

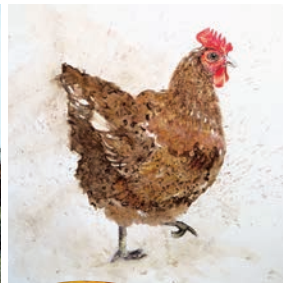
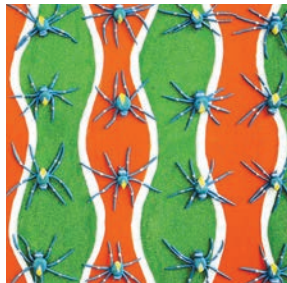
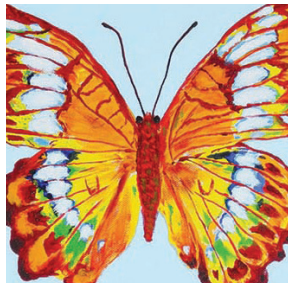


The SpringDale Messenger

September 2018
Volume 28 Issue 8

ABN 21 404 220 267

Compiled & Published by the SpringDale Neighbourhood Centre Inc.



SAT 22 - SUN 7
SEPTEMBER OCTOBER

SpringDale
Artists



EXHIBITION *art*

you are invited to our

OPENING

by Lisa Neville MP

SUNDAY 23RD SEPT. 2-4PM

SpringDale
Neighbourhood Centre
Live Music, Drinks, Nibbles
No RSVP Necessary

(\$5 donation requested on entry)

SAT 22 SEPT - SUN 7 OCT

view 4 types of art - all original
10am to 4pm every day

1. 12"x12"s with the theme
"All Creatures Great & Small"
- only \$80 each -
2. a wide variety of other Paintings
- from inexpensive upwards! -
3. Small Works - all inexpensive -
4. Greeting Cards featuring prints of
original paintings - \$5 each -

(gold coin donation requested on entry)



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 OCTOBER 2018 • **Bookings/copy required by** 1 September • **Dist:** Sat 29 September 2018 • **Circ:** up to 20,000

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

SEPTEMBER

Saturday	1	Bellarine Jongleurs - Giants in the Sky - 2pm - The Potato Shed
Sat-Sat	1-8	Adult Learners Week - SpringDale
Sat-Sun	1-30	Big Heart Appeal - Heart Foundation
Sunday	2	Footy Colours Day - Fight Cancer Foundation
Sunday	2	Father's Day Bellarine Vintage Machinery - Drysdale Station - 9am - 3pm
Sunday	2	Father's Day
Tues-Mon	4-10	National Stroke Week
Friday	7	HELL SHIP - Michael Veitch - 8pm - The Potato Shed
Friday	7	Staging Post - Film Night - 7pm SpringDale
Sat-Sun	9-11	Rosh Hashanah - Jewish New Year
Monday	10	National Health Record Presentation 7-8pm SpringDale
Tuesday	11	Pl@n B - Hits of the 60's - Morning Show - 10.30am - The Potato Shed
Wednesday	12	Days for Girls Sewing Group 9-3pm
Wednesday	12	Suburban Sandcastles - I am a Girl - 6pm - The Potato Shed
Wednesday	12	SpringDale Dining Group - Clifton Springs Golf Club
Saturday	15	Paris Underground Cabaret - 8pm - The Potato Shed
Friday	14	RUOK? Day. Ask, Listen, Encourage Action, Check in
Sunday	16	World Gratitude Day
Wednesday	19	SpringDale Lunch Bunch - The Range
Wednesday	19	International Talk Like a Pirate Day - Just for fun!
Friday	21	International Day of Peace - UN
Friday	21	International World Gratitude Day
Friday	21	World Alzheimer's Awareness Day
Sun-Sat	30-6	National Op Shop Week

Bookings & copy required by 1 September for the October issue

The SpringDale Messenger is a locally produced publication.

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

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

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



SpringDale Neighbourhood Centre Inc. acknowledges the support of:





Coordinator's News

Anne Brackley



SpringDale invests time and energy to build reliable, two way partnerships and collaborations for the advantage of our community. I am excited by the number of new partnerships we are building and equally excited by the number of partnerships that we continue to value and nurture with individuals, groups, businesses, departments and governments. Meeting commitments and reducing disappointments all help to keep relationships building in a positive way.

Attending a time management training recently, using a safe, reliable, trusted system was talked about as a way to ensure that you remember your commitments and reduce disappointments. Developing such a system and using it and building trust in it is important. The words trusted system keep echoing while I am planning and running through each day.

We have started to work closely with Bellarine Historical Society, we are now selling their books at SpringDale making the books accessible again during week days. We are working towards more combined events and activities. Feel free to come in and have a look at the range – perhaps an idea for Father's Day.

Our partnership with City of Greater Geelong to provide training opportunities for information about food handling and how to use a defibrillator is coming to an end with the last few sessions being presented. Although these sessions are not accredited, the information is being presented by accredited trainers and using their accredited training information – if you haven't been able to avail yourself of this opportunity please don't miss out. Perhaps you could invite a Neighbour to attend with you, as a Neighbourly Networking activity.

Planning for next year is starting and if there is something new that you think we should be offering please let us know so we can arrange to increase our offering list. This is a way we can partner with you. Sometimes it takes a little while to achieve a goal or dream but we continue to work towards it. Yesterday, I was able to thank the people who suggested that we show films at SpringDale and look forward to meeting the rest of their suggestions.

This month finds us starting to host a series of exhibitions and we thank everyone who has been able to alter the way they meet at SpringDale to enable special events to happen. Once again, this is the way that collaborations and partnerships that involve give and take, can be enhanced but each of these requires – time, energy and goodwill.

We still have courses on offer during the next 4 months that might help to enhance your life. Please contemplate jumping feet first into a new course or activity that might help your life in some way – sometimes taking that first step opens up doors you didn't even know were in front of you. Please consider finding the fun in something this month and feel free to let me know how you go – I promise I am interested and maybe this is how we will start to collaborate. People are usually surprised how easy SpringDale is to work with.

Warm regards **Anne Brackley** for the SpringDale Team.

The aim of Adult Learners Week 1–8 September is to celebrate adult learning and to build an awareness of the various learning opportunities that are available to adults across Australia.

At SpringDale we are passionate about learning and inspiring people to think outside the box, try new things and expand their horizons.

Pop in for a chat and a cuppa over this week to find out whats on offer at SpringDale.

ADULT LEARNERS WEEK 2018

1-8 SEPTEMBER

News@SpringDale

New Classes

Healthy Snacks

Are you sick of paying lots of money for Healthy Snacks? Well this class could be of interest to you.

You will learn how to make nutritious snacks, including: protein balls: pizza/bread, dips.

You will taste what we prepare and will take home recipes.

This is a Neighbourly Networking event – please invite your neighbourhood and it will be \$15 for 2.

Bookings essential

Dates/Time: Fri 7 Sept 1.30pm – 4pm

Fee: \$15.00



School Holiday Cooking Classes

These holidays Springdale will be offering some fun cooking classes for students, aged 12-18.

The classes will be run by an experienced Food Technology Teacher and we are hoping to run a Savoury and Sweet Classes.

Savoury - Bread /Pizza, Nachos, Hamburgers, and /or Spaghetti Bolognese and the like. You will be tasting all the treats we make and perhaps take a selection of treats home with you.

