



Remembrance Day Has a Special Significance in 2018

One hundred years ago on 11 November 1918, four bloody years of brutal conflict came to an end. Almost 62,000 Australians died fighting for our freedom and in service of our nation. Sunday, 11 November 2018 marks the 100th anniversary of the Armistice which ended the First World War (1914–18).

In the four years of the war more than 330,000 Australians served overseas including 33 men and one woman from the Drysdale District. The social effects of these losses cast a long shadow over the postwar decades.

To commemorate the centenary of the Armistice that ended the First World, the Drysdale RSL Sub Branch will hold a Remembrance Day Ceremony at the Drysdale Cenotaph. The Ceremony will include a formal wreath laying and poppy laying service, and will begin with a march from the Drysdale CFA forecourt with step off at 10.15am.

As is customary each year on this day, we will observe one minute's silence at 11am, in memory of those who died or suffered in all wars and armed conflicts.

Armistice Centenary Community Gathering

The Drysdale RSL Sub Branch, together with the Springdale Neighbourhood Centre, is holding a FREE family event following the Drysdale Remembrance Ceremony. This gathering is to enable us as a community to acknowledge the sacrifice made by so many, and to celebrate the peace and freedom we enjoy today as a result of their sacrifice and service.

Activities will include: Live Family Entertainment, a Massed Poppy Display (the Poppy is a symbol of remembrance and of peace), Sausage Sizzle (Uncle Bob's Club), Face Painting, Animal Nursery, Tour RSL Rooms (includes CWA Banner on Display, Memorabilia Display, Model of a WW1 Australian Train used in France), Military Memorabilia expert on hand to appraise items "Antique Road Show" style, military history presentations, to name a few.

Also, with the kind assistance of the Geelong Cemetery Trust, three large 20 metre poppies will be painted on the Drysdale Cemetery hillocks adjoining Clifton Springs Road in early November.

So, come along on Sunday 11th November for the Remembrance Day Ceremony and the Armistice Centenary Community Gathering!!



We will remember them



Poppies for Peace in our Community

An amazing part of our community have spent the year cultivating and growing these beautiful Poppies. Their beauty and significance are very special this year, commemorating the centenary of the Armistice that ended the First World War.

One hundred years ago on 11 November 1918, four bloody years of brutal conflict came to an end. Almost 62,000 Australians died fighting for our freedom and in service of our nation.

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 DECEMBER 2018 • Bookings/copy required by 1 November • Dist: Sat 24 November 2018 • Circ: up to 20,000

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

NOVEMBER

Thurs-Frid	1-30	Movember - Men's Health 
Saturday	3	Winged Horse Equine Welfare Centre Open Day. Junct Port/Q'cliff Rd & Church Road Portarlinton 10am - 4.30pm
Saturday	3	Produce Swap - 9 - 10.30am SpringDale
Sunday	4	Drysdale Senior Citizen's - The Hoffmans Duo 1 - 3pm
Sunday	4	Menopause the Musical 2pm & 8pm - The Potato Shed
Mon-Sun	5-11	National Recycling Week (Planet Ark)
Wednesday	7	Days for Girls Sewing 9am - 12.30pm
Wednesday	7	Diwali - International Festival of Light
Saturday	10	World Science Day for Peace and Development
Sunday	11	Remembrance Day - RSL and SpringDale
Sunday	11	Remembrance Service, 10.15am, Mannerim Memorial Indigenous Garden, Swan Bay Rd., next to the Bellarine Rail Trail.
Sunday	11	Drysdale Football Club - Female Football Come & Try Day - 12 - 2pm
Sun- Sun	11-18	Perinatal Depression and Anxiety Awareness Week
Monday	12	SpringDale's Annual General Meeting at 5pm
Tuesday	13	Morning Showtime - J F Archibald 10.30am - The Potato Shed
Tuesday	13	World Kindness Day
Wed-Tues	14-20	Transgender Awareness Week
Fri-Sun	16-18	North Bellarine Film Festival - Various times - The Potato Shed
Sun-Sun	18-25	Schoolies Week
Monday	19	SpringDale Dining Group - Leopold Sportsmans Club - 6.30pm
Monday	20	Transgender Day of Remembrance (TDOR)
Wednesday	21	SpringDale Lunch Bunch Driftwood - Ocean Grove 12.30
Saturday	25	White Ribbon Day
Saturday	25	International Day for the Elimination of Violence against Women
Saturday	25	Geelong Theatre Awards - 6pm - The Potato Shed
Friday	30	Final deadline for the 2019 Businesses & Services Directory

Bookings & copy required by 1 November for the December issue

The SpringDale Messenger is a locally produced publication.

Compiled & Published by the SpringDale Neighbourhood Centre Inc. A0024916V.

17-21 High Street, Drysdale Vic 3222. Postal Address PO Box 80 Drysdale

The SpringDale Messenger Production & Creative by Jo Aspland | Jo Aspland Graphic Design

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

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

Distributed throughout Drysdale, Clifton Springs, Portarlinton, 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

"Whether you think you can or think you can't, you are right." Henry Ford (1863-1947). This quote helps to inspire my life. I try not to be foolish about what I can do but I do continue to expand our horizons based on what we have been able to achieve together.

Over the last few months we have been working on a sewing project - 2 kilometres of bunting sounds like a lot to try to make, but for some reason it didn't scare me. I was happy that we had been asked to make as I believed we had been selected because of our *can do attitude*. I was surprised to discover many other groups had been asked but rejected the opportunity.

We have cut 2.5km of fabric, we are in the process of sewing 8km of rolled hem edging, 2 km of zigzag sewing, gluing 9360 triangle points and checking 40 lengths of 50m long bunting. As I write, we still have approximately 30 days and 30 lengths still to complete but I am sure we can achieve this project. As I type I hear the beautiful sound of an overlocking working. Just in case we need a little help near the end of this last sprint and you have some of the skills listed - feel free to offer!

Some people seem overwhelmed by the prospect of tackling something like this but we have trialled and tested our ideas along the way and sought expert help and learned from each step. We see this as an opportunity and a number of people so far have gained valuable overlocking experience. So if you need bunting for an event or a party, you might think about asking SpringDale.

Another creative activity which will happen this month is the painting of 3 x 20m wide poppies on the Drysdale Cemetery paddock in Clifton Springs Road. If you have been following our progress in previous editions, a

few of us have been trialling painting poppies on grass and the Geelong Cemetery Trust have been preparing the paddock for us. If you would like to be part of our community art attack, please let SpringDale know we are aiming to paint very early in the month - Saturday 3 November but we would love to hear from you if you would like to help with this or any other art attack that happens along.

The poppies that Robyn Kane planted for us at the side of SpringDale started to flower a month ago and are bringing many people joy. Thanks Robyn and your team for all your efforts. Hoping to see you at the Remembrance Day event near Drysdale RSL and SpringDale on Sunday 11 November.

Finally hoping everyone might have time to attend SpringDale's annual general meeting on Monday 12 November at 5pm - we have Major Roads Projects Authority staff coming to talk and show information about the Drysdale Bypass.

Yours sincerely **Anne Brackley** *finding fun in all I do.*

Thank you to everyone who has given so many hours to the Bunting project.



News@SpringDale

5D Diamond Painting

Our group meets twice a month on the 2nd Friday and 4th Monday of each month. A wide variety of people are enjoying this fabulous new craft.

Friday Men's Cooking.

Calling for men who might like to learn to cook in a supportive group environment. The group decides on the menu and each week cooks, eats and takes home some goodies.

Films at SpringDale

We are looking to develop our calendar of films for 2019 and wondering if some people might be interested in helping. We have shown a few films this year and our success grows with each event. Feel free to email in ideas or put your hand up to join with the people who have already shown interest in being part of this team. Email office@springdale.org.au or phone 5253 1960

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

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

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: Thurs 22 Nov 6pm - 7.30pm or Nov 3 9.30am - 11am 1 Session

Fee: \$5



Dear Members

You are invited to attend our

Annual General Meeting

to be held at

SPRINGDALE NEIGHBOURHOOD CENTRE

17-21 HIGH STREET, DRYSDALE

Monday 12 November 5pm

Followed by light refreshments

Major Road Projects Authority (who build new roads and give them to VicRoads to maintain) will be presenting information about progress on the Drysdale Bypass, the cultural artefacts and next steps.

