

MOMENTS FOR MINDFULNESS -

Take the time to relax as the herd goes by.



Every now and then people driving around the Bellarine Peninsula will come across local farmers moving their livestock along or across roads.

It's not nearly as common an occurrence as it used to be, but it still happens with a number of farmers who run cattle and sheep on blocks of farmland which are separated by roads.

Consider yourself lucky if you come across this link with our farming past - we all value the farming landscape which makes up a large part of the Bellarine Peninsula and separates our towns.

There are a number of VicRoads regulations which apply to motorists and moving livestock along and across roads.

- When a stop sign is displayed at a stock crossing, you must stop before reaching the crossing and not start driving again until all animals have crossed the road.
- When a 'Give Way To Stock' sign is displayed, you must slow down to a speed where you can give way or stop if necessary to avoid hitting an animal.
- 'Give Way To Stock' signs are displayed around 300m before a stock crossing. They can also apply to a length of road. Watch out for signs and flashing lights along roadsides, slow down and be patient when district farmers are moving stock along and across roads - it will only take a few minutes out of your day. The local farmers will give you the all clear when you can move past a mob of sheep or cattle which are being moved.



Fiona Conroy - Bellarine Victorian Farmers' Federation

**Hoping to see you at the Bellarine Show
Sunday 11 March**



Livestock movement on roads is all part of farming on the Peninsula



Community CALENDAR

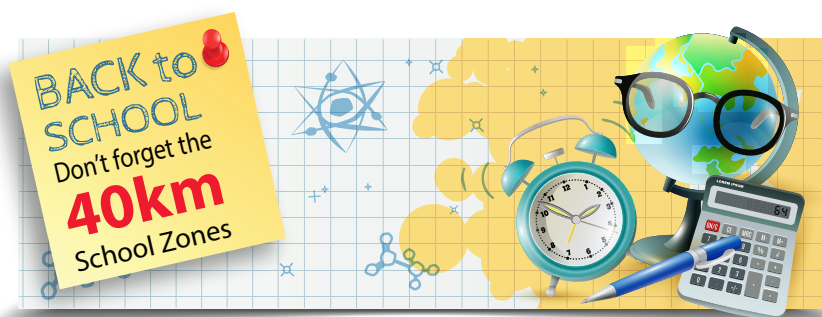
SpringDale Community Calendar is a SpringDale Neighbourhood Centre initiative to support the whole community.
If you wish to place your event in the calendar and further issues of The SpringDale Messenger please email, write or call the event details to our office.

COPY DEADLINE MARCH 2018 • Bookings/copy required by 1 February • Dist: Sat 24 February 2017 • Circ: up to 20,000

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

**Bookings &
copy required by
1 February for
March issue**

Friday	2	Nancy Ruth -7pm - The Potato Shed
Sat-Sun	3-18	The Sustainable Living Festival
Mon-Sun	5-11	International Vendor Week - The Big Issue
Tuesday	6	Safer Internet Day - Cyber Smart
Fri-Sat	8-9	Dance Hall - Finucane & Smith - 8pm - The Potato Shed
Tuesday	13	SORRY Day
Wednesday	14	Days for Girls Sewing Group 9 - 3pm
Wednesday	14	Valentine's Day
Friday	16	Chinese New Year of the Dog
Saturday	17	Car boot Sale St James Anglican Church Drysdale 8am - 1pm
Saturday	17	Twilight Flames - 7pm - Leura Park Estate
Sunday	18	International Asperger's Day Community Event - SpringDale - 10am - 2pm
Sunday	18	Festival of Glass Expo - 10am - 4pm - Drysdale's Christian College
Sunday	18	Bellarine Historical Society Old Bottle Valuation - 10am - 4pm - Drysdale's Court House Museum
Thursday	22	World Thinking Day – World Assoc. Girl Guides & Girl Scouts
Saturday	24	Sunshine Boy - the Life of Leigh Bowery - 8pm - The Potato Shed



JOIN NOW
SpringDale Membership
is \$12 per year or
\$100 for whole of life.
Be eligible to be part of and participate fully in our SpringDale Groups.

The SpringDale Messenger is a locally produced publication.

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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:





Coordinator's News

Anne Brackley



Although there isn't an international year of there is a national year of ...

Dear friends and friends I am yet to meet,

Hoping that 2018 has started well for you. I've been lucky enough to be able to spend some time sorting, cleaning and archiving items at home and more recently at SpringDale. I love having time to invest in these pastimes. Unfortunately I don't dispose of anything easily, I try to find another use or a good home for things, which means extra time and energy is needed to evaluate, a plan for future use and I've had heaps of fun doing this. Some things I haven't seen for quite some time, some things I've been looking for and somethings I thought might have been disposed of ages ago and I was surprised to find them.

I found an article I wrote a number of years ago called How Balanced is Your Life? Reviewing this article and how relevant it is still allowed a smile to wander across my face. Making sure that time and energy is devoted to the many different parts of life that helps us stay happy, healthy and living with purpose is an empowering idea.

Ensuring time is devoted to family and friends, health and wellbeing, the community, hobbies, learning and of course employment. Sometimes getting these competing priorities

balanced can be tricky. Having a goal to help keep activities in sight can help to keep us on track. This year I have formulated a simple card to help me keep my goals in mind and we'll see how this works over the next 12 months.

Perhaps there are other readers who might like a copy of this card to formulate your own goals for 2018 – please let me know if you would like a copy and I'll give it to you as a new year present just call into SpringDale, email office@springdale.org.au or ring SpringDale on 5253 1960.

At this time of the year I like to know what the United Nations declared year is but unfortunately 2018 has no specific topic highlighted although 2019 has been declared *International Year of Indigenous Languages* so perhaps that allows us to declare 2018 as the *Bellarine Year of Belonging*. I have been contemplating belonging and what that means for a number of years. I believe that the sense of belonging is so important for mental health and that is why we have invested a great deal of energy and time into establishing our range of activities that hopefully help new comers to feel welcome and helps them to settle in. I'd love to hear from anyone who would like to help with this theme.



Thanks to all the businesses who support the SpringDale Messenger and enable this publication to be produced and delivered to you as a free publication and I thank you for choosing to support these businesses and completing the community building circle. Please take the opportunity to inform businesses that you saw their ad in the Messenger.

Looking forward to seeing you over 2018, please let me know any suggestions or recommendations to benefit our community.

Anne Brackley - Chief Enthusiasm Officer
SpringDale Neighbourhood Centre

Please join us for...

SUNDAY
18TH
FEBRUARY

International Asperger's Day

10am - 2pm
at SpringDale
BYO lunch and
an activity to
do or share.



Ph: Anne Brackley 0407 529205 for more details.

This activity will be Autism Friendly - all family members welcome.



BUILDING AN INTEGRATED CHILDREN'S HUB IN DRYSDALE

It was recently announced that the State Government is investing \$1.3 million for the City of Greater Geelong to build an integrated children's centre in Drysdale as part of a total of \$18 million in capital funding provided through the Children's Facilities Capital Program.

This exciting children's hub will ensure Drysdale families can access quality early years and family services they need to help their children thrive. It is among 28 projects across Victoria to share in funding and will include a kindergarten, long day care, maternal and child health, consulting rooms, toy library and multi-purpose facilities. We know that high-quality early years education and care are vital to giving children the best start in life, which is why the

Government is investing in first-rate early learning facilities.

The Andrews Labor Government is delivering a record \$70 million to build, expand and upgrade early years infrastructure across Victoria to ensure local families can continue to access great local kindergartens, including \$10 million targeting growth areas.

Families are also set to benefit from the Government's \$202.1 million Education State Early Childhood Reform Plan, announced in this year's Victorian Budget 2017/18.

This ground-breaking reform plan recognises the importance of providing families with strong support in early childhood, so kids are ready for kinder and ready for school.

It will mean parents can access improved parenting support and Maternal and Child Health Services, as well as higher quality and more inclusive kindergartens.



New Hub Location



Dining Group is going to Ripview Bistro Queenscliff Monday 12 February 6.30pm.

All welcome – new residents and those who now have time to dine. This is a simple way to meet new people or just enjoy a simple night out. Please ring SpringDale to reserve a spot 5253 1960.



