

COMMUNITY SUPPORT FROM Drysdale TO Siem Reap

In the previous edition of The SpringDale Messenger Anne wrote about her project to get community members to meet and support one another. This is a fantastic idea and in recent times becoming of greater importance to the safety and wellbeing of us all. This ideology can of course be extended to the world stage where whole communities can work to help one another. There have been two recent examples of Drysdale residents helping people in the greater Siem Reap district in Cambodia.

A group of students from Drysdale Primary School, as part of their Civics and Citizen studies, decided to raise money to assist the Wok Rokar Primary School, near Siem Reap, with sports and general school equipment. The students, Callum, Jessie, Stella and Curtis, came up with the idea of a Global Feast. What a great feast it was! The students did a huge amount of work planning menus, costing the necessary food, shopping, finding recipes, helping with the cooking, preparing the tables and so on. Food from various countries included spring rolls, dumplings, Nachos, spaghetti, Thai curry and lemon meringue dessert. A raffle and boisterous auction added to their takings on the night. The students said they are hoping to raise about \$800, they in fact raised \$15,042.

A fantastic effort kids!
Well done!



Local residents Pam and Trevor Rawson, and June and Holger Hansen have just returned from building a house in a village, also near Siem Reap. The group worked with Volunteer Building Cambodia and fund raised before they left to cover the cost of the house project, \$3,800. Being one of the group I must say it was a most interesting and worthwhile experience. The house took four days to build and we worked only in the mornings before it became too hot. Personal learning was huge for some of us, I now know how to use a chisel and how to build a staircase! On the fifth day was the blessing of the house which involved a ceremony of thanksgiving by monks and a village meal. A number of new household items were provided to the family as part of the project. The family who received the new house were so humble and so very grateful. Some of us felt quite emotional when it was time to say goodbye. We were then taken to a pagoda to receive a water blessing. One of our party said some water would just be flicked around, but it wasn't to be – we had many ladles of water tipped over us – lucky it was so hot!

June Hansen



Community CALENDAR

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

COPY DEADLINE AUGUST 2017 • Bookings/copy required by 1 July • Dist: Sat 29 July 2017 • Circ: 12,000

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

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

Saturday	1	The Witches 11am & 1pm - Potato Shed \$13 Child/\$15 Adult \$45 Family
Saturday	1	Harvest Basket
Tuesday	4	Cuppa & Chat - SpringDale
Tuesday	4	Peter Paul and Marion 10.30am - Potato Shed Morning Showtime \$15
Monday	10	What is available to help me stay at home? Session at SpringDale 2pm
Monday	10	SpringDale Dining Group dinner at Clifton Springs Golf Cub 6.30pm
Tues-Fri	11-14	Justin Case 10.30am & 1.30pm - Potato Shed \$9 single \$32 family
Wednesday	12	Days for Girls 9 - 12.30pm - SpringDale
Wednesday	19	SpringDale Salads at White Eagle, Fellmongers Rd Breakwater
Thursday	20	First meeting of VALiD Bellarine Peer Support Group at SpringDale 10am
Saturday	29	Tapestry 7.30pm - Potato Shed Adult \$25 Cons \$20

The SpringDale Messenger is a locally produced publication.

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

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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:







New Supercare Pharmacy Opening Soon in Bellarine

I am pleased to report that a new "Supercare Pharmacy" is about to open in Curlewis so people on the Bellarine can get the health care and advice they need from pharmacists and nurses late at night.

Curlewis Pharmacy 4 Less, in Centennial Boulevard Curlewis, is one of seven pharmacies across Victoria that will open 24-hours-a-day, every day from 30 June, with a nurse on site from 6pm – 10pm daily.

Victoria's first five 24-hour Supercare Pharmacies were open mid last year in various suburbs of Melbourne and have helped thousands of people in that time.

The development and opening of these new Supercare Pharmacies are a State Government election commitment to provide round-the-clock access to pharmacists for advice, supply of medicines and dispensing prescriptions.

A nurse will be on site from 6pm to 10pm to provide face to face health advice and treatment for minor injuries or illness.

The free nursing service also assists with wound management, physical assessment, flu and whooping cough immunisations, health screening, sexual advice and referrals to other services.

Supercare Pharmacies do not replace doctors, but give families another option and the peace of mind of knowing 24 hour care is on hand and closer to home."

It also gives people on the Bellarine an alternative to going into Geelong's busy emergency department for minor injury or illness.

This is a great initiative and I look forward to the Supercare Pharmacy's 24 hour opening on June 30.

Vic Roads Drysdale Bypass

It's great to see that work is nearing finalisation on the \$3 million upgrade of High Street Drysdale.

The works are designed to make pedestrian, vehicle and bike traffic flow safer and more efficient through the town centre. Works have included surface widening to add a new bike lane, new crossings and refuge islands, a new 40km safe school zone and lighting upgrades.

I am also pleased to note that VicRoads have just completed another round of public consultations with regards to further planning for the bypass.

In addition, I was happy to convene a meeting with Vicroads and representatives of the Drysdale Clifton Springs Community Association to discuss their views and ideas relating to the bypass, including the Grubb and Jetty Roads intersection.

VicRoads are committed to ensuring all local views and ideas are sought in their ongoing planning for the bypass.

Drysdale Sports Precinct

Major construction works are now underway to build the new sports precinct in Drysdale.

Lisa Neville on Monday June 5 announced that Porter Plant has been awarded the contract to develop the Drysdale sports precinct, creating a new home for the Soccer, Football and Cricket Clubs.

The State Government is providing \$3.5 million to deliver a premier football and cricket oval and multi-use fields that will cater for soccer and other sporting codes, as well as use for community events.

The works will also include new lighting, cricket nets, car parking and a relocatable pavilion that is planned to be replaced with a permanent facility in the future.

The new oval and fields are on track to be ready in 2018.

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: 5250 1987



Congratulations

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Bellarine Branch

RCH Good Friday Appeal

Grand Total \$73,706.69

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MEMBER FOR BELLARINE

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Lisa Neville MP

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Staying in Portarlington (SiP)
in Partnership with Bellarine
Aged Care Association
(BACA) is Presenting:



A Discussion Forum at SpringDale Neighbourhood Centre

"What is available to help me stay at home?"

July 10th from 2.00pm to 4.00pm
(Including afternoon tea)

- Do you or a family member or a close friend need support to stay living independently and at home?
- Do you understand the process of accessing services to support you?
- Do you understand what the February 27 changes to Home Based Aged Home Care packages mean for you?

This discussion forum aims to help you, the consumer, understand how to access information and the range of home based care choices available to you.

Our aim is to explain the role of service providers, without bias towards any one provider. We will also explain the assessment process for accessing aged care services and the range of supports and services available, and the new consumer directed care philosophy that underpins aged care service delivery and packaged care.

We are also keen to hear from your perspective what would be most helpful to assist and guide you in having a better understanding of and experience with the aged and community service system.

Numbers are limited therefore to attend you are required to register.

To Register contact: Chris Kelly – 0438 404 867

Congratulations Anne, on your OAM!



Photo supplied by Geelong Advertiser

The recent Queens Birthday Honours list has awarded our Anne Brackley the Medal of the Order of Australia (OAM).

We are all extremely proud and thrilled for Anne. This is a wonderful recognition of all that she has contributed not only to the Guiding community and to the greater community here in Drysdale & Clifton Springs, but wherever Anne sees a need and determines to help.

Anne's services to Guiding Australia have been non-stop from her induction as a young brownie, through to Queens Guide, Guide Leader, District Leader, State Trainer and Guiding Partner for many new leaders, and Leader in Charge, International Guide Scout Service Project in Bangladesh.