To enable us to meet the quorum requirement, it is possible for people to join us personally, via skype, or you may complete a proxy form (attached) and send it in or email by 5pm 8 November 2018.

Please help us to conduct this very important governance requirement for our organization.

This may be the year you consider being part of our Committee and assist with the governance of our community not for profit organization.

According to rule 52 of our constitution states:

(1) Eligibility for nomination as an Office Bearer is open to all Committee Members who have served a minimum of 12 months on the Committee within the previous 10 years.

CONTACT SpringDale Neighbourhood Centre PH: 5253 1960 EMAIL: office@springdale.org.au Please ensure that the office has your current email address to be certain you are contactable.



Works Commence on Drysdale Child and Family Centre

I had the pleasure of turning the first sod of the \$13,320,000 Drysdale Integrated Child and Family Centre. The new centre which will increase capacity at the kindergarten and vastly improve its facilities.

This includes a long day child care facility, a four year old kindergarten, a maternal child health consulting suite, a multipurpose and consultation room, a toy library and parent lounge.

Construction is expected to finish in December 2019, meaning local families with young children can access the service by February 2020.

The State Government provided \$1.6 million for the project, with the City of Greater Geelong contributing \$11,720,000.

I am very pleased that the State Government is investing in first-rate early childhood facilities across Victoria, including in Drysdale, so local children can access great local kindergartens with first-rate facilities.

Modern centres like this one now under construction in Drysdale are extremely important because having such facilities does make a big difference to children's lives.

Opening of Springdale Artists' Annual Art Show

I was delighted to open the Springdale Artists' Annual Art Show. I know in attending such art exhibitions one cannot help but walk away in admiration of the talents of our local artists. And this was no exception. For those who may not be aware of the group, it was established around 12 years ago, meets every Wednesday and besides the weekly painting sessions, the group also conducts gallery visits and paint outs on local sights.

Of course, many people contribute to the operation of the Springdale Art Group but special mention does go to long time committee members Annette Playsted, George-Anne Gunn and Terry Macarthur.

Update on current works at Clifton Springs Boat Harbour

The upgrade of Clifton Springs Boat Harbour continues with more works recently completed or now underway.

The existing 35-metre jetty is being extended by 38 metres and works are scheduled for completion in time for Christmas holidays.

In addition, a new floating pontoon has been installed on the west side of the new boat ramp.

A dual level boardwalk will be installed on the west side of the jetty and will also be completed in time for Christmas holidays. Importantly during the ongoing works, the community will still be able to access the car park, jetty and both the eastern and western boat ramps. However, one of the three slipways on the eastern boat ramp will be temporarily closed.

When completed the facility will be a great jetty and harbor for both local anglers and visitors alike.

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](https://twitter.com/Lisanevillemp) Ph: 5250 1987

DRYSDALE BYPASS CULTURAL HERITAGE SCHOOL EXCURSIONS

Tools used for hunting, cutting and scraping were just some of the unique Aboriginal artefacts found by 500 students from four schools in Drysdale.

The once-in-a-lifetime excursion was offered to local schools after cultural heritage recovery work for the Drysdale Bypass project discovered the sandy rise at the top of Andersons Road was full of unique Aboriginal artefacts.

One student summed up the excitement, saying, "Being the first person to touch these artefacts in 9000 years is just, wow."

In addition to searching for Aboriginal artefacts in a pit with an archaeologist, the cultural heritage excursion included Aboriginal storytelling with Wadawurrung elder, Uncle Bryon Powell, and an overview of the Drysdale Bypass project.

MRPA Project Director Tim Price said, "By completing cultural heritage recovery work, we can respectfully, sensitively and temporarily remove Aboriginal artefacts from country."

"Through the discovery of artefacts, the Wadawurrung people can piece together their

history and understand the ways in which their people used the land," Mr Price said.

The 30,000 artefacts found so far include:

- tools (used for hunting, cutting and scraping)
- hearths (remnants of campfires including charcoal and ash)
- middens (the remains of meals shared between Aboriginal people, represented as shell deposits, often from sea life).

Wadawurrung elder, Uncle Bryon Powell said that this is something that hasn't been done before.

"By getting school kids involved, it means that they can get a bit more history about this land that they now call home," Uncle Bryon said.

Work on the Drysdale Bypass started in October 2018.

For more information, or to watch a video of the school excursion visit the Drysdale Bypass project page - <https://roadprojects.vic.gov.au/projects/drysdale-bypass>

Jessica Taylor - Engagement Adviser
Major Road Projects Authority



Advertising

Lisa Neville MP

Member for Bellarine

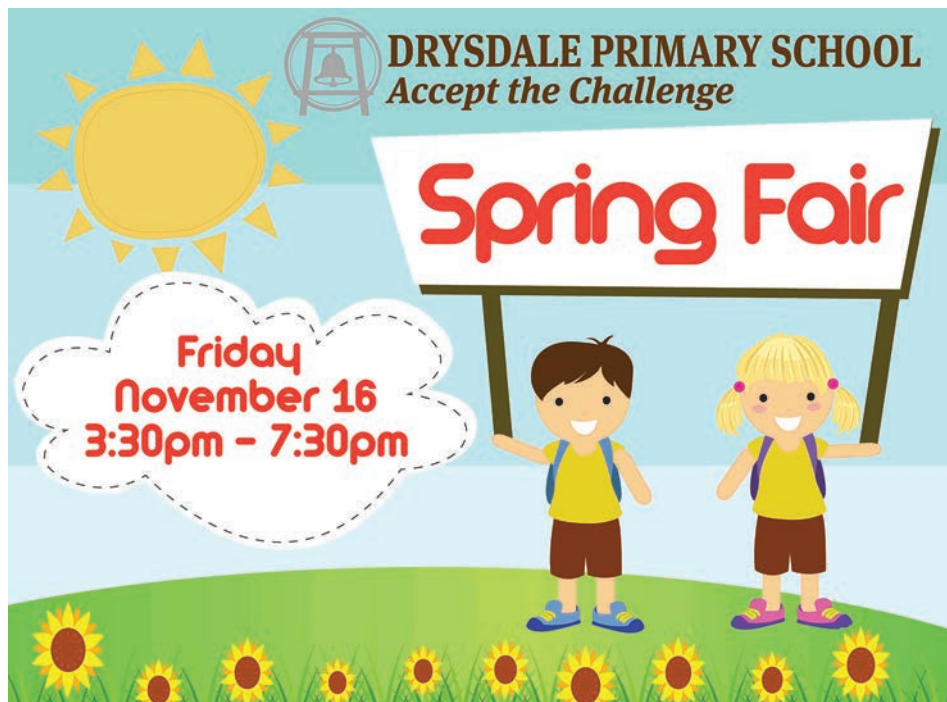
"For assistance with any issue, please call my electorate office"

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

Authorised by Samuel Rae, Australian Labor Party, Victoria Branch, 438 Docklands Drive Docklands 3008



"DELIVERING for
the BELLARINE"



Drysdale Primary School will be holding their fourth annual Spring Fair Friday 16th November 2018 3.30pm to 7.30pm. It is shaping up to be a fun-filled evening with activities that can be enjoyed by all.

Some old favourites are back, including the very popular Haunted House, the 'Spin to Win' Chocolate Wheel and the Pie Throw - at the teachers, of course! We also have some new events for you to discover. Don't miss inflatable soccer, the new water balloon wet area, as well as badge making, to name a few. And you could be the one to win the ultimate prize for completing the orienteering course! ...Slime a Principal!

