



The SpringDale Messenger



August 2017
Volume 27 Issue 7

ABN 21 404 220 267

Compiled & Published by the SpringDale Neighbourhood Centre Inc.



Family Science Games Night

Friday 18th August, 6.30-9pm
SpringDale Neighbourhood House

Free admission

Autism Friendly Event

Come along to an exciting evening of science games! On 18th August SpringDale Neighbourhood House will be hosting a Family Science Games night where families can play a range of science educational games. Find the right species in Go Extinct, learn about the body in Organ Attack and build a virus in Virulence. These games and more will be available to play.

The event will be 2.5 hours in duration and will be supported by Deakin University. It is hoped that the nights will provide families with the opportunity to play a variety of games relating to different scientific concepts and skills that they may not have previously thought about.

The games will provide a fun and exciting avenue for exploring scientific concepts that are normally difficult to relate to and which might be seen as too difficult to understand or not relevant to everyday life.

Future Earth



national science week 2017

12-20 August 2017
www.scienceweek.net.au



Inspiring
AUSTRALIA

This National Science Week
project is supported by the
Australian Government.



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 SEPTEMBER 2017 • Bookings/copy required by 1 August • Dist: Sat 26 August 2017 • Circ: 14,000

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

AUGUST

Tue-Mon	1-7	OCD & Anxiety Disorders Week
Tuesday	1-31	Small Business Festival Geelong
Tue-Mon	1-7	Homelessness Prevention Week - Homelessness Australia
Fri-Sat	4-5	Lola Montez - by Finucane and Smith - 8pm - Potato Shed CABARET STYLE bring your own basket supper
Tuesday	8	Dying to Know Day with sessions at 10am and 7:30pm - SpringDale
Friday	11	Family Bush Dance at SpringDale 7.30pm
Saturday	12	International Youth Day – United Nations
Sat-Sun	12-20	Science Week – National
Monday	14	Cupcake Day – RSPCA
Monday	14	A Taste of Sri Lankan Cuisine - SpringDale - 6.30pm SpringDale Dining Group will join the dinner.
Tuesday	15	Soul Sister Swing - 10.30am - Potato Shed
Wednesday	16	SpringDale Salads Ocean Grove Bowling Club Bistro 12noon
Friday	18-25	Escape to Everywhere – Children's Book Week
Friday	18	Parenting on Your Tablet – Drysdale Library
Friday	18	Family Science Games night - 6.30-9pm SpringDale
Saturday	19	Latonga - Vegas style dance spectacular - 8pm - Potato Shed CABARET STYLE bring your own basket supper
Mon-Sun	21-27	Keep Australia Beautiful Week – National
Thursday	24	Midsummer Night's Dream - Melbourne City Ballet - 8pm - Potato Shed
Friday	25	Daffodil Day – Cancer Council Australia
Sun-Sat	27-2	National Op Shop Week – Charity shops in our community
Sun-Sat	27-2	Legacy Week – Legacy

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



The SpringDale Messenger is a locally produced publication.

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

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

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



SpringDale Neighbourhood Centre Inc. acknowledges the support of:





Coordinator's News

Anne Brackley



August Highlights

Get creative and discover the artist within at one of the many art courses commencing in August.

Or is music more in tune with your creativity, Ukulele classes are on offer.

The SpringDale Groups also have so much to offer and with 32 to choose from there is something to inspire us all.



One of our Girls' Shed projects

Dear friends and friends I haven't met yet. Thank you to everyone who responded so quickly to the last edition of the SpringDale Messenger. On the day it started being delivered people started to bring clothes, blankets and toiletries for homeless people and within two days the containers were overflowing. After asking the Lion's Club to collect the donations, by the following week the response was almost as good. We will continue to accept donations for the whole of August and donations are given to the people in need directly – we have answered this question a number of times, so I thought it was important to let everyone know.

Thank you to the community members who offered a whipper snipper for the Drysdale Station your donations have been gratefully received and we have found homes for other offerings. We continue to be so grateful for the incredibly positive and supportive things that so many do for our community and for each other. I love finding time to volunteer at the Drysdale Station with our son, it gives me a different perspective on visitors to our area and to know what is important in their experiences on the Bellarine.

Opportunities pop up when we least expect them. Last year I attended the Community Newspapers Association conference and found myself agreeing to be part of the Committee. I am learning so much through this opportunity and meeting another group of people who are

committed to informing their communities through their Community Newspapers. Each time we meet, I learn something new and I try to share some of my talents with them.

We continue to offer after hours activities to meet the requests of those who helped us formulate the SpringDale Strategic Plan, bus trips, Art meetings, Dinners, Film nights and classes to name a few. Each week new people with new ideas encourage us to offer something new and those who have done this will know that I always ask the people to write a story around their idea for the next Messenger to help bring like-minded people together to get the idea started.

While Manika, who is helping with the Messenger these days, and I were talking about Dying to Know You day, on Tuesday 8 August, we received an email from a local who was wanting to run sessions for our community on the same subject. Synchronicity often happens at SpringDale but it always makes me smile when it does.

Looking forward to seeing you at SpringDale or at one of our events or something else. Please take the time to say hi and perhaps let me know what new thing you have done recently, I would love to know what it is.

Yours very sincerely **Anne Brackley** for Team SpringDale

CORRECTION

Correction in the article on Siem Reap.

We are sorry to say that the students whilst they are working towards the \$15,042 that we published last time and they are planning more events to reach it. The children raised \$1,542 when they were hoping to raise \$800. Still a wonderful effort and it's amazing what a zero can make! So watch this space. SpringDale was very pleased to support this event.

FRIDAY 11th August
7.30pm ~ 10.45pm
SpringDale Hall in Drysdale

Bush Dance

With The Springdale Open Dance Band
Jane Bullock and Friends

Family \$25 Adults \$10 Students \$5
 All Dances Called - No Partner Required
 Please bring a plate of supper to share

Bookings being taken for the 2018 Edition – 20,000 copies home delivered across the Bellarine

11th Edition

Businesses & Services
 On The Bellarine

2017 DIRECTORY

Its all about your business

Presented by
 Springdale Neighbourhood Centre
 Keeping the Community Connected



High Street Nears Completion

In late June I was pleased to announce the main completion of High Street works with the installation of new designated bike lanes, pedestrian crossing points and flashing 40km/h school zone signs.

As part of the \$3 million upgrade road shoulders have also been widened to improve safety for drivers turning into driveways and side streets.

And improvements have also been made to street lighting, kerbs, barriers and parking facilities.

Safer pedestrian crossings and better signage will enable people of all ages and abilities to confidently cross any section of High Street, particularly near the schools and main shopping precinct.

These improvements are the beginning of a range of upgrades being delivered as part of the Drysdale Bypass project, which will get trucks out of the centre of Drysdale and onto an alternative route.

Final road surface sealing will take place in warmer months later this year, with a further stage of upgrades to improve connectivity and amenity to be made at the completion of the bypass.

Melaluka Road

On the same day in late June I was also pleased to announce the start of planning works for a significant upgrade to the corner of Melaluka and Portarlington Roads.

The \$1.2 million works will see new traffic and pedestrian lights installed to ensure locals, especially school students, can cross Geelong-Portarlington Road to catch their bus without needing to dodge oncoming traffic on the five-lane road.

The traffic lights will include right-hand turn arrows making it easier for drivers to get in and out of Melaluka Road.

The upgrade has been designed in-line with significant community feedback following the accident in March 2016 when student Lachlan MacKinnon was hit by a car while crossing the road.

