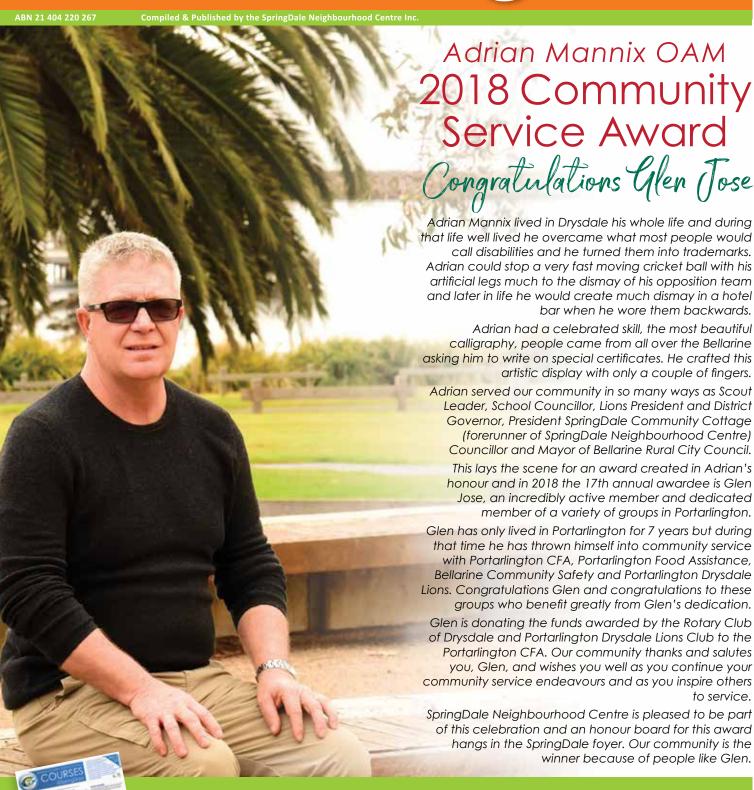


The SpringDale Messenger

June 2018 Volume 28 Issue 5



Term 3 Course Guide inside. Get Neighbourly at SpringDale

Morning Tea Saturday 23 June 10am & High Tea Monday 25 June 2.30pm



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 JULY 2018 • Bookings/copy required by 1 June • Dist: Sat 23 June 2018 • Circ: up to 20,000

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

Sunday	3	імаро раў

Friday 8 World Oceans Day

Sat-Sun 9-10 Feltabulous Wool in Winter Exhibition at Springdale 10am-4pm

Saturday 9 Feltabulous Wool - Learn to make a scarf - 11am to 1pm - SpringDale

Sunday 10 Feltabulous Wool - Learn to make a scarf - 1pm to 3pm - SpringDale

Mon 11 Queen's Birthday

Mon-Sun 11-17 International Men's Health Week

Wednesday 13 Days for Girls Sewing Group 9 - 3pm

Thursday 14 World Blood Donor Day

Friday 15 Global Wind Day

Friday 15 World Elder Abuse Awareness Day

Saturday 16 Which Way Home - 8pm - The Potato Shed

Tue 15.5 - Thurs 14.6 - Ramadan

Sun-Sat 17-23 Refugee Week

Tuesday 19 The Celts - Morning Show - 10.30am free morning tea - The Potato Shed

Thursday 21 Warm Winter Songs with the Coryule Chorus - 2pm St. James Hall

Fri-Sat 22-23 Hotel Sorrento - 8pm - The Potato Shed

Saturday 23 Morning Tea - 10am - SpringDale

Monday 25 High Tea - 2.30pm - SpringDale

Fri-Sat 29-30 Winter Solstice at 8pm - The Potato Shed

Saturday 30 Red Nose Day

Bookings & copy required by 1 June for the July issue

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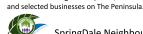
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prior to our copy deadline.
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of processing. Contributions are still accepted as written copy but need to be submitted in the week















Coordinator's News

Anne Brackley

My life is enriched by the positive people I meet.

During Sue Petty's last day as a volunteer at SpringDale, she and I sat and spoke to Mary-Anne Cosic. Mary-Anne had been into SpringDale a few times but we hadn't had a chance to have a significant chat.

Sue and I were very concerned about some of the challenges that Mary-Anne was facing and we decided to advocate for her. I had no idea where this discussion would lead. As Sue moved out of the office, Mary-Anne moved in as a volunteer and also as a student on placement once we had permission to do so.

As I have come to watch, hear, observe and communicate with Mary-Anne over the last few weeks, I have drawn inspiration from her. Mary-Anne is a hardworking, tenacious, committed, incredibly skilled member of our current team. Her happy infectious spirit pervades the office and she encourages everyone to do their best.

Mary-Anne has picked up every opportunity placed anywhere near her while she has been at SpringDale so far. She has joined our pilot art class for people on the autism spectrum, people with anxiety and people who just want

neighbourly networking to do art on a Friday. She has wholeheartedly taken on projects such as preparing SpringDale to become a NDIS service provider, reviewing our Dis-ability Action Plan, writing articles for the Messenger about inclusion and she has also designed a course to help people consider whether being a carer for a person with a disability could be an option.

Our Autism Project Strategies for putting square pegs in round holes has also benefited from Mary-Anne's skills and knowledge. As this project nears its completion, Mary-Anne may help us prepare us for our future in this field or perhaps a related field.

I am grateful for the years of voluntary work that Sue has participated in at SpringDale and I am especially grateful that she set us up for success by sitting with Mary-Anne and myself as one of her parting acts.

Thank you to everyone who helps SpringDale to achieve its vision of SpringDale where ideas grow and people flourish.

Yours sincerely

Anne Brackley

Chief Enthusiasm Officer for SpringDale Neighbourhood Centre Inc.

News@SpringDale

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.

Tutor: Stayin' Alive First Aid

Dates/times: Mon 4 June 5.30pm - 7pm **Fee:** \$5 or free if you bring your neighbour

Espresso Coffee Making Workshop

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 9 June 10am - 12noon Fee: \$40

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

Food Safety Session

This session will cover Danger zones, Food temperatures, Food Safety Programs. Please bring your own lunch. Non acredited course.

Tutor: Tim Digby

Dates/times: Mon 25 June 10am - 12pm Fee: \$5

Warm Winter Songs with the Coryule Chorus

Thursday 21 June 2pm St. James Hall, Collins Street A Benefit Concert for St. James Church \$10 or Concession \$5 entry donation. Delicious Homemade afternoon tea to follow concert.

Neighbourty 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 an event at SpringDale and meet someone new.

Getting to know the people who live nearby helps create a sense of belonging and shared identity in our local area. It also helps to strengthen connections and trust in our wider communities and contributes to a happier neighbourhood for everyone.



Get Neighbourly at SpringDale

Morning Tea
Saturday 23 June 10am
& High Tea
Monday 25 June 2.30pm
please bring invite your
neighbour to a free afternoon
tea at SpringDale.

Invites available from SpringDale and from our website, for you to place in your neighbour's letterbox but please RSVP to help us with catering.

HELPING THE HOMELESS

Once again SpringDale is joining forces with the Lions Club of Corio Norlane to help the homeless now that Winter is coming on.

