based in Western Australia Adolf provided courses in meditation practice and developed his meditation skills in retreats and attendance at meditation teachings by different disciplines. Meditation develops the skills that engender tranquillity and mental clarity and research has shown clearly that meditation produces significant long-term decreases in depression and anxiety.

Dates/times: Wed 8 March - 29 March 6pm -7.30pm

Four sessions of 1.5 hours per session. Fee: \$80 or Conc: \$65 Tutor: Adolf Deppe

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 4 March - Sat 8 April 9.15am - 10.45am

Fee: \$25 Tutor: Neil Bell





Congratulations Kel and Norma Davis 70th Wedding Anniversary

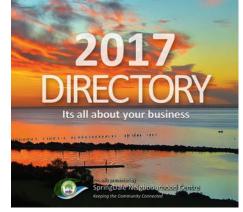


Kenneth Cooper turns 100 The SpringDale Messenger March 2017

NOW AVAILABLE

11th Edition

Businesses & Services On The Bellarine



News from Lisa Neville MP Member for Bellarine

School Year

As we quickly move into 2017 it is an important time of year for schools, students and their parents. Of course preps have just embarked on school life, while Year 12 students are commencing the most important year of their education.

As the Member for Bellarine, the provision of quality education and facilities are of paramount importance to me, as they are for all parents. So I am pleased to report that the State Government is continuing to fulfil its promise of upgrading schools right across the Bellarine.

Late last year Portarlington Primary school's \$5.7 million refurbishment commenced joining Barwon Heads, Ocean Grove and Drysdale primary schools, all who are subject to multi-million dollar upgrades over 2016/17.

And at the secondary level both Bellarine Secondary and St Ignatius colleges have been allocated multimillion dollar state government funding packages for upgrade and refurbishment works.

I am also pleased to note that the Andrews Government has significantly increased the "State Schools Relief" fund which helps families of low income with financial assistance to purchase uniforms and footwear. Across the Bellarine in 2016 nearly 200 students received such financial assistance. I wish all our Bellarine students well for 2017.

Portarlington Ferry

It is good to know that having completed its very first summer holiday period that the Portarlington ferry has been a resounding success with thousands of locals and tourists alike enjoying the service.

Many were coming from Melbourne to enjoy time on the Bellarine, while lots of locals took advantage of a relaxing cruise for a day

Letter to the Editor

Young bloke saved by the new fishing pier

Thank you to Lisa Neville and City of Greater Geelong as a young bloke was saved by the new fishing pier – he had a problem with his windsurfer – only just swam to the fishing pier – only just and climbed up the ladder. Thank goodness the ladder was added.

Mike Windsor



Easy introduction to Coding.

Ever since I discovered that to help run a website, I would need to learn the language of computing, I have wanted to learn Code.

Online courses are available but I find them difficult as I need someone to discuss things with, as I go.

Not wanting to travel into Geelong, I kept checking all the courses offered by our local (Bellarine) Neighbourhood houses, waiting for a course in coding to come up.

Then at the beginning of February I found what I had been looking for, SpringDale was offering a course explaining basic Code.

I signed up immediately and now my teacher Brenda is demystifying coding for me and I am able to discuss my progress and problems with my classmates.

Thank you ever so much SpringDale Neighbourhood Centre

Dianne Wilson

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

LISA NEVILLE MP MEMBER FOR BELLARINE

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



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



The SpringDale Messenger March 2017



in the city. I have enjoyed working with all stakeholders in getting this service up and running and look forward to it going from strength to strength.

As always, please don't hesitate to contact me by email or call my office if there are any matters that I may be able to assist you with directly.

Hon Lisa Neville MP Member for Bellarine

lisa.neville@parliament.vic.gov.au Twitter@Lisanevillemp Ph: 5248 3462

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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Our Community

At the last meeting a number of matters considered by DCSCA continued to be discussed.

- Drysdale Bypass A number of conversations have been held with VicRoads concerning the Drysdale Bypass. DCSCA continues to lobby for a roundabout solution for the Grubb Road, Jetty Road, High Street, Portarlington Road, Bypass intersection and not the VicRoads traffic light proposal. DCSCA asks community members to look at the VicRoads website to inform themselves of the VicRoads proposal. https://www.vicroads.vic.gov.au/planning-and-projects/ regional-road-projects/drysdale-bypass <https://www.vicroads.vic.gov.au/planning-andprojects/regional-road-projects/drysdale-bypass>
- The intersection of the North South connector between Corivule Road and Portarlington Road at the East end of the Curlewis Golf Club is also of concern. We have held a number of conversations with City of Greater Geelong and Lisa Neville's office hoping for the best working towards the best possible for our community.
- Part of the new Clifton Springs boat ramp is working well but another pontoon was suggested on the eastern side of the new boat ramp to enable more effective use of all the boat ramps now available.

The DCSCA committee has made several submissions to the Our Future 30 year Vision for the municipality and is participating in community sessions.

We are now on Facebook. Check out the latest information on DCSCA facebook page https:// www.facebook.com/DCSCA/ <https://www.facebook.com/DCSCA/> . You may even like us and have your say. Or you could send any questions or comments and feedback to DCSCA directly by emailing dryclift@bigpond.com <mailto:dryclift@bigpond.com>

Manika Conning

Member DCSCA

Bellarine PC Repairs based at Clifton Springs Servicing Geelong and The Bellarine Peninsula FREE QUOTES - flat rate \$55 hour Home or office visit. No call out charges apply. NO FIX - NO FEE - if we can't repair your PC there is NO CHARGE. Workshop Repairs are collected and returned FREE of charge. A large range of services.

Cash accepted

TISA - PayPal Call Martin on 03 5251 5405 or mobile 0411 472 360

February Bush \square ance

Name:

Address

Phone No: (03)

Thanks to the more than 60 people who came to our last Bush Dance – people came from as far as Melton and we look forward to welcoming them again. Thanks to our Band who played. Jane Bullock who called each dance and to all those who had fun dancing and listening. This is the first of 4 dances for the year. We are still confirming the date of the next dance in sometime May – please let the office know if you wish to be updated by emailing office@ springdale.org.au or phoning 5253 1960.



POTATO SHED

WIN MORNING SHOWTIME - Double Pass

Marvellous Deakin: The Poet Who

Persuaded Australians to Become a Nation

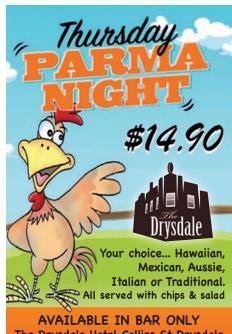
Tuesday 7th March at 10.30am

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

COMPETITION CLOSES 3PM FRIDAY 3 MARCH







The Drysdale Hotel Collins St Drysdale www.thedrysdalehotel.com find us on | facebook | www.facebook.com/DrysdaleHotel

www.springdale.org.au



Drysdale and Clifton Springs Combined Churches community welcomes you to join in the annual celebration of:

World Day of Prayer

Date: Friday 3rd March 2017

Time: 10:00am

Venue: St James Anglican Church, Collins St. Drysdale

Guest Speaker: Bishop Phillip Huggins Anglican Diocese Melbourne

Philip Huggins is bishop of the Oodthenong "gathering" area (Northern and Western region of Melbourne and Geelong). Bishop Philip has a strong interest in and actively contributes to welfare and multi-cultural issues and activities.