Mega Jumps will be providing some carnival activities and our Family Fun Games will be returning with a few mini golf holes added for extra fun. And what would a Fair be without Show Bags? We will have a huge variety of

show bags for you! Also, don't forget to buy your flowers from the office for the chance to win one of 3 big prizes in the fantastic 'Flower Shower' raffle!

There will be lots of exciting entertainment! We will welcome 'The Gems' who are returning to the stage this year and will no doubt impress us with their performance. We are also very pleased to have local community groups joining us for the Fair-Drysdale Football Netball Club, Drysdale Tennis Club and Bellarine Hockey will all be there, giving you a taste of the skills these sports involve.

We will have market stalls held by local artisans and some of our creative students will be selling their own creations. This is a great opportunity to get some early Christmas shopping done!

There will be a Cake Stall, Live Auction and



Silent Auction (items donated by our generous local businesses). Also, keep an eye out for our raffle - there are some amazing prizes.

Lastly, but by no means least, of course there will be food. There will be many tasty food options available from the canteen, run by our Spring Fair volunteers, and food trucks selling all sorts of yummy treats. Why not come, grab a bite to eat, enjoy the entertainment, games and other activities on offer. We look forward to seeing you all there!

OUR OFFER

FILLING THE GAPS HOME TUTORING BELLARINE

- To teach your child vital patterns in mathematics and language
- Assess and assist them to fill gaps in their learning
- To enhance the experience through art, poetry and games
- Times: Monday - Friday 4-8pm
- Primary Prep - Year 6
- Snacks can be provided by parents only
- Fees are negotiable

Mobile: 0400015675 or 0421129324

Email: christine.northfield@live.vu.edu.au

B.ed, M.ed (Hearing impairment & Language intervention)

Tutoring available in the school holidays - get a head start



WHAT'S ON

<p>MENOPAUSE THE MUSICAL - WOMEN ON FIRE</p> <p>BOOK EARLY!</p> <p>SUNDAY 4 NOVEMBER 2PM & 8PM \$38, \$34 (Conc), \$30 VIP / Groups of 20+</p>	<p>NORTH BELLARINE FILM FESTIVAL 2018</p> <p>Portarlington Film Society FRIDAY 16, SATURDAY 17, SUNDAY 18 NOVEMBER</p> <p>\$55, \$45 (Conc) Weekend pass \$25, \$20 (Conc) Opening \$14, \$12 (Conc) Session tickets</p>	<p>GEE LONG THEATRE AWARDS</p> <p>Drop of A Hat Productions SUNDAY 25 NOVEMBER 6PM</p> <p>BOOK EARLY!</p> <p>All tickets \$20 CABARET / BYO SUPPER / BAR OPEN</p>
<p>MADNESS, MAYHEM & MYSTERY</p> <p>Bellarine Jongleurs Theatre Company Inc FRIDAY 30 NOVEMBER 7PM</p>	<p>J F ARCHIBALD</p> <p>TUESDAY 13 NOVEMBER 10.30AM Tickets \$15 including Morning Tea</p> <p>MORNING SHOWTIME BOOK EARLY!</p>	

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

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

POTATO SHED

WIN Double Pass to

Menopause the Musical

Sunday November 4th - 8pm

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

Name: _____

Address: _____

Phone No: (03) _____

COMPETITION CLOSES 1PM FRIDAY 2 NOVEMBER

2018

Strategic Marketing... What??

Most small businesses owners have a blank look on their face when asked about strategic marketing, so here's the brief 'brief' on it and why you ought to know.

As a follow on from the last article... Strategic marketing is critical to understanding how to reach your target market effectively (and avoid the dreaded price shopper as well!)

Strategic marketing is simply the science around the content of the message you are wanting to convey to prospective customers. It's critical to understand the goal of your marketing efforts and have a good message and structure figured out BEFORE spending loads of money on any type of tactical marketing; such as a website, or an advert of some sort.

Consider this...Is it smart to spend loads of money on a some fancy windows for your new home that turn out to then look directly out on to the walls of the neighbours house just 1 meter away? If you consider in advance that possibility, you could either select more cost effective windows, or omit or relocate those windows entirely. That's akin to strategic marketing...

Know and understand what you're working with, what you want to achieve, what you have to offer, who it is you want to reach, and devise some compelling messaging to achieve your end goal. You will have then considered the best way to approach it overall, and will achieve the best outcome as a result. That's Strategic Marketing in a nut shell.

There are some simple steps to go through in developing your strategic marketing and once you understand it, you put yourself way ahead of your competition. Empower yourself, look back through past issues of the Messenger, for or just ask for help.

Aaron Hunter:

www.straightforwardbusiness.com.au

bellarine **b** property

Whether it's a small unit or a large acreage, we're at your service.



Lee Martin
Bellarine Team Leader
M: 0400 957 839

Ange Callan-Harris
Bellarine Agent
M: 0423 295 705

P: 03 5254 3100 bellarineproperty.com.au

Delivering for the Bellarine

Since 2013, it has been an honour to represent **Corangamite** residents including communities on the Bellarine.

The Federal Liberal government has delivered many important **local investments** including in major road and rail upgrades, vital sports and community infrastructure and job creation.

At the next election, the **north Bellarine** - which has been all but **ignored by Labor** - will become part of the Corangamite electorate.

Whether you live in or around Leopold, Curlewis, Drysdale, Clifton Springs, Portarlington, Indented Head or St Leonards, **your voice matters.**

Population growth and inadequate infrastructure are of increasing concern. We need to protect our way of life in this very special part of the world.

Please let me know what's important to you so that, together, we can build a **stronger community** across all of the Bellarine.

SARAH HENDERSON MP
Federal Member for **CORANGAMITE**



www.sarahhenderson.com.au

Authorised by S. Henderson, Liberal Party of Australia, Waurn Ponds.



Neighbourly Networking



Be part of our wide community on the Bellarine

SpringDale Neighbourhood Centre has been contacted by many people over the years, who have needed to form connections to help them live a fuller life. This project hopes to connect people in a more proactive manner. So far this year we have connected with many all across the Bellarine. By participating in this project you are helping to make our community more connected and hopefully happier.

Events will be held at SpringDale over the next six months but not limited to SpringDale events that you might like to attend and bring a neighbour with you. Our goal is to document connections made through this project.

Please feel free to ask any questions or make any suggestions that you feel might help us enhance this project.

Please be a part of this project and help our community become even happier.

Yours very sincerely, **Anne Brackley**

Coordinator, SpringDale Neighbourhood Centre



SpringDale has been a member of the Community Newspapers Association of Victoria (CNAV) for many years and I represented us at the CNAV Awards Dinner last month. Congratulations to everyone who has helped SpringDale Messenger to take out Finalist awards in four categories.

Congratulations to students from Clifton Springs Primary School were acknowledged in the category of **Best article by a person 18 years or younger**. Their story was about a visit to Coriule Homestead on International Women's Day.



Congratulations to Ian and Lesley Whitcombe for being finalists in the **Best History Story** category for their first story which set the scene for their continuing Whitcombe history, I know many people look forward to seeing their column each month.

Congratulations to Jo Aspland for the fantastic effort she puts in to ensure each edition of the Messenger is as good as it can be. The September issue with the SpringDale Artist's pieces on the front was the edition that was a finalist in the **Best design and layout** category. Jo happened to mention, to me, that she was quite happy with this edition, so I put it forward.

Lastly we were finalists in the **Best editorial comment** category, this continues to help build my confidence as I did fail HSC English and each time we are finalists or win this category my heart is warmed. Thank you for giving me this opportunity to help to bring our community together.

Those at the awards dinner were sick of me going up to collect another certificate! Looking towards next year wondering if there might be other people in our community who might like to help us in our quest to be the best community newspaper/magazine in Victoria.

Sincerely **Anne Brackley** for the SpringDale Messenger Team.



November in New York starts the celebration of the Festive Season

Enjoy the ever-exciting "city that never sleeps," all decked out in its finest for Christmas. See the amazing Rockettes, enjoy great sightseeing tours, and have time for lots of shopping too.