With planning work on this intersection underway and early works set to start, the new traffic lights are expected to be operational by early 2018.

Anne Brackley

Finally I would like to congratulate my long-time friend Anne Brackley on her much deserved OAM Queens Birthday honour. I was proud to speak of Anne in the Parliament as follows:

"Anne Brackley, who I am proud to say has been a work colleague and friend for almost 20 years, received a Medal of the Order of Australia (OAM) for her lifetime contribution to Girl Guides Victoria - 41 years of leadership. She has also touched the lives of many people in Drysdale and Clifton Springs, including through school, through children with a disability and of course through her work at the SpringDale Neighbourhood Centre. She is a very, very worthy recipient."

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

Letter to the Editor

Dear Messenger,

Via the pages of your publication, it gives me much pleasure to add my sincere congratulations to Pauline Cline on being awarded the Adrian Mannix OAM Community Service Award for 2017.

Pauline is known personally to me through her husband Mark and is one of the most tireless workers I know. Mark is a member and past president, as am I, of the Ocean Grove Stamp Club Inc and Pauline is the first to put up her hand to volunteer to take care of the catering each year at the club's stamp fair.

Roy Pitchford

A great inclusion in the Messenger of the Uluru Statement. We are so glad to see the SNH taking that lead by putting this very important issue before the community.

Warm regards

Ian & Joy Porter



We at SpringDale Neighbourhood Centre wish to thank the community for such a quick and generous response to help the homeless within a couple of days of the Messenger going out. The bin is full for both winter clothing and hygiene products and will be of great benefit to those needing a helping hand for the cold winter months ahead.

Thanks a lot

SpringDale team

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) 5250 1987



Lisa Neville MP

lisa.neville@parliament.vic.gov.au
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SpringDale Salads (cos we're a mixed bunch)

Anne, Brett and gang at SpringDale Neighbourhood Centre have always been there for me with my volunteering guide-dog work, and I wanted to give something back so a lunch group evolved. With singles, couples, also new settlers to our great Bellarine area in mind, on Wednesday 19 October, 2016 our SpringDale Salads luncheon was launched. And now, as we are getting close to our 1st birthday it's time to reflect on past venues.

My aim was to introduce the group to as many local restaurants serving local produce, but at reasonable prices. Curlewis Golf Club did the twelve members proud and each month our numbers have grown to now 20 regulars. It has been so rewarding to watch newcomers made so welcome, with no shortage of lively conversation. Australia Day celebrations at "The Packing Shed" (in the decorated rustic shed) had Aussie music provided by Val, but drowned out by happy lunchers. Christmas in July is in the restaurant section of the Packing Shed and the owners Pauline and Phil cooked a traditional Christmas fare for us. Voted very popular is 'Piknik' and David and staff presented a great selection so for that reason we are celebrating our 1st Birthday there.

We meet the 3rd Wednesday of every month and would welcome new male members, and couples as the two stalwart regulars are outnumbered amid the bevy of beauty. August 16 is the next date, at the Bistro, Ocean Grove Bowling Club, 12 for 12.30. Bookings essential phone Joan Wellard 5251 1177



A TASTE OF SRI LANKAN CUISINE

Monday 14th August 6.30pm at SpringDale

Sri Lankan authentic 3 course meal is offered for a fraction of a price for the 1st time in Drysdale. Marie, an expert Home Economic Chef from Sri Lankan heritage will offer you the real taste of Sri Lanka with a 3 course meal for \$35 per person. Entree + Main + Dessert.

This will be the Dining Groups offer this month and will be held at the SpringDale Neighbourhood Centre. All are welcome.

Book with SpringDale 5253 1960.



Latonga is a new exciting Vegas style dance spectacular created by Robert Sturrock, showcasing talented dancers, vocalists and specialty acts from across Australia. With a Latin and tribal flavour, spectacular costumes and vibrant music to entertain audiences of all ages. A show not to be missed.



POTATO SHED		
LOLA MONTEZ Friday 4 & Saturday 5 August 8pm  <i>Cabaret Style</i> <i>bring your own basket supper</i> Tickets \$36 \$32 \$28	SOUL SISTER SWING Tuesday 15 August 10.30am  MORNING SHOWTIME Playing all your favourites from the 40's. Get in early for tickets on this one. Tickets \$15 per show Morning Tea provided	MIDSUMMER NIGHT'S DREAM - BALLET Thursday 24 August 8 pm  Melbourne City Ballet Tickets \$36 \$32 \$28

The Potato Shed Bellarine Multi Arts Centre 41 Peninsula Drive Drysdale
Ph: (03) 5251 1998 www.geelongaustralia.com.au

find us on  Group Discounts available for all shows. For further information on any of our upcoming events or to book tickets call the Potato Shed on (03) 5251 1998. Tickets can also be purchased at any City of Greater Geelong Customer Service Centres.

POTATO SHED

WIN - Double Pass



Midsummer Night's Dream
Melbourne City Ballet
 Thursday 24th August at 8pm

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

Name: _____
 Address: _____
 Phone No: (03) _____

COMPETITION CLOSING 3PM FRIDAY 18 AUGUST

Re-use your unwanted household goods and donate them to charity.

Many charity shops are ready to take your unwanted clean clothing, household furniture, children's toys, books, sporting goods and bric-a-brac.

Things you should know before packing the car with household goods to donate to charity:

- Always contact the charity before donating to verify that it will accept your items. Some charities are willing to pick items up; others require you to drop them off. Organisations that pick up items set their own schedules and may not be immediately available to come to your house.
- Charities need goods, not rubbish. Donate items that are in good and useable condition. Otherwise, charities will have to spend precious resources on rubbish removal - money that would otherwise be spent on programs and services.
- Don't leave material outside charity bins. It will more than likely be discarded due to weather damage.



St Leonards Men's Kitchen

Is a group for retired men who are interested in learning how to cook.

We get together at the Cole Street Hall on Tuesday Mornings from 10-am and we make morning tea and lunch.

For more information contact
The SpringDale Neighbourhood Centre
on 5253 1960

Or Maria on 0403 017 014

HOMELESSNESS PREVENTION WEEK • 1-7 AUGUST

Samaritan House Geelong

Winter is the toughest time of all for those affected by homelessness in the community.

Samaritan House Geelong is a not-for-profit organisation that provides crisis overnight accommodation and support for homeless men aged over 18 years.

The organisation exists to help men experiencing homelessness in the Greater Geelong Region by providing welcoming accommodation, an evening meal and ongoing support.

It is a place of hope and aims to empower every guest with dignity, self-respect and confidence as they transition to a better future.

Samaritan House is open 365 days a year and run by one full-time staff member and more than 100 volunteers. The organisation does not receive any government funding and relies on the generosity of the Geelong community and philanthropic trusts to support operations.

Samaritan House opened in 2012 and since then, has offered hope and shelter to more than 300 men who would otherwise be sleeping rough. Originally, it was able to provide crisis accommodation for four homeless men. In December 2015, a purpose-built, nine bed facility was opened next to the original house, and accommodates nine men. The original building is now used as a transition house, where four men can be supported for up to three months.

The organisation is currently running its annual Winter Appeal. To make a gift online go to samaritanhousegeelong.com.au/donate, or send a cheque/money order to: Samaritan House Geelong Ltd PO Box 5047 East Geelong Vic 3219.

For more information go to the website www.samaritanhousegeelong.com.au or phone 5248 5227.