Anne has also served her community in many other areas, but the standout for most of us is her involvement with SpringDale Neighbourhood Centre since 2000, and Coordinator since 2003.

We truly appreciate your efforts, Anne. You so often go far above and beyond what could ever be expected. This is a wonderful recognition. Congratulations again from the Committee of Management and all who know you and work with you.

Dianne Bennett

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COMPETITION CLOSING 10AM SATURDAY 1 JULY

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Rotary Club of Drysdale set to IGKNITE Support for Mental Health



This coming Rotary year, the Rotary Club of Drysdale is launching its IGKNITE Project to support and raise money for mental health. It is seeking knitters and crocheters to make beanies.

IGKNiTE will be officially launched at the Club's Changeover Night and run until late September. Participants are encouraged to approach their friends and family to sponsor them, either a small amount per beanie or a one-off donation.

Beanies will be donated to Lifeline Geelong to help raise funds for suicide prevention. Sponsorship funds raised will be donated to Rotary mental health projects.

The Rotary Club appreciates the support of local yarn suppliers, the Coryule Nights CWA and the Drysdale Library for their support of this project.

If you cannot knit, it is never too late to learn. We will be holding some IGKNITE gatherings to get experienced and novice knitters together. It is a wonderful opportunity to socialise, learn/practise a craft and make new friends.

For more information or to obtain a registration/sponsorship form, please contact the Rotary Club of Drysdale IGKNiTE Committee on 0474 199 389.

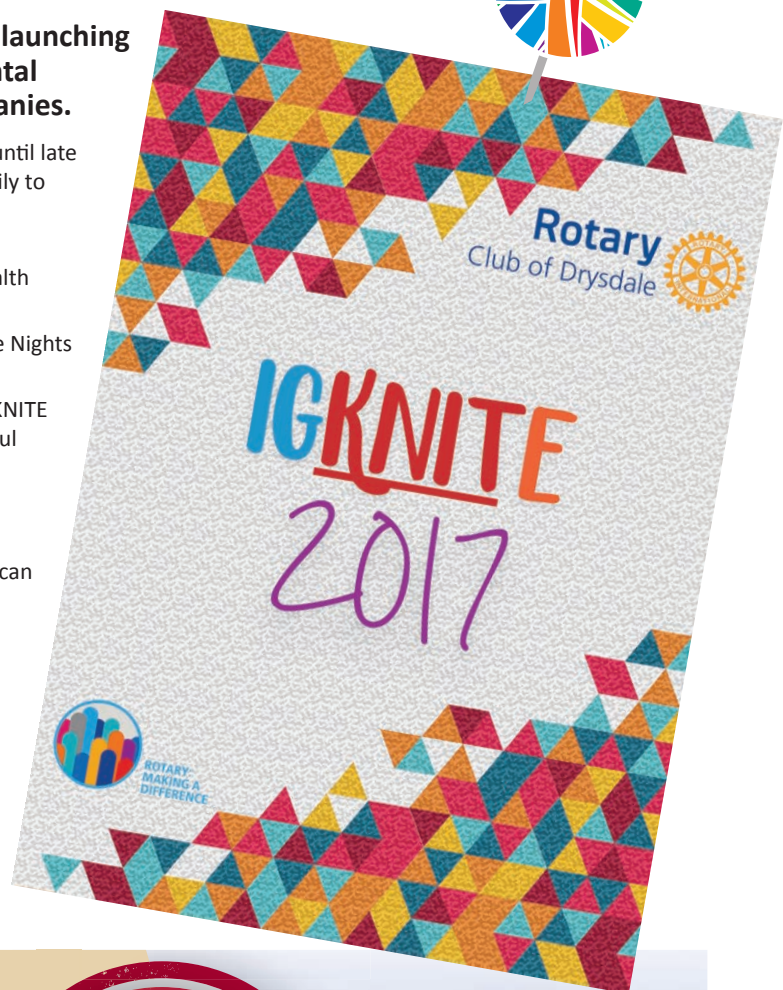
Mental health is a huge issue in our community today. With your help, we can really make a difference!

If you are looking for a way to make a difference in your local community, becoming a Rotarian is a wonderfully rewarding way to do it. The Rotary Club of Drysdale always welcomes new members. If you have a project for which you are passionate, perhaps we can help you. Why not get in touch with us? We meet at the Clifton Springs Golf Club on Monday evenings for dinner between 6 and 8 pm.

Catherine Eagleson

Rotary Club of Drysdale Publicity Director

Ph. 0474 199 389



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Uluru

Statement from the Heart

We, gathered at the 2017 National Constitutional Convention, coming from all points of the southern sky, make this statement from the heart:

Our Aboriginal and Torres Strait Islander tribes were the first sovereign Nations of the Australian continent and its adjacent islands, and possessed it under our own laws and customs. This our ancestors did, according to the reckoning of our culture, from the Creation, according to the common law from 'time immemorial', and according to science more than 60,000 years ago.

This sovereignty is a spiritual notion: the ancestral tie between the land, or 'mother nature', and the Aboriginal and Torres Strait Islander peoples who were born therefrom, remain attached thereto, and must one day return thither to be united with our ancestors. This link is the basis of the ownership of the soil, or better, of sovereignty. It has never been ceded or extinguished, and co-exists with the sovereignty of the Crown.

How could it be otherwise? That peoples possessed a land for sixty millennia and this sacred link disappears from world history in merely the last two hundred years?

With substantive constitutional change and

structural reform, we believe this ancient sovereignty can shine through as a fuller expression of Australia's nationhood.

Proportionally, we are the most incarcerated people on the planet. We are not an innately criminal people. Our children are alienated from their families at unprecedented rates. This cannot be because we have no love for them. And our youth languish in detention in obscene numbers. They should be our hope for the future.

These dimensions of our crisis tell plainly the structural nature of our problem. This is the torment of our powerlessness.

We seek constitutional reforms to empower our people and take a rightful place in our own country. When we have power over our destiny our children will flourish. They will walk in two worlds and their culture will be

a gift to their country.

We call for the establishment of a First Nations Voice enshrined in the Constitution.

Makarrata is the culmination of our agenda: the coming together after a struggle. It captures our aspirations for a fair and truthful relationship with the people of Australia and a better future for our children based on justice and self-determination.

We seek a Makarrata Commission to supervise a process of agreement-making between governments and First Nations and truth-telling about our history.

In 1967 we were counted, in 2017 we seek to be heard. We leave base camp and start our trek across this vast country. We invite you to walk with us in a movement of the Australian people for a better future.



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Strategies for putting Square Pegs in Round Holes

Strategies for putting Square pegs in Round Holes is the name of our project for this year. The concept of this project is to draw on our many years of collective experience working with people on the autism spectrum to solve Community non-acceptance of people on the Autism Spectrum by gaining more knowledge, understanding and acceptance of the positive skills that people on the autism spectrum have, will help to enable people on the Autism Spectrum to gain acceptance and employment opportunities. Our community will be stronger with all people being accepted.

We will use Asset Based Community Development techniques which we employ consistently across the organisation. SpringDale has become a safe haven for people on the spectrum. This project will give us the opportunity to analyse their collective strengths and collective opportunities.

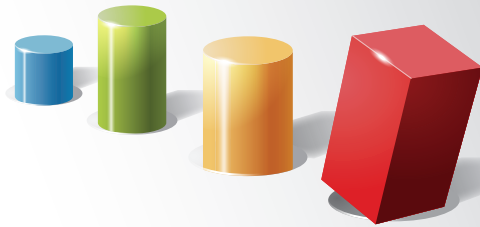
We will encourage strategic partnerships with other program providers and initiatives that improve participation and attainment for the priority cohort groups.

