



The SpringDale Messenger

March 2018
Volume 28 Issue 2

ABN 21 404 220 267

Compiled & Published by the SpringDale Neighbourhood Centre Inc.



BELLARINE AGRICULTURAL SHOW

SUNDAY 11TH MARCH 2018
PORTARLINGTON RECREATION RESERVE

WWW.BELLARINESHOW.COM.AU
Facebook Instagram @bellarineshow



A family friendly event in picturesque Portarlington.

Things to do: toss a gumboot, ride a mechanical bull, get your face painted for free, take a selfie on the tractor, listen to music, ride a pony, watch a dog jump or go on a ride, do wood and craft activities on the kids discovery trail, see and interact with native animals such as wombats, dingos, crocodiles, snakes, turtles, frogs, and owls at the mobile zoo, look at horses, sheep, alpacas, cows, and chooks as they compete for ribbons, view flower arrangements, many craft items, cookery and art/photography. Enjoy demonstrations and learn about classing wool fleeces. Look at trucks and classic cars, vintage machinery and see some working up close. This years focus of the vintage machinery will be market garden equipment.

Entry is Family pass: \$25, Adults \$10 and Concession \$5 and under 5 free.

www.bellarineshow.com.au

Course & Opportunity
GuidePages 11-14
this issue or visit
www.springdale.org.au



Happiness &
Harmony Day
see back page

MOONLIGHT Movie Night

CLIFTON SPRINGS PRIMARY SCHOOL
Sponsored by Clonville Stars

FRI MAR 23
Venue Opens 6pm
Movie starts at dusk

Great night under the stars

- Bring the Family
- Bring a Rug
- On sale...
- Food & Drinks
- Glowsticks

Tickets available
CSPS office 5251 3581

Per family*
\$25 Pre-sale
\$35 On the night
Buy early & save.

* Immediate family only. Please support this as it is our annual fundraiser.



PADDINGTON 2

CLIFTON SPRINGS PRIMARY SCHOOL
JETTIE RD CLIFTON SPRINGS

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 APRIL 2018 • **Bookings/copy required by** 1 March • **Dist:** Sat 24 March 2018 • **Circ:** up to 20,000

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

**Bookings &
copy required by
1 March for the
April issue**

MARCH

	1-31	National Epilepsy Awareness Month
	1-31	Australian Women's History Month
Friday	2	World Day of Prayer - Uniting Church 10am
Saturday	3	Safe Number Plate Session at SpringDale 9am - 11am FREE
Sunday	4	Clean up Australia Day
Wednesday	7	Revolving Door Artists Group 7pm - 9pm
Thursday	8	International Women's Day - "Leave No Woman Behind"
Thursday	8	The Young Folk (Ireland) with Andy Irvine (Ireland) and Luke Plumb (Aus) 8pm - The Potato Shed
Tuesday	13	Morning Showtime - The History of Rock & Roll with the HIP CATS - 10.30am \$15 includes Morning Tea - The Potato Shed
Wednesday	14	Class Clowns - 4pm Geelong Heat Final - Free entry - The Potato Shed
Wednesday	14	Days for Girls Sewing Group 9 - 3pm
Friday	16	National Day of Action against Bullying and Violence
Saturday	17	Opening Drysdale Clifton Springs Curlewis Sports Precinct
Saturday	17	St. Patrick's Day
Saturday	17	Latonga II - 8pm Cabaret Style - The Potato Shed
Sun-Sun	18-25	Cultural Diversity Week
Tuesday	20	Happiness and Harmony Evening SpringDale 6pm - 9pm
Wed-Tue	21-27	Week of Solidarity with the Peoples Struggling against Racism and Racial Discrimination
Thursday	22	World Water Day
Friday	23	Moonlight Movie Night Paddington 2 - Clifton Springs Primary School
Friday	23	The Zipper - 1pm & 7.30pm - The Potato Shed
Saturday	24	The Zipper - 2pm & 7.30pm - The Potato Shed
Saturday	24	Earth Hour 8.30pm - 9.30pm (check out activities in Geelong)
Sunday	25	Neighbour Day
Wednesday	28	Suburban Sandcastles - Just One Drop - 6pm - The Potato Shed



The SpringDale Messenger is a locally produced publication.

Compiled & Published by the SpringDale Neighbourhood Centre Inc. A0024916V.
17-21 High Street, Drysdale Vic 3222. Postal Address PO Box 80 Drysdale
The SpringDale Messenger Production & Creative by Jo Aspland | Jo Aspland Graphic Design

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

For all editorial enquiries: E: messenger@springdale.org.au W: www.springdale.org.au

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

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

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



SpringDale Neighbourhood Centre Inc. acknowledges the support of:





Coordinator's News

Anne Brackley



Hi friends and friends I haven't met yet.

It's almost hard to believe how many times over the last few weeks that new residents and visitors marvel at the friendliness of our community. The praise is sincere and heartfelt and I would like to thank everyone who starts the day with a happy face and goodwill ready to share with others.

I like to think that the Messenger plays a role in this. We strive to ensure that every article is positive and the positive messages are written so that most people can relate to it and perhaps participate in whatever is coming up. Regularly I hear people say "I'll do that - let me help" and when I hear those words my heart soars. I believe its infectious and wouldn't it be great if it became an epidemic. I have found you can get so much more done by focusing on the positive and chipping away at challenges until you break through but then you need to stay on task to finish it off completely.

I'm not a fan of the term **What's in it for me** because I know I learn from each interaction, I absolutely know that no matter what it is I benefit from meeting people and I see their eyes light up as I tour them around SpringDale or I'm taking rubbish to the bin there is always something to appreciate along the way and be grateful for.

I was lucky enough to show some City of Greater Geelong people around SpringDale the other day and to see their eyes grow wider and wider as I spoke of the hundreds of activities that happen here monthly. One of them said "We need to clone SpringDale". I'll put that in the league with the doctor that prescribed A dose of SpringDale for a patient.

Last month we celebrated Aspergers' Day and this month we are celebrating Happiness and Harmony Days (although we are combining these this year). Perhaps our special days at SpringDale could be opportunities to also progress the concept of Neighbourly Networking and you could invite your neighbour to attend with you? Imagine a room full of neighbours getting to know each other in the welcoming SpringDale atmosphere.

Please let me bring to your attention a couple of extra opportunities that we are providing this year with the help of City of Greater Geelong. We are holding a couple of sessions for people to gain the information needed to know what to do when a defibrillator is needed to be used and also very basic food safety information. Neither of these are accredited courses but they will provide basic information. We thank the City of Greater Geelong for this opportunity and there will be a \$5 charge for each course.

Looking forward to seeing you at SpringDale for one of our special events or even one of our ordinary days, they can be as much fun.

Anne Brackley for Team SpringDale.

Poppies for the Centenary of Armistice



Request for people to help with growing Poppies for our area.

Contact SpringDale to offer your assistance. Ph 5253 1960



The SpringDale Salads are back. Thanks to a generous volunteer, Margaret Reing, for offering to continue Joan's fantastic idea.

The March outing will be to Curlewis Golf Club on Wednesday 21 March 12 for 12.30pm please ring Margaret to book your place 0418 370 857.

Thanks Margaret so much for volunteering for this role and thanks to the members of the Salads who pointed this opportunity out to her. Great team work.



On Monday March 12 it is Labour Day we are going to dinner at St Leonards Hotel meet there between 6pm and 6.30pm for dinner. This was a suggestion from one of our members. Please ring SpringDale to reserve a spot 5253 1960.

The SpringDale Messenger March 2018

Highlights

Train our Team

Thanks to City of Greater Geelong for funding a series of informational courses for our community. If you have wondered about that defib sitting on the wall in clubhouse and wondered whether you would be able to manage it, the CPR and Defib session below could be for you. If you help in a canteen or club kitchen and need to brush up on safe food handling procedures or maybe run a home kitchen and just want to ensure you are being safe then the Food Safety session may be for you. Neither of these courses are accredited but both are run by qualified trainers who will be sharing up to date information.

CPR & Defibrillator Information Session

Sat 17 March 9.30 - 11am or Tuesday 20 March 6 - 7.30pm Cost: \$5

Learn the skills to save someone's life. This information session will cover, assessing an emergency, how to call an ambulance, how to deliver CPR and the use of a defibrillator.

You will get a chance to practice the skills you have learnt. This session is FREE, but is information only NOT accredited training NO certificate will be issued.

Food Safety Session

Monday 26 March 10am - 2pm or 6pm - 10pm Monday 7 May 10am- 2pm Cost \$5

This session will cover Danger zones, Food temperatures, Food Safety Programs.

How to handle and store food correctly, Bacteria/ cross contamination and contamination of foods and preparation areas. For day time session please bring your own lunch.

Revolving Door Artist's Group

A friendly group of artists who meet each Wed evening 7-9pm.

Activities include working sessions, demonstrations & sharing of ideas in many different mediums.