SHG Executive Officer Josephine Barnes and past guest Phil Michell. Photo: Geelong Advertiser

Thursday PARNIA NIGHT

\$14.90

The Drysdale

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Bellarine Support Group for Kinship Carers



*I have been asked many times
WHY DO I DO WHAT I DO?*

So I thought for a while and came up with the following:-

Why do I care for my grandchild

Why are children removed from their parents care

Why are kinship carers not given the recognition that they deserve

Why are most kinship carers living below the poverty line

Why are kinship carers treated as third class citizens

WHY IS IT SO a famous quote

So let me answer WHY DO I DO WHAT I DO

To put it simply I love my grandchild and the greatest joy a person can have is to pass on to their children and grandchildren their values and my values include, Care, Courtesy, Respect and to treat other people the way that I would like to be treated.

The reasons children are removed from their parents care is varied in each and every case. But the main cause is drugs.

Kinship Carers are not being given the recognition they deserve by many people. We want to be listened to, we want our opinions acted upon, we want our concerns acted upon and most of all we want a fair go for the children in our care and ourselves.

Most carers are living below the poverty line and struggle every day to put food on the table, pay bills and support the children in their care. Most carers are aged over 60 and a high proportion of carers rely totally on Centrelink to survive. Most have used up their superannuation to support the children in their care.

Over the past 12 years being a kinship carer - at times things were tough, but my motto is "When things get tough the TOUGH get going".

If you know of other kinship carers living in our region - please let them know that help is available, please pass on our details and let them know how valuable they are.

If you are a kinship carer we would love you to join our group. We never judge we just listen.

Meeting dates for 2017 are:- Monday 7th August, 4th September, 9th October, 6th November and 4th December. Meetings held at SpringDale 10am - 1pm - please bring a plate to share.

If you have any enquiries please feel free to contact me

Jeanette 0414 308 257



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Law and Order Forum

I was delighted with the attendance of more than 150 people at a law and order forum I held in the SpringDale Neighbourhood Centre in Drysdale on 15 June, which coincided with the official release of statewide crime statistics for the 12 months to March.

The forum was also attended by the Shadow Minister for Police, Edward O'Donohue, Shadow Attorney General, John Pesutto and Shadow Minister for Prevention of Family Violence, Georgie Crozier.

Those statistics showed that the number of crimes reported to police throughout the City of Greater Geelong had soared by almost 22 per cent since December.

These statistics could even be localised to Drysdale itself, which experienced a 96.3 per cent jump in assault and related offences coupled with a 200 per cent jump in dangerous and negligent acts endangering people.

There had been a 900 per cent jump in weapons and explosives offenses coupled with a 233.3 per cent jump in disorderly and offensive conduct in Moolap, while in Leopold, weapons and explosives offenses have jumped by 1100 per cent.

Leopold saw a 240 per cent jump in drug-related crime.

Bellarine locals were naturally concerned that this could happen in their community. They really want to see more police on patrol, together with deterrence measures such as CCTV cameras on main streets and tougher sentencing for criminals.

I take this opportunity to sincerely thank SpringDale centre coordinator, Anne Brackley, for her assistance in making the venue available.

Simon Ramsay MLC, Liberal Member for Western Victoria Region.



Doulagivers™

Doulagivers Discussions on
Death and Dying Seminar Series

will launch at
SpringDale Neighbourhood Centre on

Dying to Know Day

8 August with sessions at
10am and 7:30pm

Glenda Valentine-Grace of End of Life Counselling and Caring will be offering the Doulagivers Discussions on Death and Dying seminar series to support and educate communities on end of life care.

Following in the footsteps of the successful Death Café movement, Doulagivers is offering free community education regarding all things end of life.

"Death Cafes are a wonderful way for people to come together and discuss death in a safe and respected space. There is a strict policy that does not allow for any teaching or for leading to any specific conclusion. I have found personally that many people not only want to share their feelings regarding death, but are ready to learn all they can so that they can make empowered, informed choices for their own lives." —Suzanne B. O'Brien RN

The Doulagivers Discussions on Death and Dying will provide such a forum. Held at local venues across the region, the Doulagivers Discussions on Death and Dying will be held monthly for two-hour periods and are free of charge. They will consist of an opening question, group discussion, segment of teaching and Q&A session.

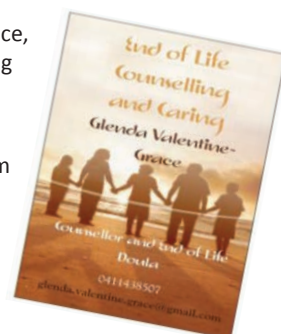
The Doulagivers Discussions on Death and Dying are run by certified Doulagivers End of Life Doulas and Doulagivers Agencies. Doulagivers are considered to be the progressive end of life experts in their communities and will be offering these free community seminars in the hope to help ensure that everyone everywhere can have the best end of life experience possible.

CONTACT:

Glenda Valentine-Grace,
End of Life Counselling
and Caring

0411438507

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Ricotta - I love it! I grew up with it and my parents often made their own. Over the years we've had it fresh out of a huge cauldron, steaming hot. Cold, drizzled with honey and served on toast.

Ricotta can be blended together with sugar and flour to make cakes and desserts. For savoury, it is blended together with cheese, olives and sun-dried tomatoes to make patties or croquettes for finger-food.

On its own ricotta can be bland. It's a carrier of flavours - sweet or savoury. Ricotta can be purchased in little tubs of 375g or 500g or by the piece from a Deli. Enjoy!

To make RICOTTA TRUFFLES: Blend a tub of ricotta with equal amount of creamy cheese. Add sultanas or raisins, lemon/orange zest, blended with honey or sugar to taste.

Roll a spoon full into little TRUFFLES or use this mix to fill cannoli. Don't forget to dust with icing sugar.

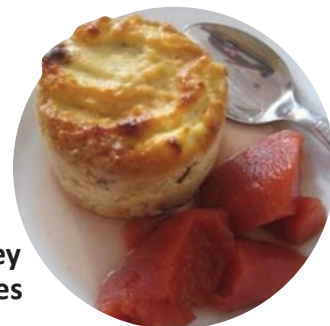
To make RICOTTA PANCAKES: Beat an egg into a tub of ricotta, add pinches of salt and sugar and a rounded tablespoon of self raising flour.

Heat some butter in a pan with a teaspoon of olive oil to prevent over-browning.

Place a teaspoon of the mixture in the pan – flatten each fritter slightly with the back of the spoon and brown each side.

Sprinkle with cinnamon and/or sugar or drizzle honey and enjoy!

Ricotta



Baked Savoury Ricotta

125ml extra virgin olive oil
400g ricotta, well drained and cut into slices
salt and black pepper
150g seedless green grapes, sliced into rounds
50g manzanilla olives, pitted/sliced
8 sprigs oregano (fresh or dry)
8 sprigs thyme (fresh or dry)
1/2 tsp dried chilli flakes, or to taste
Fresh crusty bread, to serve

Preheat the oven to 210C.

Pour 3 tablespoons of olive oil into a large ovenproof dish and place the sliced ricotta in the base. Season with salt and pepper.

Toss the grapes in 1 tablespoon of olive oil and scatter over the ricotta. Top with the olives and herbs and sprinkle with chilli flakes.

Drizzle with the remaining olive oil and bake for about 25 minutes, or until the ricotta is firm and golden around the edges. Serve at room temperature with crusty bread.



Baked Honey Ricotta Cakes

(serves 4)
250g ricotta (generous cup full)
2 egg whites, beaten
4 tablespoons honey
1 teaspoon vanilla essence
OPTIONAL:
chopped walnuts, almonds, dried fruit

Preheat the oven to 180C

Place the ricotta in a bowl and break it up with a wooden spoon.