Issues to be addressed are the ability for people on the autism spectrum to be well prepared for, be able to gain and keep employment. This was highlighted in the City of Greater Geelong project "I could get a job if ...", where a high priority for responders on

the Bellarine Peninsula was for greater awareness and understanding of people on the Autism Spectrum. We will also use learning from studying issues faced by people on the autism spectrum to understand if the learnings are transferable for unemployed and underemployed people.

We are looking for people who would like to help us with this project. We are especially looking for people on the Autism Spectrum who would like to look at the project and if comfortable, help us by participating in the project over the next 12 months.

Please contact Anne Brackley on email coordinator@springdale.org.au or phone 0407 529 205 – I'd love to hear from you.



*Ukulele presentation
to Sarah Carroll.
Made and presented by
Holger Hansen*



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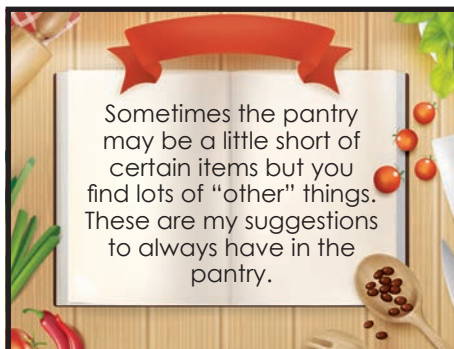
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Low-Budget Pantry Items

Cans of Tomatoes: Tomatoes make a quick and easy sauce for pasta. A quick blast in a blender makes a passata!!

Tomato Paste: for making pasta sauces, stews, soups and casseroles.

Cans of any Beans: Quick burritos or add to mince meat, stews, bean, rice and/or veges.

Lentils: Great and easy for soup or stew or to supplement left over roasted veggies.

Cans of Salmon & Tuna: Add to veges, rice or pasta. Make Fish Cakes!

Oats: Use oats to make homemade muesli and granola to avoid breakfast boredom.

Dried Fruit: For chutney, relish, desserts, sauces, roasting meat and snacking.

Rice: Easy for lunch with leftovers and makes a great base for evening stir-fries.

Pasta: Hot or not hot! Use leftover for salad, add fresh herbs and crunchy veges to keep it interesting.

Extra Virgin Olive Oil: for cooking, greasing pans and making salad dressings.

Honey: Just nice to be a bit different.

White Wine Vinegar: For preserving, salads and cleaning coffee pots.

Red Wine Vinegar: For cooking, preserving and seasoning.

Balsamic Vinegar: For flavouring dishes and making salad dressings.

Bay Leaves and Dried Herbs: For seasoning soups, stocks, roasts, sauces and poaching liquids.

Stock (beef, chicken, and vegetable): For soups, seasoning, casseroles and marinades.

Vanilla: For cakes, bikkies and desserts - vanilla beans to flavour sugar.

Nutmeg: For sweet and savoury dishes and sauces.

So many Spices: chilli powder, garlic powder, curry powder, and onion powder on hand in addition to

Salt & Pepper: These are economical and add layers of flavour to otherwise simple meals.

Items in the Fridge/Freezer

Eggs: Eggs are a relatively low-cost, vegetarian source of protein.

Breadcrumbs: for meatballs, chicken parma, stuffing etc.

Mince, bacon, chopped herbs, leftover rice, pasta

Items in the other cupboard

Leeks & Onions: Add flavour to everything, especially to stocks for soup and stew. Use whole or cut in quarters and remove before serving if people are allergic.

Bananas: Breakfast, quick snacks, cakes, smoothies.

Apples: for long storage, eating out of hand and making desserts.

Carrots: for long storage, snacking, soups, side dishes, roasting, casseroles, stews etc.

Garlic: No Comment!!

Ginger: Fresh for mincing or grating and adding to dishes for a spark.

Lemons & Limes: For squeezing into fresh juice or using the zest in sweet/savoury cooking.

Potatoes: For baking, mashing, boiling and roasting.

Here is a healthy and easy recipe ideas for winter days that the whole family will enjoy.

This makes a main meal in 4 serves or on the side with salmon, chicken etc for 6 people.

The left overs can be enjoyed cold or reheated the next day with a can of tuna or salmon.

Pasta with Vegetables

Serves 4-6

2 tablespoon butter

1 cup passata or 1 can crushed tomatoes

1 cup cooked peas (or your choice e.g.

broccoli, beans, cauliflower or broad beans)

500g pasta (small shape)

* YOUR CHOICE

½ cup cream

salt & pepper

2 tablespoon Cheese**

* YOUR CHOICE - 1 cup chopped:

Pancetta, Bacon, or Salami

Onion, Leek, and/or Garlic

Capsicum, Celery, and/or Fennel etc...

1 teaspoon: Herbs etc...

** Tasty Cheese e.g. Parmesan

Melt the butter in a fry pan.

When it foams, add YOUR CHOICE(s) and cook for a few minutes until lightly coloured.

Add the passata or crushed tomatoes, cream and peas.

Stir, cooking over low heat for 4-5 minutes until the sauce thickens.

Add salt and pepper to taste.

Cook the pasta in plenty of boiling water.

When ready, drain and tip the pasta gently into the sauce.

Remove from heat.

Add cheese, herbs and toss gently.

Serve immediately with extra cheese if required.

Enjoy! **Agata Commisso**



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Fast Fashion:

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Our obsession with constantly updating our wardrobes is causing major environmental problems.

A staggering 6,000 kilograms of clothing and textiles is going to landfill every 10 minutes in Australia. All because our wardrobes can't keep up with the rate at which we're buying new clothes. Australians are the world's second largest consumer of textiles, buying an average of 27 kilograms of new clothing and textiles every year – twice the global average. Through clever marketing, the fashion industry has us believing our clothes are almost constantly out of fashion. Where there were once two fashion seasons (summer/spring and winter/autumn) there are now a mind-boggling 52 "micro seasons". Our planet simply cannot sustain our addiction to buying new clothes.

Take a stand...while still looking stylish:

- Buy quality, classic pieces that will last, rather than cheaply made "trendy" pieces that you know will date.
- "Spend and Save" and other special offers are designed to persuade you to make impulsive purchases. Ask yourself: do I really need to buy this?
- Clothes swap with your friends and family.
- Hit up the markets! You can find some great – and cheap – second-hand pieces.
- Facebook second-hand groups are fantastic for finding pre-loved clothes in your neighbourhood.
- See if you can get your shoes and clothes fixed, rather than just throwing them out.



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Bokashi is back

Recycling food scraps could be throw it in the bin, fill your bin up with recyclable items and wheel it down the front for pick up or.... You could use a Bokashi Bin and feed it with your food scraps to create a potent liquid fertiliser for yourself and create a product which can then be buried in the garden to create a super soil.

Recently we helped to recycle a couple of Bokashi Bins to be reused by a young enthusiastic mum and family. Astrid bought her bins from us a couple of weeks ago and is already producing the potent liquid. It's so much fun to hear how her recycling is going and her enthusiasm is contagious.

"I thought I'd send you an update. Our bucket is quite close to being full (1 week), I think by tomorrow night it will be full. Today I got the first bit of liquid, it's almost a table spoon.

Big change to the volume of 'stuff' we are putting in the bin which is great." Astrid



Bellarine Support Group for Kinship Carers



I would like to take this opportunity to say a HUGE thank you from the other kinship carers and myself from the Bellarine Support Group for Kinship Carers to those people, business and organizations that have reached out to help and support us as Kinship Carers.