Due to personal commitments, regretfully I am unable to continue as Co-ordinator of the SpringDale salads. The aim of this lunch group has been most successful with new people joining each month and learning all the many opportunities SpringDale Neighbourhood Centre make available while at the same time forming new friendships over many varied venues on our beautiful Bellarine. Your support and attendance each month has been rewarding and a big thank-you to all. Good luck and best wishes for 2018.

Joan Wellard.

Proudly printing this magazine for you, on the Bellarine.

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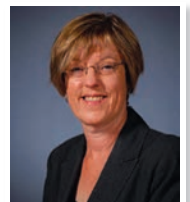
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LISA NEVILLE MP

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
Funded from Parliament's Electorate Office and Communications budget

SpringDale Occasional Care



SpringDale Occasional Care is a part of SpringDale Neighbourhood Centre. We are a small childcare centre with our aim being to create a friendly homelike environment. We have 16 children in total consisting of a variety of ages and fully support the philosophy that play based learning is engaging and builds success for life.

We currently have places available in 2018 for children over 3yrs of age. You are welcome to call in anytime, meet the staff, get some more information and have a look at the variety of play spaces and experiences offered to the children. If you're looking at childcare options for 2018,

or just a break in the day for grandparents or carers who help with childcare, the flexibility of Occasional Care might suit you. The entrance is on Princess St, adjoined to SpringDale Neighbourhood Centre.

Our direct phone number is 0401 129 140.

Session Times & Fees

Monday, Wednesday, Thursday
9.00 - 2.00pm 5hrs - \$40

Tuesday, Friday
9.00 - 12.00pm 3hrs - \$25

Pay by cash or online.

We are looking forward to helping your family

Jean and Janet

DCSCA

Drysdale Clifton Springs Curlewis Association

At our recent AGM held last November, it was decided that as our community is growing, we needed a name change to reflect this. Thus was born the Drysdale Clifton Springs Curlewis Association. A visually very close acronym but don't be fooled. We have swapped the word Community in the name to Curlewis!

In the New Year we will be focusing on recruiting new members for the Association particularly from the Curlewis area. It only costs a modest \$10 per year and you will receive all the updates about our community. You can help set the agenda with a particular issue you want addressed, and be the driving force behind it.

We tackle issues on the local council, State and Federal levels of government and have had some wonderful results.

The boat harbour, getting a jetty, advocating for safer roads with the new Drysdale Bypass, reducing the unsightly shopping trolleys in the Woolworth's carpark, and many more issues.

The Festival of Glass is a sub-committee of DCSCA and they will be holding their now annual event again this year, including the very popular Treasure Hunt – don't forget to get your stamps to go in the draw held at the Expo Sunday 18 February, 2018.

Contact can be made by emailing us at dryclifton@gmail.com, or find us on Facebook or ring Manika on 045242 6976 and we will answer your questions and will send out an application form.



White Washed for "RESPECT"

Friday morning the 17th of Nov. - Jetty Rd, Centennial Blvd and Percy Cherry Park In Clifton Springs/Curlewis was awash with white.

The students, Staff and Parents from Clifton Springs Primary School Along with Members from The CFA, The Salvation Army and The Police force Participated in a **"Walk for RESPECT"**.

Key focus is on Domestic Violence, **RESPECT** one another, **RESPECT** the environment and all living creatures.

The Prep-Yr2 students walked to Percy Cherry Park whilst the Yr3-Yr6 students walked to the Curlewis Shopping Center.

It was a mighty effort by all, Well Done.

WHAT'S ON

POTATO SHED

CITY OF GREATER GEELONG



NANCY RUTH

Ballarat Events
FRIDAY 2 FEBRUARY
7PM
Tickets \$40, \$35 (Conc)



DANCE HALL

Finucane & Smith
FRIDAY 9 FEBRUARY, 8PM
SATURDAY 10 FEBRUARY, 8PM
Tickets \$38, \$34 (Conc),
\$30 VIP / Groups of 20+
Cabaret performance
– bring your culinary delights and
purchase drinks from our licensed bar.



SUNSHINE BOY – THE LIFE OF LEIGH BOWERY

SATURDAY 24 FEBRUARY, 8PM
Tickets \$38, \$34 (Conc)
\$30 VIP/Groups of 20+
Show contains adult themes

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POTATO SHED

WIN - Double Pass



**Sunshine Boy -
the Life of Leigh Bowery**
Show contains adult themes
Saturday 24 February 8:00pm

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

Name: _____

Address _____

Phone No: (03) _____

COMPETITION CLOSES 3PM FRIDAY 16 FEBRUARY

FOUR FEBRUARY FESTIVAL FAVOURITES

February sees four favourites in Drysdale's annual Festival of Glass: "Twilight Flames", the Festival Expo, the Treasure Hunt draw and the Glass Art Awards.

"Twilight Flames" ignite interest!

The fourth "Twilight Flames" on Saturday 17 February features Venetian glass master Mauro Vianello, sculpting and blowing glass. There will be time to talk to this highly personable artist over drinks and nibbles from co-hosts Leura Park Estate. Mauro will also appear at the Expo and afterwards run classes, which will offer glass artists a unique opportunity to learn traditional and contemporary Venetian techniques from a world class glass master.



2018 festival of glass **TWILIGHT FLAMES** MAURO VIANELLO
Venetian master glass blower & sculptor

Saturday 17 February 2018 at 7pm

Leura Park Estate
1400 Portarlington Road Curlewis 3222

For details & tickets - www.festivalofglass.net.au

The Festival of Glass is an initiative of the Drysdale and Clifton Springs Community Association Inc.
creative | 1/21 Ingle | 1/21 Ingle Publishing | 0423 911 980

Festival Expo attracts new and returning visitors

At the heart of each year's Festival of Glass is an Expo; this year's is on Sunday 18 February, 10.00am - 4.00pm at Drysdale's Christian College. An expected 4,000 to 5,000 visitors will see stalls by over 40 local and interstate glass artists and businesses; exhibitions of glass art, sculpture, jewelry, mosaics and home ware; demonstrations of glass-working techniques; the Treasure Hunt draw; and the Glass Art Awards.

Treasure Hunt draw is a big draw!

This year's Treasure Hunt draw is on Sunday 18 February at the Festival Expo. There are dozens of prizes, each one a unique piece of glass art. A record thirty two local business are in the Treasure Hunt, which closes on 17 February – there's still time to enter!

This year's Treasure Hunt was launched on 8 January at The Bungalow restaurant in Drysdale, together with "Glass Inspirations" – The Bungalow's inaugural exhibition of glass art.



Glass Art Awards

The continuing Awards categories of Wearable, Structural and Functional Glass Art are joined by the Bella Wein Award and by the "Best in Show" and "People's Choice" awards. The Awards are increasingly popular with artists as they attract increasing sponsorship.

And finally ...

The Bellarine Historical Society invites you to bring your old bottles to be valued at Drysdale's Court House Museum on Sunday 18 February, 10.00am – 3.00pm; and the Festival includes classes for beginning and experienced glass artists.

Thanks to the City of Greater Geelong and the Bendigo Bank, our Awards sponsors, our Treasure Hunt sponsors and other local 'in kind' supporters.

More information:

<http://www.festivalofglass.net.au> or find us on Facebook.

SOUTHERN AFRICA SAFARI

Capetown to Victoria Falls with Glenn & Carol



8 July to 23 July 2018
Itinerary at a Glance:

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- 3 nights Manyeleti Game Reserve
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- 2 nights Victoria Falls
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2018 festival of glass

SHOWCASING
Glass
FOR 8 YEARS



Monday 8 January – Saturday 17 February Glass Art Treasure Hunt

See Festival website for details. www.festivalofglass.net.au.

Saturday 17 February 7pm – 10.30 pm

Twilight Flames

Glass blowing by a Venetian glass master

Leura Park Estate Winery 1400 Portarlington Rd Curlewis \$50pp includes finger food



Sunday 18 February 10am – 4pm

Glass Expo

Christian College Drysdale

50 glass artists; exhibitions; demonstrations; collectables and sales.

Awards for Sculptural, Functional and Wearable glass art; glass art depicting the Bellarine's identity.

