

## ANZAC DAY 2018

ANZAC Day is a national day set aside for all of us to commemorate and honour those men and women who served and/or died for our country in all conflicts throughout the world – past and present. It is a time to reflect upon the bravery, endurance and selflessness of serving members who sacrifice for the good of all. The fighting spirit and mateship of those brave soldiers from Australia and New Zealand who landed on the shores of Gallipoli on 25th April, 1915 still lives on today with those who choose to serve.

Those who join the military not only protect our wonderful country and its freedoms but also assist in protecting other countries around the world. The sacrifices made by these wonderful people – past and present – should never be forgotten. ANZAC Day is the one day of the year in which we can truly reflect on these admirable qualities and give our thanks for their loyal service.

The Drysdale RSL ANZAC Day service will be held at the Drysdale Primary School Assembly Hall commencing at 10.00am followed by a March and Wreath Laying Ceremony held at the Cenotaph commencing at 10.45am.

Following the services, everyone is warmly invited to the RSL for light refreshments prepared by the RSL Women's Auxiliary, and a sausage sizzle being prepared by the Uncle Bob's Club.



*Lest we  
Forget*



## ANZAC DAY 2018

# 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 MAY 2018 • Bookings/copy required by 1 April • Dist: Sat 28 April 2018 • Circ: up to 20,000**

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



# APRIL

	1-30	Supermarket Free Month
	1-30	Sexual Assault Awareness Month
Sunday	1	Easter Sunday
Sunday	1	Easter Art Show
Sunday	1	Daylight Saving Time ends - clocks turn back 1 hour
Monday	2	World Autism Awareness Day
Tuesday	3	Be alarmed! Change your smoke alarm battery!!
Saturday	7	GLORIOUS - 2pm and 8pm - The Potato Shed
Tues-Fri	10-13	Cinderella 10.30am and 1.30pm - The Potato Shed
Tuesday	10	SpringDale Dining Group at TC's Diner
Wednesday	11	Days for Girls Sewing Group 9 – 3pm
Thursday	12	International Day of Human Space Flight
Sun-Sat	15-21	World Creativity & Innovation Week
Tuesday	17	Morning Showtime - Beatles Tribute Show - The Potato Shed
Wednesday	18	World Heritage Day
Thursday	19	Small Business Bus - SpringDale 10 - 4pm
Thursday	19	Bio Diversity in your backyard - Art and Environment - The Potato Shed
Thursday	19	SpringDale Salads at Chui Yuan Chinese
Friday	20	Rouge Romantic - 8pm - Cabaret Style - The Potato Shed
Sunday	22	Earth Day
Sunday	22	International Mother Earth Day
Wednesday	25	ANZAC Day
Saturday	28	Pay it Forward Day
Monday	30	International Jazz Day

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

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

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

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



SpringDale Neighbourhood Centre Inc. acknowledges the support of:





# Coordinator's News



Anne Brackley

I believe every one of us has the opportunity to make lives around us better. We have the ability to help people to dream and to hope. We have the ability to listen and to hear. We have the ability to praise people and thank people. We have the ability to build up and encourage. We have the ability to support and smile. That's what we try to do at SpringDale.

Many hours of each day is spent trying to listen to people and work out a successful positive path that we can help people along or to support people along. Over the last few weeks I have personally had the opportunity to discuss goals and dreams with a couple of people. After listening carefully to what people say and what I already know, my mind goes into overdrive coming up with ideas and suggestions for opportunities mostly things that people could do at SpringDale or use SpringDale as a spring board to their next opportunity.

Just imagine if we all only said positive words and built hope with every breath, the even better place our Bellarine would be. Although it is fantastic and the best place in the world to live, we can make it better, through listening and being positive. That's why "finding the fun in all I do" is my motto and I make every effort to live by it.

Every day we make decisions, to be happy, helpful and positive or the opposite. Every day we can be supportive and encouraging or the opposite. I'm not perfect in any way and things do get under my skin but most irritations to me are to do with waste and fairness.

Fairness means such a great deal to me. I'm not sure where the need for fairness was generated but as I have aged, it has become more and more important. Perhaps it goes back to my son Stirling standing between a smaller child and an adult, that Stirling felt was bullying the child. Although Stirling had little speech at the age of 6, he stood his ground in front of the child and called the bully out.

My first badge from the guide movement was my thrift badge and that started a life of reuse, recycle, repurpose of things, food and just about everything in my life. I was so happy when I realised left over scrambled eggs could go into fried rice. Very small things make me so very happy.

Hopefully when you come to SpringDale next you'll be met with a wave of happiness and support and you'll make the commitment to pay it forward to other people in your life. Thank you to everyone who makes SpringDale and the Bellarine such a wonderful place to live.

Special sincere thanks to Janet Pearson for her many years of service at SpringDale in our Occasional Care area. We wish Janet well in her career change and thank her sincerely for all her patience, kindness and support she has shown to the children and families using our service, her work mates and the whole SpringDale team, nothing was ever too much trouble for Janet. We will miss you. I will miss you.

Yours truly

Anne Brackley for the SpringDale team

## New @ SpringDale

### Advance Care Planning Forum

Saturday 21 April  
10:30 to around noon.

*Planning for tomorrow, while living for today.*

We will have a presentation regarding Advance Care Planning in Victoria, including distribution of booklets to record your wishes. This will include a discussion on why it is important to think about and make decisions before you are no longer able to. We will also discuss how to choose a substitute decision maker.

Decisions regarding your care are important to have in place, as well as making your choices known to your family.

Please join us during Advance Care Planning Week at our Community Forum at SpringDale Neighbourhood Centre 17-21 High Street Drysdale.

If you'd like more information please call Glenda on 0411438507 or drop us an email at QualityofLifeCandC@gmail.com

## Advance Care Planning Australia

BE OPEN | BE READY | BE HEARD

### Become a writer

So you want to be a writer? This course covers many different types of writing and aspects of writing. It covers breaking down your work to avoid writers block, creative writing and character formation, writing articles for magazines, newsletters and the web, writing for radio, and book publishing, and marketing yourself and your book.

**Tutor:** Graham Andrews

**Dates/Times:** Sat 28 April - 23 Jun  
9.30am - 12noon

**Fee:** \$160 or \$80 conc

## Updates @ SpringDale

### Introduction to Computers

Wed. 2 May - 20 June, 1-3.30pm

### Intermediate French

Begins Tuesday 1 May to 26 June

### Espresso Coffee

Saturday 5 May  
and Saturday 2 June

### How to Move from your NOW to WOW

Please view changes listed on page 18

**7.30PM  
~  
10.45PM**

# BUSH & DANCE

## SATURDAY 12 MAY

FAMILY \$25 ADULTS \$10 STUDENTS \$5

AT SPRINGDALE  
HALL DRYSDALE

WITH THE SPRINGDALE OPEN DANCE BAND

**DAVID RACKHAM IS BACK AS OUR CALLER**

ALL DANCES CALLED - NO PARTNER REQUIRED

PLEASE BRING A PLATE OF SUPPER TO SHARE





## Power Outage Reimbursements

The power outage to the Bellarine on Sunday the 28th of January was unacceptable and I understand the frustration many people felt at losing power on such a hot day.

This situation was not good enough and I welcome the news that several crews worked that night to restore supply.