I personally would like to thank - Anne Brackley - who believed in my dream, for her guidance and support in setting up our group at SpringDale, Deborah Winter and Colleen from Clifton Springs. The support that we as a group have been shown is beyond my wildest dreams. We as a group have been given clothes, toys, car seats and the list just goes on and on.

My spare room has now be renamed Kinship Room. When children are placed in care for various reasons, usually the children only have the clothes they stand up in - no special toy to take to bed, no book to read, nothing at all. So now kinship carers can call me and I can help out with anything the children need to feel safe and secure - that special toy to take to bed, a book to read and even some new clothes.

The children feel special and the appreciation from the kinship carers is overwhelming at times.

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 monthly at SpringDale.

Meeting dates:- 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



SpringDale Salads next event is on 19th July.

This month we will be at the White Eagle Fellmongers Rd Breakwater the theme is Christmas in July.

Booking are essential no later than July 12th.

Please phone Joan: 5251 1177



Dining Group is also off for dinner Monday 10 July 6.30pm Clifton Springs Golf Club, 92 Clearwater Drive, Clifton Springs.

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Improve your skills - Expand your mind

COURSES

@SpringDale

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.

Term 3
July-Sept
2017



Welcome to Term 3 Course and Opportunity Guide.

COMPUTERS

What iPad or Tablet should I buy?

Dates/times: Mon 7 Aug or Mon 4 Sept 5pm - 6pm
Fee: \$10

Tutor: Jonathan Harris, JNH Software P/L

Introduction iPad/iPhone or iPad like device

Skill Level: Beginner

Dates/times: Mon 24 Jul - Mon 18 Sept 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: Wed 26 Jul - Wed 20 Sept 10am - 12.30pm
Fee: \$165 or **Conc:** \$75

Tutor: Jonathan Harris JNH Software P/L

Computer Performance and Maintenance

Skill Level: Advanced

Date/time: Wed 26 Jul - Wed 20 Sept 1pm - 3.30pm
Fee: \$165 or **Conc:** \$75

Tutor: Jonathan Harris JNH Software P/L

Microsoft Office for Business and Employment

Skill Level: Advanced

Dates/times: Mon 24 Jul - Mon 18 Sept 1pm - 3.30pm
Fee: \$165 **Conc:** \$75

Tutor: Jonathan Harris JNH Software P/L

Introduction to Computers

Skill Level: Beginner

Dates/times: Thurs 27 Jul - Thurs 21 Sept 1pm-3.30pm
Fee: \$165 or **Conc:** \$75

Tutor: Brenda Richardson, Iteracy

Exploring the Internet

Skill Level: Beginner +

Dates/times: Tue 25 Jul - Tue 19 Sept 9am - 11.30am
Fee: \$165 or **Conc:** \$75

Tutor: Brenda Richardson, Iteracy

Easy Introduction to Coding

Skill Level: Beginner +

Dates/times: Tues 25 Jul - Tue 19 Sept 1pm - 3.30pm
Fee: \$165 or **Conc:** \$75

Tutor: Brenda Richardson, Iteracy

Buying and Selling on eBay

Dates/times: Thurs 10 Aug & 14 Sept 4pm - 6pm

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

Go Digi - Help with Mobile Phone / iPhone / iPad / Tablet sessions

Date/time: Fri 1 & 8 Sept 1pm - 2pm

Fee: \$2

Tutors: Bellarine Secondary College Year 9 students

CREATIVE

Foundation Art Course

Discover the Artist Within - Level 1

Dates/times: Tue 8 Aug - Tue 26 Sept 1pm - 3pm
(8 sessions)

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

Media Art Course

Discover the Artist Within - Level 2

Dates/times: Mon 7 Aug - Mon 25 Sept 10am - 12.30pm
Fee: \$135 or **Conc:** \$75 **Tutor:** Annette Playsted

Advanced Workshop Program

Develop the Artist Within - Level 3

Dates/times: Mon 7 Aug - Mon 25 Sept 1pm - 3.30pm
Or Tue 8 Aug - Tue 26 Sept 10am - 12.30pm

Fee: \$135 or **Conc:** \$75 **Tutor:** Annette Playsted

Wednesday Art Workshop

- Paint or draw a portrait

Dates/times: Wed Aug 30 and Sept 6 10 - 12.30pm
Fee: \$50 or **Conc:** \$45 **Tutor:** Annette Playsted

Photography Sculpting with Light

Dates/times: Mon 7 Aug - Mon 28 Aug 7pm - 9pm
Fee: \$110 or **Conc:** \$100 **Tutor:** George Stawicki

Ukulele Beginners

Date/time: Thurs 3 Aug - Thurs 7 Sept
11am - 12pm (6 sessions)

Fee: \$65 **Tutor:** Sarah Carroll

Ukulele Advanced Beginners

Date/time: Thurs 3 Aug - Thurs 7 Sept 10am - 11am
Fee: \$65 **Tutor:** Sarah Carroll

Ukulele Intermediate

Date/time: Thurs 3 Aug - Thurs 7 Sept 9am - 10am
Fee: \$65 **Tutor:** Sarah Carroll

Beginning Article Writing

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

Fee: \$75 **Tutor:** Dr Laurent Boulanger

Beginning Fiction Writing

Date/time: Sat 26 Aug 9am - 1pm plus up to 4 review sessions

Fee: \$75 **Tutor:** Dr Laurent Boulanger

For full course detail
please pickup a copy from
SpringDale, visit us online
www.springdale.org.au or
in the June edition of the
Messenger.

LIFESTYLE COURSES

Gardening for health

Date/time: Wed 26 July - Wed 20 Sept 7pm - 9.30pm
Fee: \$165 or **Conc:** \$75

Tutor: Agata from Portarlington Nursery

Venue: 44 Newcombe Street Portarlington

Cheese Making with Corinne

Dates/times: Sat 22 Jul Cheddar, Sat 29 Jul
Camembert, Sat 14 Oct Cheddar or Sat 21 Oct
Camembert 10am - 3pm

Fee: \$100 per session

Tutor: Corinne Blacket - Drysdale Cheeses

Espresso Coffee Making Workshop

Dates/times: Sat 5 Aug or Sat 2 Sept 10am - 12 noon
Fee: \$40 **Tutor:** Jordon Smith

Innovations for Would Be Entrepreneurs

Dates/times: Friday 4 Aug - 15 Sept 10am - 12.30pm
Individually scheduled

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

Introduction to Sustainability

Dates/times: to be confirmed

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

Tutor: Experts in each field

Focusing on the Future

Dates/times: Thurs 3 Aug 9am - 11am 7 more
sessions as individually scheduled

Fee: \$100 or **Conc:** \$75

Tutor: Anne Brackley

Yoga - Monday

Dates/times: Mon 24 Jul - Mon 18 Sept 9.15am - 10.45am
Fee: \$150 **Conc:** \$135

Tutor: Glenda Breedveld

Materials: Bring your own mat and blanket if required.

Venue: SpringDale Hall

Yoga - Thursday

Dates/times: Thurs 27 Jul - Thurs 21 Sept 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

Dates/times: Tue 18 Jul - 19 Sept 11.30am - 12.45pm
Fee: \$110 **Conc:** \$100 **Single sessions:** \$15

Tutor: Serge

Latin

Dates/times: Sat 22 July - 23 Sept 9.15am - 10.45am
10 weeks

Fee: \$50 **Tutor:** Neil Bell

The Joy of Volunteering

Dates/times: Start date Mon 7 Aug 9.30am - 11.30am
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

For more information phone SpringDale 5253 1960 or Jenny 5251 2676. Thur 1.30pm - 3.30pm

Friendly Cuppa and Chat Group

First Tuesday of the month between 10.30am - 11.30am.

Card Games

Monday afternoons from 12.30pm - 3pm.