Julie Derrick - 0412 802 767

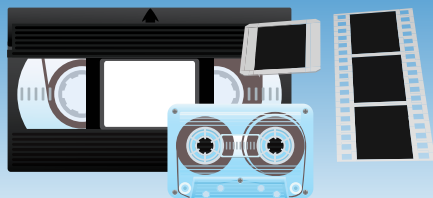


SpringDale Membership is \$12 per year or \$100 for whole of life.

Be eligible to be part of and participate fully in our SpringDale Groups.

www.springdale.org.au

Reviving Old Memories



Convert old home movies, audio tape or family slides into a digital format to preserve and enjoy once more.

- VHS Tapes
- Audio Tapes
- Slide Scanning



Contact SpringDale for more info 5253 1960



School Year

As we move well into 2018 our local school students are now settling into the education year. Preps have embarked on school life, while Year 12 students are commencing the most important year of their education.

Across Victoria in 2018, 927,700 students will attend school, of which 80,200 will be those in prep. In recognising that starting school can be exciting but challenging for both students and parents alike, this year the state government is supplying each state school prep student with a library bag. Amongst other things this bag will contain helpful information and advice for parents.

I wish every Bellarine student (and their parents) all the best for 2018.

Drysdale Bypass Another Step Closer

I am pleased to report that the Planning Scheme Amendment required to build the bypass has been approved by Minister for Planning, Richard Wynn.

This approval was a necessary step to provide additional land to build the bypass and follows an independent planning panels review and endorsement of the proposed route in October 2017.

VicRoads has now been given the green light to engage a construction contractor which will take place in the coming few months.

I do acknowledge the input of many locals and especially that of the Drysdale Clifton Springs Community Association. I also acknowledge that there were some views put against traffic lights at the Grubb Road intersection. But extensive investigation by the independent expert panel, including into traffic flows now and into the future, strongly supported the installation of lights, as did other views from the community.

A key component of this project is community consultation and I will continue to stress to VicRoads the importance of such consultation.

Vic Health Active Club Grants Open

I am pleased to advise that the Vic Health Active Clubs Grants opened on the 30th of January and will close on the 2nd of March

The grants will be open to all sporting clubs and are aimed at assisting those clubs provide more opportunity for less active Victorians to get involved. Grants are available from \$3000 to \$10,000.

Letter to the Editor

Happy New Year! I enjoyed reading your column in February Messenger. This year will be my tenth year living here. I am so glad that SpringDale was one of my first points of call, it was lovely to receive your enthusiastic welcome. I started volunteering at SpringDale very soon after that, I was then able to help establish WriteAbout. Thank You.

Val, Drysdale

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

New Group @ SpringDale 5D Diamond Painting group

Two years ago, a new craft started called 5D diamond painting. It's a craft, combining mosaic and colour by numbers to make a gorgeous picture that you create yourself.

First session Thursday 29th March 1-4pm
All welcome.

\$2 a session and Kits provided for cost price lets create together. Sarah will be here to help guide you and we can enjoy, learn and share our craft together over a cuppa at SpringDale.



I look forward to see you all at the wonderful Festival of Glass.

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



Contact SpringDale for
more detail 5253 1960

Commercial Kitchen Hire

- Ideal for small businesses starting out that require a resisted commercial kitchen space.
- Variety of times are available.



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

*Proudly printing this magazine
for you, on the Bellarine.*

OPEN

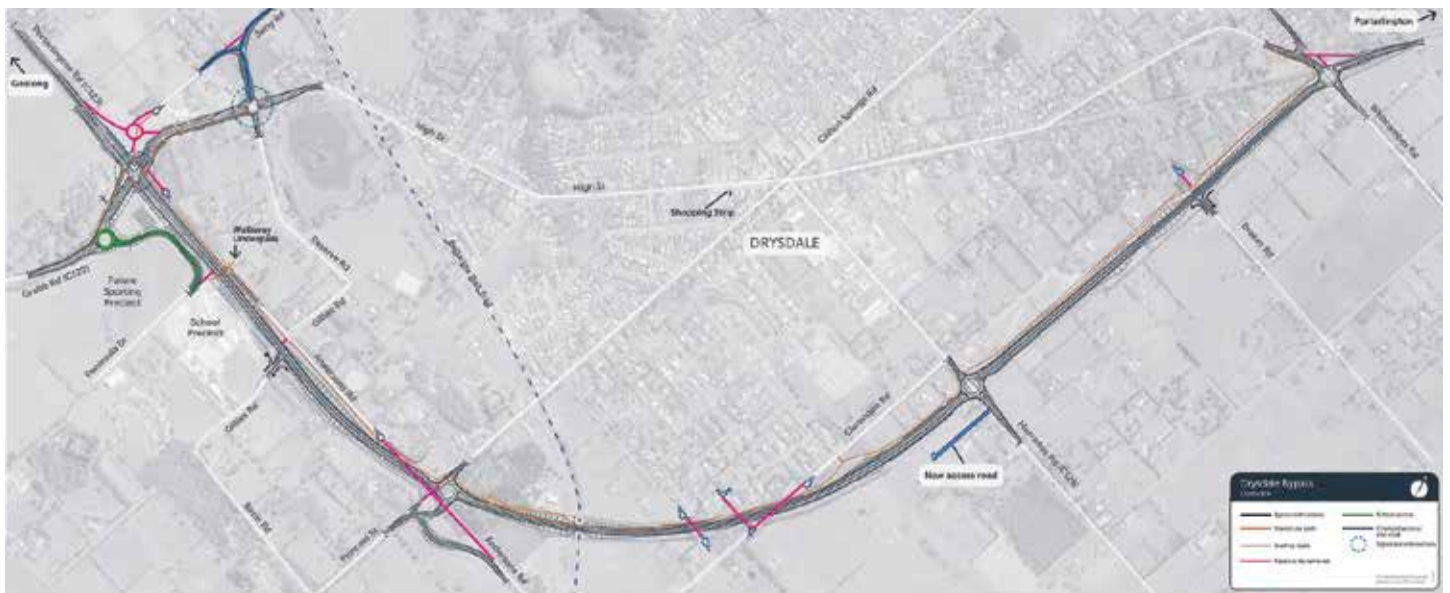
Monday - Friday
9.00am - 5.00pm

13 Sykes Place,
Ocean Grove
ph: 5255 2663
e: quote@presshere.com.au

• Design • Print • Office Supplies

www.presshere.com.au





Drysdale Bypass given the green light

Drysdale is another step closer to safer and less congested roads, with the Planning Scheme Amendment required to build the Drysdale Bypass approved by Minister for Planning Richard Wynne.

The Victorian Government is investing \$109 million to improve safety and ease congestion through the centre of Drysdale, by giving trucks and Bellarine Peninsula traffic an alternative and more efficient route.

The approval of the Planning Scheme Amendment is a necessary step to provide additional land to build the bypass and follows an independent planning panel's review and endorsement of the Drysdale Bypass in October.

VicRoads Project Director Tim Price welcomed the planning approval and said that his team were looking forward to building the bypass for the local community.

"The Drysdale bypass will cut traffic travelling through Drysdale by 40 per cent – it will take

trucks out of town and put them onto a more efficient, purpose-built route," said Mr Price.

"The bypass will include over six kilometres of shared user paths and an underpass linking residential areas to the schools and the sporting precinct, which is a significant improvement for local families."

"By introducing traffic lights at Grubb Road and installing the pedestrian underpass at Peninsula Drive as requested by the community, we will make it much safer and easier for kids to ride and walk to school.

With the green light, VicRoads is now able to complete preconstruction planning and engage a construction contractor.

Given the complexity of such a big project, VicRoads will undertake a detailed construction tender assessment before hiring a contractor. VicRoads expects to award the construction contract before the middle of the year.

In the meantime, people may start to see some

early works such as fencing, signage, some surveying and the relocation of services in coming weeks.

Once a contractor is hired, VicRoads will provide the community with the opportunity to see final designs, have further input into landscaping arrangements and learn about the staging and construction of the project.

Mr Price said that VicRoads would keep the community involved and informed throughout the project, saying "We will be working with the community every step of way and I want to particularly thank the Drysdale and Clifton Springs Community Association, and the Springdale Neighbourhood Centre for their assistance over the past two years to help shape the design."

The bypass is due for completion in mid-2020.

Fiona Simpson

Regional Engagement Manager - South Western

WHAT'S ON

THE YOUNG FOLK (IRELAND)



BOOK EARLY!

THURSDAY 8 MARCH 8PM
with Andy Irvine (Ire) & Luke Plumb (Aus)
\$29 Ad \$24 Conc

MORNING SHOWTIME



BOOK EARLY!

THE HISTORY OF ROCK 'N ROLL

With the **HIP CATS**
TUESDAY 13 MARCH 10.30AM
Tickets \$15 including Morning Tea

POTATO SHED

CITY OF GREATER GEELONG

LATONGA II



BOOK EARLY!

Cabaret Style
SATURDAY 17 MARCH 8PM
Tickets \$35 \$30 (Conc)
\$25 Student

THE ZIPPER



BOOK EARLY!

