



Drysedale Football Club 140 Year Celebration

In 1879 Ned Kelly raided the town of Jerilderie, and he dictated the now famous Jerilderie letter. Also in that year the Sydney Telegraph newspaper was published for the first time, Darriwell won the Melbourne Cup, and the Geelong Football Club won the VFA Premiership in only the third year of the fledgling competition. It was also the year in which the Drysedale Football Club played its first game.

This seems quite remarkable, given that our town's namesake only moved into the Coriyule mansion some 30 years beforehand, and the town had only been named some 20 years earlier....yet it now had a football club! It was reported in the Geelong Advertiser that the team played the Chillwell 2nds on Saturday June 14th, 1879. The side, captained by Cuddy, was unfortunately defeated six goals to two. Other games followed that

year against East Geelong, Artillery, and Wanderers, with a draw against Artillery the best result. Early games were played at a ground behind the hotel known as The Buck's Head. This was also the location of the race-track and the ground was most likely in the centre of this.

In 1900 The Bellarine Football Competition was formed with games previous to that being by invitation only. Drysedale, Portarlinton, & Queenscliff were the inaugural teams with Military joining some years later. The clubs first premiership came in 1903 with an impressive marble clock being awarded to the victors. The clock can still be seen in the clubrooms today.

Move forward to 2019 and the club has 500 active participants, from 5 year olds in Auskick, to Men's and Women's senior teams. It has won 18 senior premierships and holds a place as one of the most respected sports clubs in the region.

To celebrate the 140 year milestone the club is holding a spectacular commemorative dinner

at the Geelong Football club on Saturday June 22nd. With a two course dinner, entertainment from musicians and comedians, as well as visual displays and interviews with past players it is a night not to be missed.

Tickets are available at the club or via their website www.drysdalefc.com.au



Jack Chatfield and
Rod Mannix after the
1955 Premiership win.

Find out the amazing
story about this photo.



DRYSDALE F.C.
140
1879 2019

**A Night of Celebration
& Entertainment**

Reflect on our club's history & success!
Fantastic display of photos & memorabilia
Featuring the hilarious
Nelson Twins
& music by the hugely popular
80's Ladies with Angie Hilton

Saturday June 22nd
6.30pm for 7pm - 11.30pm
Geelong Football Club - Presidents Room

Tickets \$95
tables of ten - includes 2 course meal
Dress - Cocktail, Suit & Tie
Drinks at bar prices

Tickets available online - www.drysdalefc.com
Or see Gary Holt, Allan Bliss or Chris Mortimer

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.

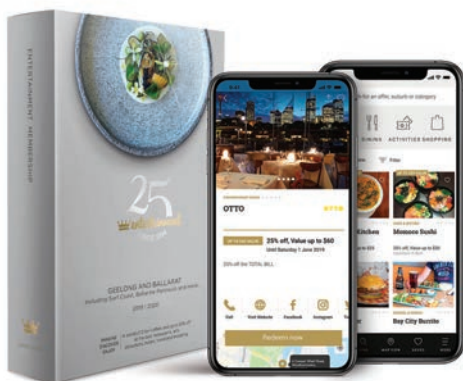
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SpringDale Neighbourhood Centre Opening Hours Monday to Friday 9am - 5pm and by appointment.

Saturday	1	Harvest Basket Produce Swap 9am - 10.30am at SpringDale
Saturday	1	Felting Group 10am at SpringDale
Sunday	2	Mabo Day
Monday	3	Kinship Carers 10am - 1pm at SpringDale
Tuesday	4	Friendly Cuppa and Chat Group 10.30 - 11.30am
Tuesday	4	CJ Dennis 10.30am - The Potato Shed
Thursday	6	Jigsaw Library 10am - 12 noon at SpringDale
Saturday	8	World Oceans Day
Sat/Sun	8-9	Springdale Felters display - By the Sea
Monday	10	Queen's Birthday (centre closed)
Mon-Sun	10	International Men's Health Week (till Sun 16th)
Tuesday	11	Dining Group - 6.30 Chang Noi's Thai Restaurant Ocean Grove
Wednesday	12	Days for Girls 9am - 3pm at SpringDale
Friday	14	World Blood Donor Day
Friday	14	World Elder Abuse Awareness Day
Friday	14	Neil Diamond/Bobby Darin 8pm - The Potato Shed
Saturday	15	Global Wind Day
Friday	15	Captured Installation 5pm every 45min - The Potato Shed
Sun-Sat	16	Refugee Week (till 22nd June)
Wednesday	19	Lunch Bunch - Queenscliff Bowling Club
Friday	21	Winter Solstice 8pm - The Potato Shed
Saturday	22	Winter Solstice 2pm & 8pm - The Potato Shed

COPY DEADLINE
for August issue is
1 July as well as the
deadline for the July
issue being
1 June

JUNE



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Geelong & Ballarat
Edition 19/20



The SpringDale Messenger is a locally produced publication.

This copy is one of almost 2 million community newspapers printing annually by members of Community Newspaper Association Victoria

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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:





Anne Brackley

Dear friends and friends I am yet to meet,

Over the last month I have learned more about mental health than I have in the rest of my life. I have been incredibly surprised by the numbers of people and the age groups most affected. It shouldn't have been surprising as I have also experienced anxiousness and depression. Although I was unaware of the name for those feelings at the time. I have developed strategies to help keep those feelings under control although occasionally they have had the upper hand for a period. Maybe that is where my preoccupation with asking people *Are you happy?* began.

Self-care has been another topic that has popped up during these discussions and I have taken the time to think about what I need to keep myself happy and ready for whatever challenge I accept or is put in front of me. I love learning. Learning something new excites me and allows me to think about and see things differently. Hopefully you are enjoying one of my learnings each month as we learn another collective noun and our language becomes richer.

Another thing that makes me happy is to complete a logic puzzle or a Sudoku but I have to keep those books out of sight so I don't drift into spending time on those instead of what I should be doing. It's great to have one of these books that I can carry with me and invest a little time on almost anywhere.

I love swimming. I am not a good swimmer but I was given a full face mask a couple of years ago and that has made such a difference. I love the way the water supports my exercise efforts and I think I'm getting better. If I am going away, one of the first things I pack is my bathers.

Watching movies is also a special way for me to spend time and wind down. I find I learn a great deal from characters, story and plot and I especially enjoy real life stories or science fiction. Real life for the life experiences learnt and Sci Fi for the glimpse into the future that might eventuate.

I believe knowing what you love doing is important for keeping you happy and healthy. Finding ways to limit stress is vital. Over the last 15 or so years that I have been at SpringDale, I have always had emails waiting to be read and processed, mentally yelling at me every night, but I have now reduced my unread emails in my inbox to zero. I am trying to stay with zero unread emails at the end of each day, so far I am keeping on top of them and feeling much lighter because of that.

Looking forward to meeting you for the first time or seeing you again at any of the SpringDale activities or somewhere else.

Sincerely **Anne Brackley** for the SpringDale Team



SpringDale
Felters

We are all working towards our 2nd exhibition, to be held on the Queen's birthday long weekend, 8th & 9th June. Our theme this year is *By the Sea*, so you can expect to see all kinds of amazing sea creatures - as well as beautiful scarves, wraps, hats & other items made by our group.

After our successful first exhibition last year, we hope to see you all again this year! - Jill

Cheese Making
Mozzarella Sat 8 June

We have some new courses for your consideration

Get ready to Quit Smoking
Introduction to Event Management

Confidence through Cookery
Returning to Learning

Philosophy

Guitar workshop for those beyond beginner ability

Abridged version of the Course Guide is included on pages 12 and 13 and please call into SpringDale for a complete copy or download from our website. We are always seeking new ideas and new tutors.

Collective noun for this month is a **Skulk of Foxes**.