Among other appointments Bishop Philip is Chair of Board of Brotherhood of St Laurence, Executive Member of the National Council of Churches of Australia.

Morning tea provided.

Other annual community events facilitated by Drysdale and Clifton Springs Combined Churches include-

• Walk of Witness- Good Friday

Time: 10.30am commencing at St James Anglican Church and finishing at the Uniting Church, Drysdale. Hot cross buns provided for morning tea.

• Community Carol Singing- Woolworths Supermarket, Drysdale.

This event occurs during the week prior to Christmas. Many thanks for the contribution of all heralds of good tidings of comfort and joy in December 2016.

For more information contact - **Brenda Sang -** Tel: 5251 1679



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Fresh is best when it comes to seafood. With mussels - it's best to use them on the day of purchase. They should be closed shells, slightly glossy and have a fresh sea smell. If not using on the same day place them in a bowl covered with a damp cloth in the fridge.

De-bearding - remove the fibres that the mussels use to defend themselves from predators. Pinch the beard firmly, pull outwards or use a knife to help cut and pull it off.

The easiest way to cook mussels is by steaming in their own liquid. Many people prefer to add a flavour to the liquid e.g. stock, wine, beer etc and/or garlic, onion, herbs etc.

To cook, mussels may be steamed, boiled, roasted or grilled. It only takes about 5-7 minutes for the mussels to open up and confirm they are ready. As soon as they open they are ready - take them out and off the heat as over-cooked mussels become rubbery.

Mussels that have cracked shells or remain closed after steaming/boiling should be discarded.

As a main meal the average serve is about 450g of mussels per person. If mussels are not the main part of a dish for example, added to pasta or risotto, use about 200g per person.

Mussels may be served as a light lunch, starter or main meal. In some parts of the Mediterranean they are served as a shared plate of Tapas with lots of fresh, crusty bread.

TASTY^{CMUSSELS}

1Kg mussels, cleaned

- $^{\rm 1}/_{\rm 3}$ cup extra virgin olive oil
- 1 red onion, chopped finely
- 1 capsicum (red or green)
- 1 chorizo, cut into tiny cubes (opt)
- 4 cloves garlic, crushed
- ¹/₂ cup wine (or stock or water)
- ¹/₂ cup chopped parsley

 $^{1}\!/_{4}$ cup of basil pesto or $^{1}\!/_{2}$ cup fresh basil, torn

 $^{1}/_{2}$ cup coarse bread crumbs

Sprinkle hot chilli (opt)

- Heat the oil in a pan over medium heat.
- Add the onion, capsicum, chorizo and stir fry for a few minutes.
- Add the chopped garlic, continue stirring for 2 minutes.
- Add the wine (or stock or water) and allow to simmer for about 3-5 minutes.
- Add the mussels and cover with a lid.
- As they open, remove the mussels. Place them in a bowl to keep warm.
- Remove and discard the top shells from the open mussels and prepare them on a grilling plate.
- Add parsley, basil and bread crumbs to the mixture left in the pan. Stir well and remove from the heat.
- Place spoons full of the mixture on top of the mussels on the grilling plate.
- Place under a hot grill for a couple of minutes to heat through.
- Serve immediately with a sprinkle of hot chilli.

(To make this gluten free use rice or gluten free crumbs and to keep it vegetarian leave out the chorizo, add chopped olives or sun dried tomato if preferred.)

Agata Commisso - Amore Cucina

Check out what's in season or be inspired to start cooking at Amore Cucina.

LOCATION

22/03 10.00am Woolworths, Curlewis

03/07 2.00pm Woolworths, Curlewis

05/04 9.30am Coles, Ocean Grove

26/07 9.30am Coles, Ocean Grove

11/10 9.30am Coles, Ocean Grove

12/05 10.00am woolworths, Portarlington

27/10 10.00am Woolworths, Portarlington

diabetes Healthy supermarket tours

......For anyone who is interested in good health

DATE TIME

Supermarket tours are a fun way to learn how to make healthier food choices for you and your family. As part of the twohour tour, a dietitian will show you how to read and understand food labels and select healthy foods.

These tours are suitable for anyone with diabetes, pre-diabetes, high cholesterol or anyone who is interested in healthy eating and weight management.

A show bag of information and a pocket sized healthy shopping guide booklet is included as part of the tour cost and helps to take all the hard work out of food shopping.

Diabetes Victoria members FREE and non-members \$15 www.diabetesvic.org.au To book please call 1300 136 588



Four Steps to Edible Gardening



Do you want to grow your own delicious vegies? Not sure how to get started?

Come along to our beginners' course at SpringDale and learn how to set up a raised bed vegie garden from scratch. \$45 for the course.

- 1 Getting started Choosing a site and setting up a bed - Saturday 13th May, 9.30–11 a.m.
- 2 What to grow in the veggie garden -Saturday 27th May, 9.30–11 a.m.
- 3 Fertilisers and worm farming -Saturday 10th June, 9.30–11 a.m.
- 4 Pest control -Saturday 24th June, 9.30–11 a.m.

To enrol - email office@springdale.org.au phone 03 5253 1960 or in person SpringDale Neighbourhood Centre reception 17–21 High Street, Drysdale

Ex teachers turn to building

In May a group of local retired teachers, husbands and friends will travel to Cambodia to participate in building a house with Volunteer Building Cambodia. This organisation, based in Siem Reap, aims to improve the living conditions of families in need in rural areas by providing them with wells, toilets and safe dry housing.

We will be building a traditional Khmer-style house assisted by local builders who will instruct and train us as we go. The



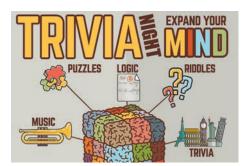
houses being built by Volunteer Building Cambodia are for very poor families, including widow/ widowers with children, barely able to provide themselves with one meal a day. These houses are very simple structures made of wood consisting of one large room with a generous under cover balcony area. They are up off the ground because of flooding during downpours and to allow for storage and shade underneath. Our group of eight intrepid volunteers will pay the \$3800 it costs to build the house. At the moment we are fund raising to meet this cost.

June Hansen

Trivia Night

On March 17th there will be a Trivia Night at the Leopold Sportmans Club, tables of 8, \$10 per head, drinks at bar prices, bring your own plate of snacks.

Also a great raffle and spot prizes. *If you are a trivia buff then this is for you!* To book a table, or just a seat at a table, please contact Pam Rawson on 0425 869 339





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7



You're all invited to a special screening of Disney's MOANA under the stars on 24 March. This is the tenth annual big screen movie night hosted by Clifton Springs PS and it will take place at the school on Jetty Road. Gates open at 6pm, with the movie starting at dusk.