Dates/Time: Mon 24 Sept or Thurs 4 Oct
10am - 1pm

Fee: \$20.00

Sweet - Energy Chocolate Truffles, Sweet yeast buns, Pineapple upside down cake, Cupcakes, Teacake and /or Biscuits. You will be tasting all the treats we make and perhaps take a selection of treats home with you.

Dates/Time: Thurs 27 Sept or Mon 1 Oct
10am - 1pm

Fee: \$20.00

Neighbourly Networking event - please bring your neighbour and cost will be 2 for \$20.



Drysdale Bypass to Commence in September.

The \$117million Drysdale Bypass is one of the biggest and most significant road projects to be built on the Bellarine Peninsula.

It will reduce traffic congestion through Drysdale by 40% and significantly decrease travel times for those heading to, or from, Portarlington, St Leonards and Indented Head.

It is a project that has been talked about for more than 40 years, and despite some recent reports to the contrary, construction of the bypass will commence, as scheduled, in September and will be completed, as scheduled in mid-2020.

When the Premier and I visited the site, we were joined by members of the Drysdale Clifton Springs Curlew Association and all were *Welcomed to Country* by Wadawurrung Elder Uncle Bryon Powell.

Like all road major projects across the State, the Government works respectfully with traditional owners in identifying and recording culturally significant items. It is important work that is factored into construction schedules and costs.

In my work across the Bellarine I have lots of conversations with people and local organisations. From this I know the project enjoys wide support because when complete it will make Drysdale an even more liveable town, and commute times to the likes of Portarlington not only quicker but also safer for motorists and pedestrian alike.

Bellarine Community Safety Group

The Bellarine Community Safety Group held its regular quarterly meeting recently. Readers may be aware the group consists of representatives from communities across the Bellarine and local police. It is co-chaired by myself and Assistant Commissioner for Police Cindy Millen.

As part of its work the group has established, for example, the Bellarine Be Safe Web Site. The purpose of this website is to act as a community safety and crime prevention information hub to keep residents and visitors to the Bellarine Peninsula informed on matters of community safety.

To do this, reputable sources such as Victoria Police Eyewatch, Country Fire Authority, Surf Life Saving Victoria and Neighbourhood Watch Facebook pages are being utilised to keep the users up to date.

I would encourage all locals to make themselves familiar with this great community safety resource.



Tree Planting Morning at Drysdale Sports Precinct.

I was very pleased to participate in a recent tree planting morning at the new \$3.5 million Drysdale Sports Precinct.

Having been heavily involved in the sports precinct development over a number of years it was great to be involved in the next stage of beautifying the area.

The tree planting was organised by Bellarine Landcare and the sporting clubs and it was great to see lots of kids enjoying the morning.

I congratulate all involved, including organisers including Kate Lockhart and her team from Bellarine Landcare and the clubs represented amongst others by Paul Rawson and Ross Deeth.

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

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

Thank you for placing the article in the SpringDale Messenger. The visit of Tenzin Choegyal for an evening of Tibetan music, recently in Clifton Springs was a unique experience for all who attended. Tenzin's relaxed nature and haunting Tibetan music captured ones imagination of his homeland. The money raised has been given to the Australia Tibet Council. We hope he may find time in his busy schedule to visit us again. Thanks **Barbara**

Drysdale Bypass Update

Over the last 9 years SpringDale has been actively advocating for the Drysdale Bypass, we helped to bring it from never to about to begin. I understand that VicRoads has now acquired all the land for the Bypass. Through the Cultural Heritage works on the top of Andersons Road, 5500 cultural heritage artefacts have now been found. As reported last month this procedure will take place on a number of places along the Bypass route during 2018. We are working with the Major Roads Projects Authority to have a monthly update to keep our community informed.

Sincerely **Anne Brackley OAM.**

- Personality clashes?
- Co-workers not getting along?
- Staff members not co-operating?
- Frosty undercurrents?
- Communication problems?

Let me help you....



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Lisa Neville MP

Member for Bellarine

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

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



"DELIVERING for the BELLARINE"

Authorised by Lisa Neville MP

Funded from Parliamentary Electorate Office and Communications Budget

A UNIQUE EVENT

Children should be able to look forward to a life of comfort due to loving care. However it is very sad that there are many that cannot. The dreaded cancer takes the lives of as many as three per week throughout Australia while 800 new cases are diagnosed every year.

How can we give support in the battle to save the lives of children suffering cancer while at the same time enjoying a unique event? Engage in some give and take; give a modest entry fee and take in an afternoon of music with a difference.

After extensive tours of Europe and America, The Sydney Welsh Choir is coming to Victoria for the first time. They have chosen to start their state tour on the Bellarine by freely performing in support of the campaign by Australian Lions Childhood Cancer Research Foundation to help those less fortunate youngsters.

The unique concert is enhanced by performances by The Geelong Welsh Ladies Choir which is believed to be the only all female Welsh choir outside of Wales. Additionally, the local choir The Coryule Chorus, which in recent years has performed to an audience of around 3,000 at the Ocean Grove ANZAC Day service, will raise the number of choristers to over 90; maybe even 100. The programme will not only be in Welch, each of the three choirs will perform a varied selection from the traditional to well known show numbers. The concert will conclude with all the choristers joining in a mass performance.

Give it a go; the seating is limited to 300 so book now on-line at www.trybooking.com/VRJK to enjoy this event at the Christian College, Collins Street, Drysdale at 2 PM on 13th October 2018.

Since all the proceeds will go direct to the charity you can enjoy the glow of satisfaction from the support you have given.



Friday 7 September
7pm at SpringDale



A special Film night for those interested in Refugees and Asylum seekers and their struggle to make a new life.



SpringDale Dining Club is going to Clifton Springs Golf Club Wednesday 12 September 6.30pm. Please ring SpringDale on 5253 1960 to reserve your spot.



The SpringDale Lunch Bunch are going to The Range Wednesday 19 September meet 12noon. Please ring Margaret on 0418 370 857 to reserve your seat.



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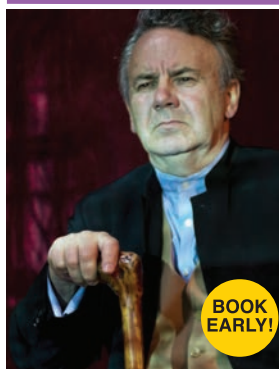
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CITY OF GREATER
GEELONG

**HELL SHIP
- THE JOURNEY OF
THE TICONDEROGA**



**BOOK
EARLY!**

FRIDAY 7 SEPTEMBER
8PM
\$38, \$34 (Conc), \$30 VIP/Groups of 20+

PL@N B - HITS OF THE 60S



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SHOWTIME**

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SEPTEMBER
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Tickets \$15
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Tuesday 11th September at 10.30am

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

Name: _____

Address _____

Phone No: (03) _____

COMPETITION CLOSES 3PM FRIDAY 7 SEPTEMBER

SCOOTERS ON THE GO




Graham is looking to start a social group for scooterers.

Contact SpringDale for more info on 5253 1960

Bellarine Support Group for Kinship Carers



Well how time flies. It only seems like yesterday that I walked into SpringDale and asked to talk to Anne Brackley about setting up a support for kinship carers in our area. Anne listened to my proposal about setting up a new support group. I explained that being a kinship carer is caring for children who have been removed from their parents due to many such things as drug use, violence in the home, neglect and so the list goes on.