Don't Forget Your Flu Shot

The State Government is currently urging residents to protect themselves against the flu this winter by getting their flu shot. The flu isn't like the common cold, it can hit quickly and last for weeks, meaning time off work or school and staying away from family and friends. For vulnerable Victorians, like children, the elderly and people with chronic diseases or a weakened immune system, the flu can have serious and devastating outcomes. Everyone should get their annual flu shot anytime from mid-April onwards to be protected for the peak flu season, which is generally June to September. The flu shot is now available from general practitioners, community immunisation sessions and many pharmacies. It is important to note that all Victorians over 65, pregnant women, Aboriginal and Torres Strait Islander people six months and over and anyone with a chronic condition or weakened immune system are all eligible for a free flu vaccine. In addition, the State Government is making the vaccination free for kids aged six months to less than five. So I again encourage everyone, especially those vulnerable, to get a flu shot this winter.

Drysdale Bypass

I recently visited the site of the Drysdale Bypass as major earthworks on the \$117 million bypass are completed allowing work on the road pavement to begin.

Drivers on the Bellarine Peninsula can now see the Drysdale Bypass taking shape, as work on the new six-kilometre road reaches a major milestone.

Construction crews started work on the project in October 2018 and have moved a staggering 300,000 cubic metres of soil - enough to fill more than 120 Olympic swimming pools.

The bypass is being formed using earth

materials from within the road alignment site. 600,000 tonnes of material has been excavated from high areas at Drakes and Murradoc Roads to lower areas at Peninsula Drive and Andersons Road.

The completion of earthworks will allow work to start on the Bellarine Railway overpass. From June, foundations will be put in place for the 25-metre-long arch over the railway line.

A pedestrian underpass will also be built to provide a safer, fast-tracked path for students and pedestrians to get to schools and the sporting precinct.

Inspirational words chosen by local students will be permanently etched into the walls of the underpass, with construction expected to begin in June this year. Some of these uplifting words to be cast into the concrete include 'believe and achieve', 'dream', 'inspire', 'be yourself', 'smile', and 'be the difference'. The pedestrian underpass forms part of the six-kilometre shared user path to be built as part of this project.

More than 4,000 trees and plants, native to the Bellarine, will be planted along the alignment to enhance the roadside reserves and conserve animal habitats.

The new Drysdale Bypass will give local roads and streets back to local drivers, boost safety and ease congestion through the heart of Drysdale by diverting hundreds of trucks off High Street each day.



More than 11 per cent of the 20,000 vehicles which travel through Drysdale daily are heavy vehicles.

Once the new bypass is open, it is anticipated half of these trucks will be diverted from local roads, improving safety for local drivers, pedestrians and cyclists while enhancing the amenity and community feel of Drysdale.

The bypass will relieve congestion experienced during the peak summer period, when more than 5,000 extra vehicles travel through Drysdale each day.

As part of the project, the roundabout at Grubb Road and Portarlington Road is being replaced with traffic lights, improving traffic flow and safety for pedestrians and cyclists.

The Drysdale Bypass is expected to be complete in mid-2020 and is being delivered by Major Road Projects Victoria.

So 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

De Facto Law Worries?

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The SpringDale Lunch Bunch are going to the Queenscliff Bowling Club Wednesday 19th 12 noon. Please ring Margaret on 0418 370 857 to reserve your seat.



SpringDale Dining Club is going to the Tuesday 11th at 6.30 Chang Noi's Thai Restaurant 64b The Terrace Ocean Grove 6.30pm. Please ring SpringDale on 5253 1960 to reserve your spot.

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"

Kenneth William Cooper

My father Kenneth (Ken) William Cooper was made a Patron of the Footscray United Cricket Club on 14th April 2019. Ken is 102 years of age and still going strong! He was born 14th February 1917. He is a resident at Drysdale Grove Aged Care. It is a great honour for dad to be made a Patron, of the Footscray United Cricket Club. The club formed in 1934 based in Maidstone (Footscray area) meeting at their own homes, then in 1957 they obtained an army hut from Camp Pell and was placed in East Melbourne, near the zoo, until 1986 when they had new brick clubrooms built. Now today they are again having new rooms being built at a cost of 2.3million due to be finished end of this year and will share it with other clubs.

Ken first came to club in 1936 as a 19 year old in new season 1936/37. He was elected Treasurer. In 1947 Ken was made Life Member. Ken remained treasurer till 1952 when he had to retire



from this role as he (and his family) were to move to Geelong in 1953. Ken also played in the club's 1st premiership side in 1946/47. In 2017 when Ken celebrated his 100th birthday, Footscray United members presented him with a cricket bat with inscription 100 not out. On 14th April 2019 at 102 years of age, Ken was made the 6th Patron of the club. A great honour on his 102nd birthday. He was also visited by Justin Giddings Chief Executive of Avalon Airport and presented with an aerial photo of the 2017 Air Show to place within his room. Justin then invited him out to Avalon Airport as he had a love of planes since he was ten years old and a day was organised for him to re-visit Avalon and reminisced as they took him on a tour of the hangars and wondered over the many changes since he had worked there as an A grade foreman after World War 11. He was able to tell many stories as the tour continued as he had served many years there retiring in 1976. The trip down the tarmac was the icing on the cake!

Kind Regards Janice (Jan) Edwards

POTATO SHED

WIN Double Pass to



Winter Solstice

2pm Saturday 22nd June

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COMPETITION CLOSING 1PM FRIDAY 14 JUNE



WHAT'S ON

POTATO SHED

CITY OF GREATER
GEELONG

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FRIDAY 14 JUNE - 8PM

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Full \$40 Conc \$38 **VIP \$35**

Theatre Seating

Full \$38 Conc \$34 **VIP \$30**

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WINTER SOLSTICE



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JUNE - 8PM

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Councillors' News

By Councillor Trent Sullivan

The Bellarine ward councillors have been working hard to have our region's needs heard, after speaking with many dedicated local individuals and groups.

I want to thank residents for raising important issues and trusting us to investigate their concerns further.

The City of Greater Geelong's proposed 2019-20 budget has now been released, and the Bellarine Peninsula features heavily in the list of projects funded.

The final budget comes before council for adoption in June.

Supporting community groups and organisations is a big priority, so we've proposed to double the Community Facility Infrastructure Grants allocation from \$1 million to \$2 million.

We're also creating a new Geelong Community Events Fund that will offer \$300,000 for local events.

Also within the proposed budget, we've set aside \$300,000 for the design of the Drysdale Regional Community and Learning Hub, and \$200,000 for design of the Jetty Road Children's and Community Hub in Curlewis.

We've allocated \$30,000 to update the Potato Shed's business case, which would be the first step in redeveloping Drysdale's much-loved community arts venue.

The Clifton Springs golf course would benefit from a proposed \$200,000 to treat

stormwater and remediate landslides along the escarpment, while stage two of the Drysdale Sporting Precinct development is in line for a \$150,000 cash splash.

There's also funding for improved road connectivity around Curlewis, with \$1.4 million put forward to construct an extension of Tivoli Drive between Portarlington Road and Coriyule Road, plus installation of intersection and pedestrian signals.

Cyclists will be happy with \$220,000 for the sealing of the Bellarine Rail Trail between High Street, Drysdale and the new off-road path being built along the Drysdale Bypass.

Speaking of the Bellarine Rail Trail, council will contribute \$500,000 towards plans for a super-fast fibre optic cable network along the 35km stretch, which will deliver community facilities and schools speeds of 1GBps.

There's also a further \$7.5 million to finish construction of the \$13 million Drysdale Integrated Children's Centre, which will serve the growing number of young families in the town and surrounds.



A Life of Laughter

We all want health and happiness in ourselves and others, and we can find it by creating it ourselves.

Research proves that many of us experience a mental health problem in our lifetime and stress is a key factor in all of this.

There are many ways of dealing with stress.

- Laughter reduces stress hormones.
- A laughter session of 10-15 minutes burns 150 calories.
- You cannot be depressed, angry or anxious when laughing!
- People who laugh a lot, get sick less often. Laughter encourages wellness.
- Laughter helps reduce pain. At least 30 minutes of deep laughing each day keeps the doctor away.
- Laughter offers perspective when the outlook is bleak.
- Joy and sorrow are like the ebb and flow of the ocean tide. They are natural rhythms. Laughter softens the cutting edges.

"It is strength to laugh and to abandon oneself, to be light."