For those of you who haven't seen it, MOANA was released last year and it has been widely acclaimed as one of the best Disney animated movies in many years.

Clifton Springs Primary School's movie nights are a wonderful family evening for young and old. Just bring along your rugs and seats and you can enjoy MOANA on the big screen. If you get hungry, food, drinks and even glowsticks can be purchased on the night.

And there's even a raffle for a 'Gold Grass' seating upgrade. One lucky family will be enjoying MOANA in style with a lounge suite, bean bags, popcorn and drinks.

If you'd like to be part of this enjoyable family event, you'll find the booking details below.



Phone Anne Cowden, experienced Civil Celebrant. A special low fee for your ceremony at home, with your chosen special guests. All legal requirements included.



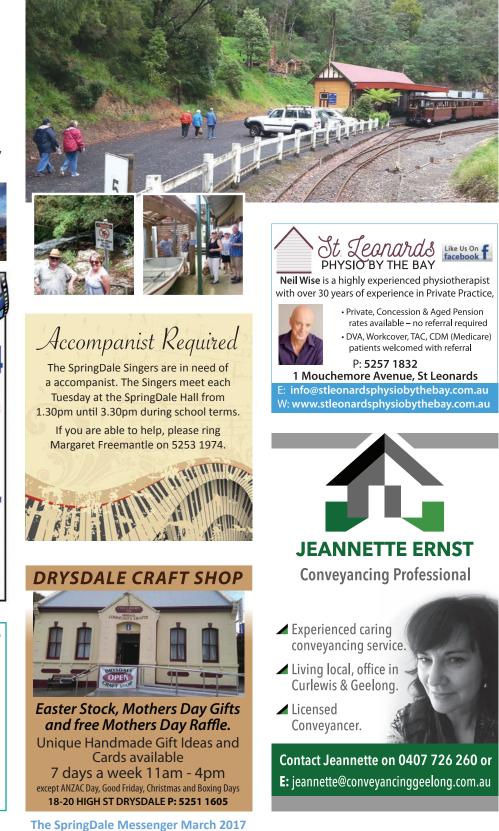
Combined Probus Club of Clifton Springs/Drysdale



Caravan & Cabins Friends trip to Traralgon

Our Probus Club recently tripped to the Traralgon caravan park for a few days R & R. Each evening commenced with a Happy Hour (or two) out in the sun, usually followed by tea in the camp kitchen. Days were spent visiting Port Albert for fantastic fish and chips and a visit to the maritime museum, a drive through the Tarra Bulga National Park, a visit to the picturesque old mining village of Walhalla with its tourist train, and many more sights and activities. A great time was had by all and we are looking forward to visiting the Port Fairy caravan park this month. Please contact Dick at 5251 1227 or Di at 5251 5069 for information about our social club for retired ladies and gents which meets on the second Monday of each month, 10am at Clifton Springs Golf Club.

Members in the maritime museum, in the Tarra Bulga Park and catching the tourist train.



8

Friendship visit to Viqueque, Timor-Leste The Melodaires

This April a group of teachers and tradesmen from Geelong and the Bellarine will return to Viqueque, Timor-Leste, to offer friendship and support. Christian College Geelong has been sending teams to Viqueque since 2003 to assist with the rebuilding of this region, which was left destitute following the Indonesian occupation. The "Friendship House" was established in Viqueque with local Timorese employed to provide English and computer classes, youth activities and run a Kindergarten. Viqueque is South East of Dili about 7 hours, by 4WD at times, on a bumpy and windy road. Since 2004, through the support of Geelong residents and organisations, there have been schools and Kindergartens built, teacher training, exchanges to Geelong, student visits and maintenance support. This April, we will spend two weeks in Viqueque at the invitation of the local Timorese teachers, to visit their schools and Kindergartens and mentor in teaching practices. The Kindergarten teachers from the region will gather together for sharing of knowledge, experience and upskilling on the value of music in their kindergarten programs. We are planning to include drumming in this workshop. A music resource bag containing percussion instruments, a local drum and other aids for their music and movement sessions will be provided to participants involved in the training. The tradesmen in the team will be attending to playground maintenance and building projects to help accommodate the many children wanting to go to Kindergarten! A water tank will be installed and there will be an overhaul of the playground at the Friendship House, which has suffered from an attack by termites! Local Bellarine resident and teacher at the Christian College Bellarine campus, Ms Deb Singleton, liaises with the Friendship House coordinator to ensure the projects and visits reflect the genuine needs and desires of the community.

We have a fundraiser on Sunday March 19th at the Christian College Bellarine campus Auditorium, 40 Collins Street Drysdale. An invitation is extended to a Family Film Afternoon where two short films (with English sub-titles) will be shown. They depict the life and culture of the Timorese people from Atauro Island, an island North of Dili, Timor's capital. This is a family event with both films being suitable for children. Afternoon tea (included in the entry), will be available from 2.30 pm, and the films will start at 3.15pm. Cost: \$10 per Adult, \$5 per Child and Family, \$30. Door prizes too! All proceeds from the afternoon will go towards the Timor projects 2017. Local Timorese crafts, greeting cards and 2017 calendars will also be available. For tickets or more information contact Christian College Bellarine campus Reception. Phone: 5253 2998. Marita Thurman









LOST DOG - "TESSIE"

Shetland Sheepdog (a mini sized Lassiedog)

Lost in Wallington Jan 3rd. Likely sightings: Leopold, then in Feb: Clifton Springs. Microchipped. Timid. Please put this phone no. in your contacts then if you see a dog that might be



The SpringDale Messenger March 2017

How

The Melodaires started for Alan Wilson in 1974 with a win on "Showcase" a talent quest aired on the Channel Nine Network and continued through to 1980 where he was a guest artist at three grand masters at the Dallas Brooks Hall in Melbourne.

We decided on a lifestyle change and went into the motel business, firstly in Kilmore then Benalla until we retired to Clifton Springs.

From 1998 - 2011 we were involved with Drysdale Seniors, Ocean Grove Seniors, Portarlington and Queenscliff Lighthouse Theatre where our love of music continued.

It was through these clubs we experienced musical theatre performing "World War 2 60th Anniversary review". We enjoyed some fabulous shows of which Alan directed "Anything Goes", "Just Call Me Al", and "Nostalgia".

2004 – Being members of Bayside Entertainment and Theatre Group led to being involved in some great shows. The outcome of this was Alan setting up a small group hence the "Melodaires" were born.

The "Melodaires" present 10 -18 shows per year throughout the Bellarine. The Melodaires continue to have fabulous music, bright and glitzy costumes and above all a great time!

2017 - What is in store for Alan and I? Alan is looking forward to more directing, singing and plenty of fishing while I am looking forward to mastering line dancing and of course meeting all music lovers.

Why not come along and join us we would love to hear from you.

Please contact Lorraine Wilson on 0447 751 697 if you would like The Melodaires to perform at a social function.



The Melodaires Entertainment Group requires the services of a keyboard player with the ability to accompany vocalists.

We entertain throughout the Bellarine area and specialise in afternoon melodies. Interested parties should contact Alan or Lorraine Wilson on 044 775 1697.