I took your feedback and I discussed the issue with the Office of the Minister for Energy.

We have worked with the private power distribution companies to deliver a \$5 million heat relief package for thousands of customers affected by this extreme weather event.

Ordinarily customers would only be entitled to compensation under the Guaranteed Services Level if power supply is lost for 12-18 hours.

However under the arrangement agreed to by the private power distribution companies customers will receive a one off payment of \$80 if they were off supply for between 3 and 20 hours.

This compensation will be entirely funded by the private power distribution companies who will not recover the cost of this package from customers.

Eligible customers should have been reimbursed by the end of February.

If anyone who is eligible for the payment and has not yet received it or is having difficulty with such, please contact my office.

## Festival of Glass

Once again, another successful Festival of Glass has just been held. Every year the

festival, now in its 8th year, grows from strength to strength.

Unfortunately, for the first time in many I was unable to get to the festival due to other commitments on the Bellarine.

However, I am reliably assured that the event was very well organised, well attended and that displays were up to their usual high standards. One cannot help but feel in awe of the talents of our glass artists.

It was also great to see that Mauro Vianello from Italy continued the trend of Italian glass masters visiting the festival. The festival now has a real international flavour to it.

My congratulations go to all those people who have been involved in the festival this year and for many the last eight years. No doubt plans and work are now well underway for 2019.

Also thank you to all those important sponsors, especially our community based organisations including Lions, Rotary and the Drysdale Clifton Springs Community Association.

And last but certainly not least, thank you to all those people who volunteered their time on the day. Without your assistance the show would not go on.

## Mannerim and Portarlington CFA Announcements

I know all readers would agree that our Bellarine CFA brigades do a magnificent job in protecting our communities.

As local member I am always pleased to assist and support our brigades wherever possible.

In recent weeks I had the opportunity to visit both the Mannerim and Portarlington brigades.

At Mannerim, it was pleasing to hand over the keys of a new 1400 litre tanker to members.

Funding for the tanker came via a \$200,000 State Government grant and \$36,000 raised by the local brigade through sausage sizzles, garage sales and community donations.

At Portarlington, I had the pleasure of turning the sod of the new station, replacing the previous station built in 1959.

The new station is thanks to the ongoing hard work and commitment of the local brigade members, together with a \$2.1 million grant from the State Government.

To both Mannerim and Portarlington brigades I say thank you, as I do to all our brigades and their dedicated members.

*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](mailto:lisa.neville@parliament.vic.gov.au)**  
**Twitter@Lisanevillemp Ph: 5250 1987**

## Letter to the Editor

Wow! And Thank you to all the wonderful people who have expressed an interest in learning Round Dancing – Spinning Wheel Rounds. Now I am asking if there are some men who would/could consider this great activity (refer Springdale Newsletter March edition). Don't be shy – give me a ring/email 0400 354445 carol\_simo@bigpond.com

**Carol**

Send your letters to: [messenger@springdale.org.au](mailto:messenger@springdale.org.au)



Dining Group is going to TC's Diner Tuesday 10 April meet there 6pm for 6.30pm for dinner. This is a simple way to meet new people or just enjoy a simple night out. Please ring SpringDale to reserve a spot 5253 1960.



The April outing will be to Chui Yuan Chinese on Wednesday 18 April 12 for 12.30pm. Please ring Margaret to book your place 0418 370 857.

**Lisa Neville MP**  
Member for Bellarine

**Tel: 5250 1987 | [lisa.neville@parliament.vic.gov.au](mailto:lisa.neville@parliament.vic.gov.au)**



**"Proudly working  
for the Bellarine"**

Authorised by Lisa Neville MP  
Funded from Parliament Electorate Office and Communications Budget





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4 - 5 May 2018.  
**Your adventure awaits...**  
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 You choose the challenge.

Geelong's multi-award winning 80km extreme arts walk, Mountain to Mouth returns Friday 4 to Saturday 5 May 2018. Beginning at Big Rock in the You Yangs, M~M2018 crosses Geelong's industrial heartland at nightfall and arrives in the city centre to collide with Geelong After Dark, a night of extreme and unexpected arts.

At dawn the next day, follow the Barwon River through rolling Bellarine farmland, along ocean beach to reach river mouth at sunset for a spectacular closing ceremony.

The route is punctuated with edgy artworks commissioned for M~M, bringing people together through shared experiences of extreme arts that celebrate our land. In the tradition of Wadawurrung, M~M creates a contemporary songline across the Geelong and Queenscliffe regions.

Fifty per cent of registration fees help support GenU to raise funds for planting to green the M~M contemporary songline.

Register now to Walk this Land [www.mountaintomouth.com.au](http://www.mountaintomouth.com.au)



## Saturday 26th May 2018

A celebration of all genres of dance for children and young adults 6 - 18 years to perform in costume on stage at the Potato Shed, Drysdale without the pressure to win.

*Come join us - embrace the dance*



### WHAT'S ON



**BOOK EARLY!**

#### GLORIOUS

SATURDAY 7 APRIL  
 2PM & 8PM  
 \$38, \$34, \$30



**BOOK EARLY!**

#### ROUGE ROMANTIC

FRIDAY 20 APRIL  
 8PM  
 Cabaret Style  
 \$38, \$34, \$30

#### BEATLES TRIBUTE SHOW



TUESDAY 17 APRIL  
 10.30AM  
 Tickets \$15 including  
 Morning Tea

**MORNING SHOWTIME**

#### CINDERELLA



TUESDAY 10 to  
 FRIDAY 13 APRIL  
 10.30AM & 1.30PM  
 \$9 or \$32 for Family of 4

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#### GLORIOUS

Saturday 7th April at 2pm or 8pm  
 To enter fill out the coupon, send or deliver to:  
 Springdale Neighbourhood Centre High St Drysdale

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone No: (03) \_\_\_\_\_

**COMPETITION CLOSES 3PM TUESDAY 3 APRIL**

# IT JUST KEEPS GETTING BETTER

**Rotary**  
Club of Drysdale



Recently held at Jack Rabbit on the Bellarine was the Rotary Club of Drysdale's Judges Dinner. A night of fun and laughter as the sponsors, members, family & friends got to meet this year's judge Jan Synot. She is excited about the prospect of judging such an awesome Art Show. Going from strength to strength, it attracts high calibre works from well-known artists. The Art works are for sale and the funds raised are put back into our local and international community projects and charities. The Rotary Club of Drysdale Annual Easter Art Show is now in its 42nd year.

Held at the Christian College Sports Stadium, Collins Street, Drysdale the venue does our display justice, good lighting and spacious areas to stand back and explore all the mediums. There will be art works in the right medium to appeal to all art lovers. Many people come annually to buy works to adorn their walls.

Alongside the art works being available for purchase we sell raffle tickets where all the funds raised go to the Barwon Health Rotary Volunteer Patient Transport Program. Tickets can now be purchased online via. <https://www.rafflelink.com.au/bhptdrot2018>

**Caroline Rickard** - Publicity Officer 2018 - 0408 989 221



Drysdale Clifton Springs Curlewis Association

Last year a new group the Combined Bellarine Community Association (CBCA) was formed from all local community groups in the Bellarine. This was initially in response to the council elections last year, where CBCA hosted 'meet the candidates' nights. Communities represented include - Leopold and Moolap; Portarlington, Indented Head, St. Leonards; Ocean Grove, Barwon Heads, Breamlea, Pt. Lonsdale; and Drysdale, Clifton Springs, Curlewis. These were seen to be a precursor to ongoing joint collaborative networking to meet and discuss our mutual concerns with the 3 elected councillors.