Contact us today to register your interest for this tour.

helloworld Drysdale
Shop 3, 3 Wyndham Street

☎ 03 5251 1125 ✉ drysdale@helloworld.com.au

Welcome to **helloworld**
TRAVEL
THE TRAVEL PROFESSIONALS



Bellarine Support Group for Kinship Carers

A lot of people often ask me why grandparents care full time for their grandchildren. My reply is and will always be simply **"love for our grandkids, we cannot see them without a family to care for them"**.

The reason why children are removed from the care of their parents vary. The main reasons are related to drugs, mental illness and alcohol issues.

There are two categories of kinship care:-.

First those children removed from their parents by Department of Health and Human Services - child protection - and placed in the care of relatives mostly grandparents. These carers are referred to as Statutory Carers. Carers under this category are paid an allowance from Department of Health and Human Services to cover financial expenses for the children.

But on the other hand, some parents realise that they cannot care for their own children and take the children to stay with relatives and basically the biological parents never return. These carers are often referred to as Non-Statutory Carers, and receive no financial assistance from Department of Health and Human Services for the children in their care.

Non-Statutory Carers are struggling financially year after year. The only assistance Non-Statutory Carers receive is Centrelink - but only once the biological parents have notified Centrelink of change of care of the children.

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

Our meetings are held on Mondays at SpringDale every month.

Meeting dates for 2018: 5th November and last meeting for 2018 will be held on 3rd December.

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

See you soon. Feel free to contact me if you have any concerns.

Jeanette Hanley - Heath 0414 308 257

If any club or organisation would like to support local kinship carers, I would be happy to attend your meetings for an information talk.

Bellarine Peninsula

2019

As a professional photographer I have captured the beauty of the Bellarine, its changing seasons, its extensive coastline and its rolling beautiful countryside. I have selected 13 photos from hundreds to create an artistic 2019 Calendar for family and friends. Price is \$20 for A4 and \$25 for A3 - orders been taken at SpringDale Neighbourhood Centre. Enjoy the Bellarine Peninsula and it's beauty.

SPECIAL OFFER

Drop off your old mattress during November and save!

DROP OFF LOCATIONS

GEELONG RESOURCE RECOVERY CENTRE

100 Douro St, North Geelong
OPERATING HOURS
Mon to Sun, 7.30am-4.15pm
CONTACT 5272 2613

DRYSDALE RESOURCE RECOVERY CENTRE

Becks Rd (off Murradoc Rd Drysdale)
OPERATING HOURS
Mon to Sun, 8.00am-4.15pm
CONTACT 5251 2935

PICK UP SERVICE

A pick up service is available on request for customers who do not have transport. To book your pick up with The Mattress Recycler during November, call 5248 2227. This pick up service is \$15 per item. Mattress and base charged separately (\$15 each). Please note this pick up service is only available in the City of Greater Geelong municipality.

DROP OFF CONDITIONS

Limit four per customer. Mattress and base charged separately (\$10 each). Offer ends at 4.15pm on Friday 30 November 2018. This offer is part of the City's recycling program, in partnership with The Mattress Recycler.



CITY OF GREATER
GEELONG

Sharing the Pride

Over the past couple of years, I have undertaken guided tours of the historic sites of Portarlington for groups of visitors. Many of these groups have been from Probus, Rotary & U3A.

These groups advise our Information Centre of their intention to visit & the time of their arrival and we meet them from the Ferry. We then take them on a 1&1/2 hour walk, giving them the history of Portarlington, dating from 1851.

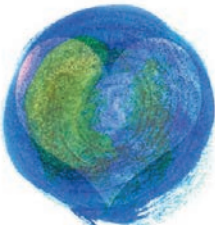
Rather than wandering aimlessly around town, they are shown sites of historical importance and are given information about the background. By knowing the history, visitors can see how versatile Portarlington has been over the years, changing from a vegetable growing community, to pursuing new business opportunities such as aquaculture and tourism.

I am proud to live in Portarlington & proud to share our interesting heritage with others.

Contact Rod Needham 0417 104 324

U3A Deepdene visit Portarlington





World Kindness Day

NOVEMBER 13 -
#WorldKindnessDay

If we were to ask ourselves on a regular basis, "Is what I am involved in at this moment promoting joining or separation?", it would remind us of our commitment to kindness. All it requires is remembering. If our memory is not the best, small signs can be created and posted about the home and work environment. Simple solutions are workable solutions. Simple solutions to promote joining, working away at our goal for world peace with little acts of kindness, helping to break down the walls that separate races, religions, cultures. Helping our global brothers and sisters.

We can be co-creators of a better world, and we can have a positive effect on world peace, when we bring order into our lives. Be what you want the world to be. Is that difficult? Only if you think it is! When we accept the reality that we can create positive change, we move beyond ourselves, our limitations, our doubts, and realise our infinite power. Anthropologist Margaret Mead said, Never doubt that a small group of thoughtful citizens can change the world. Indeed, it's the only thing that ever has.

Joseph Campbell tells us, "People say that what we're all seeking is a meaning for life. I don't think that's what we're really seeking. I think that what we're seeking is an experience of being alive, so that our life experiences on the purely physical plane will have resonances within our own innermost being and reality, so that we actually feel the rapture of being alive." The 'rapture of being alive' is truly a wonderful expression, don't you think? Such raptures give real purpose to our lives. When we carry out an act of kindness it creates a good feeling within us, which surely could be termed as one of the raptures of being alive.

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YEAR 2018!

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



Jupiter V.

Robert Helmuth paused at the door. "Come in Mr. Helmuth. I'm Senator Wagoner and here with me are Miss Anne Abbott and Colonel Russell. I'm told you've had enough of the Bridge." "I must admit I think it's outlived its' usefulness." "You are quite right. The purpose of the Bridge was to enable us to test a theory which, if proven, could enable us to "harness" the force of gravity and thereby achieve faster than light space travel. Well, it worked. Apart from this, we have also developed an immortality drug. Which means we can now literally reach the stars. Colonel Russell and Miss Abbott have volunteered to be the nucleus of our first interstellar expedition. We want you to be in it. Will you go?" Next month...An end and a beginning...

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.



1st DRYSDALE SCOUTS

We are fast approaching the festive season.



Welcome one and all to our Christmas Tree Fundraiser for 2018.

1st Drysdale Scouts are happy to be providing fresh cut Christmas Trees to the Geelong and Bellarine areas.

Our fresh cut Christmas Trees start from \$55.00 for up to a 6 foot tree, or you can choose from the other sizes from our order form. Every tree comes with the option of **free delivery** or you can pick up from our Hall on specific days.

This year we will be open at the Hall on Friday 30th November if you are hoping to get an early start to the festive season. Come down and choose your tree and take it with you on the night or opt to have it delivered on Saturday the 1st of Dec or Sunday the 9th of Dec.

Prefer to hand pick your tree?

Come down to the Hall on the 1st and 2nd weekend of December as we will have a limited number of trees for sale. **PICK UP ONLY.**

The Hall will be open between the following times:

Friday 30th November - 5pm to 9pm

Saturday 1st December - 9am to 3pm

Sunday 2nd December - 10am to 2pm

Want to ensure you get your tree? Pre-order now by filling out the form online at <https://1stdrysdalecouts.com/christmas-tree-sales/>

Have a problem with disposing of your Christmas Tree in the new year? Just ask us to collect it for you on Saturday the 5th of January 2019 for a small \$5 fee.

If you have any questions about this service do not hesitate to contact us.

Thank you for considering 1st Drysdale Scouts for your fresh cut Christmas Tree and we wish you a wonderful Christmas.

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Roundabouts

Roundabouts are a special type of intersection. There are a few on the Bellarine Peninsula and they are a great way to keep traffic flowing. The basic rule is simple – give way to any vehicle that is already on the roundabout.

As at any intersection, you need to signal your intention – left if you're turning left; right if you're turning right; no signal if you are driving straight ahead.