Girls' Shed

Tuesday weekly from 1pm - 3pm.

SpringDale Badminton

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

SpringDale Artists

Wednesdays 9.30am - 12.30pm or 1pm - 4pm.

Cryptic Crosswords Group

Fridays at 10am

Fun Volleyball

Mondays from 9am - 10.30am

Venue: Drysdale Scout Hall

Genealogy

Thursdays 9.30am - 12noon

SpringDale Jigsaw Club

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

Weekly Mondays 8:50am-10am (Contact SpringDale for meeting points)

SpringDale Scrabble Club

Held on Tuesday afternoon, 1pm - 3pm

SpringDale Wheelie Riders

Rides: Mon, Tues, Wed, Fri and Sat or Sun.

SpringDale Singers

Tuesday afternoons at 1:30pm until 3:30pm.

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

Wednesday evening from 5pm - 8pm.

Fee: Price depends on menu

Scrapbooking Group

Thursday 13 July, 10 Aug & 7 Sept from 1pm - 4pm.

Write About

1st Thursday of the Month from 2.30pm - 4.30pm.

Felling

1st Saturday each month. 10am - 3pm

Harvest Basket Produce Swap & Edible Gardening Group

1st Saturday of every month in the SpringDale Hall. 9am - 10.30am

SpringDale Open Dance Band

Monday afternoons 5pm - 7pm.

SpringDale Community Garden: Growing Green - a Healthy and Sustainable Community.

Kinship Carers

Meets monthly 7 Aug, 4 Sept, 9 Oct, 6 Nov and 4 Dec 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

Next event for 2017 Mon 28 Aug 7am \$15

Bush Dance

Next Bush Dance will be Fri 11 August

Small Business Smart Business Session

26 July and 27 September

VALiD Bellarine Peer Support Group

3rd Thursday of the month July 20th, Aug 17th, Sept 21st, Oct 19th, Nov 16th, Dec 21st at SpringDale 10am

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

Thursday evenings at SpringDale Neighbourhood Centre. Girls aged 5 - 11 years 4pm - 5.30pm and girls 11 to 18 years meet from 6.30pm - 8pm.

Pilates

Date/time: Tues 25th/Thurs 27th July (9 weeks)

Fee: \$135 Tutor: Monique MacLeod

Phone to book: (03) 5251 2958

Venue: Drysdale Physiotherapy & Sports Injury Clinic, 27-29 High Street, Drysdale

Karate

Date/time: Mon 17 July - 18 Sept 4pm - 4.45pm

Fees: \$175 Primary Students and High School Students \$190 per term.

Tutor: Art of Defence Australia

Phone to book: 0407 320 333 Venue: SpringDale

Tai Chi

Date/time: Mon 17 July - 18 Sept 5pm - 6pm

Fee: \$205 or Conc \$190

Tutor: Art of Defence Australia

Phone to book: 0407 320 333 Venue: SpringDale

Bellarine Woodworkers Inc.

First and third Monday of the month at 1.30pm.

ACCREDITED COURSES

Provide First Aid Code HLTAID003

Dates/times: Sat 29 Jul 9.30am - 3pm

Fee: \$120 Tutor: Stayin' Alive First Aid

Provide CPR Code HLTAID001

Dates/times: Sat 29 Jul 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



Enrolment & Payment Conditions

ENROLMENT

To book into a class, **phone (03) 5253 1960**, or call in person, at **SpringDale Neighbourhood, Centre 17-21 High Street, Drysdale, OR**
Email: office@springdale.org.au

- Your enrolment is confirmed when payment is received.
- Classes must be paid for no later than ONE week prior to the commencement of class. You will not be permitted to participate in classes until full payment is made.

PAYMENT/ REFUNDS

We accept cash, cheque or credit card.

Facilities are available for payment in person or via mail, please see below course booking slip.

- If there are not enough enrolments to successfully run a course it will be cancelled.
- If a course is cancelled due to lack of enrolments or other reason, you will be notified and your fees will be refunded in full.
- Should you wish to withdraw from a course you must do so prior to commencement of the course. Where fees have been paid, in those circumstances they will be refunded to you less an \$8 administrative fee.
- If you withdraw from a course after it has commenced no refund will be issued. An opportunity to transfer to another course may however be available in certain instances.

PRIVACY

The **SpringDale Neighbourhood Centre** respects your right to information privacy. Information collected and held on participants, is kept in accordance with information privacy laws.



SpringDale Neighbourhood Centre Inc.
acknowledges the support of:



Australian Government
Department of Education, Employment
and Workplace Relations



Clifton Springs Garden Club

Each month, at our monthly meetings, Clifton Springs Garden Club endeavours to have interesting speakers that cover a variety of topics that relate to our gardens. Our speaker for May was just one of those speakers. Jen Carr, a local Bellarine bird enthusiast came along and gave our meeting a most interesting talk on birds that can be found either in our own back yards, or not far from our homes. Jen also showed us some magnificent photographs of some common and some not so common, birds that she has photographed in her garden, Ocean Grove Nature Reserve, Lake Lorne and other areas around the Bellarine. Jen showed us 50 species of birds that she had photographed in this local area, which I found to be amazing.

The Club does not have a formal meeting in July, instead we have a social evening at the Portarlington Golf Club. But stay tuned as we will have more interesting speakers over the coming months.

Clifton Springs Garden Club welcomes visitors to our meetings. So, if you see a speaker listed that you think you might enjoy but don't want to join the Club, you are most welcome to come along. We meet on the 3rd Monday of each month, except July, at the Uniting Church Hall Drysdale. If you would like further information on the Club please contact our Secretary Helen, on telephone 5257 1566 or email hma3152@gmail.com



Photos by Jen Carr - Circled: Golden Whistler
Top: Red-rumped Parrot
Above: Eastern Spinebill
Left: Bulbul
Far Left: Red Browed Finch



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Colin Foley



Know your Onions

Onions are one of my favourite crops, which might seem strange. After all, who gets excited about onions? They're a base ingredient in so many dishes, but one of those 'ho hum' vegetables we pick up in the supermarket without a second thought.

That's because supermarket onions are bland, watery things, by and large. A home grown onion is a different beast entirely, with a pungent, eye-watering aroma and a strong, sweet taste. The supermarket onions often start going off within a couple of weeks. A home-grown onion, well cured and stored in well ventilated conditions, will keep for six months or more.

I always try to grow at least six months' worth of onions, in a five square metre bed. I'll start with the milder salad onions in June, then the long-keeping varieties such as Creamgold, Australian Brown and Red Marksman in July, August and September.

Onion seedlings won't handle competition well and are easily knocked over or buried by wind-blown mulch, so you need to prepare your bed carefully. I don't usually mulch the onion bed until October, when the onions are well established. That means you'll need to weed 3-4 times to keep the weed seedlings under control.

*Getting these little fellas off to a good start ...
... so they can grow big and strong!*

You can sow onion seeds directly into a shallow drill, but you'll probably get patchy results. I start mine in pots of seed-raising mix, then transplant them when they're 8-10 cm high. You can sow 30-40 seeds in one small pot. The paper biodegradable pots are best: when you're ready to plant out, you can gently peel the soggy paper away from the root ball and separate out the little seedlings.

Then comes the brutal bit: take a sharp pair of scissors and trim the roots to about 2 cm and the tops to about 5 cm. Ouch! But it's necessary, if you want your onions to get off to a good start. The trimmed roots will grow much more strongly than straggly, untrimmed roots, and the tops will soon be standing straight up and putting out new growth.