We asked at the pre-election meetings for assurances of regular meetings and decision making processes to be transparent and timely. We will keep you posted on future meetings and any decisions, discussions and/or outcomes.

This has already begun and whilst there is a large agenda, we are ironing out a vision/mission statement, and how to get a balance between the individual unique issues of each group and the overall Association's joint voice. Belonging to DCSCA would enable you to have a say in what you deem important and want brought to the council, either under our auspices or the CBCA. At the last meeting a BMX track and more focus on the local kids, was raised and taken to the joint Community Associations meeting. With the state election due this year, now is the time to raise our voices and concerns.

Contact can be made by emailing us at [dryclifton@gmail.com](mailto:dryclifton@gmail.com), ringing Manika on 0452 42 6976 or find us on Facebook.



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# Every Monday Night



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# 1948

## Drysdale Branch of the Country Women's Association of Victoria was born.



The first meeting was held on Tuesday afternoon March 23rd 1948. Mrs. Hunter, President of the Portarlington branch chaired the meeting. Group President Mrs. Noble and members of Portarlington and Geelong branches attended. Twenty-seven prospective members were present. Mrs. Noble explained the CWA aims and objects. Following discussion, voting took place and the Drysdale Branch was formed. There were 45 members by



November. Thus, began a rich history of friendship, fun, caring, sharing and community service. A member since 1948, Florrie Beck shares her vast knowledge and is our catering convenor.

This year in March we celebrated our 70th Birthday, – 70 years of friendship, fun, social days, craft days, catering, awareness of social issues, supporting the community, as well as personal development. We have assisted thousands of families and organisations during the

years and this is ongoing.

We are part of the largest women's organisation in Australia – all volunteers. There are branches in each state. It is a non-political and non-sectarian organisation for all city and country women. The Association was founded in Victoria in 1928 and quickly spread. There are over 6,000 members – this year the 90th birthday is celebrated.

We receive requests from organisations for assistance and provide money and goods. To name a few; Cottage by the Sea, knitted/crochet rugs, knee rugs, knitted slippers and scarfs, head bands and beanies, Jetty Road Food bank, pamper packs and canned food, Special Needs Nursery at University Hospital Geelong, knitted and crocheted clothing and rugs for premature babies, outdoor activity programs at

the primary schools, CFA, SES, and Guides. Last year, we supplied the Drysdale Girls Junior football team with their jumpers complete with the CWA logo and Drysdale name.

- We sponsor the cookery section of the Bellarine show and provide volunteers to assist on the day.
- We raise funds by catering, sausage sizzles and street stalls. There is a small group of ladies who make knitted and crochet items for us – they are the Friends of CWA.
- Social activities – sausage sizzles, birthdays, outing to Sorrento, afternoon teas at local venues, movies, fashion parades, Christmas lunch, and visits to other branches.

### There are two branches in Drysdale

Day Branch Drysdale meets 2nd Tuesday in the month.

Contact Joy Wallis - 5251 3696

Evening Branch Bellarine Coryule Nights meets 4th Thursday in the month. Contact Sue Pearcy - 0418 310 302

**Joy Wallis** President, Drysdale Branch,  
Country Women's Association of  
Victoria Inc A.0004857F

*Pictured right - CWA ladies at the Bellarine Show 2018.*

*Pictured left - Florrie Beck who had been a member of the Drysdale Branch since 1948.*

*Died 14/03/2018. RIP Florrie, thoughts and prayers to family and friends.*



PINNACLE LIVING

## The good life is just around the corner

**Bellarine Springs**  
retirement village in  
the heart of Drysdale.



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101 Central Road, Drysdale 03 5253 0111 [bellarinesprings.com.au](http://bellarinesprings.com.au)





Our new club year has commenced with a great vibe and an enthusiasm for the year ahead. The first meeting of the month was an information night where all aspects of the updated competition rules were presented along with other relevant information. It was a very successful night and well received by members. Our second meeting and first competition of the year, judged by all members on the night, was tallied up and winners announced. Again, the meeting had a vibrancy as all members set about the fun task of scoring each of the images, while two very committed members entered all the information into the computer to work out the winning entries. It was a close contest as images were of a high standard.

### PRINTS

#### A GRADE:

- |     |                 |                |
|-----|-----------------|----------------|
| 1st | "Wedding Day"   | - Darren Henry |
| 2nd | "Sunrise"       | - Dee Kelly    |
| 3rd | "Two's Company" | - Stan Coath   |

#### B GRADE:

- |     |               |                 |
|-----|---------------|-----------------|
| 1st | "Tilly"       | - Julie Derrick |
| 2nd | "Little Bird" | - Janine Paton  |
| 3rd | "Kelp Sheen"  | - Janine Paton  |

### ELECTRONIC DIGITAL IMAGES

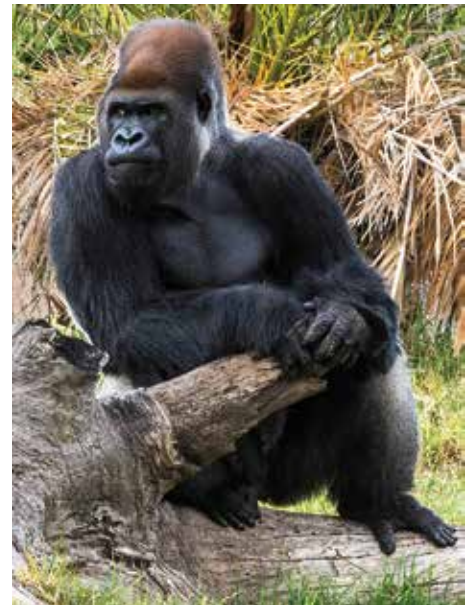
#### A GRADE:

- |     |                 |                 |
|-----|-----------------|-----------------|
| 1st | "Surfing Spray" | - Jim Den Ouden |
| 2nd | "Tidal River"   | - Jon Bagge     |
| 3rd | "The Boss"      | - Jim Den Ouden |

#### B GRADE:

- |       |                   |                 |
|-------|-------------------|-----------------|
| Merit | "Bad Moon Rising" | - Phil Jeffries |
|-------|-------------------|-----------------|

## Bellarine Camera Club



Are you interested in photography? We are a friendly group of amateur photographers, enjoying the challenge of improving our photography by actively taking photos, learning by entering competitions and talking to other members and judges about our 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 our website [www.bellarinecameraclub.org.au](http://www.bellarinecameraclub.org.au)

**Lynne Bryant**

President



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# YEAR 2018!

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

**Year 2018! By James Blish. John continues...**



Our story opens in 2013 as Senator Wagoner and physicist Dr.Corsi discuss the "stalled" state of Western scientific advancement. Wagoner..."Not a single new spacecraft engine or hull design in fifty years. We've written off the stars. Nobody thinks we'll ever reach them." Corsi..."In fact we don't live long enough to become a star travelling race. But for the next step try the crackpots." "Starting where?" "How about gravity? Lots of unproven ideas." Of course space based research and development is still going on but in fact rocket engines haven't changed and the shuttle program has been "mothballed." Accurate prediction? More next time...