In our foyer is a large bin for the collection of blankets, jackets, hats, scarves and socks. There is also a container for the collection of toothbrushes, toothpaste, feminine hygiene products, hair brushes, deodorants, hair brushes, shampoo, soap and tissues etc.

Thank you for your help in the past and hopefully in the future.

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



News from Lisa Neville MP Member for Bellarine

ANZAC Day 2018

It was once again my pleasure to attend a number of ANZAC Day services across the Bellarine.

As always, my day began with the very moving dawn service at Queenscliff. The service is always well organised by the Queenscliff/ Point Lonsdale RSL Sub Branch and I once again congratulate all involved for their work.

Every year it is my observation that the Queenscliff dawn service is attended by more and more people and this year was no exception.

Following Queenscliff, I attended the 8 am service at Leopold where many locals were in attendance.

The Leopold War Memorial was only built in 2017 and I had the pleasure of attending its opening prior to last year's ANZAC service.

I take this opportunity to congratulate the Leopold War Memorial Committee for their work in building a most fitting memorial and for their efforts in holding another successful ceremony in 2018.

From Leopold it was onto a very large service at Ocean Grove. It is pleasing to see many students attend the ANZAC services and Ocean Grove was no exception. In addition, it is great that students from the local schools actively participated in the service, side by the side with our returned service men and women.

I am also grateful to my office staff who, on my behalf, attended the annual services at Portarlington and Barwon Heads.

To every organising committee and RSL Sub Branch I say thank you for the time and

De Facto Law Worries?

Come in for a free chat

RISTEVSKI

1 High St., Drysdale (old Post Office) Ph: 5251 3453 effort, all on a voluntary basis, in ensuring that right across the Bellarine in 2018 our returned servicemen and women, and those who paid the ultimate sacrifice, were again so respectfully remembered.

Lest We Forget.

Building Better Schools

Since my election as the Member for Bellarine in 2002, I have always focussed much of my attention and efforts on ensuring local students are provided first class schools. As such I have been pleased to see schools right across the peninsula like Bellarine Secondary College and primaries including Drysdale, Portarlington and Barwon Heads receive much needed upgrades or total rebuilds.

In adding to this work, I was recently pleased to announce that out of the Victorian Budget for 2018/19 Surfside Primary in Ocean Grove will receive \$1.3m for upgrade work, while Moolap will receive \$600,000 and Wallington Primary School \$400,000.

I can assure readers that these schools are all great schools, staffed by dedicated teachers committed to providing a first class education for their students.

The Bellarine is indeed fortunate to have many quality schools, both government and non-government, and I will continue to work hard in providing all of them with the support they need.

Sporting Grants Now Opened

I am pleased to report that two significant State Government Sporting Grants have just been opened. These are the Female Friendly Facilities Fund and the Community Sports Infrastructure Fund.

The Female Friendly Facilities Fund opened on the 18th of April and will close on the 23rd of July.

The Fund is aimed at encouraging and retaining participation by women and girls in sport and active recreation.

In doing this, examples of projects that may be funded include the provision or upgrade of change room facilities, upgrading sports grounds that facilitate female participation and sports lighting that also facilitates female participation.



The Community Sports Infrastructure Grants are aimed at a wide variety of sport and recreation projects focused on increasing and maintaining participation numbers within local communities.

This fund also opened on 18th of April and closes on the 25th of June.

I have written to most clubs informing them of the grants. However, for those interested all information can be found at the Department of Sport and Recreation web site: www.sport. vic.gov.au.

As always, please don't hesitate to contact me by email or call my office if there are any matters that I may be able to assist you with directly.

Hon Lisa Neville MP Member for Bellarine

lisa.neville@parliament.vic.gov.au
Twitter@Lisanevillemp Ph: 5250 1987

Letter to the Editor

Dear Anne,

I would like to let you know that the concert that was performed by the invited violinist Patrycja Piekutowska on Easter Monday at SpringDale was brilliant.

It was a wonderful experience to have someone of her talent appear in such a casual atmosphere where everyone connected and enjoyed her performance immensely.

Her many encores was a tribute to the enjoyment she conveyed to the audience.

Well done SpringDale,

Regards

Lynette Ingles



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

Lisa Neville MP

Member for Bellarine

"For assistance with any issue, please call my electorate office"

Tel: 5250 1987 | E: lisa.neville@parliament.vic.gov.au



"Proudly working for the Bellarine"

Authorised by Lisa Neville MP

Funded from Parliamentary Electorate Office and Communications Budge

FELTABULOUS

Wool in Winter Exhibition

Springdale Felters will come together to showcase their textile and mixed media creations in their first ever exhibition on the Queen's Birthday weekend 9 & 10th June at Springdale Neighbourhood House Hall, High Street Drysdale.

The group, established in 2013, meets on the first Saturday of the month at Springdale Neighbourhood House from 10am till 3pm. It's a very sharing group which has enabled locals interested in felting to learn from and inspire each other in creating beautiful felted garments and objects. New members are always welcome and we are happy to get you started on felting.

The exhibition will give visitors a new view on the art of felting and include felting demonstrations throughout the exhibition along with sales and two beginner's workshops.

Along with our theme of wool in winter, there will also be sales of hand-spun & hand-dyed wool and woolie items.

Workshops

Saturday 9th 11am to 1pm - Learn to make a scarf - Cost \$30 Sunday 10th 1pm to 3pm - Learn to make a scarf - Cost \$30 Workshop Bookings Essential - Call Springdale office 5253 1960

For more information on Springdale Felters you can call Julie on 0409 511 662

Pic is by Julie Drobek and is a piece laid out for felting.



The SpringDale Salads are going to Rip View Queenscliff on Wednesday 20 June meet 12noon.

Please ring Margaret on 0418 370 857 to reserve your seat.



Dining Club going to Drysdale Bowling and Croquet Club Friday 15 June 6pm. Please ring SpringDale on 5253 1960 to reserve your spot.



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FRIDAY 22 JUNE, 8PM SATURDAY 23 JUNE, 2PM \$38, \$34 (Conc), \$30 VIP / Groups of 20+

THE CELTS! MYTHS, MUSIC AND HUMOUR



MORNING **SHOWTIME**

воок

TUESDAY 19 JUNE 10.30AM Tickets \$15 including Morning Tea

WINTER SOLSTICE



FRIDAY 29 JUNE, 8PM **SATURDAY 30** JUNE, 8PM All tickets \$20 Warm Wine Live Music Open Fire

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POTATO SHED WIN a Double Pass to Morning Melody



The Celts! Myths, Music & Humour

Tuesday 19th June at 10.30am

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

Name	e:		
Addr	ess		

Phone No: (03)

COMPETITION CLOSES 3PM FRIDAY 15 JUNE

Drysdale R.S.L Awards

On Friday 13th April, 2018, Pam Davis and Colleen

Lincoln of the Drysdale R.S.L. Women's Auxiliary and Sub-Branch were awarded the National Certificate of Merit with Gold Badge for their untiring and dedicated service to the local R.S.L.

Pam joined the Drysdale R.S.L. Women's Auxiliary in April 1967 and has held office for 45 of her 50 years of membership. She held the positions of President for 2 years, Assistant Secretary for 11 years and Secretary for 32 years (and is still currently serving in this role). Pam was awarded Life Membership of the Auxiliary in 1998.