FRIDAY 23 MARCH
1PM & 7.30PM
SATURDAY 24 MARCH
2PM & 7.30PM
Tickets \$26 \$22 (Conc)

41 Peninsula Drive, Drysdale VIC 3222
www.geelongaustralia.com.au/potatoshed
potatosheddrysdale
potatosheddrysdale

BOOK NOW WITH YOUR CREDIT CARD ON 5251 1998
OR AT ANY CITY OF GREATER GEELONG
CUSTOMER SERVICE CENTRE.

POTATO SHED

WIN - Double Pass



Latonga II

Saturday 17 March 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 9 MARCH

Adrian Mannix OAM Award Nominations

As we approach the 17th presentation of the Adrian Mannix OAM Community Service Award, we invite community members to nominate people who have given exceptional service to our community. Nominations close on Friday 27 April and can be submitted via email, mail or delivery to SpringDale Neighbourhood Centre. Nomination forms can be downloaded from the Springdale Neighbourhood Centre website <http://docs.springdale.org.au/Adrian.Mannix.Nomination.2018/.pdf>

Nomination forms can also be collected from the Portarlington/Drysdale Lions Club, Rotary Club of Drysdale or SpringDale Neighbourhood Centre. This award is for service given on the North Bellarine – St Leonards, Indented Head, Portarlington, Bellarine, Drysdale, Clifton Springs, and Curlewis.

Over the past 16 years we have been given the opportunity to celebrate thousands and thousands of hours of service given to our community selflessly. Please think about members of our community that you know and who continually give to our community and fill in a simple two page form.

This community event is provided by Portarlington/Drysdale Lions Club, Rotary Club of Drysdale and SpringDale Neighbourhood Centre. Adrian Mannix OAM worked with or influenced through community service, all these 3 organisations and we continue to keep his altruistic community service ethic alive through this award.

The award will be presented on Tuesday 22 May at an early evening event and our community will be welcomed to share this evening with us.



Bellarine Community Health Ltd.
"Quality Living for a Valued Community"

Providing quality health and wellbeing services for all ages across the Bellarine.

- Physiotherapy
- Podiatry
- Occupational Therapy
- Counselling
- Speech Therapy
- Nutrition & Dietetics
- Community Nursing
- Dental
- Social Support Groups
- Exercise Groups
- Well Women's Clinic
- Home Care Packages

**For enquiries call 5258 0812
www.bch.org.au**

SpringDale Occasional Care

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.
Direct phone number is 0401 129 140.

PINNACLE LIVING

The good life is just around the corner

Bellarine Springs retirement village in the heart of Drysdale.

You've worked hard, now it's your turn to enjoy the good life... and it can all start at Bellarine Springs. Close to everything you love, including local shopping and services, the bay and Geelong, at Bellarine Springs you can have a brand new, beautifully appointed home from just \$385,000.

Do less of what you have to, and start enjoying the good life!

Join our afternoon tea on Thursdays from 2-4pm or pop in 7 days a week.



BELLARINE SPRINGS

So many reasons. One place.

101 Central Road, Drysdale **03 5253 0111** bellarinesprings.com.au

YEAR 2018!

“What was the secret of the stars...and the reason for the bridge on Jupiter?”

Hi everyone, it's John here welcoming you all to the wild and wonderful world of year 2018 as seen prophetically through the eyes of groundbreaking science fiction and fantasy writer James Blish.

In his classic sci-fi novel, actually published in 1957 under the title of “Year 2018!,” James Blish presents us with his unique view of Western Civilizations’ attempts to establish and maintain a scientific laboratory “In that frozen, raging, gaseous hell”...planet Jupiter.

Why was this done ?...

Watch this space (!!)



Questions you always wanted to ask a person with Autism.

Thanks to 'House with No Steps' for giving us permission and allowing us to reprint this from their Blog - www.hwns.com.au

Hannah, 31, often gets asked questions about living with autism – and sometimes they are a little curly to answer!

Autism can be a different experience from person to person, but to break down the stigma of autism, Hannah is answering some of the curly questions she gets asked most often.



Why is it hard for people with autism to communicate?

So imagine you are in Japan... people speak differently in Japan and you can't understand what they're saying. People in Japan do things differently to you – you're not sure why they're doing it, but you can tell it's obviously important. And the culture is so different that you are like, 'what the heck?!'

For a lot of people with autism that's what communication is like – it just seems all foreign and unfamiliar. People expect you to automatically pick stuff up, but when you have autism you just can't.

Does this mean you don't get irony or sarcasm?

I can understand irony and sarcasm, and I actually do use it myself. But do I always use it appropriately? No!

Is it hard for you to make eye-contact?

For me it depends on the situation I have actually had enough practice that I can now make eye contact quite easily. But it took a long time.

When I'm processing something or when I'm thinking really hard and trying to learn something, I don't look people in the eye. It's because when I'm using all my brain to understand what someone's telling me, I don't have the brain power left-over to look someone in the eye.

Can you read facial expressions?

Reading facial expressions is something I've learnt to do better, but can I do it as well as what is considered 'the norm'? No.

My brain just literally doesn't pick up all the nonverbal cues. I don't see them. It's like running into an invisible lamp pole – my brain doesn't process that something's there, but it still hurts when you run into it! And then I'm like, where the heck did this thing come from?

So do you ever offend anyone?

I've definitely learnt how to do social talk, like the surface talk, I can do that.

But I'm very strong willed, and I've always said I'm like a steamroller made of flowers – I look pretty, I smell great, but people can still get squished!

These days I can generally go to a social event, chat, and make no social tsunamis anymore.



DRYSDALE
FAMILY SUPPORT

Working with & for the community

- **Counselling Centre**
- **Foodbank Plus**

276 – 290 Jetty Rd Curlewis P: 5253 2099

- **Second Chance Clothing**

5 Mortimer St. Drysdale



St. Leonards
PHYSIO BY THE BAY



Neil Wise is a highly experienced physiotherapist with over 30 years of experience in Private Practice,



- Private, Concession & Aged Pension rates available – no referral required
- DVA, Workcover, TAC, CDM (Medicare) patients welcomed with referral

P: 5257 1832

1 Mouchemore Avenue, St Leonards

E: info@stleonardsphysiobythebay.com.au

W: www.stleonardsphysiobythebay.com.au



Funerals

“Committed to Caring”

Ph: 5251 3477

Call us ~ 24 hours / 7 days



Services

@

The Anglican Parish of the Bellarine

St James Drysdale - St Johns Portarlington
- St Pauls St Leonards

Contact: 5252 2571, www.bellarineparish.org

Palm Sunday 25 March

Service of Holy Communion

St James 10.30am St Johns 9.00am
St Pauls 7.00pm

Maundy Thursday

Service of Foot Washing & Holy Communion

March 29, 6.30pm St Johns Portarlington

Good Friday

30 March 9.00am St James

Drysdale & Clifton Springs Combined
Churches annual **Walk of Witness**,
10.45am, commencing at Uniting Church;
concluding at St James.

Hot cross buns and beverages provided.

Easter Prayer Vigil

31 March St James 8.00 - 10.00pm

Easter Day

April 1 Service of Holy Communion
St James 10.30am St Johns 9.00am
St Pauls 5.00pm

Everyone welcome

A heri grontapu di Gado meki bun doro, doro!

World Day of Prayer 2 March 2018

As in the beginning, God created from chaos. But everything that was created found its place in creation. All were related to each other – the earth with the light, the waters with the sky, the tree seeds with the living creatures, and the humankind with God. None could exist without the other, and the source of all was God.

There was goodness in that integrated system of relationships. But essential to that was the commitment to care. And we know that we are failing!

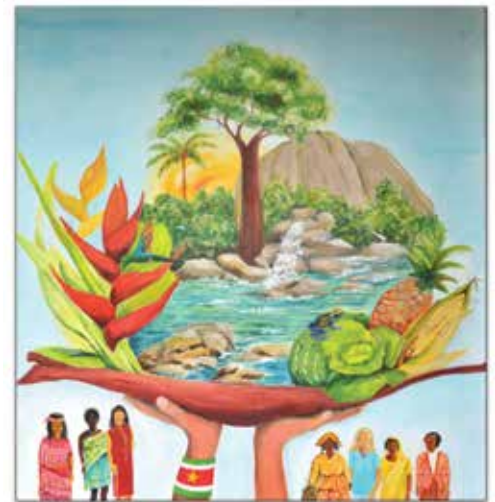
Women from Suriname lift up their voices to remind us that we are caretakers of God's creation! They are bringing to our attention the urgent need for caring at a time when more than 180 countries have signed the Paris Agreement on Climate Change. A commitment to keep the earth cooler depends on public policies implemented by governments, but also on our personal lifestyle.

As one of our Guiding Principles affirms "prayer is rooted in listening to God and to one another." Through the worship service, we listen to the multicultural and multi-ethnic people of Suriname. They take us to their communities and through their concerns. History is before our eyes! The flora and fauna are remarkable! The everyday life is weaved into the prayers. How good is God's creation? That is the question to meditate and respond to with a personal commitment to care for creation. But it can also be an opportunity for the WDP motto "Informed prayer and prayerful action" to be affirmed in the community. What is it that we, as the WDP movement, can do to keep God's creation good?