Plant the onion seedlings in bunches of 3-4 into a shallow drill, each bunch about 10-15 cm apart. Firm the soil gently around the roots and water in with a weak solution of Seasol. Keep the bed moist - and keep it covered with a net until the seedlings are well established, or those pesky blackbirds will dig them up.



DANCE CLASSES

Drysdale Clifton Springs Bellarine Peninsula

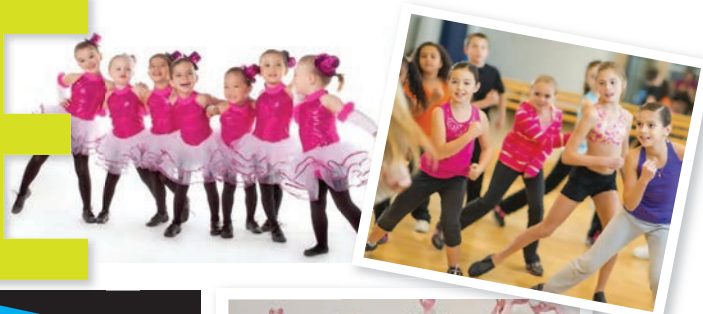
NEW for 2017
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Classes for Boys, Girls, Teenagers, Adults
(Including morning classes for 3 year olds)
New students and beginners welcome.
End of year performance Playhouse Theatre GPAC
(costumes provided/no sewing)



Phone Debbie Lee (03) 5250 3244 or 0418 317 487

Poisonous mushrooms growing locally

Key messages

- Extreme caution is advised when picking and consuming wild mushrooms - if in doubt, don't consume.
- Poisonous mushrooms including Death Cap mushrooms and Yellow-staining mushrooms are currently growing around Victoria as a result of recent heavy rains.
- Cooking, peeling or drying these mushrooms does not remove or inactivate the poison.
- There is no home test available to distinguish safe and edible mushrooms from poisonous mushrooms.
- Mushrooms purchased from a supermarket, greengrocer or other reputable source are safe to eat.

What is the issue?



Death Cap mushroom (*Amanita phalloides*).

Death Cap mushrooms (*Amanita phalloides*) are highly poisonous. Consuming just one mushroom can kill an adult. Symptoms of poisoning by Death Cap mushrooms can include violent stomach pains, nausea, vomiting and diarrhoea. Symptoms may subside after one or two days but this does not indicate recovery. Serious liver damage may well have occurred that may result in death.

These mushrooms grow under oak trees and are 40-160mm in diameter. The cap ranges in colour from pale yellow-green to olive brown and the ridges on the underside of the cap are white. The base of the stem has a membrane 'cup'.



Yellow-staining Mushroom (*Agaricus xanthodermus*).

The Yellow-staining Mushroom (*Agaricus xanthodermus*) is the cause of most poisonings due to ingestion of wild fungi in Victoria. Consuming Yellow-staining mushrooms causes nausea, stomach cramps, diarrhoea and vomiting. The severity of symptoms varies with the amount eaten.

This mushroom looks very similar to regular purchased mushrooms or 'cultivated mushrooms' (*Agaricus bisporus*) and to edible wild mushrooms such as the field mushroom (*Agaricus campestris*). In urban areas the Yellow-staining Mushroom is unfortunately much more common than edible mushrooms. It can grow in large troops in lawns and gardens.

Who is at risk?

Anyone who has collected and consumed a wild mushroom of unknown species is putting themselves at risk of potential poisoning.

Consuming poisonous mushroom puts you at risk of serious illness. Consuming a Death Cap mushroom may result in death.

Prevention/treatment

In most cases, the sooner treatment can begin, the better the outcome for the patient. If it is suspected that you or your child have eaten a poisonous mushroom, do not wait for symptoms to occur before seeking medical attention. Contact the Victorian Poisons Information Centre immediately on 131126 (24 hours a day, 7 days a week, Australia wide). It is worthwhile to retain and digitally photograph a sample of the mushroom that was consumed, as the Victorian Poisons Information Centre may be able to obtain expert identification of the mushroom in some cases.

Weddings & Special Events



SpringDale Venue Hire & Catering

The SpringDale Hall is now available for hire for weddings and special events. There is a large range of items that are available to make your event easier to organise. Let us take the stress away and help you to organise your event and make your day even more...

Special



For more information call (03) 5253 1960

www.springdale.org.au

Friends of the Bellarine Rail Trail



In 2006 our group was successful in obtaining a federal government grant under the 'Envirofund' scheme that was then available to environment groups. The amount granted to us was just under \$12,000 dollars – which enabled us to propagate / install native plants at various locations along the trail – both within prepared beds and spot planting near remnant vegetation. These plantings (12500 in number) covered over 1.5 hectares and within the 50 tree / shrub / grass species were rare indigenous plants. When in-kind labour and other factors were calculated the value added to the trail was in the order of \$44,000. (Actual volunteer hours totalled approx. 1600)

So ten years hence from the completion of the project what have we learnt? Well for some unknown reason some species such as 'Golden Spray' don't have a very good survival rate; species such as red and swamp gums require damp soil conditions (rare on the trail); and that survival rates of plantings within prepared, then mulched beds, are far superior to spot plantings near remnant areas.

This is an example of one of our projects - but when we extrapolate these results out to some 88,000 plantings along the trail – between South Geelong and Drysdale, along with new picnic tables / seating / railway signage etc. the results do speak for themselves. Volunteers do make a difference! The increase in users of the rail trail, covering many different activities is testament to that.



Photo by George Stawicki

Hi Folks,

A few editions ago I was in the SpringDale Messenger discussing my experience being at Remedial Massage Therapy College in Geelong last year.

I stated how a therapist learns from touching very lightly on the human body and that the therapist does not need to press hard into the human body.

How the nerve receptors are in our fingertips and send messages back to our cortex advising us what is being felt. That the messages find it harder to understand if the therapist is pressing too hard; the therapist touches softly to find the points of soreness.

I had a client come in to clinic when I was at college asking for a massage therapy – I asked the client what kind of therapy is he wanting today and his response was that he did not know. I found this to be challenging, as I wanted to give the client a pleasant experience and not wanting the client leaving unsatisfied.

This is where I thought to work on the client's feet. I believe we take our feet and hands for granted, as it is these parts of our body that is used the most in regards to touch. Our feet and hands touch our way through everyday life.

I used a slight touch, softly applying pressure

in an upward motion from toe pad to the back of the foot, lengthening the muscles under the foot. After this I worked on the clients calves and hamstring muscles. At times I asked how deep the pressure was, each time the client replied that the pressure was fine. This can be difficult, as I have found in life experiences that sometimes people are polite hence not to criticize.

I was quite surprised though to see the client's feedback form when it stated that it was the most pleasant experience he has ever had, especially his feet having therapy, that he felt like he had new feet on his legs. We have a lot of muscles in our feet and hands, which hardly receive therapy, and a lot of these muscles are overused. When we give them some tender loving care, it makes a huge difference. The client was very happy with his foot massage.

Enjoy reading The SpringDale Messenger.

Frank Prskalo.