**GOLD COIN
DONATION**



Saturday 17 February to Thursday 1 March

Glass Art Workshops

Attend Festival workshops by local glass artists.

Topics include kiln-forming glass, glass framework, beadweaving and mosaics.

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Image of the Competition was awarded to Martin Young for his image, Alice 2 pictured above.



Bellarine Camera Club

The images submitted to our Open competition recently made a very strong contest. Entries were many and varied, from very tiny balls of sand to a huge jet plane and many subjects in between. Congratulations to all placegetters in what was a very competitive event.



PRINTS

A Grade

1st	Alice 2	Martin Young
2nd	Flight of Fancy	Martin Young
3rd	From Swan Bay Jetty	Dee Kelly
Merit	Golden Glow	Lynne Bryant

B Grade

1st	Derwent Sunrise	Alex Baulch
2nd	Balls of Sand	Julie Derrick
3rd	Winter Reflection	Brendan Nolan
Merit	Country Art Show	Carole O'Neill

ELECTRONIC DIGITAL IMAGES

A Grade

1st	Flyby	Michael Mason
2nd	Beatrice	Lyn Northam
3rd	Cresswell Bay NI	Val Moss
Merit	Skull Rock	Robyn Curtis
Merit	Down the Road	Lynne Bryant
Merit	Edinburgh Castle	Alex Valkenburg



Many thanks to our judge for the evening, Gloria van der Meer, who did a remarkable job sorting through the images submitted. After the judging presentations she showed some of her own work - infrared and altered reality images - and explained how she created them - it was very interesting, with many questions from members.

Bellarine Camera Club meets at SpringDale Neighbourhood Centre, Drysdale, at 7:30pm on the first and third Monday of the month. For further details see our website www.bellarinecameraclub.org.au or pop in to a meeting.

William
Sheahan

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Carpal Tunnel Syndrome: Causes and Treatments

Carpal tunnel syndrome (CTS) is a common condition that occurs when there is too much pressure on the median nerve in one or both wrists.

The primary symptoms of CTS may include sensations of tingling, pain or numbness, and weakness, resulting in difficulty gripping objects and moving fingers. Pain, pins and needles and weakness is often concentrated in the thumb, index and middle finger and half of the ring finger as well as in the wrist itself. Symptoms are generally worse at night, and symptoms tend to be stronger on your dominant hand side.

Generally, anything that reduces the space in the carpal tunnel, increases the volume in the tunnel or irritates the median nerve can result in carpal tunnel syndrome. Most commonly, inflammation from an underlying condition can lead to increased swelling in the wrist and sometimes reduced blood flow. Some of the causes include:

- Wrist fracture – sometimes either the long bones in the forearm or the small carpal bones in the wrist can change in alignment in the presence of a fracture.
 - Rheumatoid arthritis in the wrist – this particular type of arthritis can alter the bony structure of the wrist and in the presence of inflammation, the carpal tunnel can often reduce in size.
 - Pregnancy – onset typically occurs in the second and third trimester, the increase of blood volume (up to 50%) and fluid retained in the body can compress the structures in the tunnel.
 - Flexor Tenosynovitis or flexor tendinitis – these two conditions relate to inflammation of the tendon within the tendon sheath, or inflammation of the tendon and the sheath itself. These structures are often flared by repetitive wrist movements or sustained wrist bend and even increased exertional activities by the wrist.
 - Repetitive bending or sustained bending of the wrist – again there are many activities and professions that require repetition or sustained bend of the wrist. For example; admin clerks, factory workers, cleaners, rigger and scaffolders etc. The onset of symptoms generally occurs over time.
- Some treatment options include a wrist splint to enable the wrist to rest, thereby reducing the swelling in the tunnel. A splint will maintain the wrist in the best position to minimise the pressure within the tunnel. Your Hand Physiotherapist may also use other treatments to assist with inflammation and swelling, and prescribe exercises to address the movement and strength of the wrist
- Sophie Halsall-McLennan** - Fresh Start Physiotherapy



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BELLARINE
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and then *Ballet* there is

Most women have attended a ballet class at some time in their childhood. Let's face it for a lot of us when we were children there was tennis, basketball and the corner dance class to attend at the local church hall. I was one of those kids at the local church hall every Saturday morning but it wasn't too long before I wanted more. I pestered my parents to allow me to attend real ballet classes in the city and eventually it did happen. Butit was those first years in the church hall where I discovered something very special. I did not know it at the time but that lovely lady with her hair tied back in a bun, long skirt and ballet shoes gave me the taste, the magic and the basics of ballet technique and now many years later I am still learning and discovering more and more about this amazing art form. Ballet – dancing is all encompassing involving every part of the human body; every joint and muscle is finely tuned to create movement and shape to that elusive degree of perfection.

It is never too late to start dancing and so why not do ballet. Classical ballet is a fantastic form of fitness and assists with developing strength, co-ordination, right and left brain development, spatial reasoning, memory, listening skills as well as critical thinking – all

these factors have a positive influence on our general wellbeing and help to awaken the artistic levels of the mind.

Adult Ballet – Bellarine holds classes at the Potato Shed, Drysdale on Tuesday and Thursday evenings for the experienced and non-experienced dancer. The classes are now in their third year and not so long ago I asked some of the students to write what they have got from doing ballet:

"Friendship, improved balance and strength, core strength, great music, joyfulness, fabulous stretching."

"An hour to have some time to do something just for myself, great for mums. It gets you back in touch with your own body and works muscles you have not used in a long time."

"I have loved my ballet classes this year. They have opened a new world for me. I feel stronger, happier and healthier. It feeds my soul."

A special introductory workshop has been arranged for Sunday 11th February, 2.00 – 3.30pm, numbers are limited – bookings essential \$25.00

Phone: 0432 784 312

Email: theballschool@tpg.com.au

Facebook : Adult Ballet - Bellarine



Adult ballet classes

for the experienced and beginner dancer

Adult Ballet - Bellarine offers ballet classes for beginners, intermediate and advanced adults in a friendly, relaxed environment.

Introductory workshop: Sunday 11th February, 2018, 2pm-3.30pm.

Dress: Comfortable clothes to move in. Leggings and t-shirt or if you want - leotard, tights and skirt, ballet shoes if you have them. **Bookings essential.**



Adult Ballet - Bellarine

On with the dance - unconfined

CONTACT

Allegonda Deppe

FCBA, CICB, BA, Cert IV

EMAIL theballschool@tpg.com.au

PHONE 0432 784 312

VENUE The Potato Shed, Peninsula Dr, Drysdale

/adultballetbellarine



DRYSDALE
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Sunday 10.00 am

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COURSES

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Course and Opportunity Guide.

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

I believe all our activities include a brain training component, an interpersonal component, and even a practical component. We would appreciate any feedback you have at any time to help us improve our offerings and the experience we offer to our community.

Anne Brackley - Coordinator

SpringDale Neighbourhood Centre Inc

Digital Technology

Digital Technology with Brenda Richardson - Literacy

Brenda will be delivering on almost all our digital courses for 2018. Brenda presented a number of sessions for us in 2017 and will be also presenting Computer iPad and website courses in 2018. We are lucky to have Brenda on our team.

Introduction to Computers

This is the course for those who have not used a computer much or who are nervous. Use this supportive environment to gain confidence using your laptop or desktop, using your mouse, setting up folders and files, using email and understanding what you can do on your computer.

Tutor: Brenda Richardson, Literacy

Skill Level: Beginner

Dates/times: Wed 7 Feb - 28 Mar 9.30am - 12noon

Fee: \$170 or **Conc** \$80

Computers - the next step

This is a follow on from "Introduction to Computers". It is basically the "next step". This course is designed for people who have used a computer and would like to gain confidence and learn a bit more. Use this friendly environment to find information on the internet, create documents, and set up your computer the way you want it.

Tutor: Brenda Richardson, Literacy

Skill Level: Beginner+/Intermediate

Dates/times: Wed 7 Feb - 28 Mar 1.00pm-3.30pm

Fee: \$170 or **Conc** \$80

Using your Ipad/Iphone

Gain confidence in all the basics of your Ipad/Iphone. This is an introductory course for those who want to understand and use an Ipad or Iphone. In this friendly, relaxed environment, we will work step-by-step through using your device - topics include setting up security, keeping in touch with friends/family, finding the app that you want, etc.