World Day of Prayer—March 2018

SURINAME

All God's Creation is Very Good!



LEAVE EARLY

THE REASONS ARE BLACK AND WHITE

There's no questioning the facts. Bushfires can start quickly and threaten lives within minutes. When it comes to fire, what you need to do is black and white. Check Fire Danger Ratings in your district daily, and monitor conditions. Most bushfire deaths happen close to home, **so 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



Microbiome... your best friend or worst enemy?



Did you know that you have ten times as many non-human cells in your body than human cells? You have 100 trillion bacteria in your gut and for every bacterium you have 10 times as many viruses and fungi. That's one heck of a lot of extra genetic material.

But not all of the microbes in your gut are friendly!

And if these 'bad guys' outnumber the 'good guys', a whole host of symptoms can set in. So you create good health by consciously feeding the good guys and starving the bad guys. Feeding the bad guys over time can lead to ill-health, especially if antibiotics have killed off a lot of the 'good guys'.

Science now reveals that your microbiome plays a critical role in your health. For example around 70% to 80% of your immune system is located in your gut - hence you have a lot of control over your health through what you eat.

So how do we feed the good guys? Firstly by eating a nutrient dense whole food diet that includes prebiotic fibers that we can't digest, but our good gut bugs can. These include things like apples, asparagus, beetroot, garlic, leeks, onions, resistant starches (cooked and cooled potatoes, sweet potatoes, rice etc.) and many others.

Another great way to restore the balance in your gut is to eat fermented foods like sauerkraut, kefir, kimchi, yoghurt and natto. These foods contain up to 100 times the probiotics found in supplements and are an inexpensive way to rebuild your gut microbiome.

And you starve the bad guys by eliminating sugar from your diet. A lot of the sugar in your diet is found in processed foods, soft drinks, alcohol, fruit etc.

Where does the gut microbiome come from?

During normal delivery a baby is 'inoculated' with microbes from the mother's microbiome. If she has a healthy microbiome, so too does the baby and if she has an unhealthy microbiome (dysbiosis), so too does the baby.

A breastfed baby receives prebiotics in the milk that further enhance the microbiome, leading to normal growth and health. Babies with abnormal gut flora have compromised immune systems and are at greater risk of developing ADHD, autism and learning disabilities.

Fortunately these conditions can be helped a lot with diet, so if you have a child with these symptoms, seek the help of a functional medical practitioner.

Michael Carroll,

Co-founder & Director, Inner Peace Institute for Wellbeing

Further reading: <https://www.sciencedirect.com/science/article/pii/S2095809917301492>

Your TRUE BLUE LOCAL REAL ESTATE AGENCY

Living, working and playing in 3222

5257 1778
St Leonards 1377 Murradoc Road

neville-richards.com.au
Portarlington 86 Newcombe Street

5251 3857
Drysdale Shop 2, 6 High Street

PADDINGTON 2

under the stars

You're all invited to a special screening of Paddington 2 under the stars on 23 March. This is the eleventh annual big screen movie night hosted by Clifton Springs PS and it will take place at the school on Jetty Road. Gates open at 6pm, with the movie starting at dusk.

For those of you who haven't seen it, Paddington 2 is a sweet-natured sequel whose adorable visuals are matched by a story perfectly balanced between heartwarming family fare and purely enjoyable all-ages adventure.

Clifton Springs Primary School's movie nights are a wonderful family evening for young and old. Just bring along your rugs and seats and you can enjoy Paddington 2 on the big screen. If you get hungry, food, drinks and even glowsticks can be purchased on the night.

And there's even a raffle for a 'Gold Grass' seating upgrade and other major prizes including Blue Train Tickets. One lucky family will be enjoying Paddington 2 in style with a lounge suite, bean bags, popcorn and drinks.

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

MOONLIGHT
Movie Night

Look who's coming

Fri 23rd March

PADDINGTON 2

CSPS
Parents & Friends
Group

- **Bring the Family • Bring a Rug**
- **On sale... Food & Drinks - Glowsticks**

Tickets available CSPS office 5251 3581

Per family* \$25 Pre-sale or \$35 On the night

* Immediate family only. Please respect this as it is our annual fundraiser.

Inner drawers for those hard to get to spaces

Having trouble with your inner kitchen space?
Not able to reach those hidden spaces?
Give us a call and we will organise an obligation FREE quote.
We can solve your problems.

DRYSDALE Kitchens

Cabinets & Joinery

Call us for more information (03) 5253 2774

Est. 1986

BELLARINE

BGS

GLASS & SCREENS

- Security Doors • Shower Screens
- Wardrobe Doors • Mirrors • Flyscreens
- Glass Repairs • Balustrading

7 Days A Week

**Fast Glass Repairs ✓
Same Day Service ✓**

Ph: (03) 5253 2301

38 Murradoc Road Drysdale 3222
D Ward Facsimile 03 5251 3905



Bellarine Camera Club

Late last year we held our awards night when our image of the year was announced, along with the club's Aggregate Award winner.

The image of the year and first in the print section was a magnificent print by Darren Henry, entitled "Beautiful Bellarine".

Runner-up was Will Johnston's EDI "Barwon Heads Bridge" which achieved a first place in the EDI section. Our thanks go to our judge Darren Hobbs for a very enjoyable night. He was excellent in critiquing images and giving very positive feedback.

Club aggregate award results were:

1st Alex Valkenburg, 2nd Lynne Bryant, 3rd Carole O'Neill. Much admiration goes to our aggregate winners who have achieved very pleasing results for not only their commitment to their photography, but also taking the time and effort to enter as many competitions as possible throughout the year.

Congratulations to all winners – 2017 job well done! Looking forward to 2018, enjoying all aspects of our club with other members, and committing to our photography for the coming year.

Are you interested in photography? We are a friendly group of amateur photographers, enjoying the challenge of improving our photography by learning from entering competitions and talking to other members and judges about their photography. We are planning an active and enjoyable year ahead and look forward to welcoming new members in 2018.

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

Lynne Bryant - President

Reliable Service

- LOCAL • COUNTRY
- NEW SOUTH WALES
- SOUTH AUSTRALIA

Drysdale REMOVALS & STORAGE

03 5251 3674

BELLARINE AUTO SERVICE

5253 1644
0403 993 342

EAS Quality Mechanical Repairs Since 1990
6-8 Mortimer St. Drysdale

VACC We service and repair all makes and models, LPG, Diesel and Petrol vehicles.
www.bellarineautoservice.com

NEW AGE MARKET
A Unique Blend of the Mysteries of Spirit & Magic...

*Come & see for yourself...
Colour & Sparkle...Light & Laughter...*

- Tarot Readings • Rainstick Healing Magic
- Massage & Reiki • Trash & Treasure
- Spiritual Healing • Art & Craft • Herbal Healing • Numerology & Wholistic Aromas

12-3pm - Child Friendly
28 Newcombe Street Drysdale
PH: Michelle 0433 595660
Dates: 25th March, 27th May, 29th July, Sept 23rd, Dec 2nd

Bellarine PC Repairs
based at Clifton Springs
Servicing Geelong and The Bellarine Peninsula

FREE QUOTES - flat rate \$55 hour
Home or office visit.
No call out charges apply.

NO FIX - NO FEE - if we can't repair your PC there is **NO CHARGE**. Workshop Repairs are collected and returned **FREE** of charge. A large range of services.

VISA **MasterCard** **PayPal** Call Martin on **03 5251 5405**
Cash accepted or mobile **0411 472 360**



JEANNETTE ERNST
Conveyancing Professional

- ▲ Experienced caring conveyancing service.
- ▲ Living local, office in Curlewis & Geelong.
- ▲ Licensed Conveyancer.



Contact Jeannette on **0407 726 260** or
E: jeannette@conveyancinggeelong.com.au





Improve your skills - Expand your mind

COURSES

@SpringDale

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 - Iteracy

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.

Building a Website

Use the free tools of Joomla to create a basic website. From designing your requirements, through understanding domain names and hosting, loading modules, setting up menus and links, and adding content, this course will lead you through establishing a website. Participants can be new to website design but must be comfortable using a computer for this course.

Tutor: Brenda Richardson, Iteracy
Skill Level: Intermediate
Dates/times: Wed 2 May - 20 June 1.00pm - 3.30pm
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, Iteracy
Skill Level: Beginner+/Intermediate
Dates/times: Tue 1 May - 19 June 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, Iteracy
Skill Level: Beginner
Dates/times: Wed 7 Feb - 28 Mar 9.30am - 12noon
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, Iteracy
Skill Level: Beginner+/Intermediate
Tutor: Brenda Richardson, Iteracy
Dates/times: Thurs 10 May or 14 June 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: Mon 30 April - 21 May 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 18 April - 27 June 1.30pm - 3pm
Fee: \$100 **Conc** \$60
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: Tue 1 May 7pm - 8.30pm or Mon 4 June 5.30pm - 7pm **Fee:** \$5

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 23 Apr - 25 Jun 9.15am - 10.45am
Fee: \$150 or **Conc** \$140 (9 sessions)
Dates/times: Thurs 26 Apr - 28 Jun 6pm - 7.30pm
Fee: \$165 or **Conc** \$150 (10 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 2
April-June
2018



Understanding Autism

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: Wed 13 June 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: Tues 9 May - Tues 30 May 7pm - 9pm
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 1 May - 19 Jun 1pm - 3pm (8 sessions)
Fee: \$130 or **conc** \$70

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 30 Apr - 18 Jun 10am - 12.30pm
Fee: \$135 or **Conc** \$750

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 30 Apr - 18 Jun 1pm - 3.30pm

Dates/times: Tue 1 May - 19 Jun 10am - 12.30pm

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

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 26 Apr - 14 Jun 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 26 Apr - 14 Jun 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 Album detailing your full and varied life, your legacy to your future generations. Hands-on workshop, pre-cut kits, handouts questionnaires also my reference books and tools available for your use.