Frida Khalo

To find out more about the health benefits of Laughter Therapy Workshops please register your interest or call Agata our local Laugh Coach on 0407 687 971.

Laugh, it's good for your brain.

Collective noun for Kookaburras
is a riot of Kookaburras



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Lee Martin 0400 957 839
Ange Callan-Harris 0423 295 705

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The Road Home Geelong

Again this year we will be conducting collections of Bedding, Winter Items, Hygiene Items and Financial Donations.

Please let us know if you are interested in supporting those experiencing Homelessness in Geelong and Region.

You may be willing to

- Host a Wheelie Bin for collection of winter items.
- Host a crate to collect Hygiene Items
- Hold a Donation Tin for the collection of Financial Donations.
- Hold your own event in support of homelessness.

We will hold collection weeks during the year, these will consist of food, hygiene items and blankets.

If you are interested in any of this please get in touch.

Kind Regards **Richard Walter**

Secretary Lions Club of Corio Norlane
www.corionorlanelionsclub.org.au
 0402 409895

SpringDale Occasional Care



Now Approved for Child Care Subsidy

SpringDale Occasional Care is a part of SpringDale Neighbourhood Centre. We are a small childcare centre with our aim being to create a friendly homelike environment. With a variety of ages and fully support the philosophy that play based learning is engaging and builds success for life.

Our direct phone number is 0401 129 140.

Session Times & Fees

Monday, Wednesday, Thursday

9.00 - 2.00pm 5hrs - \$40

Tuesday, Friday

9.00 - 12.00pm 3hrs - \$25

Pay by cash or online.



Coryule Chorus Open Rehearsal

The Coryule Chorus Community choir will hold an Open Rehearsal on Thursday, June 27th from 1.30 pm at the St James Anglican Church Hall, Collins Street, Drysdale.

This is the second such event conducted by the choir, after the first one last year received such a positive response with an excellent attendance and a very happy atmosphere. The format is very relaxed as the choir goes through its learning processes under the watchful eye of its audience, who can sit back and enjoy the entertainment, and get the occasional opportunity to participate with some sing-along.

Come along and join in the fun, and also enjoy the afternoon tea with choir members at the conclusion of the event.

A gold coin donation would be appreciated.



DRYSDALE FAMILY SUPPORT

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Heritage Award

Recently Major Road Projects Victoria's Drysdale Bypass project team were awarded the inaugural 'Conservation or Interpretation of a Heritage Place, Historic Collection or Tradition' from Wathaurung Aboriginal Corporation, trading as Wadawurrung, in conjunction with the City of Greater Geelong and the Geelong National Trust as part of the annual Geelong Heritage Awards.

The award recognised the work done around cultural education with the local schools in the vicinity of the Drysdale Bypass and increasing awareness of the importance of cultural heritage as part of the planning and construction phases of projects such as this. Building on the Cultural Heritage Management Plan and the discovery of over 119,000 artefacts MRPV in partnership with Wadawurrung took the opportunity to further engage and connect the local schools and community to reveal the significance of the land and cultural site and artefacts, and heighten public awareness and enhance understanding and appreciation of Wadawurrung's history, the first history of this land.



L-R: Tim Price - MRPV, Dr Ilya Berblow - Director - Heritage - Wadawurrung, Andrew Westcott - MRPV, Lucas Bridgeman - MRPV, Jessica Taylor - MRPV, Guy Anderson - MRPV, Tom Whiting - MRPV & Corinne Eccles - Wadawurrung



DRYSDALE BYPASS



Major earthworks are now complete

We're building the 6km Drysdale Bypass between Jetty Road and Whitcombes Road to improve safety and ease congestion on the Bellarine Peninsula. Construction is progressing well.

Since we started work six months ago, we've moved over 300,000 cubic metres of dirt – that's enough to fill more than 120 Olympic swimming pools!

The Bypass has been formed using earth materials from within the road alignment site.

To build up lower areas of the bypass, we have moved over 600,000 tonnes of earth from Drakes and Murradoc Roads to Peninsula Drive.

We'll now start building the road, the Bellarine railway-overpass and the pedestrian underpass at Peninsula Drive. We will keep the community informed about the progress of these works.

If you have any questions, please get in touch. Our contact details are below. You can also visit our project page at roadprojects.vic.gov.au/projects/drysdale-bypass

1800 105 105

contact@roadprojects.vic.gov.au
roadprojects.vic.gov.au



For languages other than English, please call 9209 0147



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I cannot believe that we are in June already - half way through the year.

As I am typing this article I am totally amazed at how the numbers of kinship Carers has grown in our local area.

When I started this group in 2015 we started with two kinship families our numbers are now 35 families caring for 71 children.

That is 71 children in our local area living in out of home care.

A large number of our children live with their grandparents, (that includes both single and partnered grandparents), aunts and uncles, relatives and even family friends step up to care for our most precious children.

In the 14 years that I have cared for my granddaughter, sadly the number of kinship carers is increasing not only in our local area, but the whole of Victoria and indeed Australia. It is widely known that the number of kinship carers in Australia is now outnumbering foster carers.

Being a kinship carer is important to me both as my granddaughter's carer and also as an advocate for the rights of other kinship carers.

I am a member of several kinship organisations and committees which enable

me to keep up to date with all relevant information for kinship carers.

If you are a kinship carer we would love you to join our special group, we meet at SpringDale on the following dates:-

Monday 3rd June, 5th August, 2nd September, 14th October, 4th November and 2nd December 10am until 1pm.

I would also like to thank the following people and organisations who have helped our group with donations:-

- Jo from Drysdale (your special family loved their special presents)
- Judy from Drysdale Book Club
- Joan from Portarlington
- Bellarine Quilters

To all the people who have left donations at SpringDale Neighbourhood Centre a huge THANK YOU.

If any business or service club would like to learn more about kinship care or assist the carers and children please feel free to contact me direct.

Jeanette Hanley-Heath 04 14 308257

Thanks Jeanette

SpringDale Trivia 23rd Edition by Drysdale Girl Guides

1. How many colours are on the flag of Belgium? What are they?
2. Who wrote the book Frankenstein?
3. The public holiday for the Queen's birthday is traditionally held in early June, but when is the Queen's actual birthday?
4. Tigers are native to which continent?
5. Which AFL team won the 2005 Premiership?
6. What is Winnie the Pooh's favourite food?
7. Which Country has the longest coastline?
8. What is the chemical symbol for Platinum?
9. Which service organisation started first: Girl Guides, Rotary, the Lions club, or the RSL?
10. How many centimetres are in 2.6 metres

Turn to page 23 to find the answers.

Drysdale Guides Meet on Thursdays during the school term 6:30 to 8:00. Interested or have any questions please contact Anne Brackley on 0407 529 205

Moon landing

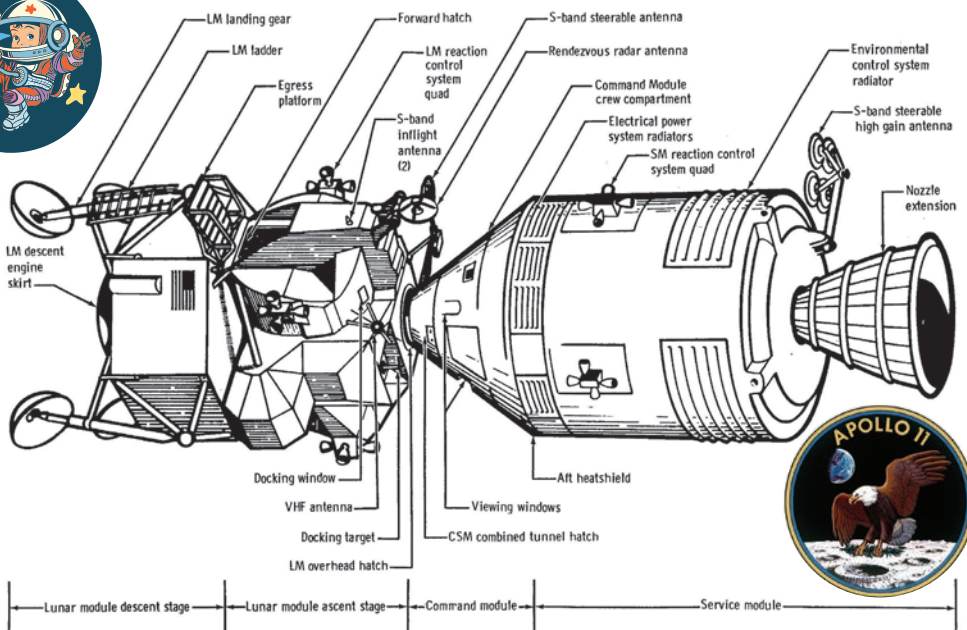


Hi everyone

Interesting to read the article last month by teacher John telling us about his experience watching the moon landing in Britain. I saw it all (I was then 13) at home at our family farm in the Jeeralang hills of South Gippsland. No power for T.V. there of course so we had the generator running in the shed outside. All amazing stuff to us country kids!