In February 2009, Pam joined the Drysdale R.S.L. Sub-Branch as an affiliate member and by 2010 had volunteered to take on the position of Welfare and Appeals Officer for the club. She is still currently serving in this role. Her dedication to the Women's Auxiliary and the Sub-Branch along with her welfare work within the R.S.L. is testament to her

compassion, loyalty and commitment to the R.S.L. and its members.

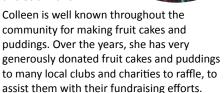
The R.S.L. is not the only organisation that Pam volunteers for. She has also spent many hours volunteering at the Drysdale Football Club (and is a Life Member here, also). Thanks to Pam's efforts, the football club received ANZAC Football jumpers in 2017 for the ANZAC Day match.

Amazingly, Pam also volunteered with Meals on Wheels for 15 years and is also a member of the Bellarine Uncle Bob's Club.

Colleen joined the Drysdale R.S.L. Women's Auxiliary in February 1972 and has held the position of Treasurer for 36 years (and is still currently serving in this role) and Assistant Treasurer for 6 years. Colleen was awarded Life Membership of the Auxiliary in 2002.

In February 2009, Colleen joined the Drysdale R.S.L. Sub-Branch as an affiliate member and has served as a Committee Member and is still serving in the role. She is a respected,

dedicated and trustworthy member of the Drysdale R.S.L. Women's Auxiliary and Sub-Branch.



Colleen grew up in Drysdale and her family have always been involved in the Drysdale R.S.L. with her Mum, Bub Noy, also a Life Member of the Auxiliary.

Pam and Colleen are truly worthy recipients of this Award and are exceptionally inspiring women. Congratulations on receiving one of the organisation's highest honours in recognition of your devoted services within our community.











We invite you to join us for a contemporary and relevant Service

Sunday 10.00 am

(Includes Children's Program at 10:40)

276 - 290 Jetty Rd Curlewis P: 5253 2241

Second Chance Shop

40 Geelong Rd. Portarlington







Hello there.

My name is Norm Cheale and I'm a new boy on the Bellarine.

My wife and I moved into Drysdale in 2013 and are enjoying the amenities of the area. We are avid travellers but love coming back to our home here. As retirees, we have both found lots of opportunities to get involved with the local community and have made many new friends.

One of the activities I have become involved with is the Vic Roads / City of Geelong L2P (Learner to Probationary) mentoring program. This program pairs learners with experienced drivers so that the learners are able to accumulate the required 120 hours of supervised driving prior to sitting for their probationary licence.

Since the 120 hour requirement was introduced, the rate of accidents for first year P plate drivers has dropped significantly. In parallel with this, the L2P Program was initiated to help those who don't have ready access to a car or a supervising driver.

Mentors are recruited by local councils who provide basic training prior to being paired with a learner. The training includes discussions on the four stages of learning to drive, expected behaviour and progression of learners, responsibilities of mentors and updates on road law. The program provides suitable cars which are often sponsored by local businesses. The mentor is never asked to use his or her own car. In fact, this is strictly prohibited under the program.

In the 2-3 years I have been mentoring, I have helped two young refugees, a student from country Victoria and a local schoolboy. Some I have mentored on a long-term basis and some as a fill-in when other mentors were on holiday or otherwise not available. I find it interesting and rewarding and it has challenged me to keep on top of current road rules and changes to them.

The mentor's 'Bible' is the Vic Roads publication, Road to Solo Driving. This can be purchased from any Vic Roads office or it can be viewed and downloaded from the Vic Roads web site: vicroads.vic.gov.au. I encourage all drivers to have a look at this occasionally.

I have been driving for about 50 years and have always tried to keep abreast of the latest rules and rule changes. We plan to look at some of these over the coming months and, hopefully, this will encourage you to visit the Vic Roads web site and look again at the Road to Solo Driving handbook to improve your own driving skills.







Portarlington Asylums Seeker Fund Raiser a great success

Many thanks to everyone who supported St Andrew's Uniting Church Portarlington at the recent fund raiser. Seventy-four people enjoyed delicious Iraqi food cooked by Siham and Abdul Al-Naseri and heard a remarkable story of survival and friendship from Apollo Bay Author Alison Corke and Geelong resident Paheertharan Pararasasingam (Para).

Funds taken on the day and through generous donations before and since, totalled just over \$2500 so we have been able to not only support our Iraqi friends who did the catering but also assist 3 charities: both local and in Sri Lanka.

Funds will be given to CRAG (Combined Refugee Action Group) to help with their urgent funding of legal support for people seeking asylum, the Uniting Church Lentara Asylum Seeker project in Melbourne and Yarl Aid, a charity supported by our guest speaker Para. Based in Northern Sri Lanka Yarl Aid looks after Tamil people affected by the war, and particularly cares for the over 80,000 women widowed by war who live in dreadfully poor conditions.

Grateful thanks to everyone who attended and gave so generously.

Joy Porter

Convenor Justice & Mission Ministry Team. St Andrew's Uniting Church.



Potatoes are highly nutritious and packed with vitamins C and B6. They have more potassium than a banana! They are fat free, cholesterol free, low in sodium and an excellent source of vitamin C. The starch in potatoes is a natural thickening agent. Mashed potatoes are a good idea to thicken soups or stews. Left over potatoes - baked or boiled can be mashed or blended to make a variety of fritters or patties. Just add egg and your favourite flavours! From tasty cheese and herbs to tuna or salmon patties or croquettes. A spoon full

rolled up into a ball and flattened is a "patty" or a "truffle". Rissoles or in French, croquette, are long and about the size of a finger.

OH! these don't need to be fried! Place them on a baking tray/paper and bake. A healthy & easy finger food, especially for kid's lunch boxes.

POTATO CAKE SURPRISE

- 1 kg potatoes, peeled, cut into cubes and boiled in salted water
- A cup of warm milk
- 50g melted butter
- A cup of grated tasty cheese eg Parmesan
- A teaspoon of grated nutmeg
- 1 egg beaten
- About 100g of mozzarella (or soft tasty cheese)
- About 150g of thin slices of salami or smoked ham/bacon and stir fry for just a couple of minutes.
- About 50g of grated tasty cheese (Parmesan) for the topping
- Drain, then mash the boiled potatoes in the saucepan.
- Add the milk a little at a time, stir frequently for 2-3 minutes.
- Add 50g melted butter. Blend.
- Allow to cool for a few minutes.
- Add the beaten egg and blend well.
- Add a cup of grated tasty cheese and add the nutmeg.

- Blend well.
- Prepare a muffin tin (9 or 12) with butter.
- Half fill the molds with the mash.
- Place a slice of salami or ham/bacon and top with bits of mozzarella.
- Depending on the size of muffin or cupcake tin - repeat the process.
- Top with more mash then a sprinkle of Parmesan cheese.
- Bake in preheated oven at 180C for about 20 minutes.
- When they have cooled a little, remove from the tin and add garnish with bits of salami/ham or a pickled vegetable.

For GREEN Potato Cake Surprise:

Use kale, spinach or broccoli - steamed or boiled and blended together with the potatoes.

Mix it up with other vegetables. Instead of meat use a little slice of capsicum, half olives, pieces of artichoke or sun-dried tomatoes.