Tutor: Lyn Clough

Dates/times: Apr 28, May 26, June 23 1pm - 4pm

Cost Starter Kit \$60 includes: Album Cover Set, Adhesive runner and Archive Pigment Ink Pen Black

Fee: Workshop fee \$10 plus Monthly kits approx \$10 to \$16 per month. Booking essential 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: Tue 8 May 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 7 May 10.30am - 12.30pm

7 more sessions as individually scheduled

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



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: Fri 4 May - 22 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 6 May or Sat 3 Jun 10am - 12noon

Fee: \$40

New - Food Safety Session

This session will cover Danger zones, Food temperatures, Food Safety Programs.

How to handle and store food correctly, Bacteria/cross contamination and contamination of foods and preparation areas. For day time session please bring your own lunch. Non accredited course.

Tutor: Tim Digby

Dates/times: Monday 26 March 10am - 2pm or 6pm - 10pm

Monday 7 May 10am - 2pm **Fee:** \$5

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 7 May - 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: Thur 26 April - 24 May 7pm - 9pm

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

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

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 11 May 10am - 12noon

Fee: Free

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: Sat 28 April or Fri 22 Jun 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: Sat 28 April or Fri 22 Jun 9.30am - 3pm

Fee: \$120

Provide an emergency first aid response in an education and care setting Code HLTAID004

The unit of competency applies to educators and support staff working within an education and care setting and will contribute towards approved first aid, asthma and anaphylaxis training under the Education and Care Services National Law, and the Education and Care Services National Regulation (2011).

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: Sat 28 Apr and Fri 22 June 9.30-4.00

Fee: \$160

Please book directly with Raelene Newton on 0413 513 046

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 2 May - 27 Jun 11.30am 12.45pm

Fee: \$120 **Conc** \$105 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 & 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.

Revolving Door Artist's Group

A friendly group of artists who meet each Wed evening 7-9pm. Activities include working sessions, demonstrations & sharing of ideas in many different mediums.

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, 40c each. The first Thursday of the month from 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.

Kinship Carers

Meets monthly Monday 7th May, 4th June, 6th August, 3rd September, 8th October, 5th November and 3rd December. 10am - 1pm

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

Line Dancing

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

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.
12 Apr, 17 May, 14 Jun, 12 Jul 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

Fellinging

This is not a class but people coming together to enjoy fellinging. If you're not sure what fellinging 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.
Working towards our next Bush Dance in May.

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.

Drysdale Toy Library

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

Portarlinton Toy Library

Meets weekly Wednesdays during school terms 8.15am - 9.15am

New Group - 5D Diamond Painting group

It's a craft, combining mosaic beading and colour by numbers to make a gorgeous picture that you create yourself. We are starting a monthly group where you can bring your pictures or start one with us. Join us for some creativity and fun. Kits provided for cost price lets create together. Sarah will be here to help guide you and we can enjoy, learn and share our craft together over a cuppa at SpringDale. Last Thursday of the month 1pm-4pm

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 17th April / Thurs 19th April (8 weeks)

Fee: \$120

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.

STAY INFORMED

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



SpringDale Business Services

Photocopying, Faxing, Scanning, Laminating, Binding, Offsite Backup and Storage, Online File Sharing, Small Business Webpage Development and Hosting.

These services are available 9am-5pm weekdays and maybe available after hours and weekends by arrangement.

Document Signing Service

Wednesdays 10am - 12noon an Honorary Justice of the Peace is available to witness most documents excluding Births, Deaths and Marriage certificates. This is a free service staffed by local volunteer JPs. Bus stop at front of building, waiting time minimal and parking available.



Be Involved & Be Informed...

Is there something that interests you and there is not a course to attend?

Please! Let us know.

Do you have an idea for a new group or course that you might like to start or suggest?

What is your dream that we can help make come true?

For more information or to register your expression of interest about these and the following activities please contact the friendly team at SpringDale Neighbourhood Centre (03) 5253 1960.



Other SpringDale Services Family Services

SpringDale Occasional Care

This will give your child an opportunity to socialise and play with other children in a supervised program with qualified staff and may give you time to yourself.

Sessions:

Monday, Wednesday and Thursday 9am – 2pm,
Tuesday, Friday 9am – 12noon.

Some subsidised places are available for those studying Learn Local supported classes. (conditions apply). For further information please phone Occasional Care on (03) 5251 1627. Sessions run during school terms only. (We are hoping other funded opportunities will be available in the new year).

Drysdale Toy Library

Meets weekly on Thursdays (during school terms) 1.30 - 2.30 pm and 2nd & 4th Saturdays (all year except in January) We have some fantastic toys to borrow (ages 0 – 6 years) so come along and see what we have to offer. Membership \$10 per term.

Portarlington Toy Library

Meets weekly Wednesdays during school terms 8.15am – 9.15am. We have some great new toys. You might like to get involved or just use the library service. Membership \$10 per term.

SpringDale Family Dance Night

Next scheduled performance at the Family Bush Dance date to be announced \$10 Adult, \$5 Child, \$25 Family – please bring a plate of supper to share. Ring Dennis 0419 543 920 for more information or to offer your assistance.

Ideas for new courses you might like to learn or you might like to teach Data Backup, Developing a Marketing Plan, Political Advocacy, Sustaining our Environment, Bokashi Recycling, Lace Making, Make Up Techniques, Cup Cake Decorating, Cake Decorating, Sushi Making, Face Painting for Beginners, Macrame, Car Maintenance, Running a Bed and Breakfast, Goat Keeping, Fingernail Painting, Glass Cutting, Fairy Floss Making.

We are always on the lookout for something new to try. Please contact SpringDale 5253 1960 if you are interested in any of these or maybe if you have the skills to run them.

Our range of courses are diverse and dynamic and may change due to community requests. If you would like to be informed of these changes register your contact details with our office **5253 1960** or email office@springdale.org.au

Scheduled Fees: Courses at nominated rates.
Single Sessions: Incur a \$5 Administration Fee.



SpringDale Neighbourhood Centre Inc. acknowledges the support of:



Department of Planning and Community development



Department of Education and Early Childhood Development



Enrolment & Payment Conditions

ENROLMENT

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

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

PAYMENT/ REFUNDS

- We accept cash, cheque or credit card. Facilities are available for payment in person or via mail, please see below course booking slip.

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

Privacy: The SpringDale Neighbourhood Centre

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

SpringDale Trivia 10th Edition by Drysdale Girl Guides

1. The 2018 Commonwealth Games are being held in which city?
2. Which country was the first to successfully send someone to the moon?
3. Which tennis player won the men's title at the 2018 Brisbane International?
4. The nation of Bolivia is located in which continent?
5. Other than Warrn Ponds, Geelong's waterfront and Burwood, Melbourne, where else is there a campus of Deakin University?
6. True or False, the traditional birthstone of the month of May is the opal.
7. Which nation's flag consists of red, yellow and green horizontal stripes (colours listed in descending order), with a black star on the yellow stripe?
8. In what year did Tony Abbot become Prime Minister of Australia?
9. Pd is the symbol for which element of the periodic table?
10. 88 Miles per hour roughly translates to what speed in Kilometres per hour?

Turn
to page 22
to find the
answers.

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

Memories of Yesteryear by the Older Generation of the Bellarine

Over the next year or so, we plan to bring and hopefully delight you, with a series of stories told by the older members of our community, using the Road and Street names of the early Drysdale/Bellarine settlers as our theme.

The first few stories will be told by Ian Whitcombe and penned by Lesley Whitcombe.

So stay tuned.....



**"I cant believe how some of my competitors are still in business!
They are a joke, why do people still use them?"**

So how does this happen ? Read on....

Inside Reality versus Outside Perception. That's it.

Your inside reality is your internal belief of what your business operates like. So you might believe it to be 100% true that your service and/or product is definitely the best in the industry. But how does anyone really know that ? It might be that you do exactly as you say because you're the real deal, and those who do engage with you find that out and become satisfied customers. That's fantastic, because you are being honest. You believe you're the best and follow through on that promise.

The customers who you do service gain an Outside Perception of your business that matches your inside reality. Perfect ! There is no reason they shouldn't remain a loyal customer and even refer you as well. Good job.

But what about before they decide to buy from you?