*Are you interested in sci-fi?*

*Do you want to be with other sci-fi enthusiasts?*

SpringDale is going to work towards a 'galactic harmony day' and you are all invited to join in the fun and preparation for the day....date to be confirmed. If you're interested ring SpringDale on 5253 1960 or email office@springdale.org.au or just drop in, we'd love to have you on board.

## Jazz Jam Workshops

Join in a series of 5 x 2 hour beginners' improvisation workshops for all instruments and singers, guided by professional musician, David Rackham. These are practical workshops with supportive resource materials and lots (and lots) of playing.

I love jazz and blues! They are exciting and engaging. Musicians have always worked together to develop the tunes and the lead breaks. This can be daunting when you start out, but with supportive materials to help you prepare, a reasonable tempo and lots of time to have a go, you'll get the opportunity to start developing your skills and confidence. We'll start with simple classic blues and jazz numbers, and gradually work towards more complicated ones. You'll have the opportunity to become familiar with what's going on in the music and develop your skills to start producing great solos.

So, if you have ever wanted to have a go at improvising jazz and blues come along and have some fun in this series of supportive workshops and start being the musician you want to be.

**6 Sessions: Tuesday 15 May - 19 June 7pm-9pm \$120**

Book with SpringDale Office 5253 1960



## Community in Action on FaceBook

The other day a friend asked me to place a sentence on facebook about her car keys that she dropped while walking. I posted on the Drysdale Clifton Springs First Response facebook page and she left hoping that the keys would be found. Within minutes a gentleman responded with a photo of keys which had been posted the day before. A few minutes later I had spoken to the lady who had found the keys and handed them into the Drysdale Police Station. Within an hour my friend had her keys back.

Thank you so much to every one involved.

**Anne Brackley.**



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# Asylum Seeker Event 2018

★ Sunday April 22<sup>nd</sup> ★

## St Andrew's Uniting Church Portarlington

9 am. Church Service: special focus on Refugees and Asylum Seeker issues

*All most welcome*

★ 12:30 pm. Authentic Iraqi buffet style 2 course meal in Church Hall ★ Prepared, cooked and served by Siham and Abdul: Geelong residents.

After lunch guest speakers – Alison Corke and Para Paheer authors of:-

**"The Power of Good Surviving Sri Lanka's Civil War"**

**Cost: \$25 per person. Places are limited so get in early!**

*Proceeds to various Asylum Seeker Projects*

*Prior booking is essential; call Marilyn Bertram 5251 1102 or Joy Porter 5291 8177*

The Orange-bellied Parrot is the most endangered parrot in the world. They breed over the summer in South West Tasmania and then cross Bass Strait to spend the winter on the mainland coast. With less than 30 living in the wild this timely documentary tells their story and the efforts to save this species from extinction. Aspects of their behaviour are shown on film for the first time and scientists working on the recovery efforts are interviewed.



*What is the future for this beautiful bird?*

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## The Desperate Plight of the Orange-bellied Parrot

a film by David Neilson

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Q&A after screening with local expert Craig Morley from GFNC.

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# Students inspired by Anne Drysdale & Caroline Newcomb on International Women's Day

Recently, on International Women's Day, fifteen girls who are leaders at Clifton Springs PS and Ms Parker (Principal), Mr McCredden (Assistant Principal), Captains Dianne and Peter Hobbs (Salvation Army) travelled to the Coriule Mansion in Curlewis.

The Coriule Mansion is owned by Isobel and her husband Bryce. As we arrived we were greeted by two dogs but that wasn't the exciting part. We had a quick introduction to the mansion and some photos and headed into the 170 year old mansion. As we walked around we were amazed to find the mansion in such great condition. We sat and listened to Isobel tell us about the history of Anne Drysdale and Caroline Newcomb, and how they farmed the land and built the mansion. Captain Diane Hobbs reminded us how lucky we are to have an education when so many girls around the world are stopped from going to school. She reminded us about a great future we have ahead of us.

Isobel took us on a tour of the mansion. We learnt how much work had gone into fixing the mansion up and that it had been ruined mostly by vandals. Isobel had even put in electricity and lights. We discovered there was also an upstairs and a cellar where they stored the food.

As we looked around the history of Anne Drysdale and Caroline Newcomb started to make sense. As we walked around the house we found it was much older than it looked. We headed out to the court yard for morning tea. We were very thankful to Isobel for showing us around the Coriule Mansion. Hopefully we will now take more care to say 'I can' rather than 'I can't'.

By **Jenn, Ella P. and Avelia**. Students of Clifton Springs Primary School.



## International Women's Day

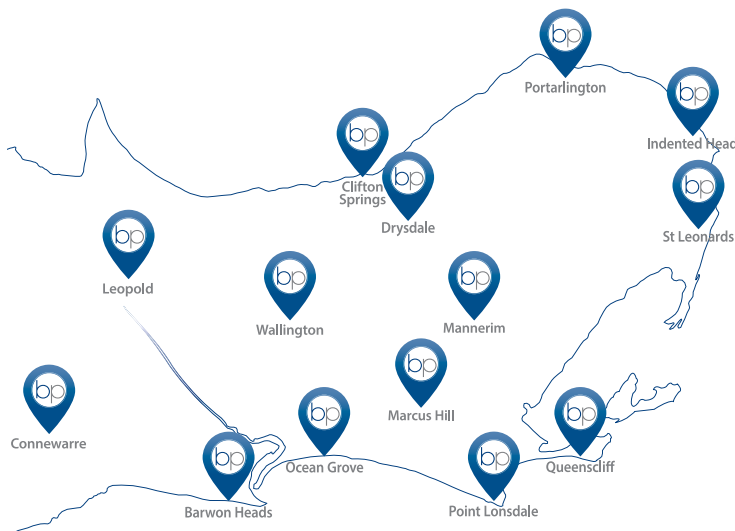
Every year on 8 March, women around the world celebrate International Women's Day. This year I attended the Women in Community Awards held at the new GMHBA Stadium in Geelong.

The Keynote Speaker was Susan Halliday, who has a long list of credentials to her name. I was particularly interested in her focus at the beginning of her speech on the colours purple, green and white and their significance for International Women's Day. I have always been 'sensitive' to colour (even in cars, I love the rare pink metallic ones) and so was pleased to find out that the colour purple was chosen to represent dignity and respect, green for the new spring growth, symbolising the growth in the awareness of Women's equality in all areas of life, and of course white almost universally known as the colour symbolising purity. Purity of intention, purity of spirit but also purity in public and private life.

She urged us on to remember why these colours were chosen and their significance in our on-going pursuits regarding women and their passion/s, and exteriorization in events, roles, positions in society and translating this into awareness and beyond that, to calling discrimination when it occurs. She acknowledged that this is not easy, and like herself, we need to develop a tough and thick skin to enable one to continue to bring fairness and equity for all.

**Anne Brackley**

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You may be aware of friends or relatives wishing to purchase a property. You may also be interested in inspecting properties in Clifton Springs in order to gauge comparative values to your own home?

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If your property is listed with another agent, please disregard this notice.

## SpringDale Occasional Care

SpringDale Occasional Care is a part of SpringDale Neighbourhood Centre. We are a small childcare centre with our aim being to create a friendly homelike environment.