Agata Commisso

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YEAR 2018!

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



Year 2018! continues... From now on our time moves to 2018

Colonel Page Russel, back on Earth from Jupiter V, reports to Pfitzner Laboratories to hand over the Jovian soil samples he had been asked to collect while on "Space Patrol." On a guided tour of the lab, he hears a new born baby squall and subsequently coaxes the somewhat reluctant Pfitzner receptionist Anne Abbot to come out on a date with him hoping to learn more about the company. Anne tells him that Pfitzner is trying to find new drugs to combat diseases and admits that orphan babies are being used for experiments. But she abruptly curtails the outing when Page suggests that Pfitzner director Dr. Abbot may be her father. Next month...

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.

Prawn Fritters (Cucur Udang)

Ingredients:

125gm self-raising flour

125gm plain flour

25gm rice flour

1 tsp salt

1 tsp sugar

1 tsp tumeric powder

1 tsp white pepper

1 tbsp chicken stock powder

oil for deep frying (peanut or rice bran oil)

300-500gm raw prawns (cut into small pieces)

1 bunch of garlic chives (cut into 2 cm)

1 carrot (finely grated)

1 onion (roughly chopped)

1 packet bean sprouts (roughly chopped)

green and red chilli – one each (finely chopped)



Method (very easy):

- Mix all the above ingredients together till well mixed.
- · Leave it rest for half an hour.
- · Heat up a pot of oil on high for deep frying.
- Use a big metal spoon or small metal ladle to scoop the mixture into the pot of oil.
- Then slightly lower the fire and fry till golden brown.
- Serve with sweet chilli sauce.









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Do less of what you have to, and start enjoying the good life! To find out more, pop in 7 days a week or call us on 5253 0111.



So many reasons. One place.

Geelong Careers - a free job service for Drysdale and everyone



Geelong Careers was born five years ago in the imagination of a few passionate Geelong people. We wanted to tell the true story of our wonderful region to its many career seekers, young students and aspirational industry and government leaders.

At the Geelong Region Local learning and Employment Network (GRLLEN) we know how dynamic and fast-growing Geelong really is. Geelong's population is expected to grow a third again in the next 15 years. In this fast paced space, people ask us every day: "Where is my future?"

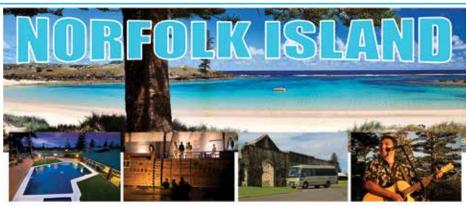
So we built Geelong Careers, with a live job feed, eight top trending careers talent communities and a growing stable of good news industry hero stories, to help inform real career dreams in our region. There is no other site like ours in Australia, perhaps in the world! www.geelongcareers.org.au is free to use, so all kinds of businesses advertise their vacancies on our live job feed, manage their applicants and promote their opportunities without the burden of high cost and the frustration of often ineffective paid advertisements. Every day we offer largest daily collection of job vacancies in the region, posted either directly by employers or harvested from all public sites including JobSearch, Career One and Adzuna. In the past 12 months we have advertised 435 jobs from the Bellarine district with an average of 35 per month. Each day we have between 600 and 1000 jobs with an average of 20 in the Drysdale area. We curate our jobs carefully and refresh them regularly to ensure their validity and currency, consequently our users tell us Geelong Careers has become the go-to site for all things careers. Between January 2017 and February 2018 we had 619,218 job views.

In 2014 when we responded to the question our young people were asking us: "where is my future?" we hoped to change the way our region thought about itself. We hoped to inspire realistic career dreams of a future that is achievable. Geelong has an exciting, challenging and surprising future, so Geelong Careers will continue to share the real story about Geelong, hoping the answer for our young people, indeed all our career seekers, will be: "My future is here".

Marianne Messer

Manager Geelong Careers





Group Tour: 18 - 25 November 2018

Twin Share from \$2990 per person

1 night accommodation at the Rydges Sydney Airport 6 nights accommodation at South Pacific Resort Hotel All flights and airport transfers

Full breakfast daily • Half day island tour • Progressive Dinner Convict Settlement Tour • Pitcairn Settlers Village Island Fish Fry • Mutiny on the Bounty Show • Night as a Convict

helloworld Drysdale

Welcome to





Thursday

🕦 03 5251 1125 🕒 drysdale@helloworld.com.au

Hi name is Mary-Anne I
am currently doing my
placement at SpringDale
Neighbourhood. Centre for
my diploma in Community
Services. I have a physical
disability called Cerebral Palsy
and I use a wheelchair to get
around. I have been asked to write

articles to help share my knowledge and create better understanding of people of different abilities.

When approaching and communicating someone in wheelchair it is preferable to be at their level so you have eye contact.

It is always a good idea to ask the person if they require assistance do not assume that they are unable to perform tasks such as, opening doors, accessing buildings and ramps for example.

When speaking to someone in a wheelchair just communicate as normal, once again, do not assume that they do not understand you. They may not have the verbal skills to respond as you would expect but may have communication aides to assist them. If they are accompanied by a support worker do not address the worker instead of the person with the impairment, this is the most upsetting and degrading behaviour that these individuals experience on a day to day basis. Some of us like to have a chat.

If you are looking to change your employment and looking for something different and thought being a Support Worker might be an option, I am offering a 2 session course Is being a support worker right for you. This is an opportunity for you to came long and ask questions and find out about what is involved in coming becoming someone's support worker. This will also enable you to gain an insight on some of the day to day barriers that a person with a disability faces and how as community members you may be able to interact with people with a disability.

I will be doing regular articles for the Messenger so please let me know if there is any question that I might be able to answer.

Sincerely Mary-Anne Cosic

Strategies for Putting Square Pegs in Round Holes

Sometimes we plan projects and activities but there is always a risk that it may not be what our community needs or is ready for but I am so happy to say we seem to have read the Autism Ecosystem well.

Who could have contemplated that Autism would become such a topic of conversation? Who would have thought that a whole TV series would be devoted to our project Employable Me on the ABC – if you haven't watched it please take the time to watch it, come to SpringDale and watch it on iView.

One of our goals was to increase our enquiries about Autism and opportunities by 10% we now receive almost a call a day so we have had approximately 400% increase. We set a task of trying to get 2 people employment and we have been able to achieve this plus 100% and also gain volunteer experience for an extra 6 people so far.

We now have Art sessions on a Friday morning which are open to people on the Autism Spectrum, those with anxiety and those who just wish to do art on a Friday. This is going so well and there are opportunities for others to build their artistic flare and confidence through these sessions.

A portfolio template has been created and continues to be used by our participants on the Spectrum and those who have been interested who are not on the Spectrum and both groups have benefited for this process.

We are finalising our strategies and finalising our courses that we have been developing during the last 10 months. We are looking to test our sessions and would still love to hear from people who are on the Spectrum and people who might like to use the fantastic skills that people have on the Autism Spectrum by employing them.

We will continue to support this part of our community (hopefully) sustainably as we always do. Whenever we go down a path we find a way to ensure it is sustainable into the future. This mostly relies upon volunteers coming forward.