Before someone has made a decision to buy from you, they have probably done a little bit of research to find out about what they're after, and who could potentially help them. When they do this they usually find quite a few options, and just like you, they all say they are the best !

So due to a lack of communicating value and the ability to solve their problem, the prospect gets frustrated and ends up simply choosing one or two to compare to get the lowest price.

The outside perception of you, and indeed your competitor is the same. So the selection becomes based on price and nothing more.

That's how bad businesses survive and infuriate you!

Those who want to do well must address how they can improve their Outside Perception before someone makes a choice of who to buy from, then you will capture customers who WANT you because they correctly perceive you as the best value solution for them.

Aaron Hunter - www.straightforwardbusiness.com.au



DRYSDALE

**Large range of:
Auto spare parts, batteries, filters,
oil and so much more.**

Open Sundays 10am - 1pm

2/31 Murradoc Road, Drysdale VIC 3222

Tel: (03) 5253 2811

admin@autoprodrysdale.com.au



**DRYSDALE
MOTORS**

**All Mechanical Repairs including
New Vehicle Log Book Servicing**

Specialising in European Vehicles:

Audi, Mercedes, Peugeot, VW and more

Nationwide Warranty

why travel when the best is right here in Drysdale

5253 1033

**44 Murradoc Road, Drysdale
info@drysdalemotors.com.au**



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

Tuckers
Funeral & Bereavement Service

**Phone: 5221 4788
www.tuckers.com.au**

A Huge Thank You to a Caring Community.

The weeks leading up to Christmas last year saw an amazing expression of community care and support for the clients of the Drysdale Family Support Foodbank. This care and support contributed to 70 families receiving Christmas Hampers filled with food for a Christmas dinner and presents for each member of the client household.

Earlier in the year the Drysdale Family Support Foodbank was faced with the fact that the Budget would not cope with providing Hampers for the current clients. Then, through the generosity and work of local businesses, school, community groups, sporting groups and individuals, what we thought was not possible became a reality and a wonderful expression of sacrificial love at Christmas.

A huge thank you goes to Christian College Bellarine, the Bendigo Community Bank, the Clifton Springs/Curlewis Lions Club, the CWA, the Bellarine Peninsula Christian Church, the members of the Uncle Bob's Club, the Portarlington Ladies Golf Club, the patrons and Luke Lethbridge of Freedom Personal Training, The Barwon Heads Quilters, the Drysdale Woodworkers, Mainly Music Drysdale, Drysdale Osteopathy and more.

This enabled us to add Christmas Hampers to our regular provision of food parcels and it was greatly appreciated by our clients, many of whom were stunned and overwhelmed by the generosity they had received.

On behalf of our clients, we again say thank you and appreciate being a part of this community.

Jake Hogendoorn

Drysdale Family Support

Bellarine Support Group for Kinship Carers



After a very long school holiday break okay nearly 8 weeks my grand daughter is back at school. I remember when she started school in 2010 I looked around and every other parent was much, much younger. At first the other parents were not very friendly and they would not even talk to me at pick up time.

Parenting second time round is not easy, we as kinship carers have to deal with a lot. Most kinship carers have not been involved in the school system for, lets say at least 10 years. In my case it was 15 years.

Today's school children have computers, both in the classroom and their own. Most kinship carers have no idea how to use a computer - so in the end the kids are becoming teachers themselves.

The other day I had a kinship carer ring me and asked "What the bloody hell is nude food". They had no idea. So I explained food in lunch box with no wrappers. The carer wanted to know - "why don't the schools just say food with no wrappers" good point. The carers thought their grandkids did not bring the message home right. These carers were both aged in their 70's, so you can imagine how hard it is for them.

If you are a kinship carer we would love you to join our group and support you in your journey.

Our meetings are held monthly at SpringDale from 10am until 1pm.

Dates for 2018 are as follows:- Monday 5th March, 7th May, 4th June, 6th August, 3rd September, 8th October, 5th November and 3rd December.

Feel free to contact me if you have any concerns about your journey as a kinship carer.

Jeanette Hanley-Heath 0414 308 257

Making great things happen.

COMMUNITY \$1.4 million CONTRIBUTIONS

When you bank with Portarlington and Drysdale Community Bank® branches great things happen in your community.

That's because we invest part of our profits into making your community a better place to live.

- Local projects find funding.
- Local clubs find sponsorships.
- Local schools benefit.

Every account matters. Every loan counts. You can access a suite of banking products rivalling any bank in the country and enjoy premium customer service.

So, if you're not banking with us already, join us and be part of something bigger.

Drop into your nearest branch at 44 Newcombe Street, Portarlington 5259 3266 or 1/13 Hancock Street, Drysdale 5253 3192 to find out more.

Other Australian Financial Institutions.

Bendigo Bank is different.

What makes us different?

Other Australian Financial Institutions.	Bendigo Bank is different.
Product	Product
Price	Price
Convenience	Convenience
Service	Service

Community

Bendigo Bank Bigger than a bank.

Portarlington and Drysdale Community Bank® branches

bendigobank.com.au

Our Fabulous Ficifolas - Flowering Gums

Photos by Anthea Heath

I wonder how many of you, like me, have been in awe at the beautiful display of flowers produced by the ficifolas this summer. Ficifolas line Drysdale's main/High street spanning from Whitcombes Road to the train station. The colour variety and intensity along with the abundance of flower clusters were truly eye catching. This season's display has been outstanding and has no doubt grabbed the attention of many locals and tourists alike.

Ficifolas are evergreen, Australia native trees that flower in the summer months. They supply plenty of food for nectar loving birds especially lorikeets and honeyeaters and also attract many bees.

Drysdale's beautiful streetscape display

provides the town with a notable point of difference to other towns on the Bellarine and is, maybe, even unique across the wider City of Greater Geelong.

So I began wondering whether we are taking these trees for granted? Do we know much about them: when were they planted, how many there are, what are the varieties? Is there any possibility they are under threat of harm from disease or mankind? Should we support and care for them, protect them and perhaps even celebrate having them?

We would not be the first town to consider doing so. In fact, during early February this year, the East Gippsland town of Drouin is held their 30th annual "Ficifola Festival." Yes 30th!

Let's give our flowering gums some thought. If you have any interest, information and/or suggestions about these trees please contact the SpringDale office at 5253 1960

Maybe we can form an interest group...say... "Friends Of Ficifolas"!!!

Deb Calder



BAY SHORE

ELECTRICAL & AIR CONDITIONING SERVICES

SENIORS DISCOUNT

Free Quotes

email: steve@bayshore.net.au

0400 201 396

Licences R.E.C. 19519 A Grade. E25403 B.R.C.A. B18051 P.I.C. 51152 A.R.C. L052408 A.U. 25085

**Steve J Reidy your
Local Licenced
Contractor**

**30 YEARS
EXPERIENCE
AND A FAMILY
OWNED BUSINESS**

**Air Conditioning -
Sales, Service &
Installation**

For all your...

- **Electrical Work**
- **LED Lighting**
- **Ceiling Fans**

Drysdale Ladies Probus Club Inc.



Drysdale Ladies Probus Club is a group of women, currently 97, who meet at the Drysdale Football Ground at 10.00am on the fourth Monday of each month. We meet for friendship, fellowship and fun.

PROBUS (PRO professional and BUS business) was set up by Rotary as a social group for retired and semi-retired people to enjoy fellowship, outings, guest speakers and interest groups with like-minded retirees. It is not a fund-raising organisation.

During the past year, Drysdale Ladies Club has been entertained, informed, inspired and amused by a wide variety of guest speakers of high calibre on topics such as Consumer Affairs – your rights; Sam Riggio – a serious car accident survivor; Lindy Lee and Karen Pegg – Geelong based aerial photographers; Mark Robinson – local Historian; Red Cross – trauma bears; Glenda McNaughton – glass bead art; Renee D'Offray – battle with meningococcal meningitis; and Carole Bischof – animal welfare from the Winged Horse Animal Welfare Centre in Portarlington.

Outings enjoyed by members include a visit to the Great Ocean Road Chocolaterie and ice-creamery; Daylesford Convent Art Gallery; Aladdin the Musical; the Winged Horse Animal Rescue Centre in Portarlington (the horses were very grateful for the bag of carrots the ladies donated); High Tea at the Wool Exchange; Geelong Race Day; Picnic Lunch at the Geelong Botanical Gardens and a great Christmas Lunch to finish the year.

We also have Interest Groups who met during the month at various venues and times. These include the Craft Groups – Happy Hookers, Calamities, Bits and Pieces and Busy Bees; the Happy Wanderers Walking Group; Bellarine Bookies Reading Group/ Coffee and Chat Group (very popular) and the occasional Cinema Club and Getaway Group for caravanners.

If you are new to the area, or recently finding yourself with time on your hands, we would be pleased to invite you to attend a meeting of our happy group and see if you think we may have something to offer you in the way of friendship, fellowship and fun.

For more information about our group please contact incoming President Dawn Ryan on 0450 370 391.



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

Revenue derived is either plowed back into the Railway for its maintenance and further expansion or donated to worthwhile charities from time to time.