Messenger Mates

Over the last 25 years the SpringDale Messenger has grown from a small black and white newsletter that brought opportunities, information and ideas to 3,000 homes in our community and it has grown into a more regular, larger, full colour award winning magazine, that is delivered to up to 20,000 homes across the Bellarine and distributed worldwide on our website. The SpringDale Messenger has appreciated every contribution that our community has made towards its success. The article writers, the advertisers, the editors, the graphic designers, the printers and the deliverers. If you love the SpringDale Messenger we would appreciate it if you used the advertisers in the Messenger and let them know that you appreciate the contribution that they make and if you have the opportunity we would love you to donate a couple of dollars to help us continue to bring the Messenger to our community these days its called crowd funding and we'd love you to have the opportunity to contribute.



Bellarine Support Group for Kinship Carers

A lot of people often ask me why grandparents care full time for their grandchildren. My reply is and will always be simply "love for our grandkids, we cannot see them without a family to care for them".

The reasons why children are removed from their parents care vary. It can be and is mainly drugs, mental illness and alcohol issues.

Most children are removed by DHHS (Department of Health and Human Services) from their parents and placed in the care of their grandparents – these cases are referred to as statutory carers.

But on the other hand, some parents realise that they cannot care for their children and take the children to their parents' house then basically never come back. These grandparents are referred to as non-statutory carers.

Non-statutory carers receive no financial assistance except for Centrelink. These carers are struggling financially year after year.

If you are a kinship carer we would love to see you and support you in your journey as a kinship carer. Our meetings are held at SpringDale every month.

Meeting dates: Monday 6th March, 1st May, 5th June, 7th August, 4th September, 9th October, 6th November and 4th December.

See you soon. Feel free to contact me if you have any concerns.

Jeanette Hanley-Heath 0414 308 257

Home loan deals.

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Improve your skills - Expand your mind DURSES @SpringDale

Welcome to Term 2 Course and **Opportunity Guide.**

SpringDale Neighbourhood Centre offers classes as part of our mission and the purpose of our organisation. We do this in conjunction with many partners including all our tutors, a number of businesses and some Registered Training Organisations.

The Course and Opportunity Guide has four distinct sections: SpringDale Classes, SpringDale Groups, SpringDale Services External and Classes and Groups. Then each section has sub-sections that categorise like activities together to hopefully allow you to easily find the activities that interest vou. I believe all our activities include a brain training component, an interpersonal component, and even a practical component. We would appreciate any feedback you have at any time to help us improve our offerings and the experience we offer to our community.

Anne Brackley - Coordinator

SpringDale Neighbourhood Centre Inc

COMPUTERS

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 1 May or Mon 5 Jun 5pm - 6pm Fee: \$10

Tutor: Jonathan Harris, JNH Software.

Introduction iPad/iPhone or iPad like device

Just bought or been given an iPad or an iPhone and not sure how to use it - this could be the course for you. Learn how to use basic iPad functions, practice scrolling, learn about iPad apps and much more in a fun supported environment.

Skill Level: Beginner Dates/times: Wed 10 May - Wed 28 Jun 10am - 12.30pm Fee: \$165 Conc: \$75 Tutor: Jonathan Harris JNH Software P/L

Advanced iPad or iPad like device

Skill Level: Must have attended SpringDale Intro to iPad or iPad like devices.

Dates/times: Mon 1 May - Mon 26 Jun 10am - 12.30pm Fee: \$165 or Conc: \$75 Tutor: Jonathan Harris JNH Software P/L

Computer Perfomance and Maintenance

Skill Level: Advanced Date/time: Mon 1 May - Mon 26 Jun 1pm - 3.30pm Fee: \$165 Conc: \$75 Tutor: Jonathan Harris JNH Software P/L

Introduction to Computers

This is the course for those who have not used a computer much or are nervous. Use this supportive environment to gain confidence in using your laptop or desktop, using your mouse, setting up folders and files, using email, downloading free anti-virus and other software and setting up your computer the way you want it.

Skill Level: Beginner

Dates/times: Tues 2 May - Tues 20 Jun 1pm - 3.30pm Fee: \$165 or Conc: \$75 Tutor: Brenda Richardson, Iteracy

Exploring the Internet

An introduction to what is possible on the Internet. Perhaps you have just been connected to the NBN and want to make the most of it. Aimed at those who have basic level of computer skills and would like to know more about useful things they can find on the internet. Explore the possibilities. This course will provide an introduction to the internet - including reading the news online, setting up a MyGov account, using social media, buying online, and finding local information

Skill Level: Beginner + Dates/times: Thurs 4 May - Thurs 22 Jun 1pm - 3.30pm Fee: \$165 or Conc: \$75 Tutor: Brenda Richardson, Iteracy

Easy Introduction to Coding

This is the course for those who have not used a computer much or are nervous. Use this supportive environment to gain confidence in using your laptop or desktop, using your mouse, setting up folders and files, using email, downloading free anti-virus and other software and setting up your computer the way you want it.

Skill Level: Beginner + Dates/times: Tues 2 May - Tues 20 Jun 9am - 11.30am Fee: \$165 or Conc: \$75 Tutor: Brenda Richardson, Iteracy

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 chattels. Please bring email address and password and bank details for Paypal. This runs over two evenings - first evening devoted to get you started buying on eBay and second evening getting you selling.

Dates/times: Tues 2 May & 20 June 4pm - 6pm Tutor: Ken Brackley. Fee: \$50

Introduction to Social Media

Participants are welcome to BYO computer. iPad, tablet or Smart phone. They learn to set up with a password, add a picture and practice using social media to keep up with other people. We will focus on Skype, Twitter, Instagram and Facebook. Dates/times: Tues 2 May - 20 Jun 9am - 11.30am Fee: \$110 or Conc: \$50 Tutor: Agata Commisso

Word & Excel for Small Business

childcare may be available for people attending Learn Local funded classes,

Courses are designed

conditions apply.

requests and ideas from

and presented according to

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

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.

Term 2

April-June

2017

Dates/times: Wed 3 May - Wed 21 Jun 1pm - 3.30pm Fee: \$165 or Conc: \$75 Tutor: Jonathan Harris

Foundation Art Course 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 drawing media. Dates/times: Tue 2 May - Tue 20 Jun 1pm - 3pm (8 sessions)

Fee: \$130 or Conc: \$70 Tutor: Annette Playsted

Media Art Course Discover the Artist Within - Level 2

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

Dates/times: Mon 1 May - Mon 26 Jun 10am - 12.30pm Fee: \$135 or Conc: \$75 Tutor: Annette Playsted

Advanced Workshop Program Develop the Artist Within – Level 3

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. A challenge is set for each term to encourage the building of ideas to improve conceptual development and to encourage experimental media use to broaden and develop unique approaches to media. The course is designed to increase selfexpression and perceptual awareness.