An example is our Men's Kitchen group which commenced more than 10 years ago with some help from Bellarine Community Health for its first year. It continues now after 10 years and has been replicated 5 or 6 times and we currently have 5 kitchen groups running. Many volunteers have people these programs but Rayna who helped start the program is still part of our team.

Thanks to ACFE (Adult Community Further Education / Learn Local) for their grant which has given us the impetus and credibility to research this field. Many families have found hope through this project and we are grateful for the time people have generously given to help us test our hypotheses and stimulate other ideas for our community.

What's next?

Anne Brackley - *Chief Enthusiasm Officer*SpringDale Neighbourhood Centre





Autism Friendly

JEANNETTE ERNST

Conveyancing Professional





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.

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

Introduction to Computers

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

Tutor: Brenda Richardson, Iteracy

Skill Level: Beginner

Dates/times: Wed 25 July - 12 Sept 9.30am - 12noon

Fee: \$170 or Conc \$80

Computers - the next step

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

Tutor: Brenda Richardson, Iteracy **Skill Level:** Beginner+/Intermediate

Dates/times: Wed 25 July - 12 Sept 1pm - 3.30pm

Fee: \$170 or Conc \$80

Using your lpad/lphone

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: Tue 24 Jul - 11 Sept 1pm - 3.30pm

Fee: \$170 or Conc \$80

One on One individual sessions with tutors may be negotiated with SpringDale.

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 9 Aug or 13 Sept 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 salling

Tutor: Ken Brackley.

Dates/times: Thurs 23 Aug & 13 Sept 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 25 Jul - 13 Sept 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: Wed 1 Aug 6pm - 7.30pm

Sat 25 Aug 9.30am - 11am

Fee: \$5

Yoga

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

students are warmly welcomed. **Tutor:** Glenda Breedveld

Materials: Bring your own mat and blanket if required.

Venue: SpringDale Hall

Dates/times: Mon 23 Jul - 17 Sept 9.15am - 10.45am

Fee: \$150 or Conc \$140 (9 sessions)

Dates/times: Thurs 26 Jul - 20 Sept 6pm - 7.30pm

Fee: \$150 or **Conc** \$140 (9 sessions) \$20 per session if paying for single sessions

Tai Chi for Health

Learn the gentle and meditative movements of Tai Chi in a fun and supportive class. Tai Chi can help with balance, flexibility, overall fitness and mental heath.

Suitable for all ages and abilities

Tutor: Kathy Lanthois

Dates/times: Tues 17 July - 18 Sept 7pm - 8pm

Friday 20 July - 21 Sept 9am - 10am Fee: \$110 Conc \$100 for 10 Sessions

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 15 Aug 1pm -3pm

Mapping the Skills of People on the

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

Autism Spectrum

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

Art, Autism and Anxiety

Celia Adams is a fully qualified Art Therapist with a Certificate IV in Disabilities. Art on the Spectrum is a studio based program that invites people on the Autism Spectrum to explore the art space in their own way and discover a creative language to communicate in a safe and supported environment.

Tutor: Celia Adams

Dates/times: Fri 13 July - 14 Sept 10 - 12noon

Fee: \$200 or Conc \$100

Being Creative

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 21 July - 8 Sept 9.30am - 12noon

Fee: \$160 or \$80 conc

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: Mon 7 Aug - Mon 28 Aug 7pm - 9pm

Fee: \$110 or Conc \$100

17-21 High Street, Drysdale Email: office@springdale.org.au Phone: (03) 5253 1960 Fax: (03) 5253 3050

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 7 Aug - 25 Sept 1pm - 3pm (8 sessions)

Fee: \$135 or conc \$75

Media Art Course Discover the Artist Within - Level 2

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

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

Tutor: Annette Playsted

Dates/times: Mon 6 Aug - 24 Sept 10am - 12.30pm

Fee: \$145 or Conc \$80

Advanced Workshop Program Develop the Artist Within - Level 3

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

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

Tutor: Annette Playsted

Dates/times: Mon 6 Aug - 24 Sept 1pm - 3.30pm or Dates/times: Tue 7 Aug - 25 Sept 10am - 12.30pm

Fee: \$145 or Conc \$80

Jazz Jam Workshop

Join in a series of 5 x 2 hour beginners' improvisation workshops for all instruments and singers, guided by professional musician, David Rackham.

Tutor: David Rackham.

Dates/times: Tues 24 July - 28 Aug 7pm-9pm

6 Sessions

Fee: \$120 Book with SpringDale Office 5253 1960

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 Jul - 13 Sept 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 Jul - 13 Sept 9.30am -

10.30am

Fee: \$85 (8 sessions) or Single sessions \$15

Cheese Making

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: Charlene Angus

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

Future Direction

Is being a Support Worker right for you?

Have you thought about caring for a person with some challenges and wondering whether it might be right for you. Maryanne is an experienced trainer who will walk you through some scenarios to help you decide.

Tutor: Maryanne

Dates/times: Tues 24 July or 31 July 10 - 12noon

Fee: \$20 Child Care available.

Returning to Earning

Tuesday mornings, build confidence, get life organised, update your resume and get ready to work.

Tutor: To be advised

Dates/times: Tues 17 July & 7 Aug 9.30am - 12noon

Fee: \$20 Child Care available

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: Thur 19 July 9.30 am - 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 16 July 11am - 12.30pm 7 more sessions as individually scheduled

Fee: \$100 or 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 5 Aug or Sat 2 Sept 10am - 12noon

Fee: \$40

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. Non accredited course.

Tutor: Tim Digby

Dates/times: Mon 9 July, Mon 30 July, Mon 13 Aug

Mon 3 Sept 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: Starting Mon 23 July 10am - 2pm

(10 sessions) **Fee:** \$200 **Conc** \$100

Transition Streets (Intro to Sustainability)

A series of discussions about how to live more sustainably, topics include energy savings, waste & consumption, growing food locally, and connecting with neighbours.

Tutor: Jackie Lukacz

Dates/times: Wednesdays 1pm - 3pm

Fee: \$12 plus \$2 weekly

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: Mon 6 Aug 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: Fri 24 Aug or Sat 6 Oct 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: Stavin' Alive First Aid

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

Dates/times: Fri 24 Aug or Sat 6 Oct 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: Fri 24 Aug or Sat 6 Oct 9.30-4.00

Fee: \$160

Please contact Raelene to book a place 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 17 Jul - 18 Sept 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

SciFi - Space Pilots Wanted

Space Pilots! Boys & Girls 6 and over. Kids Space Pod Training Day.
Learn to fly the Space Pod on search and discovery mission.

Dates/times: Sat 28 July 10am - 11am or Mon 13 August 4.30pm - 5.30pm

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.

Kinship Carers

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

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

This group meets Fridays at 10am and solves crosswords from the Guardian. This group for seasoned cryptic crossword solvers. We may provide workshops for beginners of there is a need.

Fun Volleyball

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

Venue: Drysdale Scout Hall

Genealogy

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

Thursdays 9.30am - 12noon

SpringDale Jigsaw Club

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

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.

Men's Kitchen - Tuesday Mornings

Tuesday morning 10am - 1pm Location: St Leonards Recreation Reserve

Fee: Price depends on menu

Men's Kitchen - Wed/Thurs/Fri Morning

Wed / Thurs / Fri Morning 10am - 2pm **Fee:** Price depends on menu

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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.