Add the beaten egg whites, honey and vanilla essence.

Mix thoroughly until the mixture is smooth and well combined.

If using nuts/dried fruit mix well.

Lightly grease four ramekins.

Spoon the mixture into the prepared ramekins.

Bake for 20 minutes or until the cakes are risen and golden.

Delicious on their own or serve with stewed fruit, strawberries.

Agata Commisso

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

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The Bellarine Camera Club

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Geelong & Surfcoast
Edition 17/18

Our most recent competition was a set subject of 'Triptych, or three images together that tell a story.' This was quite a tricky subject which had some members scratching their heads, but we had some worthy winners. This competition was judged by the amazing local artist Dr Gillian Turner. Members thoroughly enjoyed her critiquing their images. Competition subjects coming up include 'Night Photography' and 'History of the Bellarine', which will lead into our Annual Exhibition.

The Bellarine Camera Clubs Annual Exhibition will take place 14 - 15 October at the SpringDale Centre Drysdale. There will be a diverse range of fantastic images on display, including a special section on the History of the Bellarine.

We have a great line up for the coming months with guest speakers including Josh Ivory from Ivory Images talking about Black and White film, also portrait and natural light

genius Glynn Lavender from Creative Photo Workshops will be a highlight of our year.

With membership fees now due, there couldn't be a better time to join the Bellarine Camera Club!

The Bellarine Camera Club meets at the SpringDale Centre the first and third Mondays of the month at 7.30pm. At the first meeting of the month we have either a workshop or speaker the show us ways of improving our skills, and the third Monday of the month is our competition judging night. We have monthly competitions of a set subject or open, which are professionally judged. This is another way of learning how to improve our images and skills. We pride ourselves in being a very friendly and open club with a wide range of skills and interests. For further details see www.bellarinecameraclub.org.au or pop into a meeting.



The wintry weather is now here and I know you can hide that extra weight with bulky jumpers and tops, but think about it for a while, would you rather be covered with bulk or feeling fit and healthy by taking care of your daily needs with a nutritious diet and fun exercise.

I like the cooler weather as it enables me to walk more. I like to walk the rail trail and around the local neighbourhood. I love seeing how the gardens change through the seasons and with all the great rain we have had they are looking lush at this time of the year rather than a little ragged as autumn progresses into winter.

As a member of TOWN Club Drysdale, I have learned that not only is exercise important but I need to look at what I eat and how much I eat. Sometimes we are eating all the right things and have a nutritious diet, but we eat too much. Getting our portion sizes right is very important and portion sizes are different for each person and depend on how much energy you use on a regular basis. A fit footballer would eat far more than an older person who exercises less. That is common sense and yet it seems that many of us continue to eat as if we are still in the fit footballer category.

Portion control is very important and a basic rule of thumb that can help you is:

1. Eat only as much cooked meat that can fit on the palm of your hand. Corned meats and cured meats are not the best meat to have but if you like them, don't stop having them, eat them occasionally as a treat when you are out.
2. Other protein like lentils you can eat ½ cupful (cooked).
3. Carbohydrates are important even if diets tell you to cut them out. One slice of bread per meal is enough or if you want a sandwich that is 2 meals of bread. Leave bread out of the next meal. You can eat a small potato and ½ cup of pasta or rice instead.
4. Eat loads of vegetables. Your dinner plate should be mainly vegetables. Grow your own veggies for delicious flavour or if you are unable to do that, buy fresh veg or frozen veg to add to your plate.
5. Of course, we have calcium needs and this can be covered with eating yogurt. Eat full fat Greek yogurt. You can also eat cheese – not a whole camembert but a small piece of hard cheese. Be sensible.
6. Sweet, sugary things can be our nemesis. Remember they are the very occasional foods for a treat. No, don't treat yourself every day with a sugary treat, make it once a week. Treat yourself every day with long walks, warm baths, sensual perfume, listening to your favourite music, talking to your favourite person, reading the paper in one sitting from cover to cover, going to bed early with a delightful book.
7. This is not an endless list but some ideas with which you may like to start a new you.

Have a great month and remember you can join Drysdale TOWN Club where we can talk to other people who want to be fit, healthy and lose weight. We cover topics like Portion Control in our group therapy. Come along, you never know you might learn some excellent ideas to help you in your weight loss journey.

We meet in the Drysdale Football Clubrooms at the Drysdale Oval on Duke Street in Drysdale.

Time: Weigh in from 8.45 to 9.45am. Meeting from 10.00-11am.

When: Every Wednesday morning.

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On Monday 28 August, we're pleased to have local resident, Wayne Aspland, speaking at SpringDale's next Business Breakfast, which is part of the Geelong Small Business Festival. Wayne has been involved in the digital industry for 20 years and now works as a strategic communications consultant, helping organisations articulate their future and what they're doing to achieve it.

In his presentation, Wayne will be asking you a simple question... **are you ready for tomorrow?**

Over the next 10 to 15 years, a swathe of emerging technologies – like robotics, artificial intelligence and the Internet of Things – will redefine our homes, workplaces and communities.

Some industries will fall, while new ones will rise. The way we work will change dramatically. In fact, many of today's jobs will disappear.

On one level, this is a frightening future. But there's a silver lining. This rapid technological change has the potential to drive new growth, increase Australia's competitiveness and create new opportunities for innovative Australian businesses.

For this to happen, however, we need to start talking... now. We need to understand what's coming and prepare for it. We need to be planning not only at a national level, but within our communities and businesses as well.

Wayne will kick this discussion off by talking about what's coming, what it means and what we, as small business owners, can do to make the most of this exciting, but challenging, future.

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War on Plastic Bags

Did you watch ABC's War On Waste? A bit of an eye opener wasn't it. Well I feel compelled to act & I believe Drysdale is a good place to begin a campaign.

The goal is to replace plastic bags with cloth bags every time we go shopping. It seems all shops are too eager to give us a plastic bag for every purchase we make & they do not encourage us to minimise our use of them. Maybe they are not aware of the worldwide damage they are doing to our environment & fauna.

It is so easy once we have a supply of these bags & keep them next to the front door or in the car & use them for everything. They last for years & are much easier to carry than plastic ones.

So everyone, you can help by stocking up on a few bags (many shops give them to you for free- I have never bought one) & using them & also telling your friends. We may even have a working bee later so we can make ones to hand out & also, if you have any spare ones can we collect them at SpringDale?

I am also approaching the business owners to get them on board as well. We hope this can grow & eventually involve all of the Bellarine. How exciting that would be!

Pip Williams pip@135gallery.com.au



"Cast from the Storm" Film night

The film "Cast from the Storm" was the feature of a recent event held at SpringDale Neighbourhood Centre. The event was well attended and those present listened to a talk given by Cathy and Peter Coghlan about the difficulties encountered by refugees who are now required by the Australian Government to apply for Visas even though they have lived here for a number of years.

The talk also highlighted the case of a refugee family, the traumas they and their extended families experienced in their home country and the fact that the Visa application Form requires details from the past which in effect is re-traumatising these parents of young children. Their experiences on Manus Island and the knowledge that the Government does not want them in Australia adds to their malaise.

"Cast from the Storm" provided a different insight into refugees in Australia. It was the moving true story of several teenagers - high school students who have been brave enough to share their own stories and that of their families fleeing from war-torn countries to seek asylum in Australia.

Their experiences were the subject of a theatre performance put on by the students themselves, with the assistance of a dedicated teacher and counsellor who both work at the school. The film also depicted the students travelling to country NSW to stay with Australian families for four days. It was an unforgettable experience for both the refugee young people and their Australian hosts.