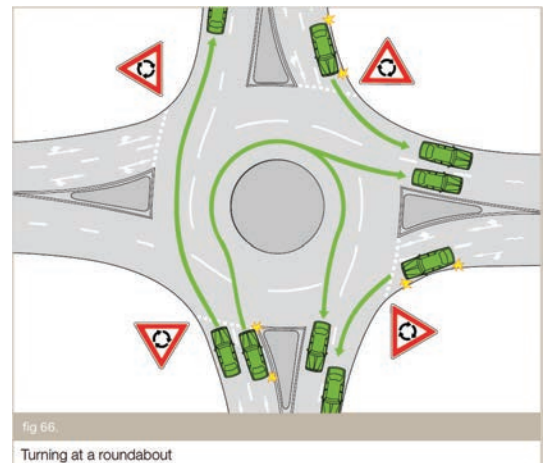
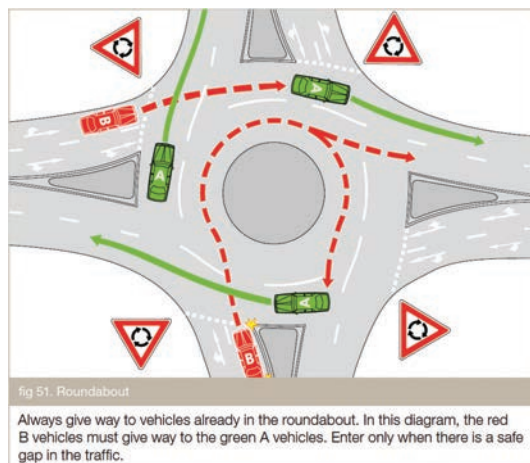
In a multi-lane road, if you are turning left then you should approach in the left hand lane. Similarly, if you're turning right you should be in the right hand lane. You may go straight ahead from any lane unless that lane is marked with an arrow indicating the direction to turn. Stay in the same lane right around the roundabout and into the road you plan to

take. If practical, you should signal left just before you exit. In Europe, most motorists will signal as soon as they clear the exit before the one they plan to take. It is important that your signals are unambiguous.

Cyclists and horse riders have the option of using the left hand lane when they are turning right but they must give way to vehicles leaving the roundabout.

In an earlier article on pedestrian priority, it was noted that roundabouts are a special type of intersection. The rule to give way to pedestrians crossing the road you are turning into does not apply. However, you still need to be aware of pedestrians and pedestrians need to take special care when they are crossing a road at a roundabout.

Extracts from 'Road to Solo Driving' reproduced with the permission of the Roads Corporation trading as VicRoads.



SOUTH WEST ROAD PROJECTS



We're building the Drysdale Bypass

And works have already begun.

You can look forward to a new road for a safer, alternative route which means fewer trucks on High Street.

We'll also build a new shared-user path and an underpass for pedestrians for safe access to schools.

It's an exciting time for this important project and we'll work closely with the Bellarine Peninsula community.

If you have any questions, give us a call. Our team is here to help 24 hours a day, 7 days a week.

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The Aftermath - Ambon and Sandakan

On Remembrance Day we think of those who fought bravely for us in battle but also of those who with courage may have lived or ended their days as a POWs. Whether in battle or in a prison many did not make it home. So what happened to these fallen.

Australians have visited **Commonwealth War Graves Cemeteries** around the world especially in France or Belgium perhaps Gallipoli where manicured lawns, beautiful gardens and many, many lines of plaques or crosses mark the resting place of the men and women who didn't make it home. These cemeteries are cared for and preserved for the future. Did you ever wonder if these cemeteries tell a story?

Yes, there is a story to tell about the making and construction of a Commonwealth War Grave Cemetery - Ambon. A story that involves politics, hardship and dedication. A story about the aftermath, about devotion to a task, a job that needed to be completed and a sacrifice of the comforts of home life. A job unknown on an island unknown.

Join Carole O'Neill in discussing a life of Major K Proctor MBE who spent the 1960s and 70s combing the Pacific and many Asian remote areas in order to create the Commonwealth War Graves Cemeteries that we can visit today. This is a very special remembrance of those who are behind the scenes yet are vital to our continuing memory.

'Lest We Forget'

Remembrance Day

11th of November at 2.00pm at the SpringDale Centre



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 Houliston
0405 140 003 for more information

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Refugee Support Thanks

Update on generous donations given for war affected families in Sri Lanka.

Earlier this year at a Refugee support lunch function organised at St Andrews Uniting Church Portarlinton, we heard from Paheertharan Pararasasingam (Para) about his journey from war torn Sri Lanka to Australia.

Para also spoke about a charity, Yarl Aid, that assists war widows in his home country. Those attending the event were moved to donate funds to assist Yarl Aid and I write to update those who so generously donated just on \$1000 that day with the use of those funds.

Para writes : " we have a huge amount of war widows who really need some support to feed their children, their husbands were forcibly disappeared after they surrounded voluntarily or their family were threatened to live but now Sri Lankan government denied and haven't given any details of their loved ones, these widows are threatened to attend farming for arm forces where they've been raped or sexually assaulted by security forces so now we all Tamils who live overseas support them to stop working armed forces farms so they can start a small business like own farming, buy chickens or cows for milks etc.

Your money will support a family and then they can live peacefully and those children would be happy as their mum doesn't need to go to army camps for work."

Thank you to everyone who made a difference with their donations.

Joy Porter

St Andrews Uniting Church Portarlinton
Justice and Mission Team

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MENTAL AS WE KNOW IT.... NOT

With so much news in the media about Mental Health I thought I would add to that information with what your local Rotary Club is doing on your home patch.

We can't avoid this close to home. I can be sure that everyone is affected by someone they know who struggles with some form of Mental Illness in varying degrees as with every other ailment people experience. From the simplest feeling of hopelessness to the extreme of suicide.

About a year ago a project was started by our Club by the name of IgKnite. This has grown from the concept of knitting beanies to other items made either by knitting or crocheting. You can make, donate cash or donate needles and wool that are taking up space in your home and you will never find time to use.

The knitted or crocheted items are donated to Lifeline who are truly on the ground with people in trouble, or sold with money being donated to our own Rotary Mental Health Program.

Each year the Rotary Mental Health Program runs a day called Lift the Lid. Our club celebrated this by holding a social night with a couple of games that had a mental health focus with members, partners and friends. We wore hats some silly and some the usual every day wear.

Rotary is about making the world aware of situations or the needs of the disadvantaged. We can often think this applies to overseas, but a lot of these needs are right next door. Could be your neighbour, your relative or your closest friend.

We are making a difference and being the inspiration taking a stand towards the people who need our help.

To support IgKnite program call Catherine Eagleson on 0474 199 389 and ask how you can help?

Our motto is "Service Above Self". IgKnite is one of the many things that we as an International organization are involved with. Would you like to know what else we do and add your name to the list of members who inspire people to provide "Service Above Self"?

President, Publicity, Mentorship Coordinator

Caroline Rickard

Rotary Club of Drysdale 0408 989 221





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Livingstone House Rebuild

Earlier this year, The Springdale Messenger very kindly included an article about the Livingstone House Rebuild Fund. The article mentioned how I am trying raise \$10,000 to rebuild the fallen down home of Livingstone and his widowed mother, Sarah, who live in a slum area in Uganda. Livingstone is one a several children that I co-sponsor with Mark Wilkinson through Compassion Australia.

Via very kind donations, plus Livingstone's Hi Afternoon Tea and Livingstone's Gigantic Garage Sale, so far about \$8800 of the \$10,000 required to build Livingstone & Sarah a new home, has amazingly been raised.

Thus, \$1200 is still needed before the building can be commenced. I would also like to raise some additional money to enable a single bed, and a chair each for Livingstone and Sarah to be purchased, plus also a chest of drawers for their small amount of belongings (instead of having to use boxes) and some lino to cover the concrete floor. As the front of the little home has a very tiny shop front, I would also like to supply some initial stock for the shop.