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Drysedale Bypass

DCSCA has lodged the following submissions to David Fary of VicRoads who is performing the role of Planning Authority in the PSA Process -

- 1 Safety Concern - Jetty Road Signalized Intersection - VicRoads have not determined predicted vehicle and pedestrian crash data and assigned Safety Top Priority in the intersection selection process. This is not consistent with Victoria's "Towards Zero Vision" for a future free of deaths and serious injuries on our roads.
- 2 Safety Concern - Ingress and egress to the service station - VicRoads have not determined crash data of vehicles executing associated U-turns and lane crossing maneuvers.
- 3 Roundabouts are unnecessarily large. VicRoads have designed roundabouts that are significantly larger (and hence more costly and disruptive to local residents) than Ausroads recommendations.
- 4 Increased Travel Times - Upon completion of the bypass there will be significantly increased travel times for Drysdale Clifton Springs residents, especially at off peak periods.
- 5 Environmental Impact Concern - Jetty Road Signalized intersection - VicRoads have not determined the fuel usage, and the cost and volumes of harmful emissions associated with vehicles waiting at red lights.
- 6 The Pedestrian Underpass is too narrow to accommodate the anticipated growth in traffic volume anticipated for this essential "Active Transport" connection.
- 7 Loss of Ambience - The Jetty Road Signalized Intersection will significantly spoil the ambience of Lake Lorne Reserve and the entrance to our community.
- 8 Signalization of the Jetty Road Intersection is not consistent with local preference as determined by VicRoads community consultation conducted in 2015.
- 9 Belchers Road Connection - To avoid unnecessary traffic disruption the connection from Belchers Road through to the education precinct must be completed prior to commencement of construction of the Jetty Road intersection.



Just inside the foyer at the Springdale Neighbourhood Centre is a large white bin which we hope to fill with items to assist the homeless.

If you are revamping your winter wardrobe please consider donating your old coats, jumpers, scarves, nice, clean woolly socks and blankets: Anything to help keep these people warm.

There is also a bin for the collection of hygiene products such as soap, toothpaste, toothbrushes, talc, tissues, hair brushes, shampoo etc.



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Are you tired of running out of money – paying off credit cards, bills, no money for holidays etc???

Here's your answer, and what's more, it's FREE.

The CAP course, which is coming to SpringDale in September, is designed to teach a very simplistic way of budgeting, doing away with debt and bringing freedom to your household finances. CAP does not aim to pay off your debts for you, but works with you to organise your finances in a way that will enable you to pay every bill on time without stress. It teaches you how to arrange your finances so that you are in a position to save for those much needed holidays. It relieves the stress that so often plagues families when finances are tight.

You may not be in financial hardship personally, but EVERYONE can benefit from learning these simple budgeting tools, for the young to the old, from the poor to the rich. In these times, no-one is exempt from the onslaught of bills. So, come on, give it a go. Who knows, you may learn something which you can pass on to someone who DOES need help.

Contact Judy on 0417 198 629

SpringDale Trivia 4th Edition by Drysdale Girl Guides

1. The father of Queen Elizabeth II was once the Prince of Wales, true or false?
2. Which nation was Nelson Mandela the President of from 1994 to 1999?
3. How many players are on the field for a bowling team during a cricket match?
4. Name the actor who played the 11th incarnation of Doctor Who
5. The 2014 Winter Olympics were held in which city?
6. Which mammal still in existence today has the longest pregnancy?
7. Who was the first Prime Minister of Australia and in what year did he take office?
8. Name Australia's largest salt lake.
9. What does FBI stand for in America?
10. What type of animal is the main character, Judy Hopps, in the children's animated film Zootopia?

Turn
to page 23
to find the
answers.

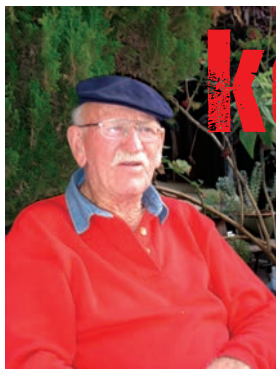
Drysdale Guides Meet on Thursdays during the school term. 5-11 years 4:00 to 5:30, 12-18 years 6:30 to 8:00. If you are interested or have any questions please contact Anne Brackley on 0407 529 205

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kel's corner

The Drysdale Bowling Club has become an icon of Drysdale - the beautiful green

in the centre of the township. Harry Machin used to have a blacksmiths shop where the Drysdale Bowling Club is now. Part of that land was farmed with potatoes by Cec Bennett's father. It was ploughed by horses and I was paid to put the fertiliser in. I planted the seed potatoes wearing a hessian bag apron half full and then swapping to the super phosphate apron with 5, 2, 1 super composition. This was all ploughed with a single furrow plough.

There used to be a children's playground seesaw, swings, and climbing apparatus.

Opposite the Bakery where the exit to the Drysdale Clinic is now, which was the Drysdale Tennis courts started.

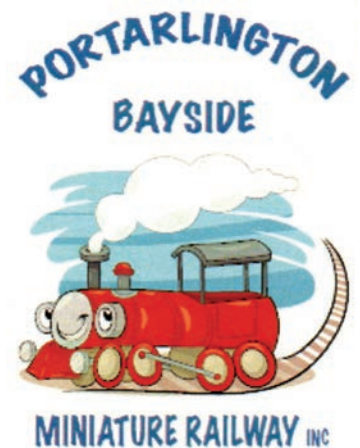
When the bowling club started - Charlie Holiday built the club house in 1940s. I helped to form the banks for the ditches around the greens with the help of Geoffrey Newling.

The entry gate which faces Collins Street was made by Vin Capon a blacksmith in Murradoc Road. Vin was also one of the instigators for installing the slung lights over green so night time bowling could occur.

These lights were similar to those that were cabled across Collins and High Streets but you needed to be wary when driving truck loads of flax to the flax works in Crimea Street.

Thanks to everyone who stops to say hello now that I'm getting back up the Street. I'm now looking forward to my 90th birthday in September. I think I'll make it. I am sleeping with one open - not game to close them both at once just in case!

Kel Davis and Anne Brackley scribe.



Mini Rail Honours another Founding Member

Recently the railway dedicated a memorial seat in honor of one of its early founding members, the late Arthur Sweatman. Arthur was involved in the very early days of the railways formation during its inception by the Rotary Club of Drysdale Inc in 1995, and was actively involved in all of its activities until his death in 2012. He was a very loyal and hard-working member and his voluntary contributions included building 4 electric locomotives and then later donating the model engines for use on this miniature railway.

This dedication was a fitting tribute for all his untiring efforts. Arthur was also actively involved with Bellarine Bayside Coastal Management for many years and served with distinction as Treasurer on their Committee of Management. In attendance at the ceremony in addition to Monica Sweatman and her family were representatives from the Victorian State Government, Bellarine Bayside Coastal Management, Rotary Club of Drysdale, The Vauxhall Car Club, Railway Members and supporters. The memorial seat which is a replica of a Victorian Railways Platform seat and has been donated to the railway by his widow, Monica Sweatman - "it is a thoughtful gift and is very much appreciated by the railway" said Brian Coleman, the Railway's Secretary.

The Portarlington Bayside Miniature Railway is Geelong's only passenger carrying miniature railway located on 8 hectares of beautiful picturesque parkland on the foreshore at Point Richards, 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. The railway has a bright future and has many plans in the melting pot to ensure its future success. The railway is looking for volunteers to help run this unique railway - so come along and get involved !!

Further details can be obtained from the Portarlington Bayside Miniature Railway Inc - at P.O. Box 419, PORTARLINGTON. 3223, or from our Information Line on 0476-124-598.

Also visit our website: www.miniaturerailway.com.au or our Facebook page.





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CODING

– a chance to think differently



The idea of computer coding or programming is an alien concept to many people. But it should not be as scary as it is often made out to be. Increasingly we are users of computer code in everyday activities and many people find it exciting and rewarding to understand the basics of how coding works.

Have you ever wondered how your smartphone knows what to do when you touch an app on the screen, how the supermarket checkout works, or how your GPS map gets you to the right place? These are just a few examples from everyday life.

Behind coding is the idea of computational thinking. This is a process or way of thinking that helps you to break problems into smaller steps and logical instructions.