Tutor: Brenda Richardson, Literacy

Skill Level: Beginner

Dates/times: Tues 6 Feb - 27 Mar 1.00pm - 3.30pm

Fee: \$170 or **Conc** \$80

Digital Literacy Session

Keeping up to date with technology and terms can be tricky. To ensure you can talk the talk and know how to ask for help when needed, know the new ideas and where technology is heading - this session might be for you. We are running Digital Literacy sessions twice a term to keep people up to date and keep your knowledge current.

Tutor: Brenda Richardson, Literacy

Skill Level: Beginner+/Intermediate

Tutor: Brenda Richardson, Literacy

Dates/times: Thurs 15 Feb or 15 Mar 1pm - 3.30pm

Fee: \$40 or **Conc** \$20

Buying and Selling on eBay

Does eBay confuse you? Would you like to be able to buy and sell on eBay with confidence? Then this course will navigate you through the process of getting started and using this worldwide facility to buy or sell your chattels. Please bring your email address and password and bank details for Paypal. This runs over two evenings - first evening devoted to getting you started buying on eBay and second evening getting you selling.

Tutor: Ken Brackley.

Dates/times: Wed 28 Feb & Wed 28 Mar 4pm - 6pm

Fee: \$50

Wellbeing

Mindfulness:

Dealing with the Reality of Living

Mindfulness, unconditioned awareness and their associated partners of compassion, wisdom, loving-kindness and skilful decision-making, form the overarching philosophy of our on-going meditation group. Members bring their own understandings of the practice and share them in a safe, calm and nurturing environment.

Facilitator: Dr Max Simmons

Dates/times: Wed 7 Feb - 28 Mar 1.30pm - 3.00 pm

Fee: \$100 **Conc** \$80

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

How to use a Defibrillator

There are many defibrillators located in public places but many people may not know how to go about using it. Although it is very simple - being walked through the process may give you more confidence to come forward during an incident.

Tutor: Stayin' Alive First Aid

Dates/times: to be confirmed

Please register your interest by phoning 5253 1960

Yoga

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

Tutor: Glenda Breedveld

Materials: Bring your own mat and blanket if required.

Venue: SpringDale Hall

Dates/times: Mon 5 Feb - 26 Mar 9.15am - 10.45am

Fee: \$120 or **Conc** \$110 (7 sessions)

Dates/times: Thurs 8 Feb - 22 Mar 6pm - 7.30pm

Fee: \$120 or **Conc** \$110 (7 sessions)

\$20 per session if paying for single sessions

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 1
Feb - Mar
2018



Understanding Autism

NEW - Talking about Autism

A discussion about successful strategies for happier lives for people living or living with people on the autism spectrum.

Facilitator: Anne Brackley

Dates/times: Thurs 8 Mar 1pm -3pm



Mapping the Skills of People on the Autism Spectrum

SpringDale is conducting a project looking at mapping skills against employability skills to assist people on the Autism Spectrum to gain fulfilling employment.

Facilitator: Anne Brackley

Phone SpringDale to arrange an interview 5253 1960

Assisting Employers to appreciate employing people on the Autism Spectrum

People on the autism Spectrum can be awesome employees when the working relationships are based on mutual respect and trust. Register your interest in knowing more about Autism and people on the autism spectrum phone 5253 1960

Being Creative

Photography Sculpting with Light

Confused by all the settings on your new digital camera? Learn how to get great results from a qualified teacher and master photographer. Understanding shutter speeds, ISO, aperture, different file formats, downloading images, red eye reduction and lighting techniques.

Tutor: George Stawicki

Dates/times: Tue 20 Feb - 13 Mar 4pm - 6pm

Fee: \$110 or **Conc** \$100

Foundation Art Course Discover the Artist Within - Level 1

An Introductory or Refresher Art Course using Drawing media for Adults

No previous knowledge required. This course increases the skills of seeing and drawing and then introduces colour and various drawing media.

Tutor: Annette Playsted

Dates/times: Tue 6 Feb - 27 March 1.00pm - 3.00pm (8 sessions)

Fee: \$135 or **Conc** \$75

Media Art Course Discover the Artist Within - Level 2

An art course in Painting and Drawing for Adults who have completed a foundation course.

This course aims to increase media knowledge in the techniques and processes of painting and drawing, improving skills and confidence.

Tutor: Annette Playsted

Dates/times: Mon 5 Feb - 9 Apr 10am - 12.30pm

Fee: \$145 or **Conc** \$80

Advanced Workshop Program Develop the Artist Within - Level 3

This program is for hobbyist artists or art students who have studied at the intermediate level and want to further develop their knowledge and broaden skills and perceptions.

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

Tutor: Annette Playsted

Dates/times: Mon 5 Feb - 9 Apr 1pm - 3.30pm
(8 sessions)

Dates/times: Tue 6 Feb - 27 March 10am - 12.30pm
Fee: \$145 or **Conc** \$80

Ukulele Beginners

A class for those who will learn to play the ukulele quickly and easily and those who have started with us but need some more support before moving to the next class - no experience necessary but you will need to bring a Ukulele.

Tutor: Sarah Carroll

Dates/times: Thurs 8 Feb - 29 Mar 10.30am - 11.30am
Fee: \$85 (8 sessions) or Single sessions \$15

Ukulele Intermediate

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

Tutor: Sarah Carroll

Dates/times: Thurs 8 Feb - 29 Mar 9.30am - 10.30am
Fee: \$85 (8 sessions) or Single sessions \$15

Cheese Making with Corinne

Interested in making your own cheese? This is a very relaxed way to spend a day. You may like to bring lunch to share and make new friends and make conversation. You will be asked to bring some kitchen equipment.

Tutor: Corinne Blacket - Drysdale Cheeses

(1 session per class)

Let us know if this is to lead you to a new career path.

Dates/times: Sat 21 Jul Fetta or Sat 28 Jul Halloumi
Sat 14 Oct Cheddar or 21 Oct Camembert 10am- 3pm
Fee: \$100

Book of Me Workshops

Your story encourages you to reminisce and search your past.

Tutor: Lyn Clough

Dates/times: Starting again in Term 2

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

Future Direction

Innovations for Would Be Entrepreneurs

An entry level course for would be Entrepreneurs.

This course looks at the skills and mind sets necessary for people to develop the skills to become an innovator or an entrepreneur.

Tutor: Anne Brackley

Dates/times: Thurs 8 Mar 10am - 12 noon (8 sessions)
Fee: \$100 or **Conc** \$80



Focusing on the Future

A taster course which allows people to try a variety of classes to understand what is available locally at SpringDale. This is especially for anyone who is looking for a new direction in their life.

Classes will be tailored for each participant.

Tutor: Anne Brackley

Dates/times: Mon 5 Feb 10.30am - 12.30pm

7 more sessions as individually scheduled

Fee: \$100 or **Conc** \$80



The Joy of Volunteering

A way of getting experience is to volunteer. A way to give back to your community is to volunteer. A way to meet people is to volunteer. A way to fill in your time and share your skills is to volunteer. Many organisations and clubs rely on volunteers. This course looks into all aspects of volunteering and perhaps will help to increase your resume.

Tutor: Anne Brackley

Dates/times: Fri 9 Mar 10am - 12noon

Fee: Free

Introduction to Sustainability

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

Tutor: Experts in each field

Dates/times: Thurs 8 Mar - 28 June 10am - 12noon
(8 sessions)

Fee: \$100 Conc: \$80

Espresso Coffee Making Workshop

Looking for employment in the Hospitality Industry? Improve your knowledge, skills and techniques, understand the workings of the Espresso machine and the coffee culture. Small groups, so enrol early.

Tutor: Jordon Smith

Dates/times: Sat 3 Feb or Sat 3 Mar 10am - 12noon

Fee: \$40

Introduction to Cookery

Basic Cooking techniques for making basic meals and developing food, nutrition and food handling knowledge.

Learn to cook and enjoy planning, preparing, presenting and eating your labours

Tutor to be confirmed

Dates/times: Mon 19 Feb - 25 June 10am - 1pm
(10 sessions)

Fee: \$200 **Conc** \$100

How to Move From Your NOW to Your WOW

Practical and interactive workshop series where together we explore where you are right now, how you got there and what it is you truly want.