We are currently seeking new volunteers to be trained in the roles of signal operations, train drivers, station staff, maintenance

personel and kiosk staff. All training will be provided.

You will have the opportunity to be part of this newly re-formed vibrant not for profit association who is planning to develop the Portarlington Bayside family park with track extensions, tunnels, playgrounds, walking tracks & much more.

So come and get involved!! Further details can be obtained from the Portarlington Bayside Inc - at PO. Box 419, portarlington 3223, or from our telephone info line 0476-124-598. Also visit our facebook page or www.miniaturerailway.com.au



SEASCAPE PLUMBING

YOUR LOCAL GEELONG/BELLARINE PLUMBER

**FRIENDLY
RELIABLE
LOCAL
SERVICE**

SENIORS DISCOUNT

- HOT WATER SERVICES • MINI EXCAVATION • BLOCKED DRAINS
- BURST PIPES AND LEAKS • TAPS REPAIR/REPLACEMENT
- TOILET PANS AND CISTERNS • HOT AND COLD WATER

**24 HOUR EMERGENCY
SERVICE. 7 DAYS A WEEK!**



CALL 0404 049 868 OR VISIT OUR WEBSITE SEASCAPEPLUMBING.COM.AU

Call Luke at Seascape Plumbing for friendly reliable local service. Lic# 53223.

SPINNING WHEEL Dance ROUND DANCING



Round dancing is cued ballroom rhythm dancing. Round dancing is danced in most countries of the world and is cued in English. The rhythms I will teach are Waltz, Rumba, Cha Cha, Foxtrot and maybe more. You do not have to remember each and every dance. Each movement has a name; I teach you the movements and then cue a dance with those movements.

My Melbourne based club has run for 10 years in July 2018. If you enjoy dancing; wish to learn dancing; enjoy keeping your mind alert with music and dance and enjoy fun and friendship, you may give some thought to becoming a 'round dancer'.

There are no medals or examinations.

I am a resident of Clifton Springs and am hoping to commence this form of dancing at the Springdale Community Centre when the weather cools down. At this stage I am seeking interest as to whether this is an activity folk may wish to participate in.

Contact me if you would like to ask questions or perhaps register an interest in coming along. This will be a weekly activity held during the daylight hours.

Carol Simondson

Member of the Australian Round Dance Association, ROUNDALAB International (USA) and the International Choreographed Ballroom Dance Association (USA)



Carol Simondson

carol_simo@bigpond.com

0400 354 445

Next BUSH DANCE

At Springdale Saturday 12 May 7.30pm
- date to be confirmed

GALLERY OF ENLIGHTENMENT MICHELLE BOUGHEN

- Clairvoyant/Tarot Readings
- Phone Readings
- Spiritual Healings
- Meditation & Spiritual Development Courses
- Reiki & Spiritual Philosophy Classes + More

Ring and speak to Michelle personally...

PH: 0433 595660

28 Newcombe Street DRYSDALE

f Gallery of Enlightenment



Frank Prskalo Equilibrium Bellarine MASSAGE THERAPY

Tel - 0422 088 561

5 Mainsail Drive St Leonards



Frank Prskalo is an empathic, caring massage therapist who listens to the customers needs.

- Remedial, Therapeutic & Relaxation Massage.
- Health fund rebates available.

Book online via www.ebmessage.com.au
www.facebook.com/equilibriumbellarine



The Grey Outdoors

*No Wrinkles...
...No Ride*

Come & Join Us

Day Trips:

Sunday Roasts
Mystery Trips
Shopping Trips

Overnight Trips:

Riverboat Postman
Grampians Wildflowers
Murry Food Trail



*To our passengers
"These trips are as much about the
companionship as they are about
the trip destination."*

Rob & Sandy Higgins

Small Group Trips for Seniors

- Free Home Pick-up
- Max. 10 Passengers
- Day & Overnight Trips
- Relaxed Pace
- Just like a family outing

For more information

P: 5253 1251 or 0438 798 075

E: robandsandy01@bigpond.com

F: www.facebook.com/thegreyoutdoors

W: www.thegreyoutdoors.com



Mulch – You Can't Have Too Much

Before your garden beds start to feel the cold it's time to throw on a blanket or two

of mulch. Mulch smothers weeds, feeds the soil, keeps in the summer warmth and helps to regulate moisture content. Mulch adds organic material, stimulates biological activity and encourages worms to aerate your soil, improve its moisture holding capacity and make nutrients more readily available to your plants to help them grow, grow, grow.

Caterpillars – Marching On

Usually a major problem in March; Caterpillars are still on the munch in April. Treat with one of Eco-Oil, Dipel, Neem Oil (ornamentals only), Success, Pyrethrum. Pyrethrum kills most bugs on contact including the beneficial ones like Ladybirds so use cautiously and only as a last resort. Apply spray over and under leaves. Traps are available to control Citrus Leaf Miner

Don't Leave It

Gathering up Autumn leaves can be a chore, but one made more rewarding by turning those blazing gems into something useful. Leafmold is easily made by piling them up and composting with some added manure. Mother Nature does most of the work - all you need to do is make sure the pile has enough moisture.

May All Your Garden Grow,

Michael & Agata Portarlington Nursery

44 Newcombe Street, Portarlington 3223

PH: 0474521483



The fragrance of the flowers on a quince tree in late spring is divine! When you walk past a quince tree in spring you catch the intoxicating fragrance of the pretty little pink/white flowers. On the other hand if you have never experienced the fantastic aroma of quince cooking... keep reading! Then go out and check your neighbours yards. There are some places with trees just allowing the fruit to drop away.

Quinces have had a mixed reputation in the recent past. They are not easy to peel as they are not perfectly round and they are very 'hard' to core and cut. And most of us don't have time to make quince paste or marmalade these days! However, once the difficult part is done, they are easy to cook and delicious in oh so many ways.

In some parts of the Mediterranean quince is cooked for a few hours and then air dried over a few days of Autumn warmth. Once the paste is dried it is served in bite-sized pieces on a cheese platter, spread on toast with ham/prosciutto or cheese. Here, quince paste is available to buy in small packages or big chunks at some delicatessens.

Around the world, quince is used in many cuisines added to meat, poultry and vegetable dishes. It is cooked with lamb in middle eastern countries, with duck, quail and pork elsewhere.

Using a potato peeler and a sharp knife, clean and cut slices of quince. They start to discolour immediately so place them in a bowl with lemon juice until ready to cook.

Serving suggestions:

Slice quince to fry or bake in a little oil and/or butter and serve with grilled lamb chops.

Chop quince to stew with pears or apples or in apple pie/crumble.



Poached Quince

6-8 quinces (cleaned, cut into 8 pieces)

3 L water

2 cups sugar

Juice and zest of 1 lemon

1 vanilla bean

- Place water and sugar in a large pot. Bring to the boil stirring occasionally.
- Turn off the heat.
- Place the pieces of quince, lemon and vanilla in a baking dish.
- Pour the sugar syrup over the fruit to bake in a hot oven.
- The colour of the quince goes from pale white to pink/orange and then orange/red.
- Allow to cook on low heat (180C) for about 2 hours.
- For slow cooking in the oven - 150C for about 4-6 hours.
- In a slow cooker - 8 hours on low. The fruit will not be very firm.
- When they are soft and the house smells fantastic, switch off and allow to cool.

Serve with a piece of favourite cake, pancake or simply fresh cream, ice cream or custard.



Quince Paste

1Kg (4 or 5) quinces (cleaned, cut into small pieces)

Enough water to cover

1Kg sugar - to match the clean cut quince plus 1/4 cup water for the sugar

Juice and zest of 1 lemon or 1 seville orange
1 stick of cinnamon

- Once all the fruit is cut and ready, place together with the water in a pot.
- Simmer and allow the fruit to cook down.
- Liquidise it with a stick blender until smooth.
- In the meantime place the sugar and water in a pot.
- Stir constantly until the sugar is dissolved and bubbling.
- Add the quince and the juice/zest and cinnamon together in the pot.
- Stir constantly.
- The mixture will begin to thicken & darken.
- The longer it is cooked the firmer the paste. Stirring constantly will ensure it doesn't stick to the pot.
- Once it is thick, remove the cinnamon stick and pour into ramekins or a baking dish.
- This will allow it to air dry over a few days. Cover with cling film or baking paper.

The Portarlington Nursery has quince and other fruit trees available now.

For more details: www.amorecucina.com.au

PORTARLINGTON NURSERY

44 Newcombe St.
Portarlington
0474 521 483

 @PortarlingtonNursery  @PortarlingtonNursery44

A family owned, independent plant nursery located in the heart of Portarlington. Filled with FRESH plants and all good stuff for gardening. Selected Pots, Quirky & Old Wares, Bird Baths & Garden Ornaments. Eco Pest Controls. Grow Your Own Mushroom kits. All great gardens need CHOOKS, so we carry CHOOK FOOD too... Red Hen & Lucky Layer. Too big or too heavy? We offer FREE LOCAL DELIVERY.



