

30th BELLARINE AGRICULTURAL SHOW



SUNDAY 8TH MARCH 2020

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- Competitions - Dog Jump • Horses
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 - Photography • Art • Vintage Machinery
- Enjoy - Pony Rides • Face Painting
 - Toss A Gumboot • Animal Farm
 - Tractor Ride • Horse Ride
 - Cart Ride.
- Childrens Discovery Trail - Making a Wooden Toy Tractor • Bird Box
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- Becks Honey • Healthy Drink & Fruit
 - Drink Bottle • Decorate a Biscuit
 - Craft Activity and so much more...
- Music Performances • Singing
 - Captain Koala CFA • Paddy the Platypus SES
- See - Snakes & Spiders in Naturalistic Terrariums
- Handle - Pythons • Crocodiles
- Plan a trip to this Year's Show and make sure you start to get organised now to get your entries in.
- More details on page 10.



MARCH

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.

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

Sunday	1-31	Australian Women's History Month
Monday	2	Kinship Carers 10am-1.00pm at SpringDale
Tuesday	3	Friendly Cuppa and Chat Group 10.30-11.30am at SpringDale
	3	Clean up Australia
	3	Meet the Ancestors III 10.30am at Potato Shed
Wednesday	4	Let's talk Death & Dying 10-11.30am at SpringDale
	4	Wednesday morning craft 9.30-12pm at SpringDale
Thursday	5	Jigsaw Group 10am-12noon at SpringDale
	5	Write about Group 2.30-4.30pm at SpringDale
Friday	6	World Day of Pray at Central Baptist Church Clifton Springs 10am
Saturday	7	Harvest Basket Produce Swap 9-10.30am at SpringDale
	7	Free replacement anti-theft number plate screws at SpringDale carpark 9-11am
	7	Felting Group 10-3pm at SpringDale
Sunday	8	Bellarine Agricultural Show at Portarlington Rec Reserve
Tuesday	10	Dining Group at Chui Yuan Chinese 26-28 High St Drysdale
Wednesday	11	Days for Girls Sewing 9am-3pm at SpringDale
Friday	13	Opening SpringDale Art Centre 4-6pm
Saturday	14	Summer of the Seventeenth Doll 8pm at Potato Shed
Tuesday	17	St Patrick's Day
Wednesday	18	Lunch Bunch at Van Loons 405 Grubb Rd Wallington
	18	Wednesday morning craft 9.30am-12pm at SpringDale
	18	International Women's Day Luncheon at Bouchon at Bellarine (booking req)
	18	Herstory Group meeting at 2pm at SpringDale
Friday	20	National Day of Action against Bullying and Violence
	20	International Day of Happiness
	20	Cultural Diversity Week
	20	Harmony Day Celebration at 5pm at SpringDale
Saturday	21	Harmony Day
	21	The Sideman 8pm at Potato Shed
Wednesday	25	Tech & Talk 1-2.30pm at SpringDale
Fri-Sat	27-28	Cosi by Louis Nowra 8pm at Potato Shed
Saturday	28	Earth Hours 8.30-9.30pm (check out activities in Geelong)
	28	Agatha - What to Cook? 1-2.30pm at SpringDale
Sunday	29	Cosi by Louis Nowra 2pm at Potato Shed
	29	Neighbour Day
Monday	30	Agatha What to Cook? 1-2.30pm at SpringDale

Reminder
Bookings &
copy required by
1 March for
the April
2020 issue



SpringDale
Messenger

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Editorial: All contributors are asked to provide their articles as Word doc, PDF, email or online 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.

Images: Please supply high resolution images, minimum 300dpi at print size or larger than a 1mg attachment. Images placed in Word files will **not be accepted**.

Distribution:

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

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



SpringDale Neighbourhood Centre Inc. acknowledges the support of:



Education and Training



Environment, Land, Water and Planning

We acknowledge the Traditional Custodians of the land, the Wadawurrung People of the Kulin Nation. We pay our respects to their Elders past and present, Elders in our community and our emerging leaders.