Are you looking around and asking "Is this all there is?"

Do you feel an emptiness inside, even though you seem to have it all? Are you looking for guidance to move from where you are now to where you'd rather be? If you're not sitting in the driver's seat of your own life, then who is?

You will leave this workshop series with a plan to support and guide you as you step into your best life.

Tutor: Victoria Rose

Dates/times: Dates to be confirmed

Livestream Mastery Now Masterclass

How to develop and deliver your first 5-part Livestream Story in five weeks so you can grow your business on Facebook and never have to pay for Facebook Ads again.

Session 1: NOW

Holds a magnifying glass up to where you are right NOW with getting your business noticed on Facebook.

Session 2: WHAT

WHAT is your message? A deep dive into what you are most passionate about in your business.

Session 3: HOW

HOW you get to be the STAR in your own show

Session 4: WILL

Test your WILL when it's time to press the 'Go Live' button

Session 5: WOW

The WOW factor harnesses the magic of chatbots so your business can enter a metamorphosis stage of incredible growth.

Tutor: Victoria Rose

Dates/times: Tue 20 Feb - 20 Mar

Fee: \$195

Accredited Courses

Provide CPR *Code HLTAID001*

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

Tutor: Stayin' Alive First Aid

Stayin' Alive First Aid delivers nationally recognised training in partnership with, and under the auspices of, Allens Training Pty Ltd RTO 90909.

Dates/times: Fri 2 Mar 9.30am - 12noon

Fee: \$60

Provide First Aid (including CPR - Level 2)

Code HLTAID003

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

Tutor: Stayin' Alive First Aid

Stayin' Alive First Aid delivers nationally recognised training in partnership with, and under the auspices of, Allens Training Pty Ltd RTO 90909.

Dates/times: Fri 2 Mar 9.30am - 3pm

Fee: \$120



Languages

French for Travellers

Intermediate French for Enthusiast

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

Tutor: Serge Botans

Dates/times: Tue 6 Feb - 27 Mar 11.30am 12.45pm
(8 sessions)

Fee: \$100 **Conc** \$90 or Single sessions \$15

Latin

The language of Catullus and Cicero. At two levels, absolute beginners and those who have some high school or tertiary Latin and would like to pursue it further. We will generally use internet resources.

Tutor: Neil Bell

Dates/times: Sat mornings 9.15am - 10.45am

Fee: \$50 for 10 weeks

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.

Card Games

Enjoy playing cards? Come and play Canasta and Bolivia.

Monday afternoons 12.30pm - 3pm.

Friendly Cuppa and Chat Group

Call in for a cup of coffee and a chat on the first Tuesday of the month between 10.30am - 11.30am.

Dining Club

Monthly dinner for new residents and people interested in meeting new people and trying local dining experiences. Dates and venues are published monthly in the SpringDale Messenger. Register your interest by emailing office@springdale.org.au or phoning 5253 1960

Girls' Shed / Craft Group

A great activity for all year. Keep your hands busy and be creative. Bring your UFOs (Un Finished Objects) Tuesday weekly from 1pm - 3pm.

SpringDale Badminton

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

Bellarine Community Choir

Peninsula residents are welcome to join this choir. We sing 4 part harmony to perform at functions on the Bellarine and Geelong. All welcome.

For more information phone SpringDale 5253 1960 or Jenny 5251 2676.

Thur 1.30pm - 3.30pm

Cryptic Crosswords Group

Have you ever wondered how Cryptic Crossword Puzzles work? Join a group of like-minded crossword fans to learn and share the skills needed to solve Cryptic Crosswords. We will solve cryptic puzzles together in a fun and non-competitive atmosphere. This group is open to all levels of expertise from beginners to those who want to extend their knowledge. Fridays weekly at 10am.

Fun Volleyball

We play with a soft beach ball, and the aim is exercise. Other session times possible, register your interest. Mondays from 9am - 10.30am

Venue: Drysdale Scout Hall

Genealogy

People interested in researching family history come together weekly and share tips and tricks.

Thursdays 9.30am - 12noon

SpringDale Jigsaw Club

Borrow a jigsaw from a big library, 40¢ each. The first Thursday of the month from 10am - 12noon.

Line Dancing

Join our group. Every Wednesday 10am - 12noon.

SpringDale Mahjong Club

This group meets Wednesday from 9.30am - 12noon.

Pole Walking Group

Enhanced walking where the arms are used to push. The movements of your arms, feet, pelvic area and the entire body are similar to those employed during a vigorous walk. Weekly Mondays 8:50am-10am (Contact SpringDale for meeting points)

SpringDale Scrabble Club

Held on Tuesday afternoon, 1pm - 3pm and caters for players of all abilities and new players welcome.

SpringDale Artists

The SpringDale Artists meet each Wednesday. Activities include working sessions, discussions, demonstrations and gallery visits. Wed 9am - 12noon or Wed 1pm - 4pm.

SpringDale Wheelie Riders

SpringDale membership is all you require. Would you like to get involved in cycling again? Rides vary in difficulty and start from SpringDale at 8am. New riders welcomed and shorter rides are graded to suit individual needs.

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

SpringDale Singers

SpringDale Singers meets at SpringDale Community Centre on Tuesday afternoons at 1:30pm until 3:30pm. We sing in harmony (4 parts) a wide range of music and song; enjoying good fellowship and the joy of singing; accompanied by an excellent pianist. Several conductors (from the group) strive to enhance performance over the year. We are not a performing choir although we do have an end-of-year performance at SpringDale Centre. We welcome any interested singers to join us; the ability to read music is not essential, we learn as we go.

Men's Kitchen - Tuesday Mornings

Tuesday morning 10am - 1pm

Location: St Leonards Recreation Reserve

Fee: Price depends on menu

Men's Kitchen - Wed/Thurs/Fri Morning

Wed / Thurs / Fri Morning 10am - 2pm

Waiting list applies.

Fee: Price depends on menu

Men's Kitchen - Wednesday Evening

We will be running a Men's Kitchen every second Wednesday evening from 5pm - 8pm.

New members welcome **Fee:** Price depends on menu

Scrapbooking Group

Would you love to organise your precious memories by scrapbooking your photos? Come along and learn traditional and digital scrapbooking solutions. Material list for beginners, tools available for you to use and products available to purchase.

Thurs 13 Apr, 11 May, 22 June from 1pm - 4pm.

Write About

A group of committed Writers ranging from Biographers, Poets, Storytellers, Song and Report Writers meet on the 1st Thursday of the Month from 2.30pm - 4.30pm.

Harvest Basket Produce Swap & Edible Gardening Group

Meets 1st Saturday of every month in the SpringDale Hall. You do not need to have anything to swap to come along and forge friendships and share veggie gardening skills.

Date/time: 9am - 10.30am

Felling

This is not a class but people coming together to enjoy felling. If you're not sure what felling is, just pop in for a look. For further information you can contact Julie on 0409 511 662.

Date/time: 1st Saturday each month. 10am - 3pm

SpringDale Open Dance Band

The band usually meets weekly on Monday afternoons 5pm - 7pm. Musicians of various backgrounds who enjoy making music together and sharing their love of music with others. Open to all musicians.

Contact SpringDale Office for more details.

SpringDale Community Garden

Growing Green - a Healthy and Sustainable Community.

Work in the communal area or establish your own personal plot to produce fresh food of your choice to be enjoyed at home, swapped with other members or donated to the Drysdale Community Church's Foodbank project. Membership forms, details of annual payment and other information are available from the SpringDale Office.

Kinship Carers

Meets monthly Mon 5 Feb, 5 Mar 10am - 1pm

Drysdale Toy Library

Meets weekly on Thursdays (during school terms) 1.30 - 2.30 pm

And 2nd and 4th Saturdays (all year except in January)

Portarlington Toy Library

Meets weekly Wednesdays during school terms 8.15am - 9.15am

Non SpringDale Groups

Drysdale Guides

Our Mission is to enable girls and young women to grow into confident, self respecting, responsible community members. We meet on Thursday evenings at SpringDale Neighbourhood Centre. Girls aged 5 - 11 years meet from 4pm - 5.30pm and girls 11 to 18 years meet from 6.30pm - 8pm. Contact Anne Brackley for more details 0407 529 205.