However, I digress. Last month as you recall we left the Apollo 11 spacecraft approaching the moon in space- travel format, that is, with the lunar module roof docked to the command modules' nose. Once settled into orbit around the moon astronauts Armstrong and Aldrin had to move through the hatch into the lunar module. (We'll all be able try this ourselves at the commemoration day at Springdale on Sunday July 21 as I have included this hatch in the construction of the display Apollo 11 for that event) Once the respective modules separate Neil and Buzz can commence the flight down to the lunar surface.

We oldies can clearly remember the swiftly mounting tension as the Eagle swung down towards the ground. While monitoring the rapidly diminishing rocket-fuel supply Neil Armstrong had to make a snap call to switch over to manual control and fly the craft horizontally on over the designated landing



site as huge boulders scattered about the vicinity would have made landing there an unacceptable risk. With barely 30 seconds of usable fuel left Neil located a clear flat area and brought the craft to the gentle stable landing which he had previously practised hundreds of times on the highly dangerous simulator module back at the Edwards Air force base in California. A huge collective sigh of relief at the Mission Control centre rippled on around the world as the now famous "Tranquillity base calling, the Eagle has landed" message crackled from our T.V.s. and radios. Wow! John.

PS Next month we moon walk!



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METASTATIC BREAST CANCER (MBC) SUPPORT

The recently established Bellarine MBC Support Group meets monthly at SpringDale. We are a small group of local people affected by Metastatic Breast Cancer, sharing our experiences, information and resources, and encouraging each other. Those unable (or who prefer not) to attend meetings, are included via email and/or phone.

Our group is part of the local network of cancer support services, is registered with Breast Cancer Network Australia and in the process of gaining Cancer Council Victoria registration.

Whilst many people in our community have direct or indirect experience of Breast Cancer, there is often uncertainty about what happens when early Breast Cancer spreads and becomes Metastatic Breast Cancer.

Metastatic Breast Cancer - also referred to as Advanced or Stage 4 Breast Cancer - occurs when cancer cells spread from the original (primary) tumour to another part, or other parts, of the body.

This may occur months or years after the initial diagnosis of early Breast Cancer, though MBC may also be diagnosed at the same time as early Breast Cancer is found.

Metastatic Breast Cancer commonly occurs in bone, lungs, liver and/or brain, but it can also affect skin and other parts of the body. Regardless of its location, it is still Breast Cancer. While new treatments have developed over recent years, so that MBC is now considered a chronic illness, MBC is not curable.

Diagnosis with MBC - like diagnosis with any cancer or serious illness - launches us into a rollercoaster of emotions. Sharing experiences and support can provide opportunities to feel

connected and understood, as we navigate the appointments, treatments, side effects and their impact on ourselves, family and friends.

SpringDale provides a quiet, private and safe meeting space for our group, as well as a way to reach out onto the local community through The Messenger. We are so grateful.

If you, or anyone you know, wishes to join the Bellarine MBC Support Group, or find out more about us, please feel welcome to contact me (details below).

Judy Margolis

judymargolisx@gmail.com

Tel. 0427052815

PO Box 78 Portarlington 3223



St Leonard's Community Plant Sale

With many new families moving in the Bellarine area, there doesn't seem to be a better time than now to start getting out into the garden and developing beautiful spaces around our homes! The St Leonard's Community Plant Sale is coming up on the Queen's Birthday long weekend, and volunteers have been busy growing some wonderful easy to grow plants that are well suited to the coastal environment. Cooler days and the anticipation of some rain makes now a good time to establish some drought tolerant species before summer is once again upon us.

Many varieties of succulents are being nurtured for the event in June, as well as herbs, blooms and vegetable seedlings. As the weeks progress we are accepting donations and help from the local community to expand the offerings to the public. It is vital that the plants for sale are affordable to ensure that everyone has an opportunity to become involved and engaged with gardening. With so many local people being enthusiastic about growing and propagation of plants from their own gardens it makes a great way to share their knowledge with others.

We hope you can join us for a great day of browsing, chatting and sharing the love of plants! The sale will run from 9am until 1pm, Saturday the 8th June at St Leonards Primary School. Murradoc Rd St Leonards. Enquiries welcome on (03) 5257 1460



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SUPPORTED PLAYGROUP



BELLARINE SUPPORTED PLAYGROUPS

The playgroup will help you support your child's learning in the early years by building:

- Everyday communication
- Parenting confidence
- Ideas to connect to your community
- A learning environment at home

*Eligibility criteria applies, contact us if you would like to join the playgroup.

EVENT DETAILS

WHERE Drysdale, Ocean Grove and St Leonards

CONTACT For bookings and more information contact Marieke on 0448 816 414 or Petrina on 0427 733 357





Improve your skills - Expand your mind

COURSES @SpringDale

We are an Autism Friendly Organisation

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 3
July-Sept
2019



New

Guitar Workshop for those beyond beginner ability

This is an intensive hands on short course. Students will be exposed to both Flatpicking and The Blues on guitar. Precourse material will be sent to each student via email.

Tutors: Heath Joyce - Flatpicking and Dave Rackham - Blues Basics

Dates/times: Sat 10 Aug 9am - 12noon

Fee: \$40

Get ready to Quit Smoking

Is everyone on your case to stop smoking? Is it time for you to maybe start thinking about becoming cigarette free?

If you are interested in quitting smoking, about how hypnotherapy can help, or maybe you just know it is time to start thinking about how you can walk away from cigarettes, then this workshop is for you.

Tutor: Kim High - Clinical Hypnotherapist

Dates/times: Tues 23 July or Thurs 12 Sept 6 - 7.30pm (7.30 - 8pm an optional group hypnosis for relaxation)

Sustainable Wardrobe Workshop

Missing buttons? Hems falling down or too long? Holes in Pockets? Don't add to landfill come along and learn simple methods to repair/repurpose those garments in the back of the wardrobe. Repurpose / upcycle an op shop purchase.

Tutor: Denise Kent

Dates/times: Thurs 25 Jul - 12 Sept 12 - 2pm

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

Introduction to Event Management

Starting up a new event - where do you start? What roles do you need? What will your budget be? How many people will you need? What will success look like? Debriefing and following up.

Tutor: Anne Brackley

Dates/times: Mon 22 July - 9 Sept 4pm - 6pm

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

Returning to Learning

Looking forward to going back to study but feeling you might not be able to keep up or that you have been left behind. Create a Career Portfolio.

Tutor: To be confirmed

Dates/times: Mon 22 Jul - 9 Sept 9am - 12noon or 1pm - 4pm or During School holidays Mon - Fri 9am - 4pm

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

Philosophy

In this course we will look at late 19th, and then 20th, and 21st century women philosophers and social theorists. Some of the women we will be looking at include Hannah Arendt, Simone De Beauvoir, Julia Kristeva, and Judith Butler as a start. We will discuss their ideas and see how relevant these ideas are today

Tutor: Rene Souery

Dates/times: Thurs 25 July - 12 Sept 9am - 10.30am

Fee: \$90 or **Conc** \$80

Book a class today!