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.

Scrapbooking Group

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

Thurs 12 Jul, 9 Aug, 13 Sept, 11 Oct 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

Felting

This is not a class but people coming together to enjoy felting. If you're not sure what felting 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

$\label{eq:Growing Green - a Healthy and Sustainable Community.}$

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)

Portarlington Toy Library

Meets weekly Wednesdays during school terms 8.15am - 9.15am

New Groups -

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. Second Friday of the month and last Thursday of the month 1pm-4pm

Circus Group

Meeting weekly come and learn circus skills from others in the community, try out new tricks and skills on shared, borrowed equipment before investing in your own, share skills learnt with other new members, a regular time to come together and practice. This is an inclusive space where women, and the lgbtiqa+community feel comfortable moving together. All ages and genders welcomed.

Expressions of interests, please contact SpringDale 5253 1960

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 3 July / Thurs 5 July (11 weeks)

Fee: \$165

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.

Bellarine Camera Club

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



Bellarine Camera Club

BELLARINE CAMERA CLUB

Our first meeting for this month fell on a public holiday but was still well attended. Members brought their gear along to explore some areas of photography that were not their usual interest. Different areas were set up for photographing still life and portraiture, among others. It was a casual and enjoyable evening with members sharing their expertise with each other.

Those attending the monthly competition meeting were given very interesting and passionate critiques from our judge, Mike James 'the Smartphone Photo Guy'. He was very detailed and a delight to listen to, and members were sure to have taken away some hints and tips from the evening.

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

Lynne Bryant

President

Now and Then - Stan Coath

PRINTS

A GRADE:

1st Flannel Flower - Martin Young 2nd Candle Lit Arcade - Daryl Haywood

Brd Swans Courting in the Mist

- Jim Den Ouden Merit Blue Crane - Stan Coath

Merit At Peace

- Jim Den Ouden

B GRADE:

Merit Beautiful Dahlias - Janine Paton ELECTRONIC DIGITAL IMAGES

A GRADE:

1st Ironman Sam - Lyn Northam 2nd Now and Then - Stan Coath

3rd Tortured Tree Polar Bear - Dee Kelly

Merit Aireys Inlet - Lyn Northam

Merit Milk and Honey - Dee Kelly



Flannel Flower - Martin Young

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admin@autoprodrysdale.com.au

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SpringDale Trivia

by Drysdale Girl Guides

 In Doctor Who what method of Transportation does The Doctor use to travel through Time and Space?

Turn

to page 21

to find the

answers.

- 2. To which two continents are Elephants native?
- 3. Which city will host the 2020 Olympic Games?
- 4. Who was the 23rd Prime Minister of Australia?
- 5. Which DJ, Musician and Record Producer passed away on the 20th of April 2018?
- 6. How many pawns are there in total on a chess board at the start of a game of chess?
- 7. In Roman Numerals, what does the letter C represent?
- 8. What was the name of The City of Gold sought out by Spanish explorers?
- 9. In what sport does the Matildas represent Australia?
- 10. Which is the 17th Letter of the Alphabet?

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



BrownGouge



Not Booked

St James Book Sale will be on again next January and you may not be aware, but a team of women work all year sorting and pricing donated books.

St James is very grateful for all the donations of books and magazines for the sale, but it's been a bit of a quiet time for donations. So, if you have any books you would like to donate, the Book Room at the Church in Collins St, Drysdale (opposite the Christian College) is open from 9 - 11.30 am on a Thursday morning for deliveries. Just enter through the double gates, go along the R.H side of the Church Hall and the Book Room is in the long shed at the back of the Hall. If you have a quantity of books/magazines, pickup can be arranged... just call one of these numbers: 5253 1230, 5251 5566 or 5251 3702.

The book sale includes old and new books, fiction and non-fiction, children's books, hard covers and paperbacks, plus special interest magazines such as hobbies, collecting, home, fashion, cookery and gardening, and even old sheet music in good condition. However, they do not take text books or encyclopaedias.

So please, if you think you may be downsizing or just clearing out a few shelves and if you'd like to donate your books to this Sale, sooner rather than later would be good and so gratefully received!



Inner drawers for those hard to get to spaces



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DRYSDALE Cabinets & Joinery

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Rotary Club of Drysdale

We have yet again had another successful Annual Easter Art Show run by the Rotary Club of Drysdale. Many hands make light work and never a truer word is spoken when the Club came together to put on the 42nd show always run by volunteers.

This year was no exception. A team of willing workers set up boards, hung paintings, sold raffle tickets for the Barwon Health Rotary Volunteer Patient Transport Program; then, when it was all over, re-distributed the paintings, dismantled the boards and packed everything away again ready for next year. And next year, over a four-day period, all have agreed to do it all over again.

Over 100 artists entered around 403 pieces of art work ranging from portraits to landscapes to contemporary and everything in between, from far and wide, local and interstate. Each year we display the Art Show in the excellent Christian College Sports Stadium, Drysdale, show-casing the many mediums and talents to a much wider audience.



This year it looks like we have raised nearly \$20,000 which will be distributed locally and throughout the world helping the people who need it.

Are you new to area?

Want to meet new people?

Want to help others?

We are always looking for people to join us to increase what we can do locally and internationally. We are only limited by the people power we have, more members, more hands to impact the world!!

Who, where, when and why?

You, Clifton Springs Golf Course, Monday Nights 6pm for 6.30pm start. To meet other like-minded people who wants to helps others.



Next financial year I'm going all like a fresh start, but what can you really do to make your business grow in 2018/2019?

June is the time that businesses take stock of what they have achieved, or sometimes not achieved in the Financial year that is wrapping up. Visits with accountants and doing tax planning can be a heart wrenching time for a lot of small business owners....

So what can you do for the upcoming year?.... You will no doubt set some goals and targets, most likely with your accountant as they will often give you some good insights on areas to work on to liven up your business outputs. You feel inspired, but the question of what to actually do to make these goals come to life is where it stops short. And anyway, are they the right ones or not? Many people stop there and groundhog day replays for the new Financial year. BUT NOT THIS TIME!

Try this – get out there and talk to others in business and see what help is available to you to improve your chances of success. If you put yourself out there you will be amazed at who you will meet and what comments and advice people will freely give you if you're willing to give back to them as well. Try your local business network groups in person, or online forums like facebook groups.

There are loads of these around the Bellarine and Geelong area. So get out there and find yourself some trusted support. It's the taking action that will make your business grow in 2018/2019.

Aaron Hunter

www.straightforwardbusiness.com.au







Memories of Yesteryear by the Older Generation of the Bellarine

The Whitcombe Walk - continued

Benjamin worked as a stonemason and labourer for a couple of years. Then the GOLD RUSH struck. Eliza and her children were left to fend for themselves, as Ben tramped off to the diggings in Ballarat to make their fortune and left his wife Eliza to look after the children in "Newtown". We know very little of this period. However my father told me that his Grandfather Ben, was a very big man and that on the bush tracks between diggings, many would ask to walk with him for protection, as footpads and robbers preved on the new chums and those returning from the diggings with gold. He would always agree to their request, but few could ever match his pace and would soon fall behind.