Coordinator's News



Anne Brackley

Your support continues to give us strength and the energy to keep seeking new activities and providing new services while still balancing everything that we have done for many years and are still required by our community.

We continue to supply a service enabling you to fax documents to medical centres and for legal purposes and hope to introduce a test and tag service for community groups and community members. Just to name a couple.

To give us a bit more space, we found an opportunity to have a garage sale and we were able to clear a few of the items that had not been used for a while. It was interesting to see new people through the door for this event and it was great to be able to let people know via our web mail – I continue to encourage you to subscribe to this so we can inform you of events that pop up.

Through community requests we have started to plan for long term support of a town in East Gippsland to help with the recovery after the fires. We have chosen a small town Bruthen – they have a Neighbourhood House, a community newspaper and even a fairy dell. Stage one of our project is being called Herbs to Help. If you would like to help with this project please contact the SpringDale office email office@springdale.org.au or phone 5253 1960. We need baskets, old material mattress protectors, herb seedlings, mint cuttings, seed raising mix, potting mix and a truck or convoy to take the herb baskets to Bruthen late March.

Community members, who have lived through fires have given the idea a thumbs up and my brother took a basket to a family in Corryong, who had suffered during recent fires and it was very well received. We think we have tested this idea and hope it helps.

Harmony Day is coming up in March and this year we would like to celebrate it on Friday 20 March at 5pm for dinner. Hoping you might like to come and share a great evening – if you would like to add to the banquet please let me know via SpringDale Office so we can factor your contribution into the offerings.

Thank you to all the people who help to bring ideas to the forefront and then those who help bring them to life. Looking forward to seeing you at SpringDale over the next month.

Yours sincerely

Anne Brackley for Team SpringDale.



HERBS TO HELP

Looking for 500 baskets, 2000 seedlings, some potting mix, 500 boxes to carry the baskets in, a truck / a number of cars and trailers to help us take the Herbs to Help to Bruthen, East Gippsland, on Sunday 29 March. Drysdale Guides planted 500 cuttings and hopefully seeds for 500 seedlings.

How can you help?



Drysdale Guides helping.



News @ SpringDale

NEW - Laughter Yoga Pop Up

Stress less and laugh more. Achieve that will posture, breathing, chanting and clapping. Be exposed to creative laughter techniques, including play and visualisation. All these concepts are designed to help get rid of some problems, cope better with anxiety and release some tension.

Instructor: Agata Commisso

Dates/times: Sat 7-28 Mar 9- 9.30am

Fee: Free

There is so much happening in Term 2.

See the Course Guide on pages 11 to 14. Book a class online at www.springdale.org.au



SpringDale Lunch Bunch

The SpringDale Lunch Bunch are going to Van Loons 505 Grubb Rd Wallington, Wednesday 18th March. Please ring Margaret on 0418 370 857 to reserve your seat.

SpringDale DINING Group

SpringDale Dining Group are going to Chui Yuan Chinese 26-28 High St Drysdale, Tues 10th March. Please ring SpringDale on 5253 1960 to reserve your spot.



Collective noun for this month is a Turn of Turtles



Drysdale Integrated Child and Family Centre.

It is great to see the construction of the new Drysdale Integrated Child and Family Centre in High Street now just on complete. The building itself looks great and although large does not dominate the surrounding area. The new facility includes a long day child care facility, a maternal child health consulting suite, a multi-purpose room, toy library and parent lounge.

Importantly, the building is also the new home for the kinder which will increase capacity of the kindergarten and substantially improve and modernise its facilities.

With an ever-increasing population the building will ensure the town can now meet the growing demand for kinder spots and those children having access to first rate facilities. As to young families, who of course will benefit greatly from the modern new facilities and related services.

Congratulations to our Sports Clubs

With the winter sports season just about with us, I take this opportunity to congratulate all the cricket, tennis, bowls and other clubs for their efforts over the summer season. In my eyes it does not matter your results, just fielding a side and competing has ensured your members have actively participated in their chosen sport.

The value of sporting clubs can be easily underestimated, but their role in providing a game of their chosen sport to members is of paramount importance. This is especially so for juniors who learn not only a sporting skill, but also valuable life lessons such as leadership, discipline, fairness and the importance of being a good team player.