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

Digital Technology

Introduction to Computers

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

Tutor: Brenda Richardson, Iteracy

Skill Level: Beginner

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

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

Intermediate Computers

Tutor: Brenda Richardson, Iteracy

Skill Level: Intermediate

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

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

Smart phones/iPhones, tablets & iPads

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

Tutor: Brenda Richardson, Iteracy

Skill Level: Beginner

Dates/times: Tues 23 July - 10 Sept 1pm - 3.30pm

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

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: Wed 14 & 28 Aug 4pm - 6pm

Fee: \$50 or **Conc** \$30

Wellbeing

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.

Dates/times: Tues 6 Aug 6pm - 7.30pm or Sat 14 Sept 10am - 11.30am

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 22 July - 9 Sept 9:15am - 10:45am

Fee: \$135 or **Conc** \$120 (8 sessions)

Dates/times: Thur 18 July - 5 Sept 6:00pm - 7:30pm

Fee: \$135 or **Conc** \$120 (8 sessions)

\$20 per session if paying for single sessions

Tai Chi for Health

Learn the gentle and meditative movements of Tai Chi in a fun and supportive class. Tai Chi can help with balance, flexibility, overall fitness and mental health. Suitable for all ages and abilities.

Tutor: Kathy Lanthois

Dates/times: Tues 23 Jul - 10 Sept 7pm - 8pm

Fee: \$100 **Conc** \$95 for 9 Sessions

Dates/times: Fri 26 Jul - 13 Sept 9am - 10am

Fee: \$100 **Conc** \$95 for 9 Sessions

\$15 per session if paying for single sessions

Conflict Management and Mediation Core Skills

Come and develop your conflict management skills and learn to manage basic mediation processes with professional mediator and trainer David Rackham.

David has been working in the field since 2000, facilitating mediations with community groups, schools, families and businesses. He has trained and coached mediators working in the community sector and in family law. David has designed and delivered training to businesses, government departments and community sector organisations in conflict management, front line customer service and complaints management.

The course is 5 x 2 hour sessions.

Learning materials provided.

Expressions of interest - Phone SpringDale 5253 1960

Understanding Autism

Talking about Autism

Talking about Autism - a session to enable people interested in the Autism Spectrum to exchange helpful, practical information. If this time slot isn't right for you, please suggest a time more suitable.

Facilitator: Anne Brackley

Dates/times: Fri 30 Aug 1 - 3pm bookings essential

Fee: Free

All Abilities Art

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 19 Jul - 20 Sept 10am - 12pm

Fee: \$200 or **Conc** \$100 10 sessions

Bookings essential

Being Creative

Mime for Adults

The 10 week course at SpringDale is one which combines good exercise with a lot of fun. So come along and learn some Mime Skills and how to put them together. Have a laugh at yourself... and others.

Tutor: Di Roberts

Dates/times: Wed 24 Jul - 18 Sept 12.45pm - 2pm

Fee: \$145 or **Conc** \$130

Digital Photography Sculpting with Light

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

Tutor: George Stawicki

Dates/times: Mon 5 Aug - 26 Aug 7pm - 9pm

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

Foundation Art Course Discover the Artist Within - Level 1

An Introductory or Refresher Art Course using Drawing media for Adults. No previous knowledge required. This course increases the skills of seeing and drawing and then introduces colour and various drawing media.
Tutor: Annette Playsted
Dates/times: Tues 16 Jul - 17 Sept 1pm - 3pm
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 Jul - 16 Sept 10am - 12:30 pm
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 Jul - 16 Sept 1pm - 3.30pm or
Dates/times: Tues 16 Jul - 17 Sept 10am - 12:30pm
Fee: \$145 or **Conc** \$80

Jazz Jam Workshops

Join in a series of beginners' Jazz and Blues improvisation workshops for all instruments and singers, guided by professional musician, David Rackham. These are practical workshops with supportive resource materials and lots (and lots) of playing. Do you love jazz and blues? Musicians have always worked together to develop the tunes and the lead breaks. This can be daunting when you start out, but with supportive materials to help you prepare, a reasonable tempo and lots of time to have a go, you'll get the opportunity to start developing your skills and confidence. We'll start with simple classic blues and jazz numbers, and gradually work towards more complicated ones. You'll have the opportunity to become familiar with what's going on in the music and develop your skills to start producing great solos. So, if you have ever wanted to have a go at improvising jazz and blues come along and have some fun and start being the musician you want to be.
Expressions of interest - Phone SpringDale 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 25 Jul - 12 Sept 10.30am - 11.30am
Fee: \$90 or **Conc** \$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 25 Jul - 12 Sept 9.30am - 10.30am
Fee: \$90 or **Conc** \$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
Making Camembert.
Let us know if this is to lead you to a new career path.
Dates/times: to be advised **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 Cosic
Dates/times: Mon 19 & 26 Aug 10am - 12noon
Fee: \$40 Child Care available.



Returning to Earning - hints & tips

Tuesday mornings, build confidence, get life organised, update your resume and get ready to work.
Tutor: Anne Brackley
Dates/times: Fri 9 & 23 Aug 3pm - 5pm
Fee: Free Child Care available.

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 22 Jul and 7 more sessions as individually scheduled
Fee: \$100 or **Conc** \$80



Espresso Coffee Making Workshop

If you want to get more out of your home coffee machine, this is the course for you. Why doesn't my coffee taste like the one in the shop? Learn how to make excellent coffee on your home or work machine.
Tutor: Jordan Smith
Dates/times: Sat 3 Aug or 7 Sept 10am - 12pm
Fee: \$40

Confidence through 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: Cheryl Zammit
Dates/times: Mon 22 July - 9 Sept 10am - 1pm
Fee: \$160 or **Conc** \$80

Practical - Introduction to Sustainability

Dates/times: Thur 25 Jul - 12 Sept 2pm - 4pm

The Joy of Volunteering

A way of getting experience is to volunteer. A way to give back to your community is to volunteer. A way to meet people is to volunteer. A way to fill in your time and share your skills is to volunteer. Many organisations and clubs rely on volunteers. This course looks into all aspects of volunteering and perhaps will help to increase your resume.
Tutor: Anne Brackley
Dates/times: Fri 26 Jul 3pm - 5pm
Fee: Free

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: Tues 16 Jul - 17 Sept (10 weeks) 11.30am - 12:45pm
Fee: \$150 or **Conc** \$130 or Single sessions \$20

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

Accredited Courses

Provide CPR Code HLTAID001

Pre-course work is required please contact Mirelle to reserve your place on 0412 247 849
Tutor: Stayin' Alive First Aid
Dates/times: Wed 7 Aug or Fri 11 Oct or Fri 13 Dec 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
Dates/times: Wed 7 Aug or Fri 11 Oct or Fri 13 Dec 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
Dates/times: Wed 7 Aug or Fri 11 Oct 9.30am - 4pm
Fee: \$160

Please contact Mirelle to book a First Aid place on 0412 247 849

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



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. Jr Guides girls aged 5 - 11 years meet from 4pm - 5.30pm and Senior Guides girls 11 to 18 years meet from 6.30pm - 8pm. Contact Anne Brackley for more details 0407 529 205.

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: Ball class Tues 16 July 8.45am
Beginner/Intermediate floor classes Tues 16 July 10.30am or 11.40am & Thurs 18 July 6.45 pm or 8pm.
Fee: \$150 (10 classes),

Bellarine Woodworkers Inc.

All keen woodworkers have the opportunity to meet on the first 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

Fortnightly Clay & Cocktails by Candlelight

Come and have fun at Hazy Tales Pottery Studio whilst unleashing your creative side with clay. Each fortnight we create something different. We also have childrens sessions, birthday parties, hen parties etc
Tutor: Sally Hobson @ Hazy Tales Art & Pottery Studio
Dates/times: Fortnightly on Thursday at 6.30 - 8.30pm
Fee: \$65
To Book: www.hazytales.com.au
Or Call/text: 0439 709 492



Mainly music at Drysdale Uniting turns 10

Mainly music at Drysdale Uniting Church recently celebrated their 10 year anniversary with a cake made by Val Lestrange.

Pictured cutting the cake are Jenni Nickelson the enrolment coordinator and Simone Trudgeon with her son Archer.

Simone brought her two older girls Genevieve and Scarlett to mainly music as preschoolers and they are now at school.