On the 7th September 2015 our first meeting was held at SpringDale, as I was sitting waiting for people to arrive I asked myself "what if nobody turns up", I was starting to think I had made a mistake.

But arrive they did people from St Leonards to Corio, all with the same issue they needed support and did not know who to turn to for help. They all felt they were alone in their journey as kinship carers. People arrived with sad and worrying looking faces - they left laughing. I knew at that point that I had achieved what I had set out to do - support kinship carers in their journey.

So three years down the track our group now caters for over 56 children ranging in age from babies to 16 year old. Those children live with either their grand-parents, aunts,

uncles, relatives or close family friends. These children are thriving in loving, supportive and caring homes in our community. These children are local children who need our support.

Can I ask that if any business or organisation would like to support these local children with such things as presents at Christmas time, educational needs, sporting needs or just general needs I would be happy to discuss this with you.

If any local club would like to learn more about being a kinship carer I would be happy to attend your meetings for an information talk.

If you are a kinship carer we would love to see you at our meetings and support you in your journey.

Our meetings are held monthly at SpringDale on Mondays.

Monday 3rd Sept (Our big 3rd birthday),
8th October, 5th November and
3rd December 2018.

10am to 1pm. Please bring a snack to share.

For enquiries please contact Jeanette Hanley-Heath 041 430 8257



Business on the Bellarine

Like minded business group meeting weekly in Drysdale, to network and help promote each other's businesses.

Meet new people and learn of other businesses that are part of our community.

We meet on Tuesday mornings 7.45am to 9.15am visitors welcome.

Drysdale Cricket Clubroom
Drysdale Recreation Reserve, Granville Street, Drysdale

Contact Allan Houlston
0405 140 003 for more information

Making great things happen.



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

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YEAR 2018!

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

2018! Cont.....

Jupiter V.

Critical warning lights lit panel 9 on the Bridge deck board. Eva Charves' Station. Helmuth reached over, cut her from the circuit except as an observer and donned the helmet. Instantly the Bridge... came falling into existence, all around him a pandemonium of screaming winds, roaring rain thundering in his ears and the continually moving structure "crang" "crang" "spungg" "skreek" in endless cacophony. An orange spot had appeared on the caisson. Catalysis... Helmuth sent in a borer and blew it up. A scraper was deployed to start replacing the ice. Helmets off, Eva said "You'll blow up the Bridge yet won't you?" "No. You would never destroy that spot by just painting it over. Surely..." Helmeted heads turned blindly towards them. Any distracting noise on the Bridge deck was forbidden. Helmuth shut up, and motioned Eva back to work. Next month... A shock for Paige!



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.

BELLARINE VINTAGE MACHINERY

2ND OF SEPTEMBER

The Bellarine Vintage Machinery Group will run their annual Father's Day vintage machinery display on the 2nd of September at Drysdale station. Again, this year the club will be having a number of working demonstrations running during the day.



The event will be held at Bellarine Railways, Drysdale station. Open to the public between 9.00am till 3.00pm, an admission cost of \$5.00 per person or \$10.00 per family will apply. Have any questions? contact Andrew on 0407843143 or Neal on 0409420785



CELEBRATE FATHER'S DAY AT MINI RAILWAY

A big hi to all our supporters – better bring Dad down to the Railway on Father's Day, Sunday, 2nd September, 2018, from 11am - 4pm. The great news is that Dad's will ride free all day on this day – Now that's not going to break the family budget!! Have heard a whisper that Dad's may also be in the running for some little treats as well. There will be several Lucky Tickets drawn during the day and all you need do is buy a train ticket to ride!! Bring a picnic lunch



or have lunch with us on site. Plenty of room to run and play and get Mum & Dad up and joining in. Picnic tables, Seats, free Electric BBQ's and Toilets, Walking Trails, and station kiosk – available on site.

Let's get everyone outside in the sun and have some playtime! A big thanks to all volunteers who forgo their own Father's Day to help run our mini trains, they are priceless. Fingers crossed for lovely weather.

Spring School Holiday Running

This passenger carrying miniature railway situated within the grounds of the Portarlington Bayside Family Park, corner Point Richards & Boat Roads, Portarlington and operates every Sunday from 11.00 am to 4.00 pm, during the summer months.

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

Wednesday, 26th Sept and 3rd Oct, 2018
from 11.00 am to 3.00 pm

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.

Further details contact Kerry on our Telephone Info Line 0476 124 598.

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Bellarine Historical Society

Clifton Springs photos found in London

Recently, some photos dated 'Easter 1937' were donated to the Bellarine Historical Society by the Clifton Springs Golf Club and there is an interesting story that goes with this donation.

Mr Ray Boddy had been a visitor to Australia and was familiar with Clifton Springs, so when 4 photos were found in 1980 during a demolition of a house in Chingford, Essex, England, he immediately thought of the Golf Club at Clifton Springs and after storing them for a number of years he donated them to that club.

The members of the Golf Club realized the historic significance of these 80 year old photos and passed them to the Bellarine Historical Society to add to our already vast collection of photos of the Bellarine in times gone by.

The original Guest House on this property was built in 1888. During World War 1 this Guest House was used as a Convalescent Hospital for troops. This magnificent building was razed by fire in 1921 and in 1926 a second hotel was built on the site. This is the hotel depicted in these photos. It was further remodeled in 1957 and became known as the Clifton Springs Country Club. Eventually it became the home of the Golf Club and now houses a successful restaurant and function venue.

The Bellarine Historical Society is very grateful to Mr Boddy for his foresight in keeping these photos safe and thereby giving us all an opportunity to see a snapshot of a bygone era.

Paul Bruce - Bellarine Historic Society

Website www.bellarinehistory.org

Facebook www.facebook.com/historybellarinepeninsula/

In our research room at the Court House you can do family research or you can pay our experienced researchers to do it for you. We have numerous opportunities for volunteering in our organisation if you would like to help. We meet at 7.30 pm the second Wednesday in each month at the old Drysdale Court House where we run a Research Centre and Museum. We are also open the first Sunday of each month 1.30 pm to 4.30 pm

PICK MY PROJECT

https://pickmyproject.vic.gov.au/rounds/pick-my-project/ideas/pioneer-women-take-their-place#=_

Voting for projects will close at 5pm on Monday September 17

Pioneer Women Take Their Place

Drysdale is named after a woman - Anne Drysdale. Our project aims to install a statue of Anne, her farming partner Caroline Newcomb and their sheep in the centre of Drysdale, as a tourist attraction.

Come along to Springdale on Tuesday mornings 4 and 11 September 10am - 12 noon or by appointment for assistance with voting.



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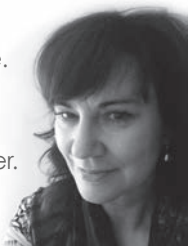


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E: jeannette@conveyancinggeelong.com.au

HELLOWORLD TRAVEL DRYSDALE'S TRAVEL TALK

WELCOME

TO OUR SEPTEMBER UPDATE

We have had a great year this year, sending our lovely clients far and wide, visiting some of the most beautiful countries in the world.

Top destinations have been Japan, Europe, Vietnam, Canada and Alaska. Cruising in Australia and overseas remains very popular as well.

River cruising is still very popular, especially in Portugal and on our own door step, the stunning Northern Territory and Kimberley sit as the top destination within Australia.