Sporting clubs also bring communities together, providing social opportunity and cohesion for club members. This is particularly important for many people who otherwise

may be socially isolated, especially more senior members of our communities.

Of course, the life blood of all our clubs are the many committed volunteers and parents who provide their time and effort in running the club. So, to all those hard-working volunteers I say thank you for a job, once again, well done.

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
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At Works Story by Marcus

In 2016, Anthony underwent two hip replacement surgeries and for the first time in his adult life he found himself out of work while he focused on his recovery. Well-educated and a hard-worker, Anthony found unemployment to be an incredibly isolating and stressful situation, both financially and emotionally.

Two years later, Anthony came to atWork Australia looking for support and guidance to get back into the workforce. He met his Disability Employment Services Job Coach Shareece, at the Drysdale office. Together, they developed a plan for Anthony that would allow him to return to work in a less physically demanding role.

Upon their first meeting, Anthony advised that his goals were to up-skill, achieve financial stability and long-term meaningful employment. It was agreed that the first task would be to construct an up-to-date resume and cover letter in preparation for job applications. While searching for suitable vacancies, Anthony advised that his dream job would be to work at Bunnings, as he loved the culture and service he receives every time he visits.

A few weeks later during a regular contact appointment, two vacancies were found at Bunnings stores in the local area. With great anticipation, Shareece assisted Anthony to apply for the position, only to find out a few days later that his application did not progress to the next stage. However, this didn't hinder Anthony's determination and he later applied for a vacancy at the Leopold store.

Soon after, Anthony's application progressed to the next stage. Having never been to a formal interview before, Shareece provided tips to reduce anxiety and interview techniques.

Straight after the interview, Anthony contacted atWork Australia to advise that out of 650 applicants he received an offer of employment at his dream job. He even dropped by the office to show off his new Red Bunnings Polo Shirt! A year later, Anthony continues to work at Bunnings and has even been offered part-time work which he enjoys the security of.

"Since my return to work, I am feeling healthier than ever before – both physically and mentally," said Anthony.

Thanks **Marcus Seecamp** - Deputy State Manager VIC/TAS T 1300 080 856

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"DELIVERING for the BELLARINE"

The Potato shed is in full swing in March with the **All Australian Theatre Season**. We start the month with Colin Mockett and the Morning Showtime crew presenting the very appropriate production of **Meet the Ancestors III** - this show looks back at some of the famous people born, work or even died in the Greater Geelong area - with some great music, this very informative show will enlighten you to some of the colourful characters that helped shape Geelong. That is at 10.30am on Tuesday March the 3rd.

To celebrate the 65th anniversary of Ray Lawler's classic work **Summer of the Seventeenth Doll** this great piece is presented by **HIT Productions** who have been touring quality professional theatre to the Shed for over 10 years. The play is set in Carlton in the summer of 1953, focusing on sugarcane cutters, Barney and Roo who meet up with Pearl and Nancy. Complete with the old a kewpie dolls this production is a classic one not to miss. One performance only on Saturday the 14th of March at 8pm

All the way from Byron Bay comes Steve Banks and band **The Sidemen** an event that will shift the spotlight to focus on the musicians behind some of Australia's - and the world's - most iconic bands. Four of Australia's and one of England's best musicians, who have played with the likes of the Black Sorrows, John Butler Trio, 10cc, Georgie Fame, Crossfire, Dave Gilmore and Nick Mason (Pink Floyd), Paul Kelly, Renee Geyer and Archie Roach, will come together for one night only on Saturday March 21st at 8pm.

Seeing out the month of March we have the great Australian play **COSI** by Louis Nowra, a play about friendship, romance, community and difference. It's 1971 and Australia is protesting the war in Vietnam. But inside the hospital, the resident patients are listening to Mozart, learning their lines and occasionally skipping their medication. It's art, it's mayhem, it's a wonderful roller coaster all the way to opening night. Three very special performances on Friday the 27th and Saturday the 28th of March at 8pm and a special Sunday matinee at 2pm on the 29th of March. We hope to see you here!