As there was a reasonable amount of good quality items still remaining at the end of Livingstone's Great Garage Sale, which was held on Saturday 6th October, it has been decided to hold Livingstone's 2nd & Final Garage Sale on Saturday 3rd November with an associated sausage sizzle and cake stall. It will take place in Powell Street West, Ocean

Grove from 9am to 1pm. I am hoping that a reasonable amount of the money still needed will be raised at that event.

People can also make a donation to the Livingstone House Rebuild Fund via the following link - <https://compassionaustralia.gofundraise.com.au/page/HeatherHallam>

Further details concerning the Livingstone House Rebuild Fund can be found via the following website link

www.livingstonehouserebuildfund.com

On behalf of Livingstone and Sarah, I would like to thank you for helping to rebuild their new home.

Kind regards, **Heather Hallam**
compspon@securenym.net



CREATORS & CRAFT MARKET
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Sunday 25th November, 2018
From: 10.00am - 2.00pm
(farmers market site) - please **SUPPORT A LOCAL EVENT**
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Springdale Trivia 18th Edition by Drysdale Girl Guides

1. Which popular singer has hits including Lego House, Castle on the Hill, Shape of You and Galway Girl?
2. Seoul is the capital of which country?
3. Which jockey rode Prince of Penzance, the horse that won the 2015 Melbourne Cup, during that race?
4. On the Olympic Flag, which of the five rings represents Europe?
5. Who was the 22nd Prime Minister of Australia?
6. Which famous American gave her voice to Dory in Finding Nemo and Finding Dory?
7. What is the medical term for low blood sugar?
8. Which day of the week is named after the Norse god Thor?
9. How many children did Queen Victoria and Prince Albert have?
10. The Invictus Games are being held in Sydney this year. Which group of people are eligible to compete in this event?

Turn
to page 21
to find the
answers.

Drysdale Guides Meet on Thursdays during the school term 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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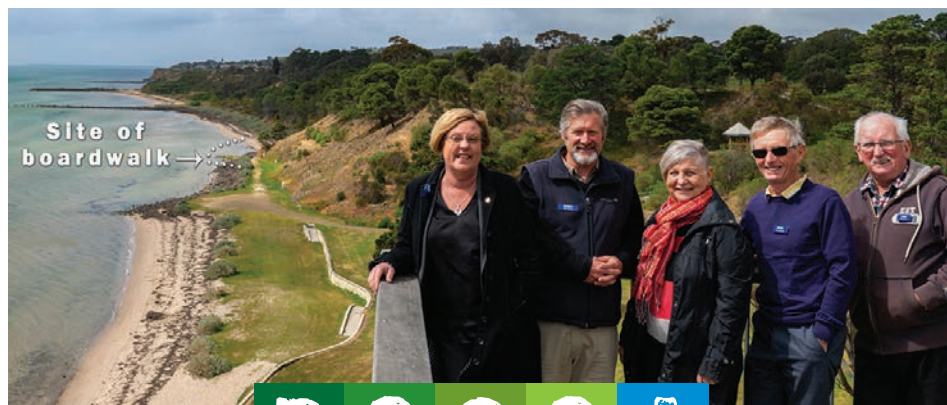
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Drysdale Clifton Springs Curlewis Association

Pick my Project The Springs Dell Boardwalk. GREAT NEWS

DCSCA's proposal has been successful and is to receive funding.

Many Thanks to all that voted and a Big Thanks to the City of Greater Geelong for being DCSCA's Project Partner in this very worthwhile project.

There will be a boardwalk that will provide walking access around and preservation of the heritage Springs Site that gave Clifton Springs its name.

This will provide a continuous foreshore walk from The Dell to Edgewater Drive enabling people to enjoy Clifton Springs' beautiful beaches more easily and safely.

Drysdale Railway Station.

You may notice that Drysdale Railway Station is looking more attractive with new decking and some new paint.

Many thanks to Doug Carson and DCSCA volunteers for organizing and completing this valuable work on this Drysdale Icon.

Clifton Springs Jetty / Fishing Platform.

Visitors to the Clifton Springs Boat Harbour will notice that the Jetty is being increased in length and that improvements to the harbour are progressing.

Bypass.

DCSCA met with members of Major Road Projects Authority who are in charge of building the Bypass.

Some items of note: -

Work has started. The roads will be constructed first and the intersections later.

In line with a DCSCA submission to the Hearing Panel the pedestrian underpass under the bypass is to be increased in size (to 8m wide by 3m wide).

MRPA are still investigating some issues with the western intersection.

SpringDale Occasional Care

SpringDale has applied to become an Approved Child Care Provider. For almost 30 years we have provided licensed child care and for a few years we provided approved Vacation Care, now we are heading into the Approved Occasional Care space. Until 1 July our Occasional Care service was one of a very limited number of Child Care Services which was ineligible for Child Care Rebates and Benefits. After surveying the families using our service, we decided to apply to enable our families the benefit of the Government's new Child Care Subsidy and we are close to being an Approved provider.

Being able to offer Occasional Care places which are eligible for Child Care Subsidy will hopefully help many more families and give our current families more opportunities.

I was excited a number of years ago when I received a notice from the Government saying that Child Care Rebates were available to all families and all Child Care Services and the very small print said except for us, but now we will be able to provide exactly the same benefits along with the service we have provided for so many years.

If you are thinking about Occasional Care for next year, please consider SpringDale Occasional Care. It is a very small service with a homely feel.

Looking forward to meeting you **Jean and Marnee**



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The first meeting of the month was a club evening where we saw the very interesting documentary "Salt" – photographer Murray Fredericks' very lonely journey on Lake Eyre, his photographs being of the expansive space rather than Lake Eyre being the subject. Our monthly competition was Street Photography, judged by local artist Dr Gillian Turner, a very knowledgeable and experienced judge. It is always a pleasure to have Gillian judge one of our competitions, and members always appreciate what she has to say about their images. Our photographic outing this month was to Anglesea bushland to photograph the very tiny wildflowers.

Results from this month's competition can be viewed under the Competition Results tab on our website www.bellarinecameraclub.org.au

Lynne Bryant - President

2nd B Grade EDI: Tanah Lot Street Market - Neil Follett



Image of the Competition & 1st EDI: Walking the Dog - Lynne Bryant

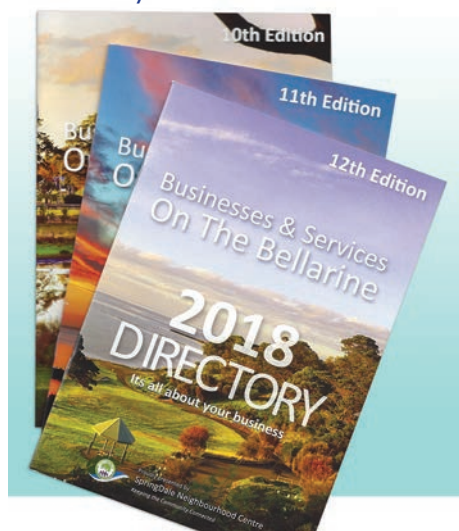
Bellarine Camera Club meets at SpringDale Neighbourhood Centre, Drysdale, at 7:30pm on the first and third Monday of the month. For further details call in to a meeting, or visit our website.



3rd A Grade EDI: Staring Straight Ahead - Jim Den Ouden

Don't miss out!!!!

Final deadline for the
2019 Businesses & Services
Directory
Friday 30th November



1st B Grade Print: Selfies - Roger Stephenson

A Time to Remember

...for anyone who has experienced grief and loss.



We invite you to join us for Tuckers Annual Christmas Memorial Service

Helping those who have experienced the loss
of a loved one prepare for the Holiday Season.