We have escorted group departures coming up to Norfolk Island, Spain, Portugal and Morocco, Jordan and Egypt as well as Eastern Canada, with return transfers from The Bellarine.

Our team has been busy researching the globe and have visited Japan, Italy, Vietnam, Cambodia and Africa this year.

Do you have any special destination on your wish list? Give us a call or pop in and let us make it happen for you.

Sonja and the team

SOLO TRAVELLERS

Travelling solo can seem too difficult and quite daunting for some.

Why not consider travelling with our escorted groups? Or join our Solo Travellers group for the latest solo deals.

SMALL GROUP TOURS 2018 & 2019 FULLY ESCORTED FROM THE BELLARINE PENINSULA

JORDAN EXPERIENCE WITH SPLENDOUR OF EGYPT

17 days departing 10 October 2019

This group tour includes 4 nights in Jordan. One of the highlights will be visiting the UNESCO world heritage site of Petra, voted as one of the new Seven Wonders of the World.

We will have a further 12 nights in Egypt including a 7 night Nile cruise.

This tour features many highlights including taking in the pyramids of Giza, artifacts recovered from the tomb of King Tutankhamun, temples and sphinxes, just to name a few.



SPAIN, PORTUGAL & MOROCCO

22 days departing 17 May 2019

This group tour includes 12 nights in Spain, 3 nights in Portugal and 6 nights in Morocco.

Visit the beautiful arabesque Alhambra Palace, tour the Prado Museum with an expert art historian, walk the medieval streets of Segovia, explore the Rock of Gibraltar, along with many other amazing sights.

A wonderful combination of sightseeing, dining, bazaars, souks and snake charmers.



Call or visit us in store for further information about these groups.

EARLYBIRD SAVINGS

ASIA EARLYBIRDS

Ask us about Wendy Wu Tours travelling to 14 destinations in Asia. Wendy Wu Tours has great earlybird savings available until 21 September 2018.

EUROPE AIRFARES

Earlybird savings on Europe airfares will also be available approximately mid September for travel in 2019. Call in or contact us for some excellent savings!

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One of our upcoming competition subjects is "Street Photography" so our guest speaker this month was one of our own members who gave us an informative look into how he approaches his street photography, showing many of his own images. From his presentation we gathered ideas of how to adapt this to what individuals feel comfortable with photographing. It gave us the confidence to go out and tackle what can be a very daunting subject.

The competition this month was Nature, which can be a challenging genre as there are strict guidelines on what comes under this category. Nature photography depicts untamed animals and uncultivated plants in a natural habitat; domesticated animals and garden plants are not acceptable in this genre. There were some great entries from Australian flora to an African elephant, and many nature subjects in between.

Lynne Bryant - President

PRINTS

A GRADE:

- | | | |
|-------|-----------------------|-----------------|
| 1st1 | Isopogan Treat | - Martin Young |
| 2nd | Dead Trees | - Daryl Haywood |
| 3rd | Ptilotus in the Wild | - Martin Young |
| Merit | The Grotto | - Lynne Bryant |
| Merit | Quest for Survival | - Jim Den Ouden |
| Merit | Turtles Mating at Sea | - Martin Young |

B GRADE:

- | | | |
|-----|----------------------------|------------------|
| 1st | Having a Stretch | - Debbie Hallows |
| 2nd | Catching Zees in the Trees | - Geoff Evans |
| 3rd | Raw Power | - Debbie Hallows |

ELECTRONIC DIGITAL IMAGES

A GRADE:

- | | | |
|-------|-------------------|-----------------|
| 1st | Drying Off | - Jim Den Ouden |
| 2nd | Coming in to Land | - Lynn Cornell |
| 3rd | White Faced Heron | - Robyn Curtis |
| Merit | Fungi Forest | - Lynne Bryant |
| Merit | Desert Textures | - Anne Tyrrell |

B GRADE:

- | | | |
|-----|------------------|-----------------|
| 1st | Threatening | - Ellen Sanders |
| 2nd | Hello Ducky | - Geoff Evans |
| 3rd | Delicate Balance | - Ellen Sander |



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

*IMAGE OF THE NIGHT & 1st EDI
 Drying Off – Jim Den Ouden*





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- **Foodbank Plus**

276 - 290 Jetty Rd Curlewis P: 5253 2099

- **Second Chance Clothing**

5 Mortimer St. Drysdale



Improve your skills - Expand your mind

COURSES

@SpringDale

Course and Opportunity Guide.

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

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

Anne Brackley - Coordinator

SpringDale Neighbourhood Centre Inc

Digital Technology

Introduction to Computers

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

Tutor: Brenda Richardson, Literacy

Skill Level: Beginner

Dates/times: Tue 9 Oct - 27 Nov 1pm - 3.30pm

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

Computers - the next step

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

Tutor: Brenda Richardson, Literacy

Skill Level: Beginner+/Intermediate

Dates/times: Wed 10 Oct - 28 Nov 9.30am - 12noon

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

Using your Ipad/Iphone

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

Tutor: Brenda Richardson, Literacy

Skill Level: Beginner

Dates/times: Wed 10 Oct - 28 Nov 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, Literacy

Skill Level: Beginner+/Intermediate

Tutor: Brenda Richardson, Literacy

Dates/times: Thur 25 Oct or Thur 15 Nov 1pm - 3.30pm

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

Buying and Selling on eBay

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

Tutor: Ken Brackley.

Dates/times: Thurs 25 Oct & 22 Nov 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: 10 Oct - 19 Dec 1.30pm - 3.00 pm

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: Mon 8 Oct or Thurs 22 Nov 6pm - 7.30pm or Nov 3 9.30am - 11am

Sat 25 Aug 9.30am - 11am

Fee: \$5

Yoga

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

Tutor: Glenda Breedveld

Materials: Bring your own mat and blanket if required.

Venue: SpringDale Hall

Dates/times: Mon 15 Oct - Mon 10 Dec 9.15am - 10.45 am Excluding Mon 19-26 Nov

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

Dates/times: Thurs 18 Oct - Thurs 13 Dec 6pm - 7.30 pm Excluding Thur 22-29 Nov

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

\$20 per session if paying for single sessions

Courses are designed and presented according to requests and ideas from possible students or possible trainers. If needed and possible we try to schedule extra courses. We are also facilitating one on one sessions where requested and possible. Subsidised childcare may be available for people attending Learn Local funded classes, conditions apply.

Term 4
Oct-Dec
2018



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 health. Suitable for all ages and abilities.

Tutor: Kathy Lanthois

Dates/times: Tue 16 Oct - 18 Dec 7pm - 8pm

or Fri 19 Oct - 21 Dec 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 31 Oct 2pm



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 12 Oct - 7 Dec Excluding 26 October 10am - 12noon or 1pm - 3pm

Fee: \$200 or **Conc** \$160 8 sessions

Being Creative

Photography Sculpting with Light

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

Tutor: George Stawicki

Dates/times: Tues 13 Nov - Tues 4 Dec 7pm - 9pm

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

Healthy Snacks

Are you sick of paying lots of money for Healthy Snacks? Well this class could be of interest to you.

You will learn how to make nutritious snacks, including: protein balls: pizza/bread, dips.

You will taste what we prepare and will take home recipes. Bookings essential

Dates/Time: Date to be confirmed

Fee: \$15.00

Teen Cooking Classes

Fun cooking classes for students, aged 12-18.