Jr Guides Thurs 4pm - 5.30pm

Senior Guides Thurs 6.30pm - 8pm

Pilates

Open to all ages. Improve your fitness, core strengths, posture, flexibility and sense of well being.

Classes cater for clients of varying fitness levels, from beginners through to advanced. Small class sizes allow for individualised attention and direction.

Tutor: Monique MacLeod

Phone to book: (03) 5251 2958

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

Dates/times: Tues 13 Feb / Thurs 15 Feb (7 weeks)

Fee: \$105

Karate

Art of Defence Australia teaches traditional Goju karate to children from 4 years old to seniors. Skills taught range from motor and social skills to balance, confidence, self discipline and leadership. Great care is taken to ensure that the student understands self defence is used appropriately. Free uniform on joining.

Tutor: Art of Defence Australia

Phone to book: 0407 320 333

Venue: SpringDale

Dates/times: Mon 5 Feb - 26 Mar 4pm - 4.45pm

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

Tai Chi

Art of Defence Australia teaches Cheng Ming International style of Tai Chi Chuan. This is suitable for all ages 16 upward. The benefits of Tai Chi Chuan is the developed flexibility, stretching, and particularly balance. The 99 movement long form is taught along with specific exercises to strengthen core stability and balance. As a form of stress management, Tai Chi has no rival. Free uniform on joining.

Tutor: Art of Defence Australia

Phone to book: 0407 320 333

Venue: SpringDale

Dates/times: Mon 5 Feb - 26 Mar 5pm - 6pm

Fee: Tai Chi \$205 or Conc \$190

Bellarine Woodworkers Inc.

All keen woodworkers have the opportunity to meet on the first and third Monday of the month at 1.30pm. New members welcome. Just turn up.

Small Business Smart Business

Geelong Chamber of Commerce in conjunction with the Federal government have been delivering sessions to assist small business owners and staff.

Tutor: to be confirmed

Dates/times: dates to be confirmed 9.15am - 11.30am

Fee: \$20

Bookings through **Trybooking**



Stay Informed

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



Are you #FireReady this summer?

With the Christmas and New Year period behind us, the weather is heating up after what felt like a very long winter. Here on the Bellarine Peninsula we've had a decent, wet winter and spring. Recent heavy rainfall has provided additional moisture and with the warm days we can expect the grass to grow.

With most of Australia experiencing a combination of above average temperatures and below average rainfall over winter, large parts of the country face above normal bushfire potential for the fire season – according to the November 2017 Southern Australia Outlook.

Advice about local conditions is that we will have a warm to hot summer, with the real fire-risk focus being in the north and east of the State. There have already been grassfires in the Gippsland area, with the season starting early there. But that is no reason to be complacent.

The Brigades across the Bellarine are well prepared for the summer fire season. There is a range of activities we undertake including a refresh of our firefighting skills, checks across all appliances and a group exercise was held in mid October to run through several scenarios and practice our response.

The influx of tourists and visitors means we are extra vigilant over the holiday season. While we are committed to keeping you safe this summer and across all seasons, there are a number of things you can do to ensure you are #FireReady too.

Here are our top tips for all people staying on the Bellarine Peninsula during the summer months.

1. If staying in a holiday house or at the caravan park, check to see where your exits are in the event of a fire – ensure all guests know how to get out of the house and where you will meet.
2. Know what your fire plan is in the event of a bush or grass fire, which may mean leaving the area early, well before there are any signs of fire
3. If you are on the road and hear the sirens of an emergency vehicle, ensure you safely pull over and allow it to pass.
4. When driving past any parked emergency vehicle on the side of the road with their flashing lights operating, you **MUST** safely slow down to 40 km/h. Remember, this is our work place and we need your help to do our job safely.
5. Understand the fire danger ratings; if it is an extremely hot day – or Total Fire Ban day – it means you can not light any camp fires or solid fuel based bbq's. Do not use any equipment that could cause sparks.
6. Download the VicEmergency app to your smart phone. This app provides the latest fire information and warnings. Set the app to notify you of incidents occurring in chosen areas and use it to stay up to date with local Fire Danger Ratings and Total Fire Bans.



And always remember to call 000 in the event of a fire or emergency situation.

On behalf of all Brigades on the Bellarine Peninsula we thank you for your continued support and wish you and your loved ones an enjoyable and Fire Safe New Year.

Bellarine Fire Brigades Group Community Safety Committee



There's no questioning the facts. In a bushfire, most homes burn down due to ember attack.

It's your responsibility to be fire ready this summer, so prepare your property, fire plan and emergency kit now.

And on high-risk fire days, leaving early, before a fire starts, is always the safest option.

emergency.vic.gov.au
Download the VicEmergency app



Authorised by the Victorian Government,
1 Treasury Place, Melbourne



Is there a cure for Autism?

Autism spectrum disorder (ASD) is the name for a range of developmental disorders, including Asperger syndrome. Some people are mildly impaired by their symptoms, while others are severely disabled.

In just six short years the prevalence of ASD in Australia jumped from 64,000 in 2009 to 164,000 in 2015. Boys are four times more likely than girls to have ASD.¹

There has been a twenty five fold increase in ASD over the last thirty years. Genes don't evolve at that rate so, if ASD is genetic, what's causing them to express at such an alarming rate?

The prevailing medical paradigm is that autism cannot be cured. Yet neurobiology has progressed incredibly in the last decade and we now have a better understanding of the role the gut plays in brain health.

Russian born Neurosurgeon Dr Natasha Campbell-McBride, MD, MMedSci (neurology), MMedSci (human nutrition) is a pioneer in the field of gut flora. After her son was diagnosed, she studied autism, its causes and treatments. She managed to get her son off the autistic spectrum using a nutritional approach.

She practices in the UK and is now one of the world's leading experts in treating children and adults with learning disabilities and other mental disorders. Her protocol is called Gut and Psychology Syndrome (GAPS).²

It was Hippocrates, the father of modern medicine, who said 'Let your food be your medicine and your medicine be your food'. It certainly seems true in this case.

Food for thought! (pun intended):

- 90% of the cells in your body are microbes in your gut - the microbiome, which is one of the primary ways that turn genes on and off, depending on which microbes are present.
- Research shows you have approximately 150x more non-human genes in your microbiome than you have human genes in your body
- What you eat determines whether you have good bugs or bad bugs in your gut.
- Gut flora is something we don't think about much and yet an imbalanced microbiome (dysbiosis) has a huge impact on brain function, including autism, anxiety, depression, Parkinson's disease and foggy thinking.
- Bad bugs in the gut can also lead to a range of other chronic degenerative diseases.

Seems like Hippocrates was ahead of his time :-). Because right now contemporary medicine is starting to acknowledge that an appropriate diet can make a huge difference for autistic children, amongst other sufferers.

There are many things that upset the microbiome so more on that next time as well as what type of diet leads to optimal mental & physical health.

Michael Carroll

Co-founder and director - Inner Peace Institute for Wellbeing.

¹) <https://www.aihw.gov.au/reports/disability/autism-in-australia/contents/autism>

²) <http://www.gaps.me/gaps-what-is-it.php>



Bellarine Support Group for Kinship Carers

As I sit at my computer and write this article I am just so humble at the support we as kinship carers have received from the local community. Leading up to Christmas my grand daughter Elizabeth and I were kept on our toes - so to speak - with picking up donations for both the children and also the carers in our group.

I would like to take this opportunity to say a HUGE thank you to each and every person - the list is just so huge - who have donated goods for our children and carers.

To each and every person you have made so many children in our community happy and the big fellow in the red suit SANTA was certainly kept busy on Christmas Eve delivering all those wonderful presents.

From the two little girls who received a dolly cradle each from Santa. I have it on good authority that their screams with excitement were so loud both children woke up the rest of their households.

From the 6 year boy who received a new cricket set from Santa. Again I have it on good authority it was just what he wanted.

From the little one year boy who received two little wooden trucks, the carers wanted me to pass on their thanks to the kind person who cared enough for their grandson to specially purchase those trucks just for him. The grandparents were just so thankful.