As always please follow us on Facebook or Instagram @potatosheddrysdale or visit our webpage at www.geelongaustralia.com.au/potatoshed

WIN 2 Tickets value @ \$92 to



Summer of 17th Doll Saturday 14th March at 8pm

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

Name: _____

Address _____

Phone No: (03) _____

COMPETITION CLOSES 4PM TUESDAY 10 MARCH



WHAT'S ON

POTATO SHED

CITY OF GREATER
GEEELONG



MORNING
SHOWTIME

MEET THE ANCESTORS 111



**SUMMER OF THE
SEVENTEENTH DOLL**



THE SIDEMEN



COSI

TUESDAY 3 MARCH
10.30AM
Including Morning Tea
Tickets \$17

SATURDAY 14 MARCH
8PM
Full \$46 | Conc \$42

SATURDAY 21 MARCH
8PM
Full \$40 | Conc \$35

FRIDAY 27 MARCH 8PM
SATURDAY 28 MARCH 8PM
SUNDAY 29 MARCH 2PM
Full \$32 | Conc \$28

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By Councillor Trent Sullivan

It's been a busy first three months of the councillor year, as I'm sure it has been for Bellarine Peninsula residents!

There's so much I want to achieve as a Bellarine ward councillor before the October 2020 council elections. One of the things I'm keen on is for works to start quickly on the Shared Trails Master Plan following its release. We have so many great paths around the Bellarine but there are missing connections and improvements are needed. It's important our people can enjoy the beautiful Peninsula in a safe way!

Council has resolved to request the Minister for Planning to appoint an Independent Panel to consider Amendment C363 and submissions from the community. The proposed amendment seeks to rezone 28 Rural Living zoned properties on either side of Central Road, Drysdale to support about 550 residential dwellings. I encourage all community members who provided feedback to contribute to the hearing, which is scheduled to begin in April, so the Independent Panel can best understand the issues and concerns.

I'm excited to report another two ANZACs from the Drysdale area have been recognised, after council approved the re-naming of roads which have been shortened by the Drysdale Bypass project. Unfortunately the re-naming of nine affected roads is unavoidable due

to state policy. Gilles Road, between Andersons Road and Reserve Road, has been changed to Gilchrist Street after Jack Gilchrist Dunn. While Collins Street, running north east from Portarlington Road/Collins Street to Drakes Road is now Mayall Way, after Edward Harding Mayall. The Drysdale area has such a proud history of service, so it's great that the inconvenience of name changes can be offset by such a positive recognition of service.

And finally, it was great meeting members of the Indented Head Boat Club recently, who held a BBQ to celebrate the launch of their new clubroom. Council contributed a \$32,600 grant towards the project and members volunteered hundreds of hours to make it happen.

I share their passion and excitement for getting out on the water and I was blown away by their dedication to finish the clubrooms – well done!

Councillor Trent Sullivan

City of Greater Geelong - Bellarine Ward



Major Road Projects Victoria **UPDATE**

There will be a Community Pop Up event outside SpringDale Neighbourhood Centre in the near future, to update people about the Bypass progress and next steps in construction. Unfortunately, the date wasn't confirmed prior to this issue going to print. The project officers would like to encourage you to subscribe to their email updates to receive more information on the community pop up and also project updates. <https://roadprojects.vic.gov.au/projects/drysdale-bypass>

If you have a Drysdale Bypass related question, please call Major Road Projects Victoria anytime on 1800 105 105.