The classes will be run by an experienced Food Technology Teacher and we are hoping to run a Savoury and Sweet Classes.

Savoury - Bread/Pizza, Nachos, Hamburgers, and / or Spaghetti Bolognese and the like. You will be tasting all the treats we make and perhaps take a selection of treats home with you.

Dates/Time: Date to be confirmed

Fee: \$20.00

Sweet - Energy Chocolate Truffles, Sweet yeast buns, Pineapple upside down cake, Cupcakes, Teacake and /or Biscuits. You will be tasting all the treats we make and perhaps take a selection of treats home with you.

Dates/Time: Date to be confirmed

Fee: \$20.00

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 16 Oct - Tue 4 Dec 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 15 Oct - Mon 3 Dec 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 15 Oct - Mon 3 Dec 1pm - 3.30pm or

Dates/times: Tue 16 Oct - Tue 4 Dec 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: Tue 9 Oct -13 Nov 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: Helen Brown

Dates/times: Thurs 18 Oct - 6 Dec 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: Helen Brown

Dates/times: Thurs 18 Oct - 6 Dec 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 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: Tue 9 Oct - 16 Oct 10.00am - 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 Oct 30 and 13 Nov 10am - 12 noon

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 18 Oct 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 15 Oct 10am - 12.30

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 11 Nov or Sat 2 Dec 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: Date to be confirmed

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 15 Oct 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 15 Oct 10am - 12noon

Fee: Free

Accredited Courses

Provide CPR Code HLTAID001

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

Tutor: Stayin' Alive First Aid

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

Dates/times: Sat 6 Oct or Fri 16 Nov 9.30am - 12noon

Fee: \$60



Provide First Aid (including CPR - Level 2)

Code HLTAID003

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

Tutor: Stayin' Alive First Aid

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

Dates/times: Sat 6 Oct or Fri 16 Nov 9.30am - 3pm

Fee: \$120

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

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

Tutor: Stayin' Alive First Aid

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

Dates/times: Sat 6 Oct or Fri 16 Nov 9.30am - 3pm

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 9 Oct - 11 Dec (ex Melb cup day) 11.30am 12.45pm (9 weeks)

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.

Sessions available by request.

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 3rd September, 8th October, 5th November and 3rd December. 10am - 1pm

Card Games - Canasta & Bolivia.

Monday afternoons 12.30pm - 3pm.

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

Register your interest by emailing office@springdale.org.au or phoning 5253 1960

Girls' Shed / Craft Group

Tuesday weekly from 1pm - 3pm.

SpringDale Badminton

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

Bellarine Community Choir

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.

Fun Volleyball

Mondays from 9am - 10.30am

Venue: Drysdale Scout Hall

Genealogy

Thursdays 9.30am - 12noon

SpringDale Jigsaw Club

The first Thursday of the month from 10am - 12noon.

SpringDale Mahjong Club

This group meets Wednesday from 9.30am - 12noon.

Pole Walking Group

Weekly Mondays 8:50am-10am

SpringDale Scrabble Club

Held on Tuesday afternoon, 1pm - 3pm.

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

Men's Kitchen - Wednesday Evening

2nd Wednesday evening from 5pm - 8pm.
New members welcome Fee: Price depends on menu

Line Dancing

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

SpringDale Artists

Wednesday 9am - 12noon or Wed 1pm - 4pm.

SpringDale Wheelie Riders

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.

Scrapbooking Group

Thurs 11 Oct, 8 Nov, 13 Dec from 1pm - 4pm.

Write About

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. Date/time: 9am - 10.30am

Felling

For further info 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.

SpringDale Community Garden

Growing Green - a Healthy and Sustainable Community.

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

5D Diamond Painting group

Second Friday of the month and last Monday of the month 1pm-4pm

Circus Group

All ages and genders welcomed. Expressions of interests, please contact SpringDale 5253 1960

Non SpringDale Activities

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: Tue 2 Oct / Thurs 4 Oct (10 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

Kids Pottery School Holiday Sessions

Tutor: Sally @ Hazy TalesPottery Studio

Dates/times: Tues 25th Sept - Thurs 4th Oct Morning and afternoon sessions.

Fee: \$40

To Book: www.hazytales.com.au

Or Call/text: 0439 709 492

Fortnightly Clay & Cocktails by Candlelight

Tutor: Sally @ Hazy TalesPottery Studio

Dates/times: Fortnightly on Thursday at 6.30pm - 8.30pm

Fee: \$60

To Book: www.hazytales.com.au

Or Call/text: 0439 709 492

For more details on SpringDale Groups please pick up a full Course Guide at the SpringDale office.



NORFOLK ISLAND

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Group Tour: 18 - 25 November 2018

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
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Welcome to **helloworld**

TRAVEL

THE TRAVEL PROFESSIONALS



TRANSITION STREETS AT SPRINGDALE

I've recently moved to Clifton Springs I love my new home, it was built in the late 80's and has had a fair bit of renovations already done, but now, as I'm becoming more aware of my environment and the impact I'm having on the planet, it is making me seriously consider how best to set up this new home to its best sustainable advantage.

So things I am considering is adding a layer of glass to the existing windows to make them double glazed to retain heat over winter and coolness in summer; installing a water tank right outside the toilet and laundry so that I can use rainwater to flush my toilet and to fill my washing machine, and to also fill the outdoor spa I've inherited with the property!

I've also reviewed my power supplier and opted for one that supports renewable energy as well as having great low rates, which is a better option for me than getting solar panels at this stage.

I have a great north facing window which, on the sunny days, is having a huge positive impact on warming the lounge area, and that, plus layers of clothing, means I don't need to have the heating running all day long.

After a bath I manage to retrieve plenty of buckets of water that I then transfer to do a load of washing, and I'm catching most of the cold water that flushes through the pipes before the hot water appears, using that to water my pot plants.

I'm going to investigate getting more underfloor insulation and getting the gas pipes checked out under the house to make sure they are not leaking all the hot air before it reaches inside!

There are plenty of small things that I can do to make a difference to the way I live whilst having a positive impact on the environment as well. If you'd like to learn these tips and others, come along any Wednesday afternoon in term time and join our small friendly group to get ideas and motivation about leading a sustainable lifestyle.

Jackie

DCSCA has applied for a "Pick My Project" grant to construct a Boardwalk around the site of the historic mineral springs.

DCSCA has been working with the City of Greater Geelong to provide a boardwalk, which will not only contain interpretive signage but will also identify and protect the site and provide a continuous "Foreshore Walk" from The Dell to Edgewater Drive.

The boardwalk will also enhance and complement a proposed underwater sculpture park that is in the final planning stages.

Please vote at
pickmyproject.vic.gov.au

**PICK MY
PROJECT**

PINNACLE LIVING

The good life is just around the corner

Bellarine Springs
retirement village
in the heart
of Drysdale.



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

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To find out more, pop in 7 days a week or call us on 5253 0111.



BELLARINE
SPRINGS

So many reasons. One place.

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

Changing of the Guard

Rotary Club of Drysdale



Each year the Rotary Club of Drysdale changes the guard of their club, this year Catherine Eagleson was thanked for her efforts leading the club as President for the last Rotary year. Catherine instigated the project called IgKnite, one that educates us about the issues of Mental Health. Beanies were knitted and donated to Lifeline or sold to support Rotary Health. This project continues into next year with people meeting to knit at our local library.