Dates/times: Mon 1 May - Mon 26 Jun 1pm - 3.30pm Or Tue 2 May - Tue 20 Jun 10am - 12.30pm Fee: \$135 or Conc: \$75 Tutor: Annette Playsted

Wednesday Art Workshop Explore the possibilities

Painting Workshop using Acrylics. Over 2 sessions we will learn about the versatility of painting with acrylic paints and use the Bellarine Landscape as our inspiration. No experience necessary, just enthusiasm. Dates/times: Wed 31 May & Wed 7 Jun Fee: \$50 or Conc: \$45 Tutor: Annette Playsted

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 9 May - Tues 30 May 7pm - 9pm Fee: \$110 or Conc: \$100 Tutor: George Stawicki

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: Thur 11 May - Thur 29 June 11am - 12noon Fee: \$85 Tutor: Helen Brown

Ukulele Advanced Beginners

Date/time: Thur 11 May - Thur 29 June 10am - 11am Fee: \$85 Tutor: Helen Brown

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: Thur 11 May - Thur 29 June 9am - 10am Fee: \$85 Tutor: Helen Brown

Beginning Scriptwriting

Have you got an idea for a short film or a feature film but do not know how to present it? Learn how to present your idea into a screenplay for the market. In this class we look at script layout, introducing characters, dialogue, dramatic conflict, scene building and story arc. Taught by writer-director producer and Swinburne University writing teacher Dr Laurent Boulanger. This includes up to 4 follow up workshops for your

Date/time: Sat 29 April 9am – 1pm plus up to 4 review sessions

Fee: \$75 Tutor: Dr Laurent Boulanger

Writing Review 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 April or 27 May or 24 June 2pm - 4pm Fee: \$40 Tutor: Dr Laurent Boulanger

Advance Fiction

You've finished that first draft of your short story or novel, yet something seem to be missing. Learn how to compare your work to those of successful fiction techniques. Facilitated by Dr Laurent Boulanger, CWAA's Ned Kelly Award Finalist and author of the award-winning book A Guide For The New Novelist -Advice and Common Sense for The Fiction Writer. Date/time: Sat 24 June 9am - 1pm plus up to 4 review sessions

Fee: \$75 Tutor: Dr Laurent Boulanger

Independent Film Making

Learn the ins and outs of independent film production, including choosing a project, working on a script, gathering a team, choosing the right equipment, casting, shooting, post-production and distribution. Taught by award-winning writer-director-producer Laurent Boulanger.

Dates/times: Sat 27 May 9am - 1pm plus up to 4 review sessions

Fee: \$75 Tutor: Dr Laurent Boulanger

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.

Let us know if this is to lead you to a new career path. Dates/times: Sat 20 May Fetta or Sat 27 May Halloumi 10am - 3pm

Fee: \$100 per session

Tutor: Corinne Blacket - Drysdale Cheeses

Sourdough Bread Baking

A learn to bake sourdough bread course. Mix up your own loaf to take home, and enjoy a lunch with some freshly baked sourdough bread. You'll leave with your own sourdough starter and instructions to bake further loaves. Please bring along a bowl that will fit at least 1 litre of water, something to cover your bowl, scales and an apron.

Dates/times: Mon 15 May 11am - 1pm Fee: \$60

ree: \$00

Tutor: Clare Reilly, The Life of Clare.

Espresso Coffee Making Workshop

Looking for employment in the Hospitality Industry? Improve your knowledge, skills and techniques, understand the workings of the Espresso machine and the coffee culture. Small groups, so enrol early. **Dates/times:** Sat 6 May or Sat 3 Jun 10am - 12noon **Fee:** \$40 **Tutor:** Jordon Smith

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: Thurs 8 Jun - 29 June 10am - 12 noon Individually scheduled

Fee: \$100 or Conc: \$50 Tutor: Anne Brackley

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 1 May 10am - 12 noon 7 more sessions as Individually scheduled Fee: \$100 or Conc: \$70 Tutor: Anne Brackley

Yoga on Chairs

Dates/times: Mon 24 Apr - 26 Jun 11am - 12noon Fee: \$100

Tutor: Glenda Breedveld

Yoga - Monday

For fitness, stress relief and clarity of mind. New students are warmly welcomed. Dates/times: Mon 24 Apr - Mon 26 Jun 9.15am - 10.45 am Fee: \$150 Conc: \$135 Tutor: Glenda Breedveld Materials: Bring your own mat and blanket if required. Venue: SpringDale Hall

Yoga - Thursday

For fitness, stress relief and clarity of mind. New students are warmly welcomed. Dates/times: Thurs 27 Apr - Thurs 29 Jun 6pm -7.30pm Fee: \$165 Conc: \$150 Fee: \$20 per session if paying for single sessions Tutor: Glenda Breedveld Materials: Bring your own mat and blanket if required. Venue: SpringDale Hall

Intermediate French for Enthusiast

This is an on-going course for enthusiasts of the French language who are at the upper beginner or low intermediate level. The focus will be vocabulary and pronunciation, with little grammar. Not suitable for beginners – there is a beginners course at Ocean Grove Neighbourhood Centre.

Date/times: Tue 2 May - 27 Jun 11.30am - 12.45pm Fee: \$100 Conc: \$90 Single sessions: \$15 Tutor: Serge

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/times: Wed 17 May - 7 Jun 9.30am - 11.30am Fee: \$160 Conc: \$150 Tutor: Agata Commisso

17-21 High Street, Drysdale Email: office@springdale.org.au Phone: (03) 5253 1960 Fax: (03) 5253 3050

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 22 April - Sat 9 Dec 9.15am -10.45am for more than 15 weeks **Fee:** \$75 **Tutor:** Neil Bell

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 19 Apr - 7 Jun 1.30pm - 3.00pm Fee: \$100 or Conc: \$75

Tutor: Dr Max Simmons

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

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. Dates/times: Mon 1 May 9.30am - 11.30am Individually scheduled

Fee: Free Tutor: Anne Brackley

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.

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

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.

Card Games

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

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.

SpringDale Artists

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

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 - 10.30am 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 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 Fee: Price depends on menu

Men's Kitchen – Wednesday Evening

We will be running a Men's Kitchen every Wednesday evening from 5pm - 8pm. New members welcome. 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 Apr, 11 May, 22 June 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.

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 1 May, 5 June, 10am - 1pm

Drysdale Toy Library

Meets weekly on Thursdays (during school terms) 1.30 - 2.30pm and 2nd & 4th Saturdays 9.30am -10.30am (all year except in January).

Portarlington Toy Library

Meets weekly Wednesdays during school terms 8.15am - 9.15am

Community & Business Breakfasts at SpringDale

In 2017 Business Breakfasts will be run in May, August and November.

Next event for 2017 Mon 29 May 7am \$15

Bush Dance

Next Bush Dance will be date to be advised in May. Come a join in the family fun.

Small Business Smart Business Session

Topic: Know your buyer and smash your sales. Marcus Savidis from Savi Solutions Federally Supported. March topic to be confirmed. Date/time: Wed 19 Apr or 24 May or 21 Jun Fee: \$20

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.