Mainly music aims to encourage and strengthen the connection between parent and child. Each session contains a welcome song, rhymes, body actions songs, instrument songs, a God song and our special birthday song.

'Every Wednesday morning during school term we sing, dance and move to the beat', said Lynda Smith the Team Leader. She went on to say that the mainly music team are blessed with 'willing hands and willing hearts' who volunteer each week to be on the welcome desk, prepare and serve morning tea or be an upfront leader. Lynda said, 'We have been doing this for ten years because it is a successful worldwide program, great value for families at \$7 per session regardless of the number of children and a nurturing environment.'

For further information please contact Jenni Nickelson 0425 814 033.



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

ON THE ROAD



with Norm Cheale

Hello Folks,

Some of you will have been reading my articles on Victorian road rules and it's been suggested that I should finish up the series with some questions, to see how much has been remembered. The following have been drawn from each of the ten articles from the past months.

On The Road Questions:

1. What is the name of the Vic Roads publication for drivers?
2. On a divided highway, when are you allowed to use the right hand lane?
3. When two lanes merge, there is no line between the lanes at the merge point and two vehicles are merging, which one must give way?
4. When may you cross a single, continuous line between lanes or in the centre of a road?
5. When must you give way to pedestrians?
6. Who do you give way to when approaching a roundabout?
7. Can you cross the painted hatched island protecting a right turn lane?
8. What must you do if you see an emergency vehicle beside the road with its blue/magenta lights flashing?
9. When may you use the vehicle's fog lights or high intensity rear lights?
10. When may a driver use a mobile phone in a car?

Answers:

1. The Vic Roads guide for learner drivers is the Road to Solo Driving and is available on their web site vicroads.vic.gov.au. All motorists should review this from time to time to ensure they are up to speed with any changes to road law.
2. You may use the right hand lane if the speed limit is at or below 80km/hr. If the speed limit is greater than 80km/hr (or there is a Keep Left Unless Overtaking sign), you may only use the right hand lane when overtaking, turning right, making a U turn, avoiding an obstruction or when the road is congested.
3. Where vehicles are merging and there is no dividing line at the point of merging, the vehicle that is all or partly in front should go first. You must take into account the relative speeds of the two vehicles and at all times, avoid a collision.
4. You may cross a single continuous line to enter or leave a road, to avoid an obstacle or to enter a special purpose lane. You may not cross a single continuous lane to change lanes, to perform a U-turn or to overtake on a two-lane road.
5. Pedestrians are vulnerable road users and great care should be taken around people on foot. Apart from the obvious places such as pedestrian crossings, when facing a STOP or GIVE WAY sign, motorist must give way to all vehicles AND all pedestrians. When turning into a road, motorists must give way to pedestrians crossing that road.
6. When approaching a roundabout, you must give way to any vehicle that is already on the roundabout.
7. You may enter the painted hatched island protecting a right turn lane if traffic is congested and if there is a single line round the island. You may not cross over the island if there is a double line on your side. If you are on the island, you must give way to traffic moving from the adjacent lane into the right turn lane.
8. When you see an emergency vehicle beside the road with its lights flashing, you must slow to 40km/hr until you are safely passed. This does not apply if the emergency vehicle is on the other side of the road and is separated by a central medium strip.
9. You may only use a vehicle's fog lights or high intensity rear lights when there is reduced visibility, e.g. in fog, mist or heavy rain. Make sure you know how to turn these lights on and off in your vehicle.
10. Drivers may only use mobile phones if it is securely fixed and is hands free. If your phone does not have hands free capability, you must pull over, clear of the roadway, and turn off your engine before taking or making a call. P plate drivers are not permitted to use a mobile phone while driving a car, even if the phone is hands free.

It should be noted that Vic Roads and the road rules talk about drivers 'giving way' and at no stage do they say that a vehicle has 'right of way'. The overriding rule is that you must take all reasonable steps to avoid contact with another vehicle (or pedestrian).

Courtesy on the road is key at all times.



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W: www.stleonardsphysiobythebay.com.au

Gnocchi

2kg Desiree Potatoes
2 Eggs
500g-1Kg Plain Flour
200g Parmesan

- Peel the potatoes and cut into quarters.
- Place in a pot and cover with water.
- Boil potatoes until cooked through and strain.
- Pass potatoes through a moulé or potato press.
- Then add salt and pepper, parmesan and 2 eggs.
- Add flour. There is no set amount, but work on the 1/3 flour to 2/3 potato ratio. Add flour a little at a time until the texture is firm.
- Once all ingredients are combined allow to cool in the fridge about 1/2 hour or so.
- Roll logs of 1cm thick and cut 1cm apart.
- To test place a couple of gnocchi into salted boiling water and once they have risen to the top remove them.

Important: Do not handle too long. Simply mix and as soon it comes together wrap in cling film and allow to cool.

To cook Gnocchi:

Prepare a pot of salted water to boil.

Prepare a pan with tomato sauce or pesto just to heat it up.

Place the gnocchi into the boiling water and once they have risen to the top remove them and place into the sauce or pesto.





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Philosophy

Have you ever wanted to study philosophy but were afraid to try? Is it because the texts are abstract and too difficult to understand? Well now is your chance to delve into the fantastic world of ideas. I am not

a philosopher as such but a social and political theorist, which means I have had to study many philosophers, and teach their ideas to my classes over the years.

In most philosophy courses until recently women in philosophy have been overlooked; it is as if no women ever contributed to philosophical discourse. In fact there is a

history of women philosophers dating back at least to Hypatia who lived in Alexandria, a province of the Roman Empire, she was the keeper of the famous library in Alexandria and the foremost mathematician, and philosopher in her day. Hypatia died in 415 AD.

If people are interested we could look at the philosophers from Hypatia through to the 19th century at a later time.

In this course we will be looking at late 19th, and then 20th, and 21st century women philosophers and social and political theorists. Some of the women we will be looking at include Hannah Arendt, Simone De Beauvoir, Julia Kristeva and Judith Butler. We will discuss their ideas and see how relevant they are today.

I will be recommending readings and sending you material via e-mail. Most of the readings are available on the net for free. I will spend some time each week with a lecture for part of the class and the rest of the time we will be in discussion.

Don't be alarmed, none of the readings are compulsory, you do not have to have studied philosophy, there will be no exam, just come and have fun learning and discussing interesting ideas.

Tutor: Rene Souery

Dates/Times: Thurs 25th July - 12 Sept 9am - 10.30am

Fees: \$90 or \$80 conc

Scam Attack

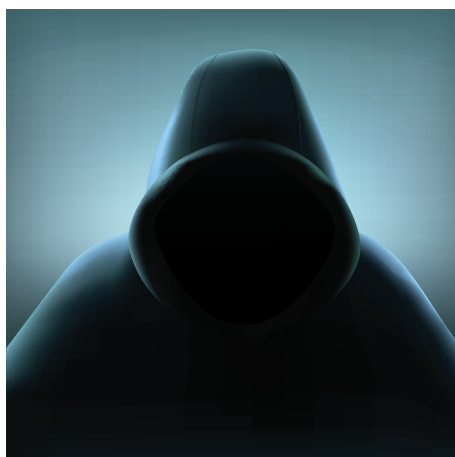
There are so many ways that we are being harassed by these attackers.

Mail Fraud - from lottery and sweepstakes to medical bills that are not yours, they say save your time don't open it throw it away, but most of us can't resist the temptation as it might be important.

Phone Cheats - Scam artists don't just stalk older people, these crooks pretend to be tech-support, your bank, your utility company, bill collectors, your telecommunication and Internet providers, unless you call them don't take the call. This includes the Tax calls that are a recording always just hang up as they frighten people. There are even scammers pretending to be helping your family member who is travelling as they are in jail and need money to help them.

Scare Tactics - Anyone using scare tactics from threats of arrest, lawsuits, financial ruin, from not paying your bills

Telemarketers - Asking for you to purchase gift cards and other items.