The IgKnite project is now influencing our community so if you like to knit and join the team, then pop into the Drysdale Library to check dates. Thanks Catherine for living our Rotary motto "Service Above Self".

This year Caroline Rickard will take up the mantle for the following 12 months. Her signature local project will be to sell gift packs with keep-cups, coffee and plungers. These will provide help for our environment's war on waste, sustain the third world with Fair Trade Coffee and enable us to promote what Rotary does both here and overseas. Maybe a great gift idea with the benefit of assisting local and international aid and community projects?

We are always looking for people to join our fold, a small group to add to the wider 1.25 million members across our globe.

We are fun loving, diverse group with a forty-three-year history in this town. We are looking to encourage new people in the area to come take a look, Monday 6pm for 6.30pm start. Call Caroline 0408 989 221 to check we are meeting at the Clifton Springs Golf Club, as sometimes we do social things, which of course you are welcome to attend.

Caroline - President - Rotary Club of Drysdale



Springdale Trivia 16th Edition by Drysdale Girl Guides

1. What is the correct term for a baby whale?
2. How many players are there on a baseball team?
3. Which of the seven wonders of the ancient world is still standing today?
4. Which actor appeared in American Graffiti prior to his role in Star Wars?
5. Which is the only country to have played in every soccer World Cup?
6. What is the full name of the Australian boy band 5SOS?
7. Which category of Cyclone is the least dangerous, One or Five?
8. Who wrote Waltzing Matilda?
9. In what year did the existing VFL change its name to the AFL to reflect its expansion into other states?
10. Which is the only continent to not have bees?

Turn to page 21 to find the answers.

Drysdale Guides meet on Thursdays during the school term.

5-11 years 4:00 to 5:30,
12-18 years 6:30 to 8:00. If you are interested or have any questions please contact Anne Brackley on 0407 529 205

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Clifton Springs Garden Club

Spring is upon us and September is going to be a busy month for the Club. Earlier this year the Cobden area was severely affected by fire. To assist with their recovery, Clifton Springs Garden Club members are donating plants they have grown, to Members of the Cobden Garden Club. We will take the plants to Cobden when we visit one of their members garden to see how they are recovering from the fires. We are also donating \$100 to the Cobden Club to put towards purchasing additional plants for their members.

Our AGM is also in September, but don't be afraid to come along to the meeting as our very dedicated Committee has indicated they all wish to continue for the next 12 months. To make the AGM a little more interesting for those members who come along, one of our members Kay McAuliffe will give a presentation on how she has turned her love of flowers and plants into a rewarding hobby.

This year, on the last Saturday of October, instead of holding our Annual Open Day, we will be holding a giant plant sale. It will be held in the usual place on the lawns outside the Uniting Church in Drysdale, so mark this date in your diaries.

The Clifton Springs Garden Club 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 5257 1566 or email hma3152@gmail.com



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Pots & Potting Mix

When it comes to pots there's lots to choose from apart from the industry standard black plastic. Terracotta is often overlooked due to its reputation for drying out too quickly, but for plants with roots sensitive to being kept too wet these can be ideal. Two groups that spring to mind are citrus and proteas. Both make ideal potted specimens with the added benefit being that they can be moved around to suit the seasons or until you find the perfect spot. This is a better strategy than committing to a spot in the garden only to find it doesn't work and your plant goes backwards.

Potting mix comes in so many forms, from \$2 bargains up to premium mixes costing closer to \$20. With such a range its hard to know which one to choose.

Specialised mixes include Organic, Terracotta Tub, Citrus, Camelia, Azalea & Gardenia, Cactus & Succulent, Orchid, Tomato Vegetable & Herb, Premium Potting, Regular Potting, Native, Seed Raising, Propagation, Bonsai.

Bagged quantities vary from 12 litre, 25 litre & 30 litre with the larger size offering better value. Bear the sizes in mind when comparing prices - 30 litre gives you 20% more compared to a 25 litre which helps to offset the higher price of these. If you don't need the larger quantity try and find a friend or neighbour to share with you.

Ingredients vary tremendously and many bargain mixes lack fertiliser which goes a long way to explain why plants don't do as well as expected. Moisture holding capacity can also be poor due to a higher ratio of pine bark.

Premium brands meet Australian standards (look for the ticks) and can include moisture granules, wetting agent, natural growth stimulant and slow release fertiliser. Premium brands last longer in the pot and provide the foundation your plants need to prosper.

Eventually, all potting mix starts to break down and should be renewed. Potting in to a larger pot provides more space, better air and moisture penetration, and fresh nutrients to maintain good health and growth. And in windy conditions a larger pot provides better stability.

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.

May all your garden grow, Agata & Michael - Portarlington Nursery

Photo by Annie Spratt on Unsplash

Op Shop until You Drop

I moved to Drysdale seven years ago to be closer to family – and ended up with a second family. One of the quickest ways to get to know people in a new district is to volunteer in an Op Shop. So I did just that – at the Uniting Op Shop in Village Walk. Now the other volunteers and customers have become my new family.

I mainly work sorting donations. It is fascinating. We have such a diversity of goods. There is the great variety of clothes and accessories, often very beautiful, sometimes new; and vintage clothes, that are all the rage again. There are practical kitchen items and lovely china and glass-ware. One engraved bowl was identical to one my late brother gave to my mother seventy years ago. There is hand-made pottery – whose hands made this, I wonder. It is like an archaeological dig – donations may tell much about the people who once owned and loved them, or we are left to wonder – how did the cutlery with elegantly wrought 'Siam' on the handles reach Australia? Who painted the beautiful native orchid? And what is this ... uman old tool? Whatever the gift, I feel a connection to the person who gave it and respect its past owner. Bundles of wool, lengths of fabric, craft items, books, magazines, camping gear, toys They all have a story and they are all given a new life through the Op Shop.

But, best of all are the people. So, if you have a few minutes to spare, call in some time for a browse and chat. Or, if you want to make new friends, you could ask about volunteering a few hours a month – or week.

Andrea Lindsay



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Salvia officinalis (sage, also called garden sage, or common sage) is a perennial, evergreen shrub, with woody stems, grayish leaves, and lovely blue sort of purplish flowers.

It is a member of the family Lamiaceae and is native to the Mediterranean region, though it now grows in many places throughout the world. Lovely and easy to grow!! Only costs about \$2.00 - in the ground it grows!!

It can be harvested in sprigs as required or in small bunches, tied with string and hang it to dry. Then it can be stored in a jar and used as dry leaves.

It has been used since ancient times to ward off evil, snakebites, increasing women's fertility, etc.

The plant had a great reputation throughout the Middle Ages referring to its healing properties. It was sometimes called S. Salvatrix (sage the saviour) and was one of the ingredients of Four Thieves Vinegar, a blend of herbs which was supposed to ward off the plague (like smelling salts).

I think sage is one of the essential herbs, along with parsley, rosemary and thyme (just like the song "Scarborough Fair").

It has a savoury, slightly peppery flavour and it is used in many cuisines, especially Italian, Balkan and Middle Eastern cookery.