All I can do is pass on how much these donations mean to our children and carers, I am unable to publish photos which would identify the children and carers. Due to the court orders which the children are under, publishing any photos would mean the children would be placed at risk.

The safety of the both the children and carers is my number one priority.

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, the dates for 2018 are as follows:-

Mondays - 5th February, 5th March, 7th May, 4th June, 6th August, 3rd September, 8th October, 5th November and 3rd December.

We meet at SpringDale 10am - 1pm
Please bring a snack to share.

If any kinship carer has any concerns please feel free to contact me on the phone number listed below. Remember you are not alone in your journey we are here to support you.

For inquiries please contact

Jeanette Hanley-Heath 0414 308 257



PROBLEMS WITH YOUR COMPUTER EQUIPMENT

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JEDTEC IT SUPPORT - SERVING THE BELLARINE PENINSULAR

Marriage Equality

And so after a lot of money spent in a postal survey, which later morphed into a 'postal vote', our Parliament and nearly all in the houses voted finally for Marriage Equality. Having been away from Australia for many years, and no similar movement's were happening in New Zealand, it still came as a shock that in the 21st Century we had to vote to make what seemed to me a forgone conclusion. That we should be able to marry whoever we wanted. It shouldn't even be a right! It should just be 'customary law'. Anyways it's happened.

It has become clear that things are never going to be the same, and more 'fluidity' which worried a person who shall not be named, will become more evident. But when a time has come, it has come. And there's no stopping it. The rise in transgender people's has increased exponentially since I returned in 2012, and many people and communities have been affected by Georgie Stone and her mother in particular standing by her, as they went all the way to the High Court, to be sanctioned with being able to choose to align who she knows herself to be, without going through the painful process of puberty, which leaves so much to be undone later, that it is now less difficult by going on hormone blockers, etc.

Transgender children, adolescents and even late bloomers from the baby-boomer generation, have breathed a combined sigh of relief as their facades crumble and there true selves are able to shine through. So long as someone they know loves them dearly for who they are, then they can withstand the taunts and verbal, physical and spiritual abuse that is thrown at them.

So at this time of Christmas, which has also morphed into a buying bonanza of ridiculous consumption, for a moment maybe, stop and feel the stillness that is all around us, and be thankful for everything that we have, and often take so much for granted.

Manika Conning

Classic Car & Bike Show.
What a fantastic event
and so much to see.



Our team of Funeral Arrangers are available
when you need guidance and support.

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SpringDale Mindfulness Meditation Group

The practice of mindfulness has changed very little over the past 2500 years. In its simplest form, the instructions are precise:

Don't follow the past, don't anticipate the future, remain in the present moment and, leave your mind alone.

Sounds simple and it is; sounds easy but it's not. Like any new skill it requires not only a dedicated practice but an understanding of the philosophy supporting that practice.

While we do not teach Buddhism or necessarily aspire to become Buddhists, the SpringDale Mindfulness Meditation Group is firmly implanted in the Buddhist philosophy that forms the vital stepping-stones in a pathway for the relief of general unease, of mental and physical pain and the seemingly lack of harmony in our current twenty-first century lifestyles.

Mindfulness, unconditioned awareness and their associated partners of compassion, wisdom, loving-kindness and skilful decision-making, form the overarching philosophy of our on-going meditation group.



Members bring their own understandings of the practice and share them in a safe, calm and nurturing environment.

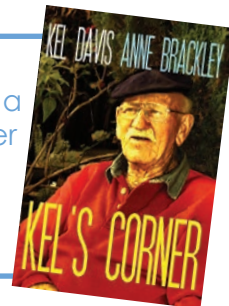
Our meetings are aligned with the SpringDale Centre's eight-week terms and begin on February 7, 2018. Meetings are held in the Guild Room at St James Anglican Church in Collins Street Drysdale on a Wednesday afternoon between 1.30 and 3.00 pm.

We warmly welcome new members – new or experienced to the practice of mindfulness meditation. Bookings and membership fees can be made at the SpringDale office.

Dr Max Simmons (PhD) - Facilitator

Enquiries: 0414 833 290

Missing Kel's stories already? Purchase a copy of Kel's Corner from SpringDale to read at your leisure.



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Star Apprentice Awards

Apprenticeships are an excellent pathway for young people to gain experience in their chosen workplace and today's apprentices are tomorrow's expert, skilled professionals and trades people.

As part of its core values the Rotary Club of Drysdale encourages youth and offers a number of programs throughout the year. The inaugural Star Apprentice Awards was held recently and featured three electricians, a carpenter, greenkeeper and a chef. The nominees and their employers were interviewed and invited along to a special celebration dinner where they were recognised for their efforts.

The common thread from the employers of all of the nominees was their solid work ethic, their commitment to learning, always seeking answers if they were unsure and respect for their employers.

In our current society we are too quick to give labels to groups and it is so refreshing to have a group of young people being acknowledged for their efforts but also to the employers for teaching them skills that will set them up for life.

The apprentices received \$500 each to help them on their way in their chosen career.

The Rotary Club of Drysdale will run a further Star Apprentice Award in 2018 for apprentices working in businesses located on the Bellarine Peninsula.

Caroline Rickard - Publicity Officer - Rotary Club of Drysdale - 0408 989 221



Pictured left to right:

Graeme Wise (Rotary Club of Drysdale), Sue Van Every (Rotary Club of Drysdale), Catherine Eagleson (Rotary Club of Drysdale), Sam Beetson (G Force), Jordan Clancy, Terry Baker (Rotary Club of Drysdale), Luke Henderson, Ben McGregor, Mrs Knight (accepting the award on behalf of her son Ethan Knight), Dylan Gething, Darren Gray (Deputy Director Gordon Institute of TAFE and guest speaker).

Small Business Worries

Worried about your small business that continually struggles to get enough customers and revenue?

Well if you are prepared to do something about it, then 2018 can and will be your year.

But what to do? That's a common question and if you're asking it - don't feel alone. Here is a very basic outline of what you need to do to get on your way for a successful 2018.

1. Decide if you are 100% committed to your businesses success.

Write down your commitment. Stick it up on a wall where you can see it frequently to remind yourself you are 100% on-board so as you go through the ups and downs you can reassure yourself of what you are doing and achieving.

2. Focus on the aspects that really matter, and set your targets.

20% of what you actually do in your small business will likely be bringing in about 80% of your revenue. So think about what activities make up that 20% and do more of it! Set yourself some targets around these activities so you can measure your improvement.

3. Take Action, Take Action, Take Action!

So critical! If you keep delaying taking actions, then nothing will change. Allocate some time each week to work on the aspects that really matter, AND STICK TO IT. This will ensure that you make progress to your targets.

There is a reason some people and some small businesses become successful. They are committed and they take continual actions on the most beneficial aspects of the business to drive it forward. On the flip side, the best way to fail is to stop doing these 3 things. Think about it.... If you're not really committed, and you don't really figure out the best things to actually work on, it's pretty hard to take actions that are worth anything. What can you really expect to achieve?

Aaron Hunter

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Basil

I'd like to share the first recipes for 2018 using some of my favourite fresh ingredients to nourish the New Year resolutions.

Most herbs grow and flourish all through summer. One of the best ways to save these summer flavours is to store them in a jar with extra virgin olive oil.

Blend herbs in the oil to make a paste better known as PESTO!

A simple pesto is made with BASIL and olive oil. All other ingredients are optional. PARSLEY makes it extra green. Garlic or chives add flavour. Nuts (pine nuts, walnuts, almonds) and cheese can be added later on when preparing the meal and depending on family tastes, allergies and favourite flavours.

CHIVES are under-rated but are nutritious and add a subtle onion/garlic flavour to basic dishes like scrambled eggs. Fresh chives also go well in salads. Cooked in soup and stew they add a subtle onion aroma. And they go well complementing other summer herbs like basil, oregano and dill.



Zest'o'Pesto

- 1 cup fresh parsley
- 1 cup fresh basil leaves
- 2 cloves garlic (opt)
- ½ cup extra virgin olive oil
- The zest of 1 lemon

Blend all the ingredients.