Now they even have glamorous flyers for holidays at great prices. We all want a bargain, so when we see these professional advertisements, we are tempted to ring to grab a bargain, but beware they can also be a SCAM. All these things are happening to us all or people we know, we must be diligent and don't give into their pressure. The trouble is they know so much about us, our financial details, our tax file number and it seems like they know all our life history. How can this be? The trouble is many of the large websites have been hacked therefore releasing our confidential details. They are then sold online for years. For most of us we can't understand all the consequences as all we want is to make our life easier using our computers in our own home, when we have time and don't realise all this can happen. We have to be diligent and check everything.

Beware of all of these things and I think there are even other ways, do not become another victim falling into their traps we need to be alert at all times. If you are never sure always ask someone who you trust.

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Clifton Springs Garden Club

With winter upon us there is still a lot of beauty in our gardens, you just might need to look a little harder and more often. Many plants still flower during winter or have interesting and colourful berries or seeds and there is always those beautiful fungi.

Despite people moving into homes with smaller blocks and less garden, the Garden Club keeps welcoming new members. To keep meetings interesting, the Club endeavours to have a variety of speakers over the year, presenting on topics that relate to gardening in some way, whether it be the maintenance, propagation, keeping little beasts at bay or produce from gardens. We also encourage our members to share their interests, hobbies or trips they may have been on that relate to plants, flowers or spectacular gardens. Coming up soon, one of our members will be showing us some photos of her recent trip to Japan, so stay tuned.

Modern technology is a wonderful thing when it is working. Lorraine Phelan, a member of Geelong Field Naturalists Society, came along to our April meeting to do a presentation on a passion of hers, "Insects in Your Garden", sadly modern technology let us down. Not to be deterred Lorraine gave the Club an interesting insight into the Geelong Field Naturalists Society. We are very thankful that she has agreed to return to our June meeting to show us her beautiful photographs. If you missed the April meeting and you wanted to see Lorraine's presentation, you now have a second chance, come along to the June meeting.

We meet on the 3rd Monday of each month at 7.30 pm, Uniting Church Hall Drysdale. Visitors are always made most welcome. If you would like further information on the Club please contact our Secretary Helen, on telephone 5257 2220 or email hma3152@gmail.com



Photographs taken on a bus trip to Mt Macedon



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BELLARINE CAMERA CLUB



Polly Munday showing off some of her art inspired by our Harmony Day and created in our All Ability Art Class. Vacancies exist in this Friday morning Art Class. This class helps people to investigate their artistic nature and create beautiful masterpieces.

Friday mornings 10am - 12noon. Please book.

Members night this month we had Michelle Stokie, a previous judge at BCC and talented photographer, present to members her workflow and how an image can 'pop' after even the minimum amount of post-processing. Our field trip was to Winchelsea where members explored along the river under the old bridge before visiting Barwon Park Mansion, built in 1871, the former home of Elizabeth Austin, one of Victoria's leading benefactors. Our Open competition this month was judged by photographer Barry Feldman, who is always a welcome visitor to our club. We enjoyed his stories of how he captured his own printed images that he showed on the night. For Club details please call in to a meeting, or visit our website www.bellarinecameraclub.org.au



Left
A Grade 1st
- Still Unpolluted
- Alex Valkenburg
A Grade 2nd
- Still Life
- Lyn Northam



Right
B Grade 1st
- Where There's
Smoke
- Ian Williams
B Grade 3rd
- Cobbold-Gorge
- Robyn Curtis



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Winter is coming and for the members of Drysdale Fire Brigade it means switching our attention from possible fires outside the home (i.e. bush and grass fires), to fire safety in the home.

In the last 12 months nine people lost their lives in preventable house fires across the south west region, with four lives lost in Ocean Grove alone. While we may never know the exact circumstances, the common denominator was the lack of working smoke alarms.

We cannot emphasise enough the importance of having working smoke alarms in your home.

All smoke alarms have a 10-year life span and need to be replaced or they may not work when you need them most. When you're asleep you lose your sense of smell. A smoke alarm is your electronic nose as it will alert you if there is smoke from a fire. A small fire can grow to involve an entire room in just two to three minutes. A smoke alarm provides early warning and time to escape. If your smoke alarms aren't working properly, you may miss that vital early warning sign which could save the lives of you and your family.

CFA recommends installing smoke alarms powered by a 10 year long-life lithium battery in a tamper proof chamber. Homes constructed after 1 August 1997 must have smoke alarms connected to 240v mains

power and have a backup battery. Homes constructed before 1 August 1997 may have smoke alarms powered by a battery.

In addition:

- Smoke alarms must be located between each bedroom area and the rest of the house. CFA also recommends that smoke alarms be installed inside all bedrooms and living areas.
- Smoke alarms should be installed on the ceiling at least 30cm from the wall, or where installed on the wall at least 30cm from the ceiling to avoid dead air space
- Smoke alarms should be interconnected, so that when any alarm activates, all smoke alarms will sound
- Smoke alarms should be tested monthly or as per the manufacturer's guide, by pressing the test button on the alarm and wait for the test alarm to sound
- Replaceable batteries in a smoke alarm need to be changed yearly
- Smoke alarms, including those attached to mains power, should be replaced in accordance with manufacturer's specifications – generally after 10 years

It is important to test and clean your smoke alarms regularly, you should clean them with a vacuum cleaner at least once a year to remove particles that will affect smoke alarm performance.

Importantly every family needs to develop a home fire escape plan and practise it. Your plan should include two ways to escape each room of the house, and a designated safe meeting point, such as the letterbox.

And always remember to call 000 in the event of a fire or emergency situation. For more information, visit cfa.vic.gov.au

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Bellarine Historical Society



SLV Engraving By Gilks
Born in Williamstown,
Victoria; businessman,
politician; Became
proprietor of a seed
farm at Drysdale;

director of several companies; chairman of Chaffey Bros. Ltd, Levien Bros. being at one time the largest growers at Mildura; also major shareholder Country Estates Company Ltd. A founder of the Australian Natives' Association; first president Council Agricultural Education; Shire of Bellarine councillor 1869-1875, president 1870-1872; MLA South Grant 1871-77; MLA Barwon 1877-1906.- State Library of Victoria

J F Levien - The Bellarine's Model Farmer in 1869

It was reported in the Geelong Advertiser 19th November 1869 that MR J F Levien had a model farm (which he had owned for about five years) two miles out of Drysdale on the St Leonards Rd. His property had magnificent views across to the Dandenong Ranges.

Mr Levien used the latest scientific principles and machinery on his 640 acres. He leased Flat Island (which he could see from his property) and used it as a source of guano for enriching his soil. He believed that his land had been overcropped, with wheat crops taken off for the previous 12 years or so

As well as growing wheat, hay, barley and mangolds he specialised in growing seeds for sale (these were pre ordered) they included carrots (early and late), spinach, beetroot, parsnip, onions, vegetable marrow, cucumber and marigold. An acre of mignonette and twenty acres of canary seed. He also had a quantity of 90day maize and five acres of cabbage lettuce

Mr Levien also used a number of Robinson's latest machines for cultivating planting and harvesting. He was an advocate of crop rotation on the land and allowed each patch to remain fallow every fourth year. So approximately 160 acres were left fallow in any given year He preferred to direct drill the seed as he got a more even crop when the rains came.

DIRECTIONS FOR USE.

TO SOW ONIONS.—As a general rule run the belt on the middle speeds of both pulleys. This will average about 2½ lb. of seed to the acre. To sow less run belt from small speed on driving wheel to middle speed on seed pulley, which will sow about 2 lb. of seed. Oil all bearings and moving parts. Fill the hopper with seed and draw the slide and allow the seed-box to get about an inch deep of seed in the bottom, rather less than more. It should not be half full. Try to keep the seed at about the same level all days by drawing the slide slightly for a moment at the end of every row. If you are sowing on hillsides draw the slide when at the top of the hill, not at the bottom. Do not have too much seed in the bottom box, and do not spurt with the machine—keep to the same steady pace all day, and oil the bearings often. Watch carefully the feet of the coulters, and do not allow any soil to gather between the plates, as such would collect and carry the seed, and prevent sowing evenly.