Monday 26th November 2018
6.45pm for a 7.00pm start

Tuckers Highton Chapel, Barrabool Hills Centre,
4-32 Province Boulevard, Highton

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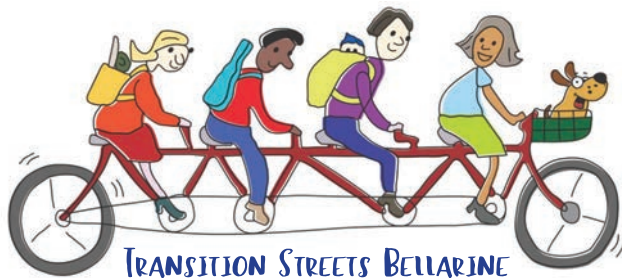
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Transition Streets is about connecting like-minded neighbours to share ideas, company, excess home grown produce and maybe a meal whilst learning about ways to live more sustainably.

There are now 12 groups running in Greater Geelong area, each one started with a simple letter box drop outlining the concept and inviting people to attend a meeting at a local café, and from there all the groups average 10-12 people who leave the meeting saying they are excited and enthusiastic to 'get going' !!

Comprehensive workbooks are provided (or an online version if you prefer), all in pre-loved A4 folders, which are used to springboard the groups into interesting dialogue discussing the big issues around water consumption, energy use, waste and disposal options, sourcing healthy food and transport options. The conversations that develop from this are just amazing, everyone always learns so much, not just on a big scale but also what is happening locally, and

more importantly, everyone makes a small commitment to do something different in a step to living more wisely, which can even equate into saving money!

We are finding a wealth of knowledge in every group, plus a feeling of connectedness and a sense of security as people get to know others that are living close by. This concept allows you to form real connections, not just chatting about the weather.

We Need You!!!

Each group creates their own unique way of functioning, and have achieved some amazing things by motivating and cooperating with each other.

So if you think you would like to be part of a group like this, please call me, or you can drop into SpringDale centre on Wednesday afternoons 1-3pm and join in the group discussion and get to know more about the project.

Hope to hear from you soon

Jackie, Transition Streets Geelong, Groups Co-ordinator 0417 367 394

Letter to the Editor

Dear Anne,

Thank you for including the article and photo about the Walk for Wellbeing in the October edition.

Your support is very much appreciated.

Many thanks

Julie Elterman Event Coordinator

Sincere thanks to everyone who contributed to the collection of clothes and toiletries for the homeless over winter and spring. Your generous donations have been most appreciated.

Corio Norlane Lions Club.

Thanks to Justin and Davey for a fantastic donation of toys for our Kinship Carers group. SpringDale Office

Thanks to WAM Training for donating CPR mannequins to enable people to practise in between updates at SpringDale. SpringDale Office

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Clifton Springs Garden Club

It was very pleasing to see so many members, and several visitors, at the AGM. The current Committee were re-elected and they have wasted no time getting on with the job of organising another great year for the Club.

Club Members had a beautiful day for their outing to Barbara Cowley's property in Cobden where we met up with members of the Cobden Garden Club. The visit to Barbara's property was organised to allow our Club members to take plants they had grown to Cobden for distribution to people who had lost their gardens in the March 2018 fires. Also it gave us the opportunity to give a cheque of \$100.00 to the Cobden Garden Club and a \$500.00 cheque to the Cobden Uniting Church Fire Relief Fund. Barbara's garden was not damaged by the fires, but some of her property which runs down to Lake Cobrico, was. Members spent a lovely few hours wandering around Barbara's garden which was looking splendid with many daffodils putting on a colourful display.

An outing to the Werribee Rose Gardens is planned for November, and negotiations are underway with Craig Castree, who we hope will be able to give us a presentation at the Werribee Heritage Orchard as well.

Monday 19th November is our last meeting for 2018, our speaker is Brendon Bolten, Edible Landscapes and our 2018 year will close with a Christmas Lunch on Tuesday 27th November.

Our meetings are held at 7.30 pm, Uniting Church Hall Drysdale. Visitors are most welcome. If you would like further information please contact our Secretary Helen, on telephone 52571566 or email hma3152@gmail.com



Simon Schooneman President Clifton Springs Garden Club presenting Barbara Cowley Secretary Cobden Uniting Church Fire Relief Fund a cheque.



Kerry & Lilliah receiving plants donated by Clifton Springs Garden Club - they lost their garden in the fires.

One of the beautiful views from Barbara's garden looking down to Lake Cobrico.



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Memories of Yesteryear

by the Older Generation of the Bellarine

The Whitcombe Walk - Robert (Bob) Whitcombe Part one cont.....



About three months before his 19th birthday (16th of June 1915), Bob enlisted in the A.I.F. He served in Egypt, Gallipoli, Sinai, France & Belgium. While fighting in Belgium, he was stricken with Trench Fever and hospitalised in France & London. Bob was put on Gallipoli just prior to our men retreating. He would often say how polite the Turk's were, letting them just walk away. Bob was discharged in Melbourne on the 8th December 1916.

His hip joints were to deteriorate throughout his life, both being badly worn; in the end one leg was 4" shorter than the other. This caused him an immense amount of pain, however I cannot recall him ever complaining and he would only speak of it, if questioned.

His Discharge Certificate shows, service abroad 415 days, a total of 542 days. This included time spent recuperating in London & at Geelong Hospital where he met his wife-to-be Laura Purnell. In this brief time of active service, he achieved the rank of Corporal.

During his absence from home, his father died.

With the war over, both Bob & brother Jack were married in 1920. My father married my mother Laura Purnell at the Baptist Church in Geelong. They honeymooned in Port Fairy. Bob had a five-roomed house built, alongside the old family home - it cost 450 pounds. It was built by Bill Hines of Drysdale. He had a verbal agreement with the family that after the mother's death, he could buy the areas left in the Will to Harry & Bart. My grandmother Mary died at home in 1925, and was nursed by my mother during her last illness.

Bob attempted to make life a little easier

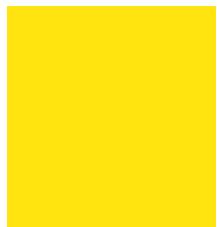


Bob and Laura

for himself by keeping a flock of hens. This venture was a disaster. So, when my Grandfather's estate was settled soon after my birth in 1926, this and the conditions of the Will made it impossible to carry out the consolidation of estate as planned. He was caught in a bind, where in trying to do the best for his aged mother, he had built his house on land that he could now never own.

To be continued....

Written by **Ian Whitcombe** with the help of **Lesley Whitcombe**



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Community donation gives old gym equipment new life

The activity and gymnasium space at Bellarine Community Health's Portarlington site has had a major upgrade of equipment thanks to generous community support from the Portarlington & Drysdale Community® bank branches and the BCH Portarlington Ladies Auxiliary.

Ageing and mismatched equipment acquired over many years has been replaced with modern new equipment suitable for the many groups that use the gym space.

"We are extremely grateful for the \$15,000 grant from the Portarlington & Drysdale Community® bank branches through a Bendigo Bank Community Enterprise Foundation challenge grant," said BCH CEO Shane Dawson. "That grant, along with a \$15,000 donation from our wonderful Portarlington Ladies Auxiliary, has allowed us to purchase new equipment to fit out our gym."

The BCH Portarlington site was extended and renovated last year to allow the Physical Wellness programs to be co-located with other BCH services. Some minor modifications are now being made to the space to accommodate the modern, new exercise equipment.

Portarlington & Drysdale Community® bank branches presented a cheque to BCH at a small ceremony this week which was also attended by a representative of the Portarlington Ladies Auxiliary.

Senior Branch Manager of the Portarlington and Drysdale Community® Bank Branches, Shae Hunt said it was wonderful to be able to support Bellarine Community Health.

"This funding allows BCH to enhance their programs which benefits our community, and we want to thank our customers because it's their ongoing support that enables us to be able to give back to the community," she said. "We are looking forward to continue to partner with Bellarine Community Health in the future."

New exercise bikes and elliptical equipment with consistent information screens have been purchased along with a new water resistance rowing machine with seat height extensions and two multi-function weight trainers. Smaller items suitable for use by people of all ages and abilities have also been added to the range of exercise equipment. BCH is looking into how the space may also be used by the community.

The equipment upgrade allows BCH to enhance its current range of programs including establishing a specific series of workshops targeted at people living with type 2 diabetes.