Overall the event was really successful, with attendees provided with an insight into the lives of a group of young refugees in NSW and a refugee family who lives in Geelong who are facing increasing but unnecessary difficulties created by a system designed to reject them, despite community and broader support.

Participants on the night donated \$580 to Combined Refugee Action Group Geelong to directly assist this family with their legal costs associated with the Visa application. Many thanks to Anne Brackley, the Bellarine Camera Club and the team of helpers at SpringDale who assisted with organising the Event.

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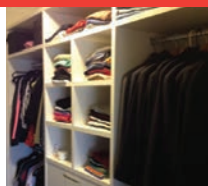
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It's now August and hopefully the worst of the cold weather is behind us. Most vegies you plant in July just sit and sulk in the cold soil, but now the soil should be warming up and things should get moving.

Peas. Now's a great time to plant peas of all sorts. It's best to sow them directly in the garden: just poke the peas about a centimetre into the soil, cover up and water in. Be sure to protect them with some netting, or the pigeons and doves will have them! Provide some twigs or a trellis for the plants to cling on to as they grow.

Broad beans. If you missed out on sowing broad beans in the autumn – like I did – don't worry. You can make up for lost time now. I always sow broad beans direct – it's a lot cheaper than seedlings, and they're strong, fast growers. It's still a couple of months early for bush and runner beans: those are summer crops and like a nice warm soil, 15°C +.



Carrots, parsnips, beetroot and other root crops. These can go in now. Direct sow them in a sunny spot with well cultivated soil – no rocks or big lumps. While the seedlings are small, weed carefully around them to reduce competition and get them off to a good start. Root veg grow best in poor soil, especially carrots and parsnips. That way their roots go straight down in search of tucker. Rich soil leads to forked roots, which are a nuisance.

Onions. If you haven't got around to following last month's advice about growing onions, there's still time! But get started now, by sowing seeds quite thickly in pots, for transplanting in about four weeks. (Spring onions can go in at any time.)



Potatoes. These can go in any time, but before mid-September is best. I always grow mine under straw. I cover the bed in newspaper, about six sheets thick, then a nice thick layer of home-made compost and stable manure on top of that, then on go the spuds. You don't need to bury them, just bed them in. Then a thick layer of straw or peastraw goes on top of that – preferably pre-soaked in a wheelbarrow full of water. By 'thick' I mean at least 30 centimetres. I then shovel a bit more horse manure on top and water in generously. The bed holds its water amazingly well, annual weeds are totally suppressed and in January or February you should have a good harvest of spuds with very little effort.

Brassicas. Now's a good time to get broccoli, cabbages etc. started, before those cabbage white butterflies come back!



It's now August the soil should be warming up and things should get moving.

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Clifton Springs Garden Club

One of the joys of being interested in gardening is the extra dimension it adds to any trips that one embarks on. Recently my partner and I had a trip to Scotland and whilst there, we visited Inverewe Gardens, a 54 acre garden situated on the west coast. Not only did this garden have sea lochs on three sides, it was also in the Scottish Highlands, which doesn't have a reputation for good weather. I reside by the sea so was keen to see what type of plants/flowers grew under these conditions. I was most surprised at the variety of plants and flowers. This garden was an abundance of colour, contrasts, and surprises which included beautiful roses growing along a sea wall. It had a magnificent terraced garden that looked out over the water, with walks through rhododendrons and azaleas of every colour of the rainbow, water gardens, and forests (including a grove of Wollemi pines). As well as indulging my passion for gardens, I was able to indulge my hobby of photography as well.

At a recent meeting, Wayne, Bellarine Worms, gave a most entertaining and informative presentation. Wayne briefly told us about his passion for worms and how this led into his business. He also gave a demonstration on how to set up a worm farm at home along with valuable information on what to do and not to do with worms.

Our guest speaker for our August meeting is Jason Sharp, another local person who is going to talk to us on succulents.

Clifton Springs Garden Club welcomes visitors to our meetings which are held at 7.30 pm on the 3rd Monday of the month at the Uniting Church Hall Drysdale. If you would like further information about the Club please contact our Secretary, Helen on 5257 1566 or email hma3152@gmail.com.



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Drysdale Clifton Springs Community Association

I moved from Melbourne just 18 months ago and really enjoy the sunsets nearly every night, and able to see the moods of Corio Bay from my balcony. Having lived in New Zealand just prior to this, it has been a bit of a "which country am I in?" when I see someone down the street. When I first joined SpringDale Neighbourhood Centre as a volunteer, I helped to deliver hundreds of phone books. It was fantastic as I enjoy walking, and it was a wonderful way to see what plants were growing in people's front yards! Sometimes I even asked what flowers were growing, hoping that they would be good for my garden as well. About 9 months ago I joined DCSCA and although I don't know much about the technical side of road construction, have been pleased to see the response from so many people about their differing views regarding the possibilities. I even helped explain some of the complexities of putting a set of lights at the bottom of the Geelong/Portarlington Road after you have turned around or through the roundabout. Logically this just doesn't seem to make sense, as you have just started to gain in speed and will have to stop if the lights are red, and coming up to this possible set of traffic lights from Geelong, will have to stop and then regain speed (especially if you're a truck). Whichever way the outcome goes, it's still a good group to belong to and would encourage others in the community to join, and be kept up with and have a direct say in the developments happening in our area.

Manika Conning

Member DCSCA



Thank you to everyone who has made this time of my life so very special. Friends from so many walks of my life and people that I have never met before. One man suggested "I probably need to book my daughter into guides" – the girl was in a pusher and she looked about 1 year old. This makes the award even more special. Thank you again. Anne Brackley OAM (I still find it hard to write those initials).

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Going back to our childhood days, did we ever think that our toys had feelings:



Puppets are highly strung.

Yoyos, one minute they are up, the next they are down.

Football have rounded personalities.

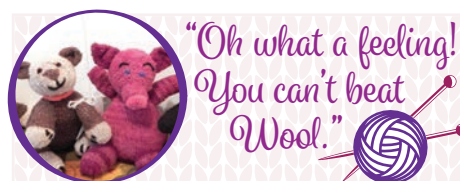
Toy cars get revved up and over excited.

Board games are restless.

Lego builds itself up.

Skipping ropes tie themselves in knots.

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I will be holding workshops this winter for those wishing to learn the basics of spinning & working with wool/alpaca.

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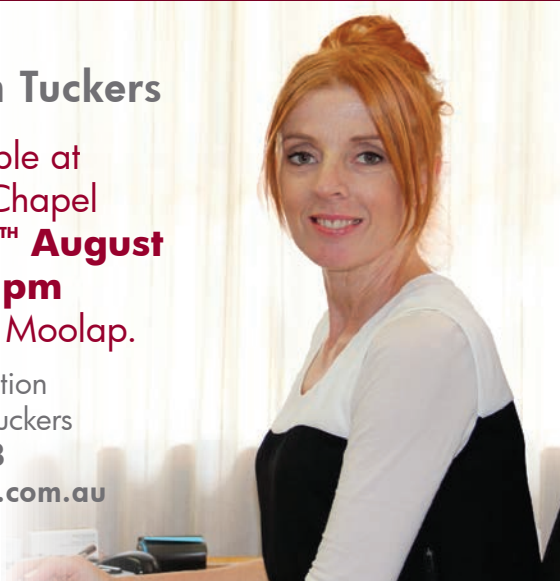
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FATHERS DAY VINTAGE MACHINERY DISPLAY



The Bellarine Vintage Machinery Group will be holding their 5th Fathers Day vintage machinery display at The Bellarine Railway's Drysdale station precinct on the 3rd of September (Fathers' Day). The Bellarine Vintage Machinery Group (a sub group of the Bellarine Agricultural Society) is a group of local people interested in preserving, displaying and operating all types of vintage machinery and equipment. This years event star attraction will be an operating Clayton and Shuttleworth thrashing machine (the thrashing machine was the for-runner to the combine harvester used today). The thrashing machine was moved from farm to farm by a traction engine, the contractor with a crew of about 15 to 20 workers was needed for its operation.