We have 16 children in total consisting of a variety of ages and fully support the philosophy that play based learning is engaging and builds success for life.

Our direct phone number is 0401 129 140.

### Session Times & Fees

Monday, Wednesday, Thursday

9.00 - 2.00pm 5hrs - \$40

Tuesday, Friday

9.00 - 12.00pm 3hrs - \$25

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## Clifton Springs Men's Shed support Central Baptist Church Playgroup

Clifton Springs Men's Shed is located on the property of the Central Baptist Church in Central Road, Clifton Springs. They meet Mondays and Wednesdays. The church also has a playgroup that meets on Tuesdays. In a lovely act of support and love across the ages the Men's Shed built a great cubby for the church playgroup.

Central Baptist Church is a family friendly church welcoming all ages. They meet at 10 am each Sunday and have a craft group and a variety of fellowship groups which meet throughout the week. Feel free to drop in or tap into some of the different activities on offer. Please ring or email on Tuesdays and Thursdays for more details (office@central-baptist.com.au / 5253 1833 and leave a message.) You would be most welcome.



NUMBERPLATES continue to be a commonly stolen item with thieves targeting Corio, Colac, Highton, Lara and around the Bellarine, mostly from in driveways and outside. We have a FREE service to fix anti-theft number plate screws to your car on the first Saturday of the month, 9am - 11am in the SpringDale Carpark.



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Contact me, Lyn Clough to chat and answer your queries. Ph 52513008 evenings best.

Cheers **Lyn Clough**

## BOOK OF ME workshop.

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.

**2018 Dates (4th Sat in the month) Time 1pm to 4pm**

April 28th, May 26th, June 23rd, July 28th, August 25th, September 22nd, October 27th, November 24th, December 22nd, 2019 dates TBA

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

**Monthly cost:** Workshop fee \$10 plus Monthly kits approx \$10 to \$16 per month

**Booking Essential - Ph 52513008.** Pre-start get-together to be advised when booking to check out some completed albums, chat about the commitment to the project your are making, choose colours and pick up list of requirements for 1st class.

**Tutor:** Lyn Clough Ph 52513008

# Bellarine Support Group for Kinship Carers



A lot of people ask me what is involved in being a kinship carer and what does it mean.

Being a kinship carer means caring for children who can be family members or close friends. Those children under kinship arrangement can not live with their parents for so many reasons.

The main reason children are removed from their parents care can vary in each and every case, but the main reason is due to the parent's abuse of drugs and/or alcohol. All children need love, support and guidance to achieve their goals in life. But children in kinship arrangement need so much more love, support and guidance just to achieve normal everyday tasks.

Many children in kinship arrangement suffer trauma, from what they have experienced in their young lives. These children may have seen their parents under the influence of alcohol or parents being effected by drugs. Kinship children may have suffered abuse from their parents, many have suffered neglect, many have academic concerns and a lot of kinship children feel let down by their parents.

So in-steps family members care for these children to love, support and guide them in the right direction to become wonderful and valued Australians of the future.

Many kinship carers open their hearts, their homes and of course their wallets to support their young family members who for whatever reason need a helping hand in life.

If you are a kinship carer we would love to see you and support you in the wonderful journey that you have undertaken.

Our meetings are held monthly at SpringDale on Mondays.

Monday 7th May, 4th June, 6th August, 3rd September, 8th October, 5th November and 3rd December

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

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

For enquiries please contact

**Jeanette Hanley-Heath 0414 308 257**



Friday Men's Cooking Group entered a cooked slice into the Bellarine Show this year. Hopefully next year we'll put in more entries and maybe some of our Kitchen groups will too. Friday Men's Kitchen group pictured - Cliff, Ken and Chris, Glen seated. There are vacancies in our group - if you have been thinking about joining a Men's Kitchen Group, maybe now is the time. **Ken Brackley**

## 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

SpringDale will be selling Legacy Poppies - \$2.95 a packet



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*Manika Conning* 0452 426 976

## ASTROGUIDANCE

**New Moon Astro-teaching Circles**  
Each month we have a new moon followed by a full moon. New Moons are a time to set intentions for the month ahead, and can be very powerful when done in a group energy. Each month we will look at the astrological sign relevant beginning with Aries the first sign of the zodiac.

**Circle Dates:**  
Mon. 16 April  
Tues. 15 May  
Thurs. 14 June  
Fri. 13 July  
Sat. 11 Aug  
Mon. 10 Sept  
Tues. 9 Oct  
Thurs. 8 Nov  
Fri. 7 Dec

**Time:**  
7 - 9.15pm

**Introduction to the Moon Cycle** prior on **Tuesday 10th April 7-9.30pm** with Manika Conning AstroGuidance Ph: 0452 426 976 or email manikac53@gmail.com for further information or to make a booking for the Introduction night. Clifton Springs



## Part Two

# 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](http://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.*



### What about relationships? Are they hard for you?

I am choosy about my friends because making friends and having friends is hard – it takes an awful lot of brain energy for me and it's easy for me to get burnt out.

Same thing for romantic relationships – I haven't had one because I am really choosy. I want to make the right choice because it's going to take a lot of effort.

I'd love to be married, I'd love to have kids. But I'm happy to wait. I'm not good with the communication or emotional side of stuff, so I'm going to need a guy who can help me with that. But they're hard to find!

### Do you get sensory overload?

Yes I definitely do! Smoke always gets me, and so do strong fumes.

I've also got to be careful about what products I use around the house – sometimes I've given myself overload by putting on underarm deodorant.

### What does sensory overload feel like?

Imagine being in a room that is filled with people. And all these people are pressed up against you so you can't move – you're feeling their arms and their legs all over you.

And then, imagine it's also really hot so you're sweating. You want to get out and you're starting to shake. All of a sudden super loud music starts playing and the lights start flashing all at the same time. Wouldn't that make you panic?

When it happens to me, my autistic wall comes up. It takes all my

concentration to breathe. I can see and understand everything going on around me, I cannot communicate that though. I have learnt to wait it out until I am no longer a prisoner in my own body and my autistic wall comes down.

Also, if I am standing still with a blank look on my face, please don't touch me. I can't handle it and it will take longer for the wall to come down!

### Do you need to stick to a routine?

I do personally like to follow a routine. I have supports on a Tuesday and a Thursday and I have those supports at the same time. Having appointments at the same time each week is how I learn. It's how I know how to predict life. It's how I can handle life.

If that changes, I am like AAAGGGHHH.... It throws me, it makes me uncomfortable, and it has made me panic in the past.

If my routine does change, I need to prepare – I am quite famous for not turning up to stuff if it's a change in routine. I have to keep reminding myself for the whole week beforehand. If I have to get up at 6 am one day this week, I need to keep reminding myself that it is 6 am on Thursday, to both keep the anxiety at bay, and make sure that I don't just sleep in and not go!

The young child equivalent of this would be asking the same question over and over and over and OVER again! Not because the child does not know the answer but because they need the same one to battle their anxiety, and feel safe and secure.

*Reprinted with permission from house with No Steps Wednesday 17 January 2018*

## Reviving Old Memories



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# Autism...

## A blessing or a curse?

Anyone who has had the responsibility of caring for an autistic child knows how challenging it can be. But are there as yet unrecognised gifts in this disorder?