The workshops called 'EMPOWER' are a combination of education and exercise sessions to help people to self-manage their diabetes effectively. The sessions will cover areas such as food choices, wellbeing, oral health, motivation and peer support as well education about diabetes.

The workshops will run on Monday afternoons at the Portarlington site. To find out more information on eligibility and accessing this service contact the BCH intake team on 5258 0812 or email intake@bch.org.au

Laureen Deale, Communications Manager Bellarine Community Health

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SpringDale Dining Club is going to Leopold Sportsmans Club Monday 19 Nov 6.30pm. Please ring SpringDale on 5253 1960 to reserve your spot.

The SpringDale Lunch Bunch are going to Driftwood - Ocean Grove Wednesday 21 Nov 12.30. Please ring Margaret on 0418 370 857 to reserve your seat.

Trivia Answers

- | | |
|--------------------|---|
| 1. Ed Sheeran | 7. Hypoglycaemia |
| 2. South Korea | 8. Thursday |
| 3. Michelle Payne | 9. Nine |
| 4. Blue | 10. Wounded, injured and ill Servicemen and women |
| 5. Malcolm Fraser | |
| 6. Ellen DeGeneres | |

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What is PANDA?
Those cute animals
from China with the
big eyes and very cute?

PANDA
Perinatal Anxiety &
Depression Australia

Well yes and no. That is a type of Panda. But there is another PANDA - an organisation only established in 2005. That's not that long ago. It was founded because the need for information and support for both expectant mothers as well as fathers was becoming a priority. The National Perinatal Anxiety and Depression Australia organisation is the only specialist National Helpline for those affected by perinatal anxiety, depression and postnatal psychosis and/or for those experiencing challenges in becoming a parent.

In fact the stats suggest that 1 in 20 men may be susceptible to experiencing anxiety and/or depression during their partner's pregnancy (antenatal) and up to 1 in 10 new dads and 1 in 5 new mums struggle with anxiety or depression in the year following the birth of their baby (postnatal). By visiting the website lots of information is available for help in recognising the possible signs of perinatal anxiety, and or by ringing the number below.

PANDA National Helpline
(Mon-Fri, 9am-7.30pm AEST) 1300 726 306

It is something that can be resolved with appropriate support, and is a common though serious illness that can affect any man and his family, regardless of culture, age or background. So don't forget, dads as well as mums can be affected by this very real disorder. It is nothing to be ashamed of, and that is the point of having this hotline. The sooner you accept and begin to talk about your feelings, thoughts and behaviours, the sooner you and your family will be back on track to enjoying the birth of your baby.

Panda.org.au and/or howisdadgoing.org.au

SPORT



DRYSDALE TO FIELD AN UNDER 18 FEMALE TEAM IN 2019

The Drysdale Football club is seeking players to join our Female Football Program in the Under 18 age group. The team will be coached by Lauren Bazeley, who will add her expertise to the vibrant and supportive culture paved for Women's footy at Drysdale over the last two years. Lauren has played 184 VFLW games, represented

Victoria five times and has twice been an All Australian. As a previous assistant coach at St Kilda Sharks and with her roles coaching numerous school teams, it will provide players with a unique opportunity to be mentored by one of the most experienced & decorated players in the game.

Drysedale Football Club has been at the forefront of Women's Footy in the Geelong region, with their Under 12's, under 15's and Senior Women's team enjoying success both on & off the field. Focusing on education, participation, involvement & enjoyment the club prides itself on a welcoming & inclusive culture. If you are interested in being a part of the Under 18 team at Drysdale please contact coach Lauren Bazeley on 0409 252 740.

The club is also holding a Female Footy Come & Try Day on Sunday November 11 from 12pm - 2pm at the Drysdale Recreation Reserve, which is open to all ages. There will be games, activities & competitions, a free BBQ & a chance to have a kick with stars from Geelong's AFLW team. It will be a great day & everything's free so come down & give it a go!

Karen Craven

DRYSDALE FOOTBALL CLUB FEMALE FOOTY COME & TRY DAY SUN NOV 11

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The Clifton Springs Golf Course was opened in tournament play 14th February 1910.

Excerpts "The Australasian" 26th Feb 1910

GOLF GOSSIP By COEE.

Clifton Springs - the Cinderella of Victorian seaside golf-links - was the elect of followers of the royal and ancient game last Saturday. Beautifully situated high up on the cliffs overlooking Corio Bay, these links have so many natural advantages! that will rival Flinders, Sorrento, Barwon Heads, and other older courses. An excellent hotel, with genial and attentive host and hostess, good sea-bathing, and every sort of sulphur, electro, and other baths in the hotel, form extra attractions to the tired and weary golfer, ... [with] Mr. Llewellyn Jones, the energetic and obliging masseur. The mineral springs are also an important feature of the surroundings, and, if a player fails badly in negotiating "Spion Kop" or the "Modder River" ravine, he can take to drinking the waters with beneficial effect. The course, laid out by "Dick" Banks, the well-known professional, possesses some fine features. It reminds one very much of Flinders, with the exception that turf at the Springs becomes somewhat baked and hard in dry weather. The late autumn, early spring, or even winter, would see the course at its

best. Some of the holes along the cliffside are full of interest, and require a lot of playing if one wishes to return a good card. "Spion Kop" and "Niagara" holes are almost a facsimile of their namesakes at Flinders, whilst the "Modder River" hole is an improvement on their "ravine." The club's Initial open meeting [had] some 50 visitors, entering two events,... played concurrently on the Saturday afternoon. Among those who assisted on this occasion were M. G. B. Jefferson, S. G. Pirani, F. Stuart, J. E. Lindley, and J. W. Samuels, of the Victoria Club; F. M. Douglass, J. P. M'C. Doyle, A. J. Ritchie, H. G. Moore. D. Aitken, G. G. Jobbins, and T. E. Bostock, from Geelong; whilst J. A. Lawson was the sole representative of the Metropolitan. The Bogeys for the course, which is nine holes, is as follows: 5,4,4,4,3,5,5,5,5 - 40. M. G. B. Jefferson won the scratch event with the good card of 84, 44; 40. A. J. Ritchie was close with 85. His first effort was 41 showing improved form at his second attempt; had a fine chance of winning up to the 17th, where his tally was 77. A six at the last hole looked fairly easy, but he failed, and took eight. F. M. Douglass and J. W. Samuels each returned 88's. The handicap resulted in a win for T. E. Bostock, who returned the capital card of 90 - 12 - 78, his first round being 43 and second 47. J. VV. Samuels, 88 - 7 - 61, was second, and A. J. Ritchie, 85 - 2 - 83, third; M. G. B. Jefferson, 84 - scratch - 84, and D.

Aitken, 90 - 6 - 84, being next. An impromptu open sweepstakes Handicap was won by J. A. Lawson which just beat Dicks Banks. His cards were 39; 35. J.J. K. Lindley who arrived too late [for] the handicap, returned two rounds of 50 and 42 - 92 - handicap 15 - net 77 - was third. His second round of 42 was the result of very good golf indeed. Rowley Banks also played in fine form, returning 40 and 37 - 77, plus 2, net 79. The weather was excessively hot, but Mr. Nunan. supplied the competitors with iced drinks and cold sulphur plunge baths at the finish. Everyone ...came away with the intention of having another day at the Springs. Visitors may travel by train to Drysdale or boat to Portarlington. Coaches meet both boat and train.

The Clifton Springs Golf Course was designed by professional golfer Dick Banks and was opened in tournament play on the 14th February 1910. Dick Banks and his brother Rowley were founding members of the Australian professional golfers association in 1911. Rowley Banks went on to become the first Australian professional golfer to play in the British Open.


Paul Bruce

Clifton Springs Open Feb 19th 1910



Group of golfer Clifton Springs - Niagara - 24th Feb 1910






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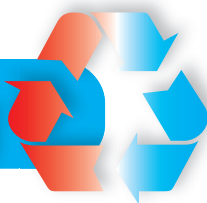


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