Also on display will be vintage tractors, stationary engines, steam engines plus vintage cars and trucks from the past – all once likely used or owned by their parents and grandparents. Many older visitors to the event will remember from their younger days when this machinery was used daily on farms and roads.

The event will be run at the Drysdale railway station in partnership with The Bellarine Railway who have been the event main supporter of the event each year. Gates will be open at 9.00am for the public to view the exhibits with the demonstrations being run during the day. Entry cost is \$5.00 per adult or \$10.00 per family (with railway rides at an extra cost). It is a great way to see machinery from when grandad was a just a lad.



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Square Pegs in Round Holes

Why is this important to me? Although I don't like to write about my family, those who know me know how important family is to me. My biological family, my Guiding family, my SpringDale family, my Community family, and now my newest Club family are all important to me.

I love learning from all my family members and the wider community. Usually you spend more time with family (especially the way I have just defined my wide range of family) and I have learned so much from my son, Stirling. Stirling did do things at the same times that other children usually do until about 18 months, when one evening it was like the life drained out of him – I believed he'd heard himself mimicking my words as I was brushing his teeth prior to bed. I can still see us standing in front of the mirror.

As a mum of two other children and as an older mum, I didn't panic, I decided he would come back when he was ready and maybe able to speak properly. This may not have been correct but my intuition decided I was right.

Every day I looked for signs and people gave me advice and I stayed calm. Ken, my husband started to spend intensive time with Stirling reinforcing names Daddy – Stirling, Daddy – Stirling, which seemed interesting to us watching on. Stirling didn't seem so interested.

Stirling came back to me one day, he gave me a big sloppy kiss, which I dramatically wiped off saying yuck! I watched his face light up! He was back! Daily we worked on a single practical word and he has grown into the 20 year old amazing young man that he is today.

When I need help, Stirling is first to volunteer he says things like that would be an honour.

Stirling was diagnosed as being on the Autism Spectrum when he was 4 years old, he attended Clifton Springs kinder for two years, Drysdale Primary School, Nelson Park and is now doing a Certificate 1 in Work Education.

This may explain why we have offered a number of Autism sessions over the years and why SpringDale is an Autism friendly place.

We want to build on our interest and success in this area to help the



community understand autism a little more. We want to map the strengths of people on the autism spectrum and try to match strengths with potential job opportunities.

Stirling has so many skills and strengths and he has taught me so much. When we were delivering phone books last year – he was my white knight helping for hours and hours. When we needed to find a way to cheaply dispose of branches from the SpringDale Occasional Care yard – Stirling cut the branches for 3 months – filling our green bin and working his way through a huge pile that might have overwhelmed many people.

We would love to meet people on the autism spectrum who might like to help us. We would love to hear from people who might like to learn more about autism. We would love to hear from employers who might like to give someone different a go.

Through this project we are hoping to make a difference in many lives and I'm hoping to share some of my knowledge gained intensively over the last 20 years but also to learn a lot.

Yours sincerely, Anne Brackley, mother, Coordinator, Trainer, Autism Advocate and more.



You might be interested to see that Stirling is almost the hero of the book I wrote many years ago – when I was very involved in the Bunyip festival – **Have you seen the Bunyip lately?** The book is still available from SpringDale and all money for the book goes to support SpringDale connection projects. \$10 just in case you wanted to know the price.

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



What is available to help me stay at home and how do I access home-based services?

Staying in Portarlington (SiP) and the Bellarine Aged Care Association (BACA) are collaborating to engage Bellarine communities in forums to learn about home based services and the new national My Aged Care system. My Aged Care is now the main way of getting support services for older people to enable them to stay at home and living in their communities.

The first of these forums "What is available to help me stay at home and how do I access home-based services?" was held at SpringDale on July 10th. The more than 40 participants were a mix of interested community members and committee members of the two host organisations.

The forum provided an overview of the service types available for older people and their carers under the Commonwealth Home Support Program and the Home Care Packages Program, and information about My Aged Care, including the assessment processes.

Participants heard about the two important principles that underpin home based aged care services and My Aged Care.

Firstly, the process of accessing aged care and the delivery of services is based on a wellness approach, which means My Aged Care looks beyond what a person seeking support services is finding difficult, to what they are able and wanting to continue doing, and further, the services provided to help people increase their abilities where possible.

The second principle is based on the concept of "Consumer Directed Care": that is, the person receiving services has more say in their care and the services they receive, who provides the services and how those services will make up a personalised care plan.

Participants also had the opportunity to hear about the direct experience of the aged care system from a current consumer.

The audience raised a number of issues and questions during the session from a consumer perspective. These will be put together as an important source of information about the needs and experience of older people on the Bellarine. SiP and BACA will use this information to advocate for better outcomes for all Bellarine older people and their carers.

Thank you to all who participated and to SpringDale for hosting the event.

SiP and BACA are planning more Forums, in different locations on the Bellarine during the year.

Pat Crotty and Deb Warren

For information about these forums, look for ads in local publications, but you can also contact SiP and BACA directly.

BACA - Email secbaca@gmail.com or phone 0438 299 539

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Kel's corner

As my 89th year comes to an end, I reflect on the great life I've had.

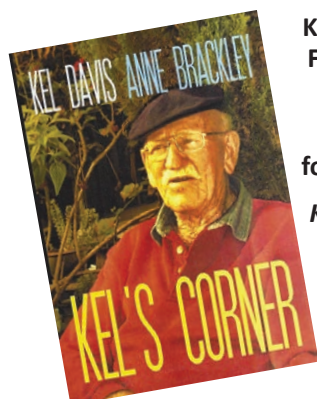
Fractured skull, concussion, slid down a rail and got a splinter in the you know what's after a small cyclone came through, a piece of wood that was propping up a building and I decided to slid down it.

I used to ride my beautiful horse, called Jack (cost me Twelve pound to get him a new saddle) I'd ride him out Torquay Road through Belmont - I'd walk him, canter, and light trot him there and back. You had to go easily, go via the troughs for Jack to have a drink, and bring him home in the dark - he never shied. We might see Bill Butcher used to shoe Jack - his blacksmith's shop was in Murradoc Road close by to where we used to live in the National bank.

Jack would canter up when I called.

I used to give the horses at pony club their vaccinations if asked. The Vet was in a hurry and so the Vet would upset the horses but I would always take my time. I would have a tube with cubes of sugar and give the horse two or three, while its munching I'd rub the back of my hand on the side of its neck about half way up - then put the needle in and inject the vaccine and the horses or ponies would keep chewing and wouldn't miss a beat.

Kel Davis and Anne Brackley scribe.



Keep in mind for Fathers Day or a special gift.

Fantastic reads for young or old.