CARROTS.—Same cups and same speeds. Rub the seed well between the hands to remove the friable husk that the seed can work freely through the drill

TURNIPS.—The same cups will also sow Turnips, Swedes, Rape, &c. Put the belt on the small speed on the driver, and the large speed on the seed pulley. Fill up the left hand funnel, fill all the cups with seed on that side, and also block up every second cup on the right hand side of the plate, so that there are only six cups sowing the seed into the right hand funnel.

MANGOLDS, SUGAR BEET, PARSNIPS, SORGHUM, PEAS, MAIZE, &c.—An extra box is supplied, when desired, for sowing any kind of seed in single rows. The cost of this additional box, furnished with Mangold plate, is 3 Pounds 15s. and is recommended as a very useful addition to the drill.

WHEN finished sowing, put the machine away carefully in a dry place. Before starting to use it again see that there are no cobwebs or other obstructions in any of the funnels, spouts or cups

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Memories of Yesteryear

by the Older Generation of the Bellarine

The Whitcombe Walk - Part Seven Robert Austin Whitcombe (Bob) 1896 - 1967

In spite of Father's early grounding in horse and manual cultivation, he was ever eager to accept the inevitable changes that were to come in the post war era. He was the first in the district to introduce a tractor for the cultivation and mounding of the asparagus beds. This proved to be an enormous productivity leap, but only the first of many. He was the first in the Drysdale area to introduce a tractor drawn potato planter and digger. The first potato digger was another huge leap in productivity. Strangely, there were threats of strikes, destruction of the offending machine & even blood in the streets of Drysdale. Not of course from the men working for us, as their earnings increased considerably.

Then we joined two single row planters. By this time resistance to change evaporated, then it was no time before the introduction of two row diggers. During this period, we designed and built a successful potato grader, mostly from scrap material.

I cannot recall Father to ever refuse employment to anyone whom he felt was in need. However, I do recall that this did

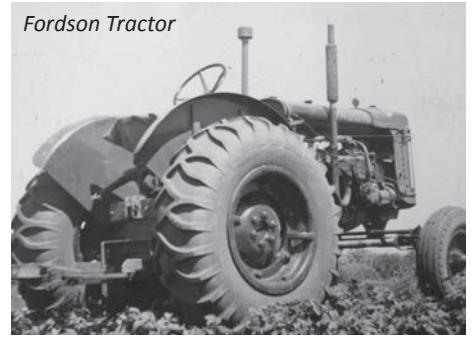


Riding a Mounder

sometimes cause problems with other workers who resented having to share the available work.

I recall one instance where a Drysdale family were on the point of eviction as they were behind with repayments. We often employed members of this family. An approach was made to my Father and as a family we borrowed the amount needed from the bank to pay out the debt. The loan was paid out in due time, always taking into account whether family members were working or not.

My father was a kind man, very hard working and very involved in the community. He was not prone to taking holidays, however, an hour or two playing bowls or out on the bay fishing, was as good as a holiday. He started playing bowls at Portarlington, when we lived at Spray Farm.



Fordson Tractor

He joined the Masonic Lodge at Portarlington sometime after returning from the War in Europe. He told us that his interest had been raised by some of his mates at the War. He progressed quickly through the chairs and was for many years Director of Ceremonies, later receiving Grand Lodge Honours. Father had an uncanny ability to remember all & I mean ALL of the workings of the lodge word perfect. His explanation of this apparent ease of memory, was that he could see each of the many pages in his mind's eye. We now know this as an eidetic memory.

He found this unusual ability of great assistance in any public speaking. Bob could get up, address a crowd and speak for a lengthy period without any notes. He was to win a seat on the Bellarine Shire Council. Father was able to achieve this because of his total honesty & personal integrity. He took a leading role in the establishment of the Drysdale Bowling and Croquet Club.

To Be Continued.....

Written by Ian Whitcombe & Lesley Whitcombe



Whitcombe Horses pulling Plough



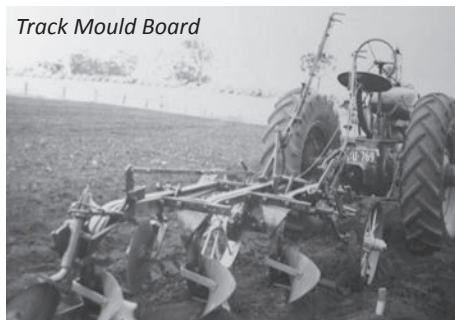
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Drysdale Soccer Club



The 2019 season started with a bang with the Drysdale Soccer Club hosting the first two Junior Southern Hubs for the Geelong Region for 2019. The MiniRoos format (under 7's to under 11's teams) brings all the Southern teams in Geelong together on one day, which saw over 800 children along with their families, descend on the Drysdale Sports Precinct for two weekends in early May. These were huge days for our MiniRoo's teams, with many new players pulling on the Drysdale colours for the first time, but also logistically for the club and we thank the many volunteers who assisted with marking pitches, cooking the BBQ, helping in the canteen and packing up at the end of the day. Without our army of volunteers day like this would not run as smoothly.

Another highlight so far in 2019 has been the steady growth of our female program at Drysdale. Within the Geelong Region, womens football has gone from strength to strength and Drysdale SC are proving to be one of the leaders in the region, being only one of two clubs providing female only teams in every age category available in 2019. With the second most registered female players in the Geelong Region (only after powerhouse club North Geelong Warriors) we are very proud of the quality of coaching, social and supportive environment and opportunities available to our female players and we encourage any interested players to get in contact with the club through the clubs Facebook page or drysdalesoccerclub@gmail.com



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THEY'RE A HANDFULL

The veteran golfers of Clifton Springs Golf Club have recorded the Club's 5th straight victory in the Geelong District Veteran Golfers Association (GDVGA) pennant competition.

With teams representing most of the clubs around the district, games were played over 7 rounds and produced semi-finals that featured Clifton Springs 1 versus Portarlington 1 and The Sands Black versus Curlewis. In two closely fought games, Clifton Springs 1 and Curlewis were successful and met in the final played at Portarlington Golf Club.

The weather turned it on in spectacular style for the time of year and with the course in good condition considering the lack of rain over recent months, all was set fair for a titanic struggle. That is exactly what occurred with the early matches split evenly. The third match result saw Curlewis take the clubhouse lead with two matches still to be decided. In the end, both the players from Clifton Springs prevailed giving a victory margin of 3 matches to 2.

The shield and flag will be presented to the

winning team at the GDVGA annual general meeting in July.

Membership of the GDVGA is open to any golfer aged 55 and over, who is a member of a golf club within Geelong District. The GDVGA plays around 15 games per year at most of the clubs in the District and the pennant competition is open to all members of the GDVGA who have played 5 games from the annual fixture list. See the GDVGA delegate at your club for more information.

The accompanying photograph shows the winning team from left to right: Noel Colbert, Alan Chapman, Warren Binder, Eugene McManus, Ken Smedley and Peter Brooks. Missing from the photograph are other team members Neil McGuinness, Kevin Page and Terry Passlow.

curred with the early matches split evenly. The third match result saw Curlewis take the clubhouse lead with two matches still to be decided. In the end, both the players from Clifton Springs prevailed giving a victory margin of 3 matches to 2.

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Trivia Answers

- | | |
|---------------------------------|--|
| 1. Three; Black, Yellow and Red | 8. Pt |
| 2. Mary Shelly | 9. Rotary, which started on 23 Feb, 1905. (Girl Guides started in 1909, the Lions Club in October 1917, and the RSL in 1916) |
| 3. 21st April 1926 | |
| 4. Asia | |
| 5. Sydney Swans | |
| 6. Honey | |
| 7. Canada (202,080 km) | 10. 260 |



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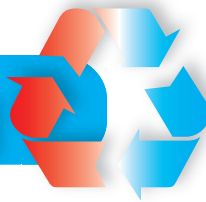


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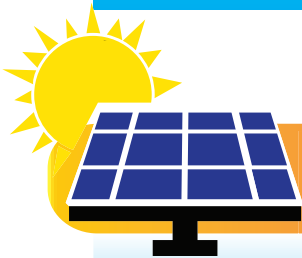


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