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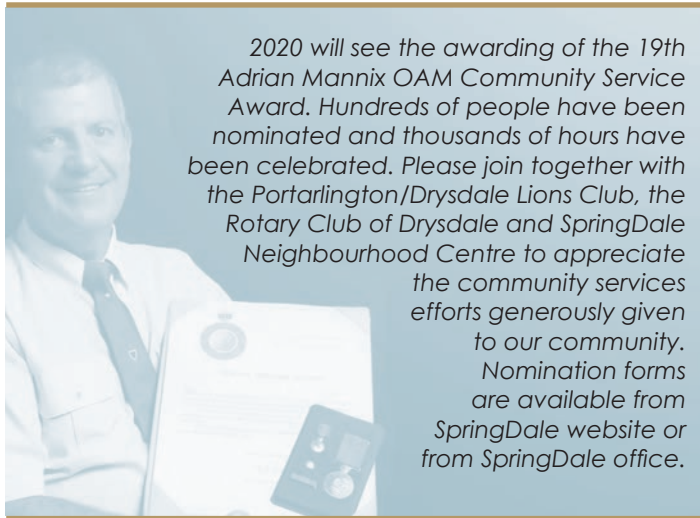
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Adrian Mannix OAM Community Service Award



2020 will see the awarding of the 19th Adrian Mannix OAM Community Service Award. Hundreds of people have been nominated and thousands of hours have been celebrated. Please join together with the Portarlington/Drysdale Lions Club, the Rotary Club of Drysdale and SpringDale Neighbourhood Centre to appreciate the community services efforts generously given to our community. Nomination forms are available from SpringDale website or from SpringDale office.

HERSTORY GROUP

Let's get together monthly and talk about Anne Drysdale and Caroline Newcomb. Every time I talk to someone about Anne Drysdale or Caroline Newcomb, I learn something more. Today I found out that Anne Drysdale sponsored a family member of two of our guide leaders, Kelly and Lisa Shearer.

I started to talk about Anne Drysdale's 328th birthday coming up this year and how we could continue to work towards having statues for Anne and Caroline in Pioneer Women's Park, Drysdale, at some point in time.

As you may be aware there are hardly any statues depicting women in the history of Australia, nor are there many places named in tribute to women in Australia. Let's work toward changing this.

If you are interested in continuing the



work to make visible our own extraordinary trail-blazing women, who ran a substantial agricultural business and who give their names to both Drysdale and Newcomb, please come along to an afternoon tea to be held at SpringDale Neighbourhood Centre, 17-21 High Street Drysdale, on Wednesday March 25 at 2pm.

Hope to see you there.
Anne Brackley OAM.



Anne Brackley with an Ann Drysdale a great great niece of our Anne Drysdale in 2005 outside SpringDale



Your local Lions Club will celebrate its 50th anniversary later this year and we hope to find as many past members as possible to help mark the major milestone.

The Club was chartered in December 1970 and continues to serve the wider community of the north Bellarine. Over half a century, members have taken part in countless projects donating time and raising hundreds of thousands of dollars for charitable and other worthy causes.

President Stephen Love says the Club wants to contact as many former members as it can to invite them to join present Lions in a special anniversary event later this year. "Earlier generations of Lions set the foundation and community spirit that characterizes our Club today and we want to recognize their contribution," he said.

Lions International is the biggest service organisation in the world with nearly two million members in 190 countries.

If you are a past member of the Lions Club of Portarlington/Drysdale and would like to join our 50th anniversary celebrations, please contact the Secretary on pdlionsclub@hotmail.com or 0421 054 842.

The Club also would welcome any old photographs and/or documents (for copy and return) to add to the Club's historic collection.

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More upgrades at BCH Portarlington

BCH has secured Federal funding for further redevelopment of the Community Health Centre site at Portarlington.

The funding must be used for the development of new infrastructure including replacing the ageing north wing that was opened in 1982, completing outstanding infrastructure works from the 2019 redevelopment of the GP Clinic and payment of permits and consultants.

BCH is working towards inclusion of a multi-purpose group space which will be available for both BCH programs and for community groups to hire.

Some community consultation has already taken place, including a survey and talks to local community groups. Further community information sessions will be held seeking feedback and input once concept designs have been developed.

It's anticipated services and programs will continue during the construction, however programs delivered in the North wing will need to be relocated. BCH will endeavour to minimise disruption to existing services as much as possible.

The BCH GP Clinic and Gym will continue to operate during the redevelopment.

Keep an eye on the BCH website for more details. www.bch.org.au



Bellarine Support Group for Kinship Carers

Hope everyone enjoyed the school holidays and summer break.

So nice to be back into routine again, the children back at school and just everything back to normal.