Kel's Corner \$20

SpringDale Trivia 5th Edition by Drysdale Girl Guides

1. In the Queen's Birthday honours, what does OAM stand for?
2. When the colours red and blue are combined, they produce what secondary colour?
3. In the NATO Phonetic Alphabet what word represents the letter C?
4. What is the element known as Cu on the periodic table?
5. What was the address of Sherlock Holmes?
6. Kiwi birds from New Zealand can fly, true or false.
7. In what year did Australia celebrate Federation?
8. How many times was England's King Henry the 8th married?
9. What geographical area does the cacao plant, and chocolate, originate from?
10. Which planet is the closest to earth?



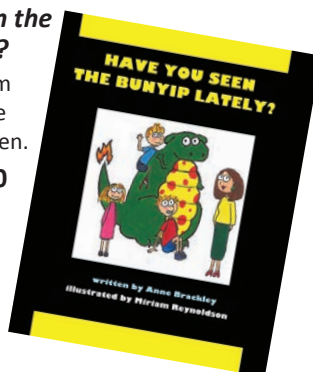
Check out these amazing Campfire Cookies, now that's creative thinking and cooking. Guiding is so much fun.

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

Have you seen the Bunyip Lately?

All proceeds from sales support the SpringDale Kitchen.

Each book is **\$10** and available at SpringDale.



TOTAL SOLAR ECLIPSES

Total Solar Eclipses are magical events that make you wonder about your place in the world, and indeed the Cosmos of which we are a part. They are both mystical and fascinating and eagerly watched by astronomers, astrologers and lay people alike. I was in Ballarat in 1976 when such a solar eclipse happened. The scientists were worried that the population would stare at the Sun as the shadow of the Moon 'eclipsed' or darkened the light of the daytime Sun, and be literally blinded by the light! (A song could be made of that!) Whilst I began watching it on TV, like millions of others, eventually my friends and I went outside. Living at the back of some of the left-over gold-mines it felt a bit like being in the bush.

We had chooks, which as the light began to disappear looked about a little bewildered (perhaps) started clucking and as the total eclipse of the Sun happened, were in their coop. It was eerie and yet awe-inspiring as 'night' descended during the daytime, showing the sky full of stars. As the light began to appear again, minutes later, they headed back out in the yard, having had the quickest 'sleep' of their lives.

This month the Total Solar Eclipse's path will be traversing across the USA on 21st August, (their time) and thereby not be visible in Australia. From an astrological point of view it is significant for many reasons, as it impinges on the birth chart of the USA, the current President's chart, and some other significant countries and their leaders. Without getting into any intricacies about this, eclipses were used by ancient astronomer-astrologers regarding events of nations and their leaders. When the planet Mars is involved, this eclipse is highly likely to create newsworthy events, particularly given the state of world affairs at the moment, and I wait with some 'fear and trepidation' as to what this could signify. However, I will be joining in with huge groups of concerned peoples to meditate during and around this time.

Manika is an astrologer who recently moved to Clifton Springs

Stay Informed

Sign up for webmail – or sign up for a phone call to let you know something important has cropped up.



Drysdale Bowling Club – A History

Bob Clark – did a tiny shiver of fear come over you at the reading of that name?

If so, the chances are very high that you:

- Are over 70 years of age*
- Lived in the Drysdale area during the 40's and 50's*
- Had some propensity as a youth to be a little troublesome*
- Or, maybe you are just one of the many law abiding townfolk who remember "Spot", Bob's dog whose reputation as a nasty tempered mutt eventually saw him reach a sticky end. (Perhaps Kel can enlighten us on the details).*

All this pre-ambles is to introduce you to the commencement of the Drysdale Bowling club which will celebrate its 70th year in October 2018.

The afore-mentioned Mr. R. (Bob) Clarke, the local policeman, addressed a meeting of 27 gentlemen in the Town Assembly Hall (now the Scout Hall) on 10th July, 1944. This meeting was instigated by the Town Development League to gauge public interest in the formation of a Bowling Club and this League gave the promise of approximately "70 citizens of the district as prospective members".

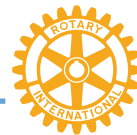
The inaugural Office Bearers were Mr. Geo. Wisbey as President, Mr. C. Burnett (local postmaster), Secretary and Mr. R. Clark as Treasurer.

The Town Improvement League had purchased a block of land which could be made available as the site for a Bowling Club and Messrs. B. Judd, C. Holliday, R. Whitcombe and J. Henderson offered as much of an adjoining parcel of land as was necessary to make a six rink green.

Over the next four years much work was undertaken by many community members to bring this vision to reality. Not the least of this work was the purchase and installation of a barbed wire fence around the perimeter to prevent stock from wandering on to the area.

Continued next month....

Rotary Club of Drysdale



2016 - 2017 YEAR OF ACHIEVEMENT

The Rotary Club of Drysdale Changeover Dinner held on June 26 was where a large group of members, partners, Rotary members from other Clubs and Friends of Rotary gathered to celebrate a successful year and introduce the new Board and Committee who take over for the next 12 months.

Through fundraising and donations, the Rotary Club of Drysdale supports many organisations throughout the region such as Polio Plus, Barwon Health Transport (joint project with Rotary Club of Geelong West and others), Lifeline, numerous local schools and pre-schools, water projects in Cambodia and Timor Leste, Portarlington Foodbank, health research, youth enrichment programs, etc. As well as those the Rotary Club of Drysdale runs an Art Mentorship Program for year 11 students (partnering with Bendigo Bank), Service Excellence Awards, an Easter Art Show and supports the Festival of Glass and Rotary International programs.

Of particular achievement was the District Citation from Rotary District 9780 where the Rotary Club of Drysdale was acknowledged for all the work they have done in Rotary Serving Humanity in 2016-17.

The District Citation is presented to clubs who have worked together to produce a well rounded year of support and achievement. District Governor Stephen Lamont presented a District Citation to the Rotary Club of Drysdale in recognition of achieving the set goals in Membership, Foundation Giving,

Humanitarian Service, Youth, Use of Online tools, Public Image and District Events.

Individual awards were presented to Lyle Grinter who was the recipient of a Royce Abbey Award and Past President Caroline Rickard who received an Avenues of Service Award.

As acknowledgement of their outstanding contributions to Rotary International aims Past District Governor and Past President Graeme Allison, District Governor Stephen Lamont, Assistant District Governor Ross Taylor and non-Rotarian Wally Rickard all received Paul Harris Fellows. A Paul Harris Fellow is a donation by the Rotary Club of \$US1000 to the Rotary Foundation which is a non-profit corporation that supports the efforts of Rotary International to achieve world understanding and peace through international humanitarian, educational, and cultural exchange programs.

The Board for the 2017/2018 Rotary year were inducted with Catherine Eagleson as President, Sue Van Every as Vice President, Caroline Rickard as President Elect, Bruce Van Every Secretary, Colin Harding Treasurer and Lyle Grinter Director.

If you are looking for a way to make a difference in your local community and the wider world, joining the Rotary Club of Drysdale is just for you. The Rotary Club of Drysdale meets at the Clifton Springs Golf Club on Monday evenings at 6pm for dinner and meeting at 6.30pm.

For more information, phone membership secretary Caroline Rickard on 0408 989 221.



Club President receives the Citation from District Governor Stephen Lamont



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Drysdale Captain Nicole Carter in action against Golden Plains.



Rhiannon Glenister takes on the Deakin Ducks defenders in last year's Grand Final Rematch. The game ended 1-1.



Star striker Serena Clapp jostling for possession against Deakin.