Paediatric speech pathologist Suzy Miller in her book 'Awesomism!: A new way to understand the diagnosis of autism' views autism not as a problem or mystery, but as a gift. Suzy pioneered a shift in the perception of autism from an individual "disorder" to a collective revolution in human consciousness. She talks about people on the spectrum as being multi-dimensional beings who communicate with each other, and her, telepathically.

### A far cry from the everyday perception of people on the spectrum!

In 2013 Suzy teamed with internationally respected physicist, Professor William Tiller, to run the Autism Intention Broadcast Project. This involves simultaneously sending 'information healing' to multiple recipients around the globe, with significant results. For more information: <https://goo.gl/AVJcYX>

There are really exciting things happening in medicine at the moment. According to Dr Nisha Manek, MD, FACP, F.R.C.P. (UK): we are entering the age of 'Information Medicine'. Here's a fascinating review of the work so far: <https://goo.gl/fgsFuq>

Now hang on a minute you say, that's a bit far fetched. Well consider the fact that medicine has, for several decades now, recognised the mind/body connection - psychoneuroimmunology as it's called.

Indeed, optimal wellness requires balance at all levels - body, mind and spirit. According to Tiller there is a cascade of healing effects from spirit to information medicine to energy medicine to chemical medicine.

### Some examples:

#### Spirit:

In 1988 Dr Randolph Byrd looked at the positive therapeutic effects of intercessory prayer on 393 patients admitted to the Coronary Care Unit of San Francisco General Hospital. In a prospective randomised double blind study he demonstrated that the group being prayed for had a significant increase in the rate of healing.

#### Mind:

Double blind studies control for the placebo effect thereby acknowledging the role of the mind in healing. Here's a great Ted Talk by Dr Lissa Rankin MD on the scientific evidence for the mind's ability to heal the body: <https://goo.gl/Gk4rRe>

#### Energy Medicine:

Acupuncture, Qi Gong, Neurofeedback etc.

#### Chemical Medicine:

Drugs prescribed by doctors.

I hope this article has piqued your interest, it's such an amazing time we live in today. More to come.

#### Michael Carroll

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



Autism Friendly  
COMMUNITY

## SpringDale Trivia 11th Edition by Drysdale Girl Guides

1. The TV show "the Simpsons" is set in which town?
2. Helsinki is the Capital of which nation?
3. Which English monarch ruled immediately before George VI?
4. P is the symbol for which element of the periodic table?
5. According to Greek mythology, who was the God of music, poetry, art, oracles, archery, plague, medicine, sun, light and knowledge?
6. Who directed the film Star Wars, released in 1977?
7. In the NATO International Phonetic Alphabet, what word represents the letter I?
8. Which Singer has hits with songs including Castle on the Hill, Shape of You, and I See Fire?
9. What country did the rice dish Paella come from?
10. Which term, often associated with Politics, is the appropriate collective noun to use when describing a group of Cheetahs?

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  
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**Call for Friends.**

Would you like to be a Friend of the Gardens? We are looking for people to assist in caring for the Gardens - be it through gardening, feeding the gardeners, fundraising, promotion or event organisation. Join us on Sunday 9 April – for a working bee & a meeting over BBQ lunch to discuss the way forward. 10 am - 1 pm, Swan Bay Rd Mannerim. RSVP to Sophie 0457 333 727 [facilitator@bellarinelandcare.org.au](mailto:facilitator@bellarinelandcare.org.au) to register your interest.



*Serg Grant Langmaid, Bellarine Police, with Magaret Grant (Bolton) daughter of Scotty Bolton, who was a Light Horseman who lead the charge of Beersheba 100 years ago, and Mannerim resident, and Jim Mason, who has spearheaded the restoration works.*



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# Memories of Yesteryear

by the Older Generation of the Bellarine

We plan to delight you this year with several stories, using the Road, Street names and businesses of the early Bellarine settlers as our theme.

The next few stories will be told by Ian Whitcombe.



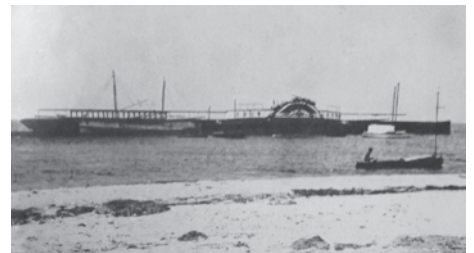
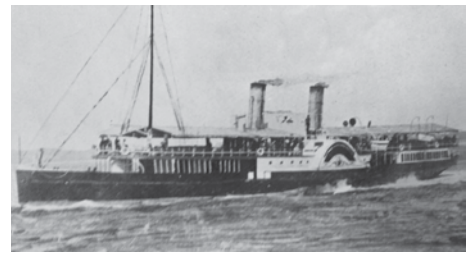
My nieces gave me this lovely bright watercolour painting of the "Old Ozone Wreck in Sunset" which is situated at Indented Head, for my 92nd Birthday, painted by Eileen Jenkins. They purchased it at the SpringDale Artshow in January, unfortunately I didn't recognize it as I now suffer from short term memory loss. The girls gave me the picture as every time they take me to Indented Head, it seems I always ask if the "Old Ozone Wreck" is still there. I remember it very differently in my mind, as what it is today.

In 1925, a few months before I was born, the Ozone Paddle Steamer Ferry which had previously been decommissioned, was scuttled and towed to Indented Head. It was intended as a breakwater, but on the day it was towed, the winds were very strong and the towing company lost control. The Paddle Steamer slew parallel to the foreshore rather than vertical, and got lodged in sand and there it lays. Even though I was born not long after it was sunk there, I remember as a child it being very long and having walls and was

much more intact. My parents Robert (Bob) and Laura Whitcombe would swim around inside to explore the old vessel, try to get a glimpse of some of the underwater sea-life, plant and coral growth, but hoping not to see a stingray. As a child I was not allowed to wade out that deep, but as a teenager, my brother Alan and I had a lot of fun diving into the paddle steamer in the summer months.

As we became teenage men, the calm waters of the bay were not quite as appealing as the glorious white rolling waves of Ocean Grove. Alan and I would ride our bikes from Bellarine to Ocean Grove to go body surfing. Mind you, the roads were not bitumen as they are today, but gravel, so we also had to circumnavigate the tree stumps and roots along the way. We were so keen on the body surfing, our father made us wooden surfboards out of an old piano box; they were a bit crude, but they did the job.

My brother loved speed, he could run fast and was a maniac on his bike. Alan had a racing bike, but I was a little more docile. I had an



old second-hand bike with a clutch and foot brake. As a young child I had Rheumatic Fever, so everything in my life had to be slow, with no fast moves. Unfortunately, Alan got caught up in a rut in the road one day going to work on the farm in Whitcombes Road. He had a bad fall on one of the hills of Bellarine and broke his arm in many places, sadly there was no surfing for us for a while. At that time in our lives we lived at Spray Farm in Bellarine, but that's another story for another day.....

Story told by Ian Whitcombe and penned by Lesley Whitcombe

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# Clifton Springs Garden Club

Another important aspect of the Garden Club is our monthly Show Bench. Each month, members are encouraged to bring along plants, flowers, vegetables, or foliage from their garden, which are displayed for members to look at and vote on. The voting is for the Jim Shearsmith People's Choice trophy. Also an Annual Aggregate Perpetual Trophy is presented to the Club member who is awarded the most points by a guest judge.