Eliza lost her life during child birth in 1852 and lies in an unrecorded grave in Melbourne. A poor person's fate in those days... Daughter Elizabeth at 9, became Mother to her two younger brothers. My Great Grandfather Benjamin remarried 12 months later to Charlette Norley and they settled down, and worked the market gardens in Moorabbin, where Elizabeth at 16 years married George Hutchinson.

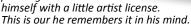
The Whitcombe and Hutchinson families

moved to Drysdale in the 1860's, still working as agricultural labourers. Ten years later Joseph Whitcombe married Catherine Hutchinson (the sister of George) in the Methodist Parsonage Drysdale. In 1872 my Grandfather, Samuel, the youngest son, married Mary Hutchens. By then Sam had purchased 20 acres of land in Ganges Lane, (now Whitcombes Rd) where his wife's family built them their first timber two room cottage as a wedding gift. Sam established an orchard and market garden and added more rooms as their family grew. Samuel a strong man and prodigious worker, studied and planned everything he did in his orchard and vegetable gardens. He was especially remembered for his cherry orchard and as a pioneer in the cultivation of asparagus.

My late Grandfather Benjamin Whitcombe, died at Drysdale in 1884. It is said that he lived in humble circumstances, in a small cottage in Princess St, just south of where the railway line was built a decade later.

Ben, experienced many of life's hardships including the loss of his first wife Eliza, leaving him to raise their young family alone. Yet he never lost his Christian faith, and through

lan took this picture of the old original Whitcombe house in 1990 and then did a watercolour painting





unremitting work, brought his children through the dark hungry years of the 1840's, to a raw new land. For Ben and his family progress was slow, however they reached a time when they could at least live without the constant fear of hunger and poverty. Ben reached life's end at 65 years of age, with his family settled and with just a little dignity. He was the first to be buried in the family plot at Drysdale Cemetery.

To be continued....

Story told by **Ian Whitcombe** and penned by **Lesley Whitcombe**

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Winter in the garden is a bit of enforced downtime, a chance to pause, plan, prepare. A time for looking back and turning back in, to return nutrients, organic matter and love to your patch that has given so much through the growing and harvest seasons.

Winter remains a productive working season: there isn't much in the way of cold and rain that can't be tamed with a decent hat and coat, and the ground itself is more receptive to the hard work that warms our bodies and hearts in one. Days are short and there's much to be done cleaning up, clipping, clearing, planting bare root trees and pruning back bare branches. By necessity, gardening's seasons keep us close to life's fundamentals, on the cutting edge of doing, as each one

that passes is another one that was, one less to be dreamed, imagined, planted, nurtured, harvested, preserved.

Like most serious endeavours the year is punctuated with pleasures and surprises. Treasures unearthed. Rubbish removed. Lessons driven home. Adjustments. Mother Nature holds us in her hands and despite the onslaught of change, keeps on.

Spending time working in a garden is more joy than work. The chance to feel real air rather than the conditioned kind, at any moment to look up and see the sun or passing pelicans, to experience the day's weather firsthand, to witness new growth and flowers unfolding.

May all your garden grow,

Agata & Michael - Portarlington Nursery 0474 521 483



Free My Aged Care Help Service now in Drysdale

The **My Aged Care** Support Service is available on a Thursday afternoon at the Drysdale Community Health Centre.

Bookings are essential so to make an appointment for this service, please call Drysdale Community Health Centre on 5251 4640.





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Bellarine Support Group for Kinship Carers

A lot has happened over the past few months in relation to kinship care.

Most importantly Elizabeth my grand-daughter and I along with Lorraine and her grand-daughter Hope went off to a kinship camp at Anglesea for the weekend.

This camp was organised by the YMCA totally for kinship carers. The carers that attended the camp were from far and wide all over Victoria - Lilydale, Warrnambool, Portland and even Mt. Evelyn.

The YMCA organised volunteer carers for each child for the weekend those young volunteers were outstanding in their care of our kinship children. A lot of children in kinship care suffer trauma of some sort in their short lives, but these young volunteers were caring, patient, calm and knowledgeable in all aspects of the young children they were caring for.

On Friday night we all gathered around the camp fire to toast marshmallows and tell scary stories.

The children loved the fire.

When all the children and their YMCA carers left on Saturday for a day out in Geelong, the kinship Carer's were totally lost, as one carer said "I never have time to do anything for myself - what do I do now".

So at that point all the kinship carers sat down and talked about how being a kinship carer has effected them and how has it impacted on their lives. Right across the board every kinship carer was effected in some way, but happy and glad that they are kinship carers. They all felt the most important part of being a kinship carer is seeing how happy and well-adjusted the children in their care are.

We as a group of carers shared lots of information and resources with each other for the benefit of the children in our care and also ourselves



On Sunday we arrived home totally recharged, relaxed and exhausted.

I would personally like to take this opportunity to publically thank the YMCA for organising this camp for kinship carers.

Can I ask if any business or company would like to offer financial assistance for other kinship carers to attend future YMCA camps, I would be happy to pass on any information that is required?

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 4th June, 6th August, 3rd September, 8th October, 5th November and 3rd December.

We meet at SpringDale 10am to 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



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Please be aware there are a number of scams going around at the moment.

To protect yourselves don't give any unsolicited telephone callers any access to your PC. Telstra, Microsoft or any other big name Tech company NEVER call you at home. In my experience you call them and wait in a queue for 40 minutes.

These callers are very experienced and can sound remarkably genuine however they are overseas based at a call centre and earn a commission based on how much money they can get from you. Don't give them any bank or other financial institutions details.

If you let them they will show you how your PC has numerous faults (all PC's do, it's quite normal) and then charge your credit card to "repair" these faults. They also can lock your PC with a password stopping you and sometimes even a technician from getting access to your files, documents, photo's etc unless you pay them.

I have seen instances where people have lost from hundreds to thousands of dollars. They are persistent and will call back if they are successful.

Best advice is to hang up or state you don't have a PC.

Also doing the rounds are emails purporting to be from Origin, AGL, Australia Post etc. They look genuine and even contain the logos. They are invariably trying to get you to either download an attachment or click on a link to infect your PC. Again it's a scam and unless you are certain it is genuine I'd suggest deletion.

I'm sure to a lot of people this advice comes under the obvious "don't run carrying scissors" type suggestion however I am seeing quite a few people who are being targeted lately and I'd prefer to look silly if it prevents some people being ripped off.

Martin O'Connor

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Drysdale Clifton Springs Curlewis Association

New Traffic Infrastructure Proposed for Drysdale.

The DCSCA Committee would like to place the following statement on the public record.

We believe that the 3 sets of traffic lights proposed for the western entrance to Drysdale do not meet project objectives and are incorrect, unsafe, inefficient and ugly outcomes and they will be hugely detrimental to our community.

DCSCA supports the Hearing Panel recommendation: - VicRoads should review the intersection design for the Bypass/Grubb Road/High Street intersection, taking into consideration an expanded school population, the community/sports precinct and the seasonal variation in traffic volumes.