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:** Tues 18th April / Thurs 20th April (8 weeks) **Fee:** \$120

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 Ryu Karate with a contemporary outlook. Modern coaching principles are used to encourage the children to be the best they can possibly be. Increase your personal confidence, learn self defence and have fun all at the same time. 2 free sessions . Free uniform on joining for all new students. Martial Arts is a great equaliser, and enhances control and discipline.

Date/time: Mon 24 Apr – 26 Jun 4pm - 4.45pm Fees: \$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 traditional Cheng Ming internal Kung Fu (Tai Chi). Increase your awareness, improve your balance, learn how to deal with stress mental and physical health issues, and live longer in better health. Everyone can benefit from this gentle breathing and exercise program, regardless of age, gender or fitness level. 2 free sessions. Free uniform on joining for all new students.

Date/time: Mon 24 April - 26 June 5pm - 6pm

Fee: \$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.

ACCREDITED COURSES

Provide First Aid Code HLTAID003 Dates/times: Sat 20 May or Fri 30 Jun 9.30am - 3pm Fee: \$120 Tutor: Stayin' Alive First Aid

Provide CPR Code HLTAID001

Dates/times: Sat 20 May or Fri 30 Jun 9.30am - 12noon Fee: \$60 Tutor: Stayin' Alive First Aid

All courses involve pre-course work and you will be contacted beforehand with the course with the details. Stayin' Alive First Aid delivering nationally recognised training in partnership with, and under the auspices of, Allens Training Pty Ltd RTO 90909.

Please book directly with Raelene on 0413 513 046



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.

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4	

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

Meets weekly on Thursdays (during school terms) 1.30 - 2.30 pm and 2nd & 4th Saturdays (all year except in January) 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

Meets weekly Wednesdays during school terms 8.15am – 9.15am. We have some great new toys. 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.



14 www.springdale.org.au

Autumn at Lake Lorne and McLeods Waterholes

The birds have finished pairing up and raising young. Some have gone their separate ways, others such as the Lapwings (Plovers) are flocking 70 – 80 at the Lake at the moment, Little Pied and Little Black Cormorants will be coming in to roost in the evening.

Great Egrets and White Necked Herons are usually solitary. White Faced Herons can be in a flock or on their own, Yellow Billed and Royal Spoonbills can be in family groups for a while, as are the Black Winged Stilts, several young at the Lake.

A few Freckled Ducks have returned, perhaps from a wetter New South Wales, along with Hard Heads, Blue Winged Shovellers, Black Ducks and Chestnut and Grey Teal. The Blue Bill family are now independent as are the Cygnets.

The nesting Hoary Headed Grebes will have raised their young by next month, as will the Australian Grebes.

The Latham Snipe that have called the Lake home will be returning to Japan next month, the Lorikeets will be searching for blossom and there are always Blue Wrens around the vegetated margins.

It will be interesting to see what turns up in the coming month.

Gordon McCarthy



Freckled Duck - Gordon McCarthy



Dining Club is off for dinner on Tuesday 14 March 6.30pm at Portarlington Golf Club.





Royal Spoonbill - Gordon McCarthy



SpringDale Salads will be lunching at Ripview Bistro Wednesday 15 March 12 noon (always the 3rd Wednesday in each month).



2017 INTERNATIONAL YEAR OF SUSTAINABLE TOURISM FOR DEVELOPMENT

The International Year of Sustainable Tourism.

"The importance of international tourism, and particularly of the designation of an international year of sustainable tourism for development, in fostering better understanding among peoples everywhere, in leading to a greater awareness of the rich heritage of various civilizations and in bringing about a better appreciation of the inherent values of different cultures, thereby contributing to the strengthening of peace in the world".

"The declaration by the UN of 2017 as the International Year of Sustainable Tourism for Development is a unique opportunity to advance the contribution of the tourism sector to the three pillars of sustainability economic, social and environmental, while raising awareness of the true dimensions of a sector which is often undervalued" said UNWTO Secretary-General, Taleb Rifai. "As the lead UN agency for this initiative, UNWTO is very much looking forward to proceeding with the organization and implementation of the International Year, in collaboration with Governments, relevant organizations of the UN system, other international and regional organizations and all other relevant stakeholders", he added.

This decision follows the recognition by global leaders at the UN Conference on Sustainable Development (Rio+20) that *"well-designed and well-managed tourism"* can contribute to the three dimensions of sustainable development, to job creation and to trade.



Funerals

"Committed to Caring"

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Available for Burials and Cremations

Harley Davidson Hearse



In our DMMUNITY

My name is Donna James and I am the Junior Co-ordinator of the Ocean Grove Tennis Club, and the Tennis Geelong Junior Committee. I am also a resident of our great community, living in Clifton Springs.

I write to you today as there is another resident in our area who deserves a little attention! Her name is Kerry Humphrey. You may already be familiar with Kerry.

Kerry is the Junior Co-ordinator of the Drysdale Tennis Club. She is also the Secretary of the Tennis Geelong Junior Division which is in itself a massive role. Without volunteers like Kerry there would be no Junior Tennis in Geelong. Kerry was kind enough to invite me to support her on the Tennis Geelong Junior Committee so I am very aware of the hours and effort that Kerry puts in to this role on top of the continued hours and effort to make Drysdale Tennis Club the growing club that it is. Her passion for seeing children, from all backgrounds, come together on the tennis court and learn this amazing life long sport was last week recognised when she was presented with an award by Hon. John

Eren, Minister for Sport at The Tennis Victoria Annual Volunteers Breakfast.

Tennis in Geelong is growing rapidly as families recognise what an amazing all abilities sport it is. It is run predominately by parent volunteers. We are very well supported by Tennis Victoria and our Participation Leader for Country South West -Aaron Bosse. I explained to Aaron that a story like Kerry's would be great to see in our lovely local magazine, SpringDale Messenger.

Kerry was caught completely by surprise with this award in fact, if you ask Kerry - she will admit (or may admit!) she was trying to sneak off five minutes early to get good seats at the

Tennis Victoria lunteers' Breakfast, dly presented by ANZ



Australian Open however Aaron convinced her to stay just a little longer! Kerry is not one to self promote so I thought I would bring this to your attention. We all love reading your articles in The SpringDale Messenger. It isn't just about the award really - it is how she got there. The award is icing on the cake.

Donna James

Another new resident with a





Let me start by began that I started studying massage therapy in 2016 in Geelong. My knowledge of massage was minimal and I was very naive in how massage is performed and executed on the human body. My immediate knowledge was that the practitioner needs to feel the human body until they feel something. I was pressing really hard into fellow students trying to find tight bands/ spots on the human body.

At one stage I was advised by the lecturer to calm down and press softer when pressing on fellow students. It was not my eagerness, it was my false understanding that the practitioner needs to press hard into the human body to feel something.

Six months into the course I read the start of a physical palpation textbook which stated that 'the softer you feel the more you can feel'. This was a light bulb moment. As I realised I was always pressing too hard trying to find tight bands/spots.

I touched my own hand with my other hand ever so slightly going across it and felt all the



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fine hairs and veins, this is when I realised that the softer you feel the more you feel. When I was pressing hard I was going past the first layers of skin/fascia and pressing into the body trying to manifest a tight spot.