With each one of our carers comes different issues and problems and being that I have been a kinship carer for over 15 years for my granddaughter Elizabeth, sometimes I can assist the carers to help solve their issues or problems.

On that note Anne Brackley has asked me to talk about some of the common issues that face kinship carers each and every day.

When a child or children in their care are not treated equally by their peers. A carer caring for her grandson, who was in grade Prep at school wasn't invited to his best friend's birthday party when every other single student was.

This may seem trivial to us as adults, but to a young child this is a major catastrophe.

His grandmother was upset for her grandson so after the grandmother thought about this problem for a while, she asked the parents of the birthday boy what he would like for his birthday, at which they gave several suggestions. The sad part was the reason they didn't invite him was because they felt the grandmother would feel uncomfortable with so many young parents at the party.

The young boy had a wonderful time at his friend's birthday party and they are still friends to this day some 10 years later.

And the grandmother had a wonderful time meeting all the other "parents". The grandmother even organised afternoon tea sessions at a local restaurant to further break down the barriers with the other parents.

Let's break down the barriers for the sake of our children.

Each month I will write about other issues that face kinship carers and the children they care for face in their daily lives.

If you are a kinship carer sitting at home, thinking that you are alone in your kinship journey please come join our support group.

We laugh a lot, we sometimes cry a lot, but we support each other in our own special way.

We meet at Springdale from 10am to 1 pm on the first Monday of each month (except April).

If any business or organization would like to find out more about kinship care, please contact me directly on the number listed below.

Jeanette Hanley-Heath. 0414308257



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Welcome to 2020, the Vision is Clear

Rotary
Club of Drysdale



The Rotary Club of Drysdale have been very busy. We have been busy inducting six new members to our club. Bringing our membership up from twelve to twenty-six and we have others about to join us too. This is great news for us because we can get even busier doing more for you, our community and overseas. The members have come from various backgrounds. Some have moved into the area and looking to give something back. Some have been Rotarians in other locations and enjoyed it so much they looked to relocate. We are so lucky to have such a diverse range of personalities, combined I feel like we can solve the problems of the world.

Graffiti Removal

The amount of graffiti around the Bellarine has been on the increase during the school holidays. Members of the Rotary Club of Drysdale have embarked on a clean-up mission. The removal team has been particularly cleaning up areas in central Drysdale around the shopping precinct but the bus shelter in Portarlington has also been cleaned. Some graffiti has been removed using special cleaning agents whilst other has been using methylated spirits and elbow grease. In other cases, the area has been painted over to eliminate the tags. Members of the Rotary Club are keen to ensure our town areas remain attractive and are not vandalised. If you would like to contribute towards the clean-up costs, please contact Drysdale Rotary Club via contact below.



No Butt promotion

The Rotary Club of Drysdale has been granted funds from the Victorian Government to undertake a project to raise awareness of the damage to the environment, particularly the marine environment of Port Phillip Bay, caused by discarded cigarette butts. The litter management on the northern Bellarine was supported by the Victorian Government through the Port Phillip Bay Fund. The funds will be used to install some permanent metal butt bins at sites around the Bellarine. Work will commence on the installation in conjunction with Bellarine Bayside in March.

The project also includes a promotion day which will be run at the Bellarine Show Sunday March 8th, with the appearance of Ms Butt to provide education and handout some personal butt bins also funded by the Victorian Government.

In addition, it is planned to hold some rubbish clean-up days in conjunction with established groups to ensure not only butts but other rubbish does not pollute the Bay.

This is yet another example of Drysdale Rotary Club members actively participating in keeping the Bellarine an attractive place to live by limiting the damage to the environment.

Caroline Rickard/Bruce Van Every

Rotary Club of Drysdale - 0408 989 221



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Harmony Day

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GREAT PLACE TO LIVE!**

HARMONY.GOV.AU



Come one come all to Harmony Day – when we listen to each other with patience and kindness, when we talk to each other with sincerity and mission.

Friday 20 March 5pm \$10 entry towards the ingredients of our feast.

Volunteers to help bring this event together welcomed. Email office@springdale.org.au or phone 5253 1960.