For the second year in a row the same member has won both trophies, this year it is Barbara Batters. Barbara is a long standing member of the Garden Club who over the years has won 11 perpetual trophies and 7 People's Choice awards. Congratulations Barbara. Congratulations also go to Lila Gore who was second and Susan Duncan who was third in the Aggregate Perpetual trophy.

In April, Jim & Stephanie from Wattle Grove Honey & Beekeeping Supplies are coming along to talk to us about bees and the honey they make on their Wallington property. If you are interested in local small businesses and honey, then you might find this presentation interesting and informative.



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

## Place getters for the Annual Aggregate Perpetual Trophy

*President Simon Schooneman, Suzy Ridgeway & winner Barbara Batters*



*President Simon Schooneman, Suzy Ridgeway & 2nd Place winner Lila Gore*



*President Simon Schooneman, Suzy Ridgeway & 3rd Place winner Susan Duncan*



## Apologies - Changes to the Course Guide How to Move from your NOW to WOW

This course will be presented on-line via Zoom in the comfort of your own home.

How to develop the confidence and ability to present your business message on Facebook. With 5 million businesses on Facebook you need to do something to stand out.

### Introduction to the on-line course.

#### 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 Messenger and delivers the real secret source to your success.

**Tutor:** Victoria Rose

**Dates/times:** Tue 10 April - 15 May 7- 9pm

**Fee:** \$195

## Fabulous Ficifolias Flowering Gums

Margaret Moir Branch President of the South West Capes branch of the Wildflower Society of Western Australia recently visited the Walpole/Nornalup area of SW Western Australia. Here *Corymbia ficifolia* (formerly *Eucalyptus ficifolia*) is endemic to a limited area. It grows as a small, rather scruffy tree or large shrub in its home range. Only when it is planted in kinder locations (better soil, maybe more consistent rainfall) that it rejoices by growing into a grand tree. Yet, in its home range, as here, it celebrates summer with a superb display of pink, orange and red flowers.

Excellent information on *C. ficifolia* can be found on the web sites below and apologies for misspelling the name in the March edition.

<http://anpsa.org.au/c-fic.html> and

<https://florabase.dpaw.wa.gov.au/browse/profile/17103>

Perhaps Drysdale could consider some sort of link up with Walpole (sister villages?), or maybe some of us could visit in January – the whole region is superb – glorious coasts, inlets, inland lakes, huge trees and wildflowers, excellent walking tracks, an abundance of art and craft galleries – and *C. ficifolia* – rather like our region – Drysdale in particular. Contact Springdale 5253 1960 or email [office@springdale.org.au](mailto:office@springdale.org.au) to show your interest.

**Andrea Lindsay**



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# CITRUS

Leaf Miner can be a problem for new citrus growth at this time of year. To avoid stimulating new growth it's best to avoid cutting citrus trees at all in late Summer

and Autumn. However, if you are seeing damage, use CLM traps (traps the male moth) and use Eco-Oil spray over and under leaves. If your tree is not too big you can trim back affected growth and dispose, though you will need to keep doing this until the cooler weather.

Watch out for Ants as they carry Scale on to your citrus. Let scale get out of hand and before you know it Sooty Mould is in control. Prevent these secondary problems by keeping ants off your tree using a horticultural barrier glue around the base of the trunk. Instead of putting the glue directly on the trunk we've had good success with using duct tape wrapped around to form about a 20cm wide barrier. Using a spatula of some kind you can then spread the glue over the tape. Be careful not to put it on too thick as it can run in warm weather. If you find ants are sneaking under the tape you can overlap the glue on to the trunk just enough to stop them. Trim all low branches such that none touch the ground and remove all weeds or grass at least to the drip line of the tree and mulch.

Control Scale or Sooty Mould (usually appears on the east side of a tree) infestation with Eco-Oil spray on the underside of affected leaves and branches. Remove any dead fruit still on the tree. Cut out branches affected by the woody swellings caused by Gall Wasp and burn or dispose in the rubbish.

Healthy trees are less affected so remembering to feed them 3 to 4 times per year is an important step. Citrus are hungry things and periods of heavy rain can leach nutrients, particularly in sandy soils. Feed with slow release or pelletised manure according to directions, blood and bone, layer compost or worm castings under mulch and let the microbes and worms do the work to avoid damaging precious roots through having to weed manually.

*Portarlington Nursery (behind the Bendigo Bank) offer a full range of Plants, Seedlings, Seeds, Chook Food & Garden Care products including the ones mentioned here. Questions welcome and advice is always free. All purchases however small help support our small business and keeps us going strong as your local, independent plant nursery.*

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**Agata & Michael**

Portarlington Nursery



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# Paella

Paella is the Spanish word for pan and also related to the Latin word used for any metal or clay pan.

The recipe originated from using up leftovers with rice to make a fresh meal. In Spain and Portugal it is often made with rabbit, duck and sometimes snails added to any fish of the day. Depending on the region, as both the Spanish and the Portuguese travelled far and wide, the recipe has changed with the times.

Modern Paella includes a vegetarian version using capsicum and artichokes for flavour, seafood version using seasonal fresh fish and crustaceans and then there's this version. Mixed seafood and meat with vegetables.



## Mixed Paella

4 cloves Garlic  
1/2 cup extra virgin olive oil  
Chicken (optional)  
chorizo (optional)  
1 red onion, chopped finely  
about 10 sprigs of thyme  
1 green & 1 red capsicum, diced  
1 jar tomato passata  
salt & pepper to taste  
400g rice  
1 litre fish stock  
½ litre vege stock  
400 g cleaned calamari pieces  
1/2 kg cubed firm fish, like blue eye  
about 1 cup peas  
12 large prawns  
12 mussels  
500g clams (optional)  
1/2 cup chopped parsley  
pinch of saffron  
lemon wedges (optional)

- Place a big pan on low heat with olive oil and garlic.
- Add chicken pieces, stir fry until golden. Remove from pan.

- Add the chorizo pieces, stir fry until just browning.
- Add the onion and stir briefly.
- Add the thyme and stir fry to soften the onions.
- Add the red and green capsicum and season with salt/pepper.
- Stir fry and cook for 10 minutes.
- Add the cooked chicken/chorizo and stir fry all together a couple of minutes.
- Add half the tomato passata and stir in, then cook for a few minutes more.
- Add the rice and stir well.
- Add the fish stock mixed with the remainder of the tomato passata and the peas.
- Mix the saffron in with vege stock and put aside.
- Add the seafood starting with calamari and the fish.
- Place the prawns neatly on top and add the saffron stock mixture.
- Top with the mussels and clams and simmer until the shells have opened.
- Add chopped parsley and cover the paella with a lid for the last 5-10 minutes of cooking.
- Turn off the heat and allow 15 minutes or so before serving.

Serve with lemon wedges if desired and fresh salad and of course... fresh crusty bread.

Check out what's in season or be inspired to start cooking at [www.amorecucina.com.au](http://www.amorecucina.com.au)



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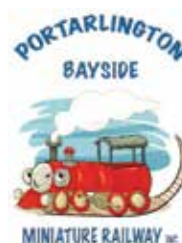
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This passenger carrying miniature railway situated within the grounds of the Portarlington Bayside Family Park, corner Point Richards & Boat Roads, Portarlington (Melways Map Ref No. 444 C5) and operates every Sunday from 11.00 am to 4.00 pm, during the summer months (September - April).