Clifton Springs Garden Club

A big part of the Clifton Springs Garden Club is sharing the love of gardens, not only the plants but the history as well. This is done in several ways. Members open their gardens to other Club Members, they bring along bits & pieces from their gardens for our monthly Trading Table, and we go on field trips to gardens that other people open to the wider community. My garden is full of plants that have started their life as cuttings from other gardens, and I love it when my visitors take home a piece of my garden.

Late last year the Club re-visited Ard Choille, as our first visit was shrouded in fog and rain. This private garden, which was established in 1880, is a beautiful garden on the Northern side of Mt Macedon, which gives it a different climate to other Mt Macedon gardens. Our visit started with a lovely morning tea on the croquet lawn, which was bathed in beautiful sunshine. We then strolled around the garden, where we were treated to a magnificent display of many coloured rhododendrons

and camellias. We were lucky to just caught the end of the mass planted daffodils. The heritage listed shade house was looking splendid, after some lovely rains.

Clifton Springs Garden Club meets on the 3rd Monday of each month at 7.30 pm, Uniting Church Hall Drysdale. Visitors are always made most welcome. If you would like further information on the Club please contact our Secretary Helen, on telephone 52571566 or email hma3152@gmail.com

Photographs – all taken at Ard Choille Mt Macedon



Thursday
PARNIA NIGHT

\$15.90

Your choice... Hawaiian,
Mexican, Aussie,
Italian or Traditional.
All served with chips & salad

AVAILABLE IN BAR ONLY
The Drysdale Hotel Collins St Drysdale
www.thedrysdalehotel.com

find us on | facebook | www.facebook.com/DrysdaleHotel

JOIN THE SOLO TRAVELLERS CLUB AND ENJOY THE MEMBER BENIFITS



With Helloworld Travel Solo Travellers Club members enjoy twice the fun!

helloworld Drysdale
Shop 3, 3 Wyndham Street
03 5251 1125 | drysdale@helloworld.com.au

Welcome to **helloworld** TRAVEL
THE TRAVEL PROFESSIONALS

SPORT

Drysdale Bowling Club - A History....cont'd Chapter Seven

Throughout 1988 an enormous amount of activity took place. The building of the new Club House commenced and was brought to fruition in October of that year, the 40th Anniversary of the opening of the Club although the Official Opening of the new Club House did not take place until 7th January, 1989.

Concurrently much legal work was undertaken to obtain ownership of 2 blocks of land comprising almost all of No. 1 Green by Adverse Possession. The local council supported this move and further consultations were held with the Croquet Club with a view to having both Clubs combine as one united body. A full Liquor Licence was granted in October 1988. This coincided with the opening of the new Bar in the Clubhouse for which Norma Mortimer donated the necessary funds to cover the cost of installing.

The Croquet Club advised that they would be willing to join with the Bowling Club and operate as one Incorporated Body. At this time the Croquet room was an ATCO hut on loan

from Bellarine Rural Shire. Some discussion took place as to whether the old men's room could be used by Croquet Club members however a further suggestion was made that an independent room be built for this purpose. Later in the year a Planning Permit was lodged with the Council for the building of a small Club House and this came to fruition in 1990 and was fully paid for by funds held by the Croquet Club.



In November 1988 it was decided to dismantle the lights over the green as they were not satisfactory and would be detrimental to the look of the new Club House and its surroundings. A certificate of Title of land being sought by Adverse Possession was finally received after two years of negotiation in 1989. Moves to sell the old Club House did not get a response and so, in 1990, several working bees were held to pull down this structure.

..... the story continues

Thanks to Verna McLennan for compiling this history – as we approach the 70 year celebrations for the club we continue to call for photos, letters, newspaper clippings, memorabilia and archives of any nature for the club, that we might borrow or use during this historical milestone. Please contact Anne Brackley 0407 529 205.

Photo of the Croquet Club room

McKINLEY AUTOMOTIVE
MECHANICAL SERVICE AND REPAIRS 5253 2505

- All Mechanical Repairs & Servicing
- Pre-purchase Inspections
- New Car Log Book Servicing that does not affect your New Car Warranty

Where caring for your car is our priority.
51 Murradoc Road Drysdale

RESIDENTIAL LANDSCAPING From design to maintenance

- New Home Landscape & Garden Designs
- Garden Make Overs • Garden Maintenance
- Paving • Deckings • Raised Planter Boxes
- Retaining Walls • Mowing - no job too small

Contact Rutger - 0432 202 158
www.residentiallandscaping.com.au

Trivia Answers

- | | |
|--|-------------------------|
| 1. The Gold Coast, Queensland, Australia | 5. Warrnambool |
| 2. The United States of America | 6. False |
| 3. Nick Kyrgios | 7. Ghana |
| 4. South America | 8. 2013 |
| | 9. Palladium |
| | 10. 141.622 km per hour |

Drysdale Health Group

Proactive, Preventative & Professional

- Physiotherapy
- Podiatry
- Myotherapy
- Exercise Physiology
- Acupuncture
- Pilates
- Naturopathy
- Remedial Massage



27-29 High St Drysdale
(03) 5251 2958
www.drysdalehealthgroup.com

JAN'S ENGRAVING

- Recreational
- Commercial
- Industrial
- Laser Engraving & Trophies



Discounts to Clubs
Free Delivery

19 Centennial Blvd.
Curlewis 3222
0425 796 165
E: jan@jansengraving.com.au

Courtesy Bus

Wed, Fri & Saturdays including Springdale!
4.30pm onwards



portarlingtongolf.com.au Phone - **5259 2492**

FOX TAB KENO



March promises an historic month for Drysdale Soccer Club as we prepare for the official opening Saturday 17th March of the Drysdale Sporting Precinct. Stage 1, the Drysdale Sporting Precinct (off Belchers Road, Drysdale) includes two full sized soccer pitches with lighting and clubroom facilities which will become the Drysdale Soccer Club's new home. For the last five years Drysdale SC's senior teams have played out of Howard Glover



U9 Girls team at Matilda's Game in Geelong

Drysdale SC Senior Women's Div 1 side received their league winners medals at HT of the Matilda's game in Geelong.



Reserve in East Geelong due to not having an appropriate ground in Drysdale, whilst our Junior teams have played across 3 different locations. The new facilities are an enormous boost for the club and essential for the growth of sport in the town. With over 200 registered players in 2017, and numbers expected to rise in 2018, we certainly look forward to the additional space. There is expected to be a bumper family friendly crowd for the opening day with lots of activities for the kids, with both Drysdale Football and Cricket clubs involved and a full schedule of games lined up across the codes.

Pre-season training commenced for the Senior Men's and Women's in mid-January with practice matches scheduled across February and March. Drysdale SC is expected to field three senior women's teams for the first time in the clubs history which is a remarkable feat, considering lots of local clubs are struggling to get one women's team together. With

the Senior Division 1 Women's team going through the 2017 season unbeaten, and winning the Victorian Country Regional Championships, numbers have increased significantly. Another huge year is promised for our Women as they are fast becoming regional heavyweights across the Women's divisions. The Senior Men have resigned experienced coach Jason Pickles for the 2018 season and are delighted to maintain the services of key players Danny Graham and goalkeeper Chris Alfredson despite approaches from various state league clubs. The Men expect to field a side in Division 1 and a Reserves side in 2018 along with a Men's Masters side (35yo+). The club welcomes any new Junior or Senior Players of any ability to come down for a kick, visit drysdallesc.com or email info@drysdallesc.com for more information.



heating and cooling

Mobile: 0421 843 611

Eco Choice Heating and Cooling is a
locally owned and operated business servicing
The Bellarine Peninsula, Geelong and The Surf Coast.

- Air Conditioning
- Electrician
- Solar Power
- Heating

FUJITSU

www.ecochoiceheatcool.com.au
LIC: Plumbing 49132 Elec 20281

*Love to Dance,
Sing & Perform?*

Ocean Grove Calisthenic
College Inc. Est. 1983

For further information
contact us at:
oceangrovecalisthenics@gmail.com

Class Times:

- Tinies (3-7 years) - Sat 9am
- Subbies (8-10 years) - Mon 4pm
- Juniors (11-13 years) - Fri 5pm
- Inters (14-16 years) - Thur 6pm
- Seniors (16+) - Tues 6.30pm

Ocean Grove Calisthenics has it all!

Ocean Grove Calisthenic College

PETROL STATION & CONVENIENCE STORE

Petrol, Autogas, Bait & Fishing Supplies

Open 7 Days 6am - 10pm

97 High Street Drysdale 3222
Phone (03) 5251 2603

Neighbourly Networking

Encouraging you to connect with those who live in your neighbourhood. Introduce yourself or connect with a simple connection card with a friendly message and your name and address. Or come mingle at the Happiness & Harmony Day event at SpringDale and meet someone new.



Happiness & Harmony Day

**Tuesday
20 March
6pm - 9pm
\$10**

If you would like to help us create the food to share please let us know at SpringDale.
Especially international delights.

Celebrate and be part of your community while enjoy great company and fantastic food.



HARMONY DAY



everyone BELONGS
www.harmony.gov.au