World Day of Prayer

Drysdale Clifton Springs Combined Churches invite you to join with us and many communities throughout the world as together we remember the plight of women and children, the poor, the marginalized, the disabled people of Zimbabwe.



**World Day of Prayer 2020
Praying for the people of Zimbabwe**

Host Church: Central Baptist Church
Central Road, Clifton Springs
Contact: 52531833

Date/Time: Friday 6 March 10am
Contact: Sandra 5251 2631

Refreshments provided, everyone welcome.



**DRYSDALE
FAMILY SUPPORT**

Working with & for the community

- **Counselling Centre**
- **Foodbank Plus**

276 – 290 Jetty Rd Curlewis P: 5253 2099

- **Second Chance Clothing**

5 Mortimer St. Drysdale



This year's Bellarine Agricultural Show will be on Sunday 8th March (Labour Day long weekend) at Portarlington Recreation Reserve, corner of Sproat St & Boat Road with gates opening at 9am. A special show with it being the 30th and the theme of this year's show will be tractors.

It is now time to get entries in. There is a huge range of options to suit everyone's skills, likes and interests:

- **Dog jump in the afternoon** – three classes to provide for small, medium and large dogs. First, second and third in each class receive a sash.
- **Horses** – three rings for Hacks, Galloways & Ponies. Judging starting at 9.30am sharp. Ribbons to fourth place.
- **Decorated gumboots** – junior and senior categories with certificates and sashes awarded.
- **Cattle both beef and dairy** – Dairy open to Brown Swiss, Guernsey, Jersey and any other breed. Beef open to Angus, Limousin, Simmental, Dexter, Red Angus and any other breed.
- **Poultry** – Trophy and sash for Best bird in show and Reserve Champion in show. Rosette for winners in six other classes.
- **Sheep** – judging starts 9.30am sharp. 10 different classes – Border Leicester, Poll Dorset, Romney, South Suffolk, Suffolk, Australian Whites, any other breed – short wool and any other breed long wool.
- **Fleece** – certificate, ribbon and cash in some classes. Best Merino Fleece, Best White Fleece other than Merino, Best Black and Coloured Fleece and most Valuable Fleece.
- **Handcrafts** – crochet, dolls & toys, embroidery, felting/spinning/weaving, knitting, lace, junior crafter, papercraft, patchwork, sewing, senior citizens, special needs, woodwork, miscellaneous and one person's work. Vouchers and certificates for winners and certificates for places awarded too.
- **Cookery** – 18 classes – just a few classes are preserves, jams, fruit cake, carrot cake, sponge, scones, slice, fruit loaf, shortbread, fudge, sausage rolls, yo-yo's and coconut ice. Prize money and certificates in each class.
- **Horticulture** – cut flowers, shrubs and trees. Floral design, produce and vegetables. Certificates presented for all classes.
- **Photography** – always a great spot to check out at the show. This section of the show has trophy's, cash and certificate's awarded.
- **Art** – be part of the people's choice award and vote on show day by 2pm. The winner will be announced at 4pm. This area has best oil/acrylic, best watercolour, best other medium, school student, ceramic art & sculpture.
- **Vintage machinery** – always a special part of our show. 2 sections in this area will be judged; Vintage machinery and tractors and Vintage and classic cars and trucks. Best vintage tractor, best vintage engine and best overall display. Best vintage or classic car or motorcycle and best vintage or classic truck.

on farms from days passed. Many farms had their own equipment for grinding, rolling and sorting the grain. This year's special attraction will be a 'Clayton and Shuttleworth' thrasher that has been in storage for many years. It will be powered by local farmer, Graeme Browns traction steam engines. Visitors will be able to see how a brew was created in the old way. Reap, stack, trash barley to make a local brew. There will be lots for the kids to do at the show; pony rides, face painting, toss a gumboot, interact with animals at the animal farm, go on a tractor and horse and cart ride. Also, a highlight for the kids is always the very popular discovery trail. Children travel around the show grounds doing various activities which this year include making a wooden toy tractor, a bird box or a money box – take your pick! Kids have the opportunity to talk with environmental professionals, visit Becks Honey and learn about honey, get a healthy drink, piece of fruit and a drink bottle from Bellarine Community Health, decorate a biscuit and do a craft activity in the football club rooms, guess the weight of the large cow or bull and receive a cheese wedge and visit Fiona at the sheep fleece and get a piece of wool to take home as well as learn about sheep and their wool.