During the Autumn School Holiday period, the railway will also operate a special service on the following days :

**Wednesday, 4th &  
Wednesday, 11th April,  
from 11.00am to 4.00pm**



Trains run at frequent intervals and the cost is only \$4.00 for a ride. The train ride takes about 10 minutes and a special attraction is that children under the age of 2 years travel free. Family and periodical tickets are also available.

This family park is only 30 minutes by car from Geelong and with its natural beachside setting makes an ideal location for that special family outing or picnic. Other attractions in the park include ample car parking, playgrounds, walking trails, free electric BBQ facilities and a station kiosk – all are nearby.

Further details can be obtained from the railway at P. O. Box 419, Portarlington, 3223, or from Kerry on our Telephone Info Line – Tel No. 0476-124-598.

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# 1st DRYSDALE SCOUTS

## SCOUTING AROUND DRYSDALE

1st Drysdale scout group continues to give, as it has for nearly 60 years, boys and girls from the ages of 8-11 for cubs and 10-15 for scouts the chance to

**"Prepare for Adventure - Prepare for Life"**

Scouting gives the youth members life experiences, social interaction, leadership and other practical skills which equips them to become confident and resilient members of our community.

Our leaders program a wide range of varied activities which the cubs and scouts get to participate in on a weekly basis in our hall and out in the wider community.

For more information go to "scoutsvictoria.com.au" website or contact our Group Leader Wayne Simpson on 0419 535 2024.



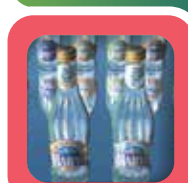
Our Cubs returning from the Drysdale reserve with a trolley and bags of rubbish as part of Clean up Australia Day.

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The Human Brain is a complex thing... here's a couple of things to consider, so you can take the advantage!

3 points about our brains activity... and be aware that if you are reading this right now, your brain is in "uptime" and wanting to absorb this information! So take it in!

**Downtime** - This is the default state our brain lives in. We generally run on autopilot and can ignore a lot of what is going on. We all do things everyday without thinking about it, ever wonder if you actually did something or not? Like, "did I lock the front door on the way out?" or "I'm home but what way did I drive?" **That's Brain Downtime.**

**Uptime** - The brains alert mode. You're ready for action, your primed, your focussed, your watching, waiting and ready to pounce! Your brain is taking in and processing every detail and reacting to it quickly. You are absorbing information and processing it. How alert do you feel when you just aquaplaned while driving? **That's extreme Brain Uptime.**

**Reticular Activation** - This is our 24/7 radar on the lookout for anything that is familiar, unusual or problematic. Depending on what it discovers, it fires up the brain or powers it down. We are human, our brain wants to conserve energy and stay safe, it only wants to focus on things we want or need to focus on.

For a small business trying to get a message across, its critical to get the prospects brain in to Uptime. It needs to be in a positive manner so they then stay in Uptime and take in your whole message. So no gimmicks! Far better success will come to those who can manage to do this in their messaging.

Aaron Hunter

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The 2018 regular season is fast approaching as training and practice matches gear up for the Senior teams for a mid-April Geelong Regional league start. There are quite a few new faces in the Senior Men's team, with Riley and Keegan Dean impressing in pre-season practice matches. The brothers will add some pace and quality through the midfield. Coach Jason Pickles has also made some significant positional changes with Dougie Weeks and Lyall Bezett hitting some good pre-season form playing in attack and Danny Graham introduced back into the midfield after playing much of 2017 at wing-back. The guys will be keen to climb the ladder after a poor second half of the season saw them limp to 7th on the ladder after being in finals contention for much of the year.

The Senior Women look set to take off from where they left 2017, with some quality players joining the ranks to add depth to an already impressive squad. After going through the season undefeated in 2017 and winning the Victorian Country Championships late last year, Coach Simon Blanch has retained the vast majority of his squad for the 2018 season as well as welcoming some handy inclusions to the team. The women hope to

field three teams in 2018 which would be a remarkable achievement with many local Geelong teams struggling to field one team.

The Junior section of the club is also enjoying the new facilities at the Drysdale Sporting Precinct and has seen great numbers in the first month of training. Drysdale SC currently cater for 4yo through to 14yo's. Our younger players participate in the ALDI MiniRoos, which is designed for kids of all abilities, aged 4 – 11 years. The nation-wide initiative uses short, game-based sessions to introduce the sport of football to newcomers in an inclusive way. It focuses on learning new skills, being active, making life-long friends and, potentially, unearthing the next generation of Socceroos or Matildas. Drysdale SC prides

itself on being a female friendly soccer club and currently offer mixed teams in u7's and girl only teams in under 9's, under 11's and under 12's as well as two senior women teams. Drysdale SC welcomes anyone of any ability to come down for a kick and to enjoy the world game. Visit [drysdallesc.com](http://drysdallesc.com) or visit our facebook page for more details.





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### Trivia Answers

- |                 |                             |
|-----------------|-----------------------------|
| 1. Springfield  | 7. India                    |
| 2. Finland      | 8. Ed Sheeran               |
| 3. Edward VIII  | 9. Spain                    |
| 4. Phosphorus   | 10. A Coalition of Cheetahs |
| 5. Apollo       |                             |
| 6. George Lucas |                             |



# SPORT

## Drysdale Bowling Club - A History....cont'd Chapter Eight

At the Annual Meeting held on the 4th of June 1990, the Croquet Club was formally amalgamated with the Bowling Club and the new entity thus created became "The Drysdale Bowling and Croquet Club Inc."

Unfortunately, there are no written records available between 1990 and 2003 to verify the activities of the Club however, there were obviously a great number of events which took place during this period keeping the Club both socially and financially viable.

In 2003 long discussions were held about the playing surfaces. It was suggested that artificial turf could be the answer to the massively increased water bills because of the long drought and severe water restrictions. Hand watering of the greens was a lengthy and arduous process undertaken by a few very

willing members.

Due to unforeseen circumstances about this time, a higher than usual financial outlay occurred but the Club maintained its financial health although having to curtail the purchase of some wanted items. A watering system for the bowling greens was installed at a cost of \$10,000, a roller grille and a safe, were installed in the bar area and a showcase was donated to display the historic Bell used to start and finish play. This Bell was given to the club by "Digger" Warren, a Queenscliff fisherman. It is said to be from "The Times" sailing ship shipwrecked on the Corsair Reef many years ago.

In September 2006, the City of Greater Geelong gave a grant of \$7,000 for a pop-up sprinkler system for the Croquet greens and

as time went on more discussions took place re changing the Bowling greens to synthetic surfaces, the costs being approximately \$150,000 per green. Four different models were mooted, these being

1. Retain two grass greens
2. One grass and one synthetic green
3. Two synthetic greens
4. One grass and one Tift-dwarf green.

Synthetics cost approximately \$170,000 each and will last 8 years, Tift-dwarf cost approximately \$40k to \$50,000 and last about 26 years. The vote was in favour of retaining two grass greens.

..... moving on .....

### Drysdale's Winning Team



Congratulations to Drysdale mid-week Pennant Bowls Team Division 7 2017 - 18 Premiers Geelong Region.

Congratulations to Martin Wilson, we loved seeing you carry the Commonwealth Games Baton.



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