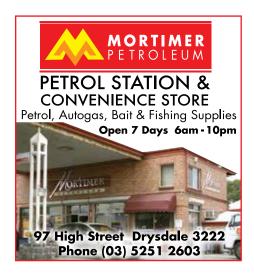
Note. DCSCA lobbied successfully for and is totally in favour of the Drysdale Bypass. DCSCA is advocating that the construction of the Bypass roads and the connection of Peninsula Drive through to Belchers Road progess whilst this review is being conducted.

There are alternative roundabout proposals, which do meet project objectives and are much safer and much more traffic efficient. For more information search change.org Drysdale

We are particularly concerned that, compared to these alternative roundabout proposals, analysis indicates that, with the 3 sets of traffic lights, there will be in excess of 12 times the number of crashes resulting in serious injury.

There will also be significantly increased travel times, higher noxious and climate changing emissions, the loss of a huge number of trees and the destruction of the pleasant ambience of the entrance to our community.

The DCSCA Committee - May 2018





Clifton Springs Garden Club

We are now coming into Winter but that doesn't mean that you should stop enjoying your garden. There is nothing I like better than on a cool sunny winter's day putting on some warm clothes and getting out into the garden. There is always something to be done and you will often find little surprises as you walk around. Even if you don't have any flowers, just enjoy the textures and colours of the leaves of the bushes and plants, I find this very therapeutic.

Even though the weather is now getting colder, the Garden Club still tries to get out and visit gardens to see them from a different perspective. It is always nice to visit the same gardens during different seasons.

Members at our April meeting all thoroughly enjoyed the informative and interesting talk that Jim from Wattle Grove Honey & Supplies gave. In June our speaker will be Sharren Jeffs from The Patch. Sharren will be coming along to tell the Club all about her vegetable garden and what she does with her abundance of produce. The Club is very grateful to these busy people who give up

their time to come along and talk about their businesses and in most cases their passions and at the same time expand our members knowledge on all things gardening.

We meet 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









1. The TARDIS

2. Africa and Asia

3. Tokyo, Japan

4. Bob Hawke

5. Avicii (real name Tim Bergling)

6. Sixteen (Eight black, eight white)

7. 100

8. El Dorado

9. Soccer (Women's)

10. Q



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SPORT Drysdale Soccer Club



2018 has started with a bang for Drysdale Soccer Club with the first two Southern Junior Hubs hosted at the Drysdale Sporting Precinct. The Junior Hubs host all the clubs in Geelong for the U7-U11 teams at the one facility, where each club hosts two weekends for the year. Sunday 29th April and Sunday 6th May saw up to 1400 people attend the Drysdale Sporting Precinct in what was a huge couple of days for the soccer club and certainly put the new facility to the test. Many thanks to the many volunteers who helped set up goals, mark pitches, worked in the busy canteen and coordinate the games.

Our numerous school clinics in early 2018 were a great success with clinic held at Drysdale Primary School, Clifton Springs Primary School, Christian Collage-Drysdale Campus and with some planned for St Thomas Drysdale later in the year. Thanks to FFV Zone Development Officer Foddy Kyprian and Drysdale Soccer Club's Schools Coordinator Jessie Maes who have put in the time and

effort to run these clinics and to the local schools who have been so receptive in running clinics for the 'world game.' These clinics have contributed to significant growth in our Junior program with 160 registered Juniors players so far in 2018 (up 33% from 2017) and we hope this trend continues.

The Senior teams have started strongly with the Senior Men's team currently second placed on the ladder after being undefeated after the first 3 games. A new look formation from Coach Jason Pickles has paid dividends with Dougie Weeks and new recruit Wade Lansbury finding the net on multiple occasions across the first few rounds. Injuries to key playmaker Jonno Heseltine and sweeper Callum Lupton are cause for concern as again the team are struggling to get their best 11 on the pitch. The Senior Women were slow off the mark this year, losing to Bell Park in trying conditions of heavy wind and rain, eventually going down 2-1, followed by a tough match against the new Geelong Rangers outfit who

have recruited heavily from WPL side Geelong Galaxy in the off-season, with Drysdale battling hard but going down 4-1. The Senior Women who went through the entire season without losing a game in 2017, bounced back into form in Round 3, easily accounting for Surf Coast 7-1 and Coach Simon Blanch will be looking to continue that good form going into their next clash against Kardinia Collage. The Women's Reserves and Men's Masters (over 35yo's) team are also performing exceptionally, both on top of their respective ladders undefeated, while the Men's Reserves are in fourth spot.

Senior Men	Result
Rd 1- Drysdale vs Surfside	Won 2-1
Rd 2- Drysdale vs Lara	Won 3-1
Rd 3- Drysdale vs Corio	Draw 1-1
Senior Women	Result
Senior Women Rd 1- Drysdale vs Bell Park	Result Lost 2-1







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Crimea House

They were a tight knit band of brothers. They came home, tired, weary, foot sore, injured and mentally fatigued. For some, there would be no place to rest their heads, for others, physical work would be impossible to find because of their injuries. While yet others would be plagued with sights, scenes and smells graphically played at any unbidden time in their heads. They slept in railway stations, church porches or wherever they could find shelter from the weather. Their hunger was not satisfied with scraps and the occasional good meal.

Who were these men? They were returned soldiers of the Crimean War.

The hearts of the Drysdale people were touched with compassion. The results were that after 12 weeks, a home had been built for these soldiers. Caring people stood up for these brave men who had faced, slept, smelt and lost friends in death which are all involved in the theatre of war.

Nothing has changed really since those times. Our men and women are returning home after being in Afghanistan, Iraq and other war torn countries with the same fatigue, injuries and mental issues that the Crimean soldiers had.

With 87 suicides last year and 7 already this year the situation is becoming desperate. There is an urgent need for a place, similar to the Crimean House, for these former Defence Force Personnel to be able to call home for a short period of time until the ravages of war can be faced and handled.

Can you help us please? We are looking for 1/2 acre of land or a house suitable for a small number of people. With no money but plenty of compassion we are asking if you, the people of Drysdale/Clifton Springs can once more step up to the plate to help those who cannot help themselves at this point of time.

SPORT

Drysdale Bowling Club A History....cont'd Chapter Ten

On March of 2013 a formal statement was finally received that the proposed acquisition of the Clubs land would not proceed and so the Club was free to plan for the future on the present site. The 25th Anniversary of the opening of the Club House was celebrated in style. However damage to the greens by rabbits remained a problem.

As in past years the early 2000's were financially a mere step ahead of the income required to run a successful organisation. Some fund-raising activities proved to be a liability and these were dropped. The slow, steady increase in costs were not being well covered and much discussion took place around promoting new ventures.

As stated in a VicSport update to all sporting clubs in 2015"Decreasing participation rates in structured sport, declining volunteer numbers, increased administrative costs and compliance requirements, and shrinking



11-17 JUNE 2018

funding pools are all factors working together to make it more difficult for small community based grass roots sport and recreation clubs to survive." This lengthy document went on to promote amalgamation of local groups as one way of assisting in better outcomes for all but also relinquish exclusive control of their operations. At about this time some discussions took place with the Clifton Springs Bowling Club along these very lines but this too came to nothing.

In 2014 a Ten Year Forward Plan was adopted and three years into that time frame several items have been brought to fruition. Some of these being a new fence on the Collins Street boundary, removal of a small shed on the south boundary of Green One and

....almost done....





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