Coding and computational thinking are said to be some of the most important skills of the next decade. Many say they are as important as reading and writing. In fact, the new Australian curriculum includes digital technology and coding from Prep onwards throughout primary and secondary school. Schools in UK and many other countries are already well ahead on this path.

This does not mean that each of these children will plan to get jobs in computer programming, but more that it is an important skill to help know how to solve problems, understand what it takes to create code, and be able to apply computational thinking.

Learning even basic coding, helps you to learn to break big problems into smaller chunks, to give clear/consistent instructions, to be able to backtrack your steps to find out what went wrong, and to be able to think of creative

additions to the base version. This type of thinking can be used anywhere!

Coding is logical, but also takes creativity. Mix that with some perseverance, a sense of adventure, and loving the thrill of solving a puzzle, then anyone can code.

Some of the benefits

- Gain an understanding of how things work
- Tackle the unknown
- Gain an understanding of the coding that young people in your lives are learning at school
- Challenge your thinking
- Build your skills at breaking big problems into smaller chunks
- Meet great people and have a good laugh
- Experience the thrill of solving puzzles

SpringDale has been running "Introduction to Coding" courses for the past 6 months. These are designed to demystify the process of coding in a very relaxed, friendly environment. So, if you are up for a challenge, why not join up? Next course starts on Tuesday 25 July 1pm – reserve your space now.

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SPORT

CLIFTON springs

TENNIS CLUB



Clifton Springs Tennis Club is currently seeking A & B Grade Lady Tennis Players for the Monday and Wednesday Night Mixed Competition. Both regular players and emergencies are sought. The Club Mixed Competition has 7 Teams on each night, and starts at 7.00pm and usually finishes before 10.00pm. A couple of recent (non-tennis) injuries has generated this request.

The competition has players of all ages, with some travelling from Portarlington/ Queenscliffe/ Barwon Heads to play. Night tennis is a good way to keep fit, especially in the Winter Months, and keeping the weekend free for other pursuits...

Thanks again for your consideration.

Philip BEE

Clifton Springs Wednesday Night Tennis.
52512921/ 0418143107.

Drysdale Football Club



The Drysdale Football Club has recently acquired its first international recruit.....in its Under 16 side!

Pierre Bezy is a 15 year old exchange from Annemasse in France, a town of approx. 30,000 people in the North East of the country and located only about 30 minutes from Geneva, Switzerland.

Back home Pierre has two sisters Mathilde (who was an exchange student here in Sydney - Australian last year) and Louise who is 14. His parent's both work in Geneva.

Pierre arrived in Australia for the start of this school year and after a little moving around he has finally settled with the Chipperfield family in Drysdale, and will remain with them until he goes back to France in December.

Pierre attends Geelong High with his host sister Pia (15) and Callum (13) and shares the affection of their pet border collies Rory and Archie. His host parents Fiona and Adam both

work for Barwon health at the hospital.

The club was approached by Fiona on Pierre's behalf as he was looking for an activity to keep fit whilst in Australia. At home he is a fairly decent Rugby (union) player so football seemed a good choice. In his first game for the club he did throw the ball to a teammate when tackled, but after some half time instructions kicked 1.2 playing up forward in the second half. He has since continued to improve with regular skills coaching and is holding his own in our second U16 team coached by Mark Finnigan.

Mark is by no means fluent in French and whilst Pierre's English is reasonable there is a fair bit of pointing and gesturing.

The club is very pleased to play a part in Pierre's 'Aussie' experience and we know that his teammates are also getting an insight into a different culture and may one day have a mate to visit on their Gap Year.



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SPORT

The start of 2017 has been very busy for all down at the Drysdale Soccer Club. Our Juniors have seen a huge rise in player numbers, with more than 110 children registering for the Drysdale Soccer Club. The first two rounds of the Southern Junior Hub (where all the southern Geelong Regional clubs play at the same venue) were hosted by Drysdale SC at Howard Glover Reserve in East Geelong with more than 1200 kids and their families attending. This equates to a very busy day for our Junior Coordinators, our army of parents and volunteers. Volunteers play a huge role in local community sport clubs and ours is no different with jobs like marking pitches, setting up temporary goals and working the busy canteen all contributing to make for a fantastic few days for the club.

The Senior teams have also seen an increase in player numbers with 90 registered players across 5 senior teams. The two senior women teams are currently leading the way, with the Senior Women currently sitting on top of the Division 1 ladder, undefeated, with comprehensive victories over Barwon Heads 7-1, Surf Coast 3-1, Barwon 9-0 and Geelong SC 10-0. Their only blemish came after a close 2-2 draw away to last year's winners Deakin. The women have strengthened their squad with some new recruits over the off season and after finishing Runners-Up in 2016 are looking like the team to beat in the Women's competition this year.

The Senior Men's under new coach Jason Pickles have had a sluggish start to 2017, with tough opening fixtures seeing 3 draws and

Drysdale Soccer Club



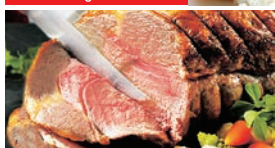
2 losses across their first 5 games. Despite dominating in patches, struggling to turn that dominance into goals has cost the guys dearly and they currently sit in 8th position on the ladder. The guys will be looking to turn things around with upcoming fixtures against newly formed club Leopold SC and Barwon Heads SC

in the next fortnight. Get on down to Howard Glover Reserve over the weekend and see Drysdale SC in action or visit drydsalesc.com for all the latest news and results.

Andy Scott

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Trivia Answers

- | | |
|--|------------------------------------|
| 1. False, | 6. Elephant |
| 2. South Africa | 7. Edmund Barton, 1901 |
| 3. Eleven (plus a twelfth man during breaks) | 8. Lake Eyre |
| 4. Matt Smith | 9. Federal Bureau of Investigation |
| 5. Sochi, Russian Federation | 10. Rabbit |



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Friendship visit to Viqueque, Timor Leste



The Friendship visit to Viqueque recently by tradies and teachers from Geelong and the Bellarine achieved many things! Primarily it affirmed a long term commitment to the people of Viqueque made by Geelong in 2003 to help rebuild their community through this friendship. Christian College – Geelong has been involved in improving opportunities for children and young people in education. Each year students, teachers, community members and trades people volunteer and fund themselves to go to Viqueque as part of this ongoing friendship.

The April 2017 trip consisted of volunteer teachers and tradies from this region. One focus was to encourage and offer training to the kindergarten teachers in the region. We were invited to facilitate music, dance and storytimes with the children in regional kindergartens. These Kindergartens have very few resources, their buildings are in disrepair and teachers work with large numbers in small spaces. Helped by translators, we lead the children in singing, using musical instruments, dancing, story times and finger puppets. This was done in their local language, Tetum and English. The parachutes were used for games that involved listening, following directions and were heaps of fun! We offered the teachers two music workshops around the value of music and how to lead music sessions. Music is very much part of their culture and is included in their work with the children. A highlight for me was at the end of the conference, when the teachers formed a conga line and we danced to the beat of the traditional drum. These drums were crafted in Viqueque but funded from generous donations from the people of Geelong. The teachers were most grateful for their Music Resource bags filled with instruments and other aids for music times. The second focus for this trip was to install a water tank at the Accommodation House and attend to major maintenance on the playground equipment of the Geelong Friendship House Kindergarten - Uma Maun Alin. Thank you to those who attended our Timor Film Afternoon fundraiser which raised \$700. There were also donations from local kindergartens, businesses, community members and friends. These funds allowed us to complete the maintenance tasks and provide Music Resource bags filled with resources for 10 Kindergartens.

If you would like to know more, or wish to donate towards future projects, please contact Ms Deb Singleton, Friendship House Coordinator for Christian College Geelong.

Marita Thurman