Quick & Easy ideas to use up:

- Sage and butter for gnocchi, pasta
- Sage and pumpkin muffins, pasta, risotto
- Sage and cauliflower or cabbage
- Sage and apple, onion for stuffing
- Sage and lemon for fish
- Sage and garlic for chicken

Pesto of Sage and Walnut

- 15-20g fresh sage leaves, cleaned
- 50g walnuts
- 50g almonds
- 20g parmesan grated cheese,
- 2 cloves garlic, chopped
- zest of 1/2 lemon (optional)
- salt and pepper to taste
- ½ - ¾ cup extra virgin olive oil

- Place all the sage, nuts, cheese, garlic and lemon zest (if using) in a food processor.
- Blend for about a minute until the nuts are ground.
- Slowly add a little olive oil until the desired consistency is reached.
- It should be runny so you can easily mix it in pasta, gnocchi or spread on pizza.

Store in a glass jar, top with olive oil and store in the fridge.

Use a dollop in scrambled eggs or a simple omelette.

Roast pumpkin, mash and add a dollop to make a tasty dip.

Enjoy! Agata

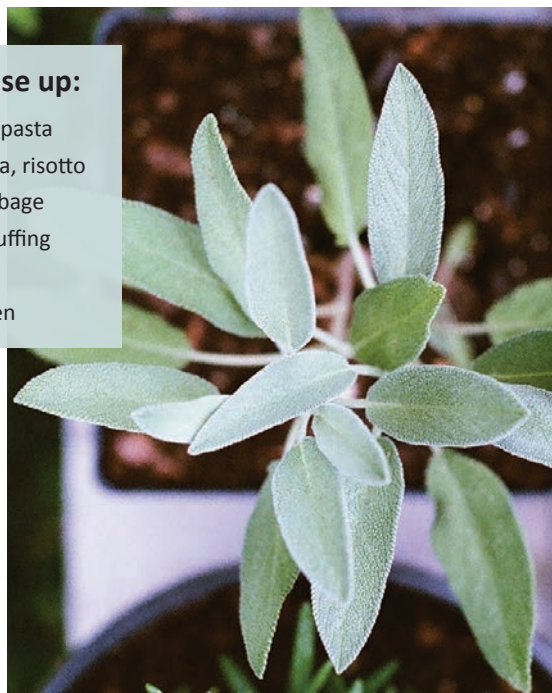


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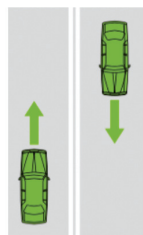


Line Marking

As mentioned last month, I believe there is a lack of understanding about lane marking and especially the rules regarding single, unbroken lines. More recent changes to road rules mean that a single, unbroken line now has similar meaning to a double line. I think many motorists have not caught up with this change.

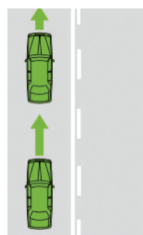
Scenario	Single continuous line	Double lines
U-turn	Not permitted	Not permitted
Overtaking on a two lane road	Not permitted	Not permitted unless there is a broken line on your side
Parking	Not permitted unless there is at least 3 metres clearance between your vehicle and the continuous line	Not permitted unless there is at least 3 metres clearance between your vehicle and the continuous line
Crossing lines to enter or leave a road	Permitted	Not permitted if both lines continuous (but see below)
Changing lanes	A driver must not cross a continuous line separating lanes unless avoiding an obstruction, permitted by sign or to drive in a special purpose lane	N/A

Most are familiar with the rules regarding double lines but some of them are repeated here:



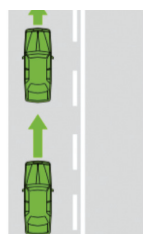
Double continuous white lines

Do not cross them for any reason, i.e. don't overtake, turn, U-turn, enter or leave the road.



Two white lines with continuous line closer to you

You may cross the line to enter or leave the road but you must not cross it to overtake or perform a U-turn.



Two white lines with broken line closer to you

You may cross the line to overtake, enter or leave the road or do a U-turn.

All of these scenarios of course depend on you having a clear view and it being safe to carry out the manoeuvre.

Differences in how the various line configurations are used and applied may appear a little confusing but it is important to know and understand them in order to drive and park safely.

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Gratitude Day THANK YOU

Gratitude Day is celebrated annually on the 21st September. The celebration of Gratitude Day allows both individuals and organisations within wider society to celebrate the broad meaning of gratitude in a variety of ways.

Appreciate the Positives of Being Connected: Social media has been a point of discussion as we evolve as a planet, and learn how to treat and communicate with each other online. We see the negatives; online bullying, sharing too much information, using Facebook to complain about your life or lament about your neighbour's new stereo. But just like anything in life, it all about choice. You can choose to have your social media forum be a voice of positivity. Start today. Compliment others, share links for local businesses that really go the extra mile, post pictures of the beauty of nature, and make the choice to send out a positive ripple.



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My Health Record

My Health Record is a secure online summary of an individual's health information, and is available to all Australians. Healthcare providers authorised by their healthcare organisation can access My Health Record to view and add to their patients' health information.

My Health Record does not replace existing health records. Rather, it supplements these with a high-value, shared source of patient information that can improve care planning and decision making.

Information available through My Health Record can include, a patient's health summary, medication prescribing and dispensing history, pathology reports, diagnostic imaging reports and discharge summaries.

As more people and healthcare organisations use the My Health Record system, Australia's national health system will become better connected. A My Health Record will be created for every Australian by the end of 2018, unless they choose not to have one by mid November.

Benefits to healthcare professionals

Important patient information will be available to them quickly and exactly when needed. Other benefits include – less time chasing clinical information and investigations, resending or chasing referrals, scanning, printing, filing and posting.

This, in turn, will lead to better information sharing between different sources, for example between GPs and hospitals.

Security & privacy - may be high on your list of concerns

Security is a key design element of the My Health Record system, which adheres to Australian Government security requirements. My Health Record data is stored in Australia, and is protected by high grade security protocols to detect and mitigate against external threats. The system is tested frequently to ensure these mechanisms are robust and working as designed.

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Oncology Massage

My last article which was last year, was based on Lymphoedema massage, which is a dry massage - meaning no oil used on the body and it is simply brushing ever so softly over the skin with the hands, moving fluid into the bloodstream. This type of massage moves Lymph fluid into the bloodstream and relieves the body from excess fluid. I had Lymphoedema massage performed on myself and found it an amazing experience.

This article is based on Oncology (cancer) massage after being trained in Oncology Massage by Oncology Massage Australia.

Oncology Massage training in Australia is the brainchild of Eleanor Oyston who started the training ten years ago, after spending some time and training in the USA learning about Oncology. Oncology Massage is a very simple massage method and very gentle method of massage. Oncology massage needs to be very gentle as oncology patients are cancer patients and their bodies are in a lot of pain from having cancer.

The principle of Oncology massage is "do not harm," "less is more," and "keep it simple." This is emphasised as such as it becomes part of the Oncology massage practice. Every person with cancer is different regarding their cancer and thus every Oncology massage is different according to the person. The emphasis on Oncology massage is simple, to be with the person, not to 'fix' the person, allowing the person to just be, to relax and be at peace. Oncology massage is a massage to help the person just to relax.

I plan to continue my learning journey in this field over the next few years.

Happy reading folks, I look forward to writing my next massage article in a few months.

Frank Prskalo

- Equilibrium Bellarine Massage Therapy.

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How do you know if someone's having a stroke? Think...

F.A.S.T.