When pressing soft the nerve receptors on the end of my fingers were doing their human body necessity of relaying information back to the cerebellum via the nervous system really quickly. I no longer needed to press hard to try and find tight bands/spots.

I now only need to press ever so softly so the nerve receptors on the end of my fingers were able to feel the tight bands and I would then press a bit harder right on the spot/s. This is when I started to understand the role of touch on the human body and how touch can heal the human body.

I look forward to running some sessions at SpringDale in the near future.

Frank Prskalo

Happy Bellarine Resident



Portarlington Bayside Miniature Railway



VOLIINTEER ME

The Portarlington Bayside Miniature Railway is Geelong's only 184 mm and 127 mm gauge passenger carrying miniature railway located on 8 hectares of beautiful picturesque parkland on the foreshore at Portarlington.

(Melways Map No. 444 C5) Revenue derived is either ploughed back into the railway for its maintenance and further expansion or donated to worthwhile charities from time to time.

We are currently seeking new volunteers to be trained in the roles of signal operations, train drivers, station staff, maintenance personel and kiosk staff. All training will be provided. You will have the opportunity to be part of this newly re-formed vibrant not-for-profit association who is planning to develop the Portarlington Bayside family park with track extensions, tunnels, playgrounds, walking tracks and much more.

So come and get involved! Further details can be obtained from the Portarlington Bayside Miniature Railway at PO Box 419, Portarlington, 3223, or from our telephone info line 0476 124 598.

Also visit our facebook page or www.miniaturerailway.com.au Brian. M. Coleman

Rotary Club of Drysdale on the Road Again for 20



The Christmas holiday break is always a busy time for the Rotary Club of Drysdale. The Rotary BBQ trailer and Jumping Castle appeared at the recent Portarlington Mussel Festival and local markets, where Rotarians raised valuable funds for Rotary community projects, both here and overseas.

The Rotary Art Show is on again over the Easter weekend. This is a wonderful annual event, in its 41st year. It is your opportunity to purchase a piece of artwork for your home or office, and have the satisfaction of knowing you have done something for your community. Are you an artist? Entry forms can now be downloaded at our website www. drysdalerotary.org.au/ For any inquiries about the Art Show please contact Art Show Chair Caroline Rickard, phone 0408 989 221 or e-mail caroliner.drysdale@ljh.com.au

Rotarians are now working hard selling tickets for the annual Easter Art Show Raffle. This

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year, funds raised will go to a new major beneficiary, the Barwon Health - Rotary Volunteer Patient Transport Service. Thanks to the Volunteer Transport Service funded by the combined Rotary Clubs of Geelong, more than 16,000 transports were provided to patients across the Barwon region to get to and from medical appointments at Barwon Health.

The members of the Rotary Club of Drysdale have great fun participating in what the world of Rotary has to offer. The Club always welcomes new members, and we would love you to join us. Why not come along to a meeting? We meet at the Clifton Springs Golf Club on Monday evenings for dinner, 6.00 for 6.30pm. For more information, please contact our Membership Director, Bruce Van Every 0409 149 025.

Catherine Eagleson, Publicity Director catherine@cluedetective.com Phone 0474 199 389.





Just recently I was going through a pile of old gardening magazines when I came across a letter that had been published in the magazine. This letter struck a chord with me because it described exactly what I do when I have family and friends come to visit; I take them for a tour around the garden and I also give them cuttings I might have struck or just cuttings out of plants that they particularly like. My mother-in-law did this before me, so the family tradition lives on. This was what this letter was saying, her Mother used to do it with her and her siblings and now she does it with her children and grandchildren.

I think this is a big part of gardening, sharing the love of gardens, their creative space, their little patch of paradise. So where does Clifton Springs Garden Club come into this? Members of the Club are passionate about their gardens, love sharing them, their plants and knowledge. You don't have to have a huge garden, it doesn't have to be a show piece, you don't even have to know a lot about gardening (like me) you just need to have an interest in gardening and a desire to share it with others.

The Club does this by having informative speakers at monthly meetings and interesting outings. In March Club members will be showing photographs and talking on a Garden Club trip to Tasmania. Some other topics that will be covered over the coming months are:- wicking, birds in the local area and succulents to bane just a few topics. We also plan visits to local gardens that specialise in fuchsias, orchids and bulbs with bus trips to larger gardens. Keep reading SpringDale Messenger for updates as the months unfold.

If this sounds like something you would enjoy then come along to one of our meetings as a visitor. Or contact our Secretary Helen, on telephone 5257 1566 or email hma3152@ gmail.com for more information.

Photos: Butterfly on Buddleia, Bougainvillea, Liriope





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Nour Gurden Plan for a winter feast

This is the time of year when I sow a lot of root vegetables. The last of the summer heat gets the seedlings off to a fast start, and (hopefully!) winter rains will ensure a sweet, juicy crop.

Carrots

You want a well-dug soil for carrots - no big lumps. Make a wide, shallow trench, e.g. with the back of a rake, and sow the fine seed in a zigzag pattern. Cover with about 1 cm of soil and water well. For the next two weeks you must keep the seed bed moist, or you will get no carrots. I cover mine with strips of old hessian, which I keep damp by watering every couple of days (or every day in hot weather). I remove the hessian as soon as I see green shoots emerging. I've never found it necessary to thin carrots - just start using them while they're young, and this will make room for the others to mature.

with Steve Williams

Parsnips

The seed is bigger and easier to handle than carrot seed, but the growing method is very similar. Parsnip seed must be fresh, or you will get poor germination. Unlike carrots, which should be harvested as soon as they are big enough, parsnips can stay in the soil all winter and will just keep getting better. If we're lucky enough to get a light frost or two, that will help to sweeten the roots.

Beetroot

Beetroot have big seeds and so are easy to sow in individual 2cm deep holes, which you can make with a pencil or the end of a bamboo. You will get multiple seedlings from some seeds. They like a rich, moist soil with plenty of compost or aged manure. Again, you can start using them small – beetroot leaves make a good, tangy alternative to silverbeet or spinach.

Other crops

It will soon be time to get the brassicas (broccoli, cabbage, etc.) in, so if you're growing from seed, you can sow the fine seed in pots now, ready for planting out in April and May. Broad beans can be sown when the soil cools down (April onwards), so start thinking about where to put them. Garlic cloves can be planted in May and June. (Leave them in the fridge for a couple of weeks first to mimic low winter temperatures.)



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Town Club Drysdale Weight Loss Group



We had a great end of year at Drysdale TOWN Weight Loss Club with the graduation of our leader, Pat, followed with a delicious High Tea. Members celebrated a year of many successes.

We have started the year meeting in the RSL Club rooms as there were repairs being done to the Football Clubrooms which are our regular meeting venue. By printing, we will be back in the Football Clubrooms every Wednesday morning from 8.30 to 11.00am. Members can weigh in from 8.30 until 10.00am. Come along and join us.