Store in a jar in the refrigerator until ready to use.

SALAD Dressing: Blend the pesto with lemon juice or red/white wine vinegar and a drizzle of honey.

VEGETABLES, PASTA or RICE just add some Zest'o'Pesto and other options.

To cook **FISH** prepare a pan with some Zest'o'Pesto. Add lemon juice and water just to cover the bottom of the pan. Add the fish and put the lid on. Allow to simmer for 5 minutes and then turn the fish over. Cook for another 5 minutes without the lid on. Add salt and pepper to taste.

Punch'o'Pesto

- 1 cup chives
- 1 cup basil leaves
- 1 cup rocket leaves
- 2 cloves garlic
- ½ cup extra virgin olive oil
- zest of 1 lemon

Blend all the ingredients well. Store until ready to use.

Add to baked potatoes, pasta, meat dishes.

Make a quick pesto using **SAGE** and **WALNUT** blended in olive oil with roasted pumpkin. Serve as a dip with crisp bread sticks or vegetables. This pesto makes an easy risotto. Don't forget the Parmesan cheese!!

Enjoy!!

Check out what's cooking or be inspired to start cooking at www.amorecucina.com.au



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Clifton Springs Garden Club

The Clifton Springs Garden Club finished off a very busy 2017 with an enjoyable Christmas Luncheon at the Portarlington Golf Club.

As a person who is interested in gardening and photography, I am always keeping my eyes open for plants and flowers that I can photograph. Whilst looking at the painted silo at Patchewollock (part of the Painted Silo Trail in the Mallee) we also discovered a lovely cactus garden to photograph and as luck would have it, some of the plants were in flower.

The Committee has had a well-earned rest but is now back organising a busy, and we hope, interesting year for Club Members. Our first trip for 2018 is in March to the Ballarat Begonia Festival and Lambley Nursery. Our first meeting for 2018 will be at 7.30 pm on Monday 19th February at the Uniting Church

Hall Drysdale. This meeting is usually low key with the presentation of our annual trophies and a discussion on the calendar for the coming year.

Simon, our Meet & Greet person, is always on the lookout for visitors, who are offered a warm welcome. If you would like further information on the Club please contact our Secretary Helen, on telephone 52571566 or email hma3152@gmail.com



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From the soil right up to the leaf tips, water supports all life in your garden. And that means life in all its form.

In our Summer season then, it's no wonder that plants suffer when watering is lacking or ineffective.

The job of watering is to get sufficient moisture down to the root zone and to maintain it. Lacking can mean not often enough, too little, too quickly or just plain missing the mark. Soil can be compacted and become hydrophobic so that water runs off never to be seen again. Ineffective can mean using poor tools or not paying enough attention to the signs.

Potted plants are especially vulnerable marooned as they are in their tiny pots and dependent on you for their conditions. Oasis or desert island?

As gardeners our role is to maintain our little universe where all the stars - the microbes, worms, plants, insect, bird and human life prosper through proper care and attention, a universe in rhythm and sync.

Observation is key. Learn to read the signs your plants are communicating. Check your soil conditions. Scratch below the surface to see if it's dry or well hydrated, compacted or well structured, teeming with life or derelict.

For garden beds drip watering is best, using the least amount of water and getting most of it down to the root zone. Linked to a programmable controller and divided into zones, you can control your watering frequency and duration. Starting at around \$60 these are a great investment that frees up more time to enjoy your garden. Combined with a blanket of mulch a drip system is an easy way to look after your soil and optimise plant growth.

Avoid cheap tools for hand watering, namely watering wands and guns. Most of the usual domestic range won't deliver sufficient flow or a useful spray pattern. We're always happy to share what we use at the Portarlington Nursery so feel free to drop in for a demo. Proper watering gear will not only reduce the time it takes to complete your watering but it is also more effective.

For potted plants tip them out of their pots occasionally to check the rootball. An old bonsai technique (by the way, one that works for choosing the moistest fruit cake, but I digress) is to feel the weight of the potted plant. Do this regularly and you will quickly learn which are bone-dry and which are well watered.

If allowed to dry out too much potting mixes become hydrophobic to the point where water runs through and the mix will simply not hold moisture. To correct this, soak potted plants in a tray of water until you can see and feel that the potting mix is properly hydrated.

My last tip is to watch out for watering angle and leaf deflection. Wands give you more reach and a better chance of delivering water directly overhead. And for large leafed plants you can deliver water directly into the pot.

Remember: there are no green or black thumbs, only those who water and those who don't.

Michael

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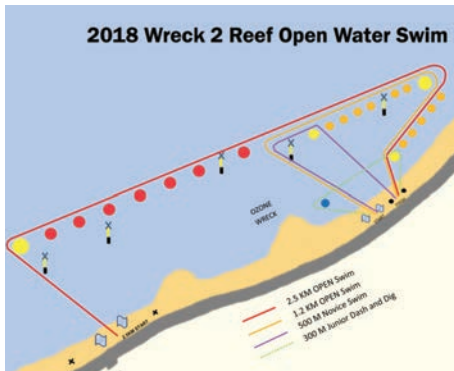
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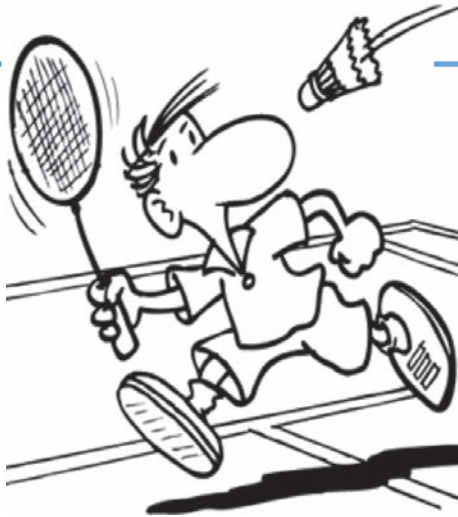
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Badminton at SpringDale

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Fun facts about Badminton

- Badminton is the 2nd most popular sport in the world. It has been claimed that badminton is the second most-popular participation sport in the world, only behind football.
- When badminton was first included in the Olympics in 1992, 1.1 billion people watched the badminton competition on TV.
- Badminton originated from a game played in China in 500 BC; the Indian version was brought to England in the 19th c. The Chinese originally played a version of badminton called Ti Zian Ji. They didn't use racquets though, they used their feet.

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Drysdale Bowling Club – A History....cont'd Chapter Six

The 30th Anniversary of the Club was celebrated in September 1978 with a Barbecue and the first Junior member was admitted. It was resolved that four shelters be erected between Greens One and Two.

In 1984 the Club decided to seek assistance in becoming an Incorporated Body and this came to fruition in 1986.

Apart from the Minutes of the Annual Meetings in 1984 and 1985, there is no record of Minutes of meetings held from May 1984 until July of the 1986. Through the available Minutes of 1986 there is frequent mention to a new Club House and in August an approach to the Croquet club to join with the Bowling Club forming a Drysdale Bowling and Croquet Club was mooted.

It would appear that sometime in 1984 Night Bowls was discontinued and the lights dismantled as there is no further mention of this activity after January of that year.

The Club was advised by the local Council that they should develop plans for a new Club House, ascertain costs, the amount needed to be borrowed and how the Club would service this debt. This led to a proposal to seek ownership of two blocks of land within the Club's leased premises by adverse possession. In February 1987 an idea was formed for funding of a new Club House by members and hopefully some input from Council. This was based on taking out Life Assurance coverage on one of the youngest members (take a bow Ray Bennett) with Premiums being paid by the Club and thus negating heavy

interest charges. This scheme was thought to be possible through A.M.P. and would raise approximately \$110,000. Repayments of \$15,600 per annum would be incurred. Members were asked for donations of money to the Building Fund as soon as convenient so that monies would be available for Plans, Specifications, Architectural and Engineering costs, etc. Application was made to the Raffles and Bingo Board for a permit to play Bingo as a fund-raiser. By the end of March 1987 some \$50,000 had been committed and invested at 15% Interest until needed. One month later \$94,000 had been promised by members – "a truly wonderful result which reflected great credit on the club members concerned."

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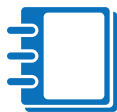
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