Senior Women's teams are in the mix for the finals

The 2017 season is flying by as we tick over the halfway point of the season. The Senior Women's teams are leading the way with both Division 1 and Division 2 teams right in the mix for the finals. The Drysdale Division 1 women have taken the league by storm this year, having won 7 and drawn 2 games and remain undefeated at the top of the ladder. The two drawn games have both come against last years Champions Deakin and another Grand Final rematch is a real possibility between the two sides. Star striker Serena Clapp has netted a remarkable 15 goals across the 9 matches and finds herself 2nd in the League Golden Boot award.

The Senior Men have regained some momentum, having won 3 of their last 4 games

to rise to 5th position, just one point outside the top 4 finals position. Good wins against newcomers Leopold SC 7-0, Barwon Heads 3-0, and Surf Coast 2-0 sees Jason Pickles men move up several position on the ladder. The Men's Reserves are having a tough year having recorded just the single draw to date in Division 2 competition despite the best efforts of striker and Club President Rory Campbell scoring goals in six of his last seven games.

With the future home of the Drysdale Soccer Club in 2018 quickly taking shape at the Drysdale Sporting Precinct it is a great time to get involved with your local club, visit drysdallesc.com or email info@drysdallesc.com for more information.

Andy Scott

Trivia Answers

1. Medal of the Order of Australia
2. Purple 3. Charlie 4. Copper
5. 221B Baker Street 6. False
7. 1901 8. Six
9. Central and South America
(between south-east Mexico and the Amazon Basin)
10. Venus

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Lady Hawks - From team launch to the top of the ladder in 5 months.

In February, only 2 months before the season started, 54 women and girls arrived for the information session at the Drysdale Hawks Club Rooms to kick off the Senior Women's Football Team. 14 players put their hands up on the night to play in the inaugural season in the AFL Goldfields Women's Football League in 2017. More women and girls kept turning up and the Senior Women's Team now has 42 players on their list which makes them one of the biggest teams in the competition.

It all started from humble beginnings including playing in borrowed jumpers and a 79-point loss in their first ever game in the league. However, the Lady Hawks have kept turning up to training week after week and have grown as a team, and most importantly: have fun playing football! Their passion for footy and hard work have paid off: after round 8 Lady Hawks have claimed the top spot on the ladder in their division with 5 wins out of 5 games.

According to one of the star players, Shae-Lee Murphy-Burke, the secret to Lady Hawks success is simply in their love for the game.



"Every week we're improving as a team. Everyone gets a chance to play a game and have a go. We just love playing footy with each other and it translates into our game."

Shae-Lee, who is currently playing her 10th season and represented Altona, St Kilda, Port Melbourne and Geelong Cats, has been selected in a squad of 30 female AFL players from around Australia to represent Aussie Sparks for the inaugural women's Australian Rules Football Tour heading to the US in October. Her fundraising for the tour is going

well, but every little bit counts in helping get Shae to the US to play footy. If you'd like to donate funds, go to

<https://www.gofundme.com/shaelees-womens-afl-tour-in-usa> or contact her directly on shaemurph6@icloud.com or Instagram: shae_murph

Drysdale Hawks Senior Women's Team will play their next home game at Drysdale Recreation Reserve on Sunday 13th August at 2:20pm. Come along to cheer for our amazing Lady Hawks!

Article and photo by Minna

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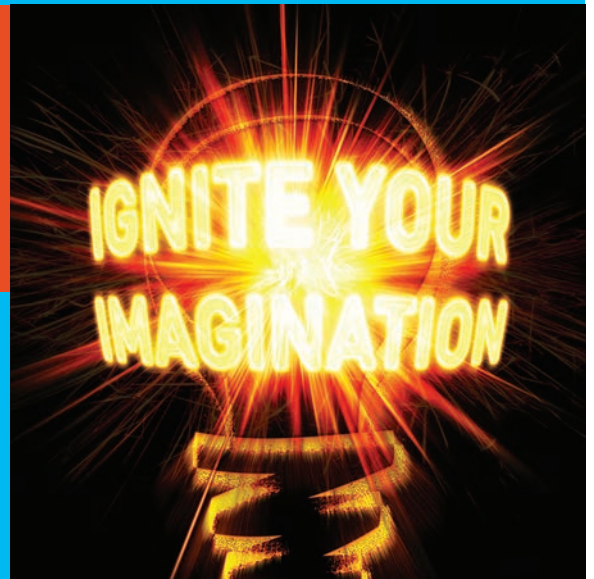
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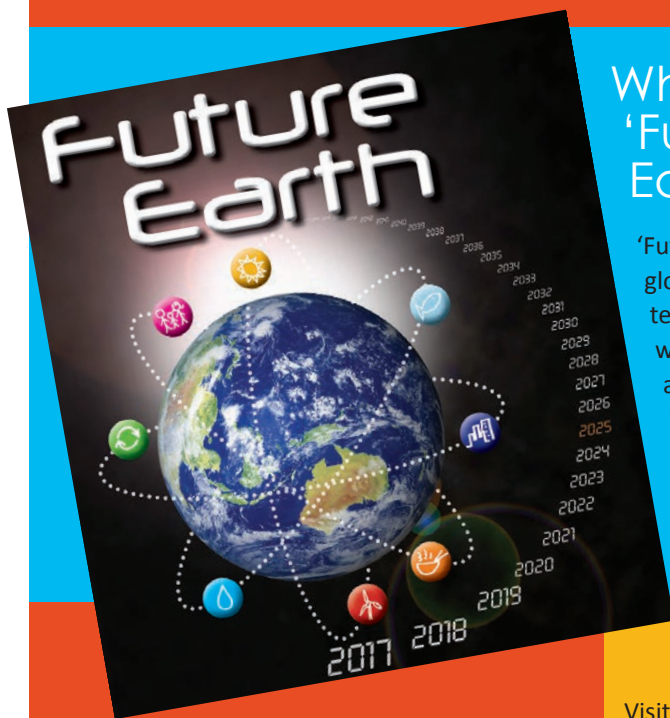
national science week 2017

National Science Week, to be held this year from 12-20 August, is Australia's celebration of science and technology; an opportunity for us to acknowledge the many great contributions of Australian scientists to the world of knowledge. Science Week aims to promote science to the general public with events, activities and talks across Australia for every age group, and to encourage younger people to become interested in the world in which we live. The theme for this year is 'Future Earth.'



What is 'Future Earth'?

'Future Earth' is a global community of tens of thousands of world-class researchers, projects and institutes brought together around an international research agenda focusing on sustainability science. 'Future Earth' Australia's vision is for people to thrive in a sustainable and equitable world. The global population will surpass 10 billion within current lifetimes. To support this population and to achieve prosperity and wellbeing, we need to develop new ways of living based on innovative, problem-focused research.



What are our schools doing for Science Week?

For National Science Week 2017 schools have picked up on the theme of 'Future Earth', and will focus on Australia's sustainability science. This highlights those sustainability issues that are unique to Australia and our region: climate change, renewable energy, sustainable water usage, and the conservation of native flora and fauna and marine ecosystems. An excellent resource has been published for schools, linked to the curriculum and providing resource materials and activities for teacher and student use across three specific age levels. Make sure you find out what your local school is doing in Science Week and visit if you can.

What else is on in Science Week?

Visit the website www.scienceweek.net.au for a wide range of activities and events being held in Melbourne. At SpringDale there will be a Family Science Games Night on August 18th and also at Deakin University, Waurin Ponds 16th August from 6.30 – 9.00pm. For more information go to the Science Week website, Event Search.

Something for the kids to do at home.

Yates have a number of fun activities for kids on their gardening website www.yates.com.au Go to Garden Greenies – In the garden to find instructions on How to make compost and How to build a worm farm.



scienceweek.net.au #natsciwk