Take off Weight Naturally is the full name of our club and its focus is to help members to learn about effective and healthy ways to lose weight. Whilst we don't do an exercise program we do encourage members to walk, ride bikes and exercise regularly. Several of our members meet at Lake Lorne on Tuesdays and walk around the lake. Others walk their dogs and others swim. We all try to keep as fit as possible within our capabilities.

We don't diet. We don't take shakes. We don't take tablets. What we do is eat properly. As a group, we regularly discuss how to stay on track and what food is best for us and what amount we should eat. We know when people dine out that the serves are often very big. Members have learned to eat entrée sizes and to request smaller amounts. We don't starve - we eat properly.

Now that the holidays are over and everyone is back at work, why don't you come along to Drysdale TOWN Club. If you have 2kg or 20 kg to lose we will help you. There is a joining fee and a small weekly fee. Come along and meet other people who are trying to Take Off Weight Naturally.

Contact Pat on 0408 355 850 or come along to Drysdale Football Clubrooms on Wednesday mornings starting at 8.30am.





Fishing at the Waterholes

Over the years I've fished many times down at McLeods Waterholes. While there I have caught eels, carp, trout and redfin. I used to wear a Bluey that I had made through Robbie Lawn's mother, Betty, it was so heavy and is so heavy to lift now - that helped me stave off any cold weather.

In the early 1980s the Drysdale Football Club decided to hold a big weekend at the Reserve including McLeods Waterholes.

nner

When I was concreting and waiting for the concrete to go off I'd grab my fishing rod and go down to the Waterholes. From the edge of the water I'd go back about 20 feet and dig there for scrub worms. Redfin go wild for scrub worms. I'd set up the line with a floater, bait and some loose line. I wade out a little way and cast the line and then slowly jerk the line as you walked back out of lake. This usually resulted in a redfin and I'd take them to a friend, Danny who loved them. Sometimes the redfin would jump out of the lake when they smelt the scrub worms getting ready to tempt them - this gave me no joy as there was no skill required.

I was pleased to go down to the Waterholes the other day to the fishing competition, it reminded me of when the Drysdale Football Club ran an event at the Waterholes as part of a bigger event in 1982 held over a weekend near Christmas. David Jones, Peter Vanvledder and Bruce Duncan were the organisers and David says Bruce carried away ute loads of coins to count. We raised almost \$30,000 for the Footy Club – it was the major fundraiser of the year and they want us to do it again next year.

David organised redfin, perch and rainbow trout to be put into the lake and some of the trout were tagged and the person who caught the biggest tagged trout won a tinny with an outboard motor and accessories. I remember that because my son John and Ray Stratton won the tinny.

Kel Davis and Anne Brackley scribe.

Dennis O'Brien and Kel at McLeods Waterholes





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COME & TRY Fishing McLeods Waterholes

91 children and families registered for the "Come & Try Fishing Day" that was run at McLeods Waterholes in Drysdale with a grant to St Leonards Angling Club from the State Government Fisheries Department with funds from the Recreation Fishing Licence fees.

St Leonards Angling Club, aided by Bellarine Pirates Angling Club, cleaned up the area before the event, with 9 bags of rubbish and fish frames removed. On the day, 12 European carp (declared a noxious pest species) were caught and removed from the waterholes, total weight 8.85 Kg.



The biggest carp landed was by 7yr old Xavier Dean at 1.69Kg, while his brother Liam (5yr) caught a 450gm carp and Archie (3yr) caught a 840gm carp. The fish nearly outweighed the boys, and dad Brent, and fishing club members Isabella and Brandon Scaffidi helped land the carp.

Second heaviest carp was caught by 10 yr old Jack Inderberg at 1.662 Kg while Isabelle Scaffidi caught a 1.22Kg carp, and Brandon Scaffidi (12) caught a 390gm carp.

Raffle winners rod and reel combos donated by Fishcare were Maddy Kirk, Lachlan Humphries and Harry McGowan.

Thanks to Fisheries Victoria, the Fishcare Team and Queenscliff Marine Discovery Centre for their help, and the many club members from St Leonards Angling Club and Bellarine Pirates Angling Club who helped all entrants to try fishing.



Angling Club

en Day

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Drysdale Soccer Club

The Drysdale Soccer Club enters its eighth year in 2017 and is looking to expand on its rapidly growing junior and senior sections of the club.

SPORT

The junior preparations are well under way with preseason training commencing early February. The club currently caters for under 7's through to under 13's for both girls and boys. Junior soccer at Drysdale SC is fun, friendly and most importantly, healthy! With training sessions held every Tuesday evening and games played on Sunday mornings. Our MiniRoo's program is a great introduction to soccer and a team environment, with smaller sided teams and shorter games, your kids will be able to learn the basics in a safe and friendly atmosphere. For more information please visit www.drysdalesc.com/juniors

The senior teams have been busy with preseason training since before Christmas and are excited to welcome a number of key appointments to their football department. Rob Heseltine will join the club as our new Director of Football and brings a wealth of experience having spent a number of years with Geelong Rangers in both coaching and committee roles. The club was sad to see the departure of long-time head coach Jarrod Gladman to a fantastic opportunity at Corio SC, but welcome the appointment of Jason Pickles as new Division 1 Mens Coach for the 2017 season. Jason also brings a wealth of



experience to our young club, having played at a high level for Bell Park SC and key coaching roles at Geelong Rangers SC and Surfcoast SC. The club will again have two teams in both the Mens and Womens competitions, with the Women's Division 1 team looking to go one step further after losing the 2016 Grand

Final to a strong Deakin outfit. The Men's

to defend their title, after taking out the inaugural Master's Championship in 2016. The club prides itself on being a fun, social and welcoming environment where anyone, of any ability can come and have a kick. For more information please see our club's Facebook page or visit our website drysdalesc.com

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Drysdale Football Club SPORT



A great deal has been made in the past month of the potential impact on female football participation in the wake of such a successful launch of the AFL's Women's competition.

At Drysdale Football Club we have been actively involved in girl's football for a number of years.

When the first local Youth Girls (U18) competition was launched some six years ago we fielded a team for two seasons, however the side was withdrawn when numbers dropped away. In the past two seasons however we have fielded teams in the new Junior Girls (U12) competition, and this year hope to see some of those girls move up to the new Under 15 competition. We have also seen a steady rise in the number of girls registering for our Auskick program for children aged 5 to 8. Once purely the domain of the boys, 12% of last season members were girls, and we expect that figure to jump again this year now that young girls realise that there I now a pathway for them to play at the highest level. Girls can also play in our U9 and U10 competitions, and we even have girls playing with the boys in our U14 squad (the maximum age group where boys and girls can play together).

Our club recently ran an information night for people interested in female football, and from this a subcommittee is being formed to drive participation and organise teams in competitions. They are even looking into the prospect of Drysdale fielding a women's team as soon as a local competition commences. The club has the resources available to fund this expansion as soon as the opportunity arises.

On the back of our growing profile in this area the club has also been approached to host a Victorian Women's Football League practice match in featuring Geelong in April.

If you are interested in being involved in a girls or women's side, go to the club's website www.drysdalefc.com.au for contact details.

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