FACE
Check their FACE. Has their mouth drooped?

A RMS
Can they lift both ARMS?

SPEECH
Is their SPEECH slurred? Do they understand you?

TIME
TIME is critical. If you see any of these signs, call 000 now.

Think F.A.S.T. Act FAST! **CALL 000**

The Stroke Foundation recommends the F.A.S.T. test as an easy way to remember the most common signs of stroke.

Using the F.A.S.T. test involves asking these simple questions:

Face Check their face. Has their mouth drooped?

Arms Can they lift both arms?

Speech Is their speech slurred? Do they understand you?

Time Is critical. If you see any of these signs call 000 straight away.

Think F.A.S.T Act FAST

A stroke is always a medical emergency. The longer a stroke remains untreated, the greater the chance of stroke related brain damage. Emergency medical treatment soon after symptoms begin improves the chance of survival and successful rehabilitation.

Facial weakness, arm weakness and difficulty with speech are the most common symptoms or signs of stroke, but they are not the only signs.

Other signs of stroke may include one, or a combination of:

- Weakness or numbness or paralysis of the face, arm or leg on either or both sides of the body
- Difficulty speaking or understanding
- Dizziness, loss of balance or an unexplained fall
- Loss of vision, sudden blurring or decreased vision in one or both eyes
- Headache, usually severe and abrupt onset or unexplained change in the pattern of headaches
- Difficulty swallowing

The signs of stroke may occur alone or in combination and they can last a few seconds or up to 24 hours and then disappear. When symptoms disappear within 24 hours, this episode may be a mini stroke or Transient Ischaemic Attack (TIA).

If you or someone else experiences the signs of stroke, no matter how long they last, call 000 immediately.

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SpringDale has accepted the challenge to create some bunting – those rows of coloured triangles that help to show an activity is happening. We have the material and would love to hear from people who might like to put rolled hems on our triangles with their overlocker. Working bees will be held at SpringDale during September – please let SpringDale office know if you would like to help and when you might be available (please let us know if you can bring your overlocker too) email office@springdale.org.au or phone 5253 1960.
Thanks Anne Brackley.

Trivia Answers

- | | |
|-------------------------------------|---------------------------|
| 1. A calf | 6. Five Seconds of Summer |
| 2. Nine | 7. One |
| 3. The Great Pyramid of Giza, Egypt | 8. Banjo Patterson |
| 4. Harrison Ford | 9. 1990 |
| 5. Brazil | 10. Antarctica |

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Memories of Yesteryear

by the Older Generation of the Bellarine

In 1912 when Jack was 23, with a lot of hard work and the help of his father, Jack had saved sufficient cash to put a deposit on a property of his own – 28 acres on the northern side in what became known as Whitcombes Road. This portion of land was originally owned by Anne Drysdale and Caroline Newcomb. In the 1930's during the depression he bought 50 acres across the road on the southern side. A few years later he sold it to my father. (Originally when the Bellarine was first developed, Whitcombes Rd was in fact the Drysdale-St Leonards Road).

When Jack was 27, he went to the First World War as a member of an Artillery Unit. He saw action in France at a stage when the conflict had reached a crucial point. After the war he spent time in Belgium and then onto England, where he was able to travel widely. On returning home, Jack took up the old farm life again.

In 1920, when he was 31, he married Eunice Doble of Drysdale. There were two daughters of the marriage, one of whom died in infancy.

Jack was doing well, when the 1930's Depression hit hard and though the farmers worked just as hard, people had less and less money to spend on their produce. Gradually the economy began to improve. Asparagus became popular. Along with my father, Bob and Jack went into growing asparagus in a big way.

Jack became an integral part of the Drysdale Community, he was a man of wide and varied interests:

Justice of the Peace from 1929

Captain of the Drysdale Rifle Club 1914-15

Member of the Geelong District Rifle Club Union Council

President of the Drysdale Progress Association 1923-24

Vice President Bellarine Peninsular Development League

Foundation member and President of the Drysdale Bowling Club 1948

President of the Drysdale Bush Nursing Centre

Chairman of the Junior Sons of Temperance

Member of the Bellarine (Drysdale) Cemetery Trust

Foundation President of the Drysdale Fire Brigade

Vice President of the Portarlington Returned Services Sub Branch

Member State Council of the Returned Soldiers League

Member Geelong District Board of the Returned Soldiers League

Trustee of the Methodist Church Drysdale from 1916

Methodist Church Choir for 50 years

Superintendent Methodist Sunday School many years

The Whitcombe Walk The Story of Jack Whitcombe - Continued

Member of Fife and Drum Band of Drysdale
Secretary and playing member Drysdale Brass Band

Member of the Portarlington Town Band

Member of the Choral Society

In appearance, Jack was of medium height, had a kindly disposition, obliging, tactful, but firm in his dealings with others. He was a very skilled gardener and won many prizes, over the years, for his fruit, vegetable and flower entries in the Drysdale and District Shows. He was very kind and giving of himself to his brothers and sisters in their time of need.

Jack was a Trustee of the Methodist Church from 1916 and even into his 70's he kept the gardens of his home and the Church gardens neat and tidy. Jack and Eunice lived next door to the Reverends House in High Street Drysdale.

We have our cousin Alan Kent to thank for this summary of the life of Jack. Alan had many visits with Jack between 1958 to 1960.

Story presented by Ian Whitcombe and Lesley Whitcombe

To be continued....

Drysdale Band 1930s



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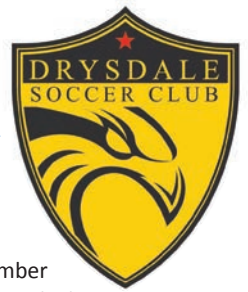


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The 2018 season is nearing finals time and quite a few of the Drysdale SC teams are on track to play. The all-conquering Masters team (Men's over 35yo's) look set to play a major part in the Masters Finals series after leading the competition all year. Having won the competition in its inaugural year (2016), the Masters will again look to take home the Premiership with a strong squad of seasoned veterans led by Drysdale stalwart Simon Blanch. The Masters easily accounted for Barwon 8-0 last weekend but face a stern test in the finals with Corio and Barwon Heads both capable of causing an upset on their day.

The Junior teams have fared particularly well this year with the Under 12 girls and boys both sitting nicely in second position on their respective ladders. The Under 13 boys coached by Marty Blum have also done well this year and will be looking forward to playing in the finals and giving it their best shot!

July also saw the introduction of the inaugural Geelong Region All-Abilities Football (soccer) League which caters for people with an

intellectual or physical disability, with six local clubs participating in a series of initial training sessions over three weeks, which will precede a four round competition season in August and early September. Drysdale SC was proud to be one of the teams in this new league which is a new concept for the Geelong region. The All-Abilities League will enter its first season with significant backing from fantastic sponsors GenU, TAC and Vic Health and the logistical support of Leisure Networks.

The shortened inaugural season is set to culminate on Saturday 1st of September with a special Gala Day, which will bring together all six teams from both Hubs. Anyone who is interested in the All-Abilities league should contact Paul Rawson via the Drysdale SC Facebook page or info@drydsalesc.com and full fixture details can be found at drydsalesc.com



Drysdale SC players participating in the All-Abilities Football League with Coach Paul Rawson

The kit the All-Abilities team will wear for their upcoming season

The U11 boys Kangas side with Coach Chris Royle



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