Music performances will also add to the atmosphere and there will be food to keep everyone fuelled up to enjoy the day too. We welcome Sing Australia's Geelong branch back to perform who were very popular when they performed previously. Also popular is Captain Koala from the CFA and Paddy the Platypus from the SES who we look forward to seeing at this year's show with their local teams. A great opportunity to say thanks for the amazing work they do for our community.

A new attraction will be highly venomous snakes and spiders in complete safety in naturalistic terrariums. They will be at the show between 10am & 3pm. We will have an opportunity to handle pythons and crocodiles between talks. Three times a day there will be informative and exciting talks with some of the world's most venomous snakes focusing on safety around the home and farm, first aid and species identification. Animals include; Taipans, tiger snakes, death adders, black snakes, king browns, fierce snakes, brown snakes, funnel web spiders, crocodiles, pythons and more!

So, plan a trip to this year's show and make sure you start to get organised now to get your entries in. A huge thank you to all our sponsors and our volunteers that make putting on the show possible. Without you we couldn't continue to feature and showcase the many sides of agricultural life past and present and allow locals and the many visitors from Melbourne to experience it.

Show schedules are available at Portarlington Post Office or go online for full details about all aspects of the show www.bellarineshow.com.au or email us if you have any queries – info@bellarineshow.com.au





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.

Term 2
April-June
2020



Course and Opportunity Guide.

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

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

Anne Brackley - Coordinator
SpringDale Neighbourhood Centre Inc

New

Novice Five-String Banjo

You've been picking three-finger banjo for a few months and can play simple tunes in the key of G, using the forward roll and the forward-reverse roll. Learn new techniques, licks and tunes and the use of a capo. Max. 5 students.

Instructor: Steve Williams

Dates/times: Tues 28 Apr - 16 Jun 4.30 - 5.30pm

Fee: \$200 conc \$160

Decluttering Step 2 – Konmari Method

This is the second in a series of 4 decluttering sessions. The focus of this session is Konmari a decluttering methodology that is having great success worldwide & help you to declutter for life.

Instructor: Kuma Stephens

Dates/times: Wed 27 May 2-4pm or 6-8pm

Fee: \$40 or Conc \$20

My Gov - Centrelink

This session is about Services Australia (formerly the Department of Human Services) including Centrelink, Medicare and more. Learn how to navigate the web pages or App to help yourself with these services. Please have your log in details to navigate your own account.

Instructor: Agata Commisso

Dates/times: Tues 21 Apr 10.30am-12noon

Fee: Free

Are you worried about your memory?

Bellarine Community Health in partnership with Dementia Australia and SpringDale Neighbourhood Centre are holding a community information session on memory and common changes that may occur with ageing.

The session will provide strategies for improving memory, how your memory works at different ages, when to seek help and services available.

Instructor: Louise Day - Dementia Australia

Dates/times: Fri 29 May 11am-12:30pm

Fee: Free

Massage - Illness

Massage can help people with end of life illness. Explore the benefits of massage for such people. This learning course will demonstrate with soft massage and encourage participants to gently touch the forearm to feel the benefits of massage in assisting people with an end of life illness.

Instructor: Frank Prskalo

Dates/times: Sat 18 April 9-10am

Fee: Free

Massage - Hip

Posture issues can cause difficulty when walking and everyday living. This may be caused by walking incorrectly and thereby cause aches and pains in legs and feet. This learning course is designed to show how massage can help with softening and lengthening muscles in and around the hip region to enhance posture.

Instructor: Frank Prskalo

Dates/times: Sat 16 May 9-10am

Fee: Free

Massage - Shoulder

Massaging and how it helps with aches and soreness in the shoulder. If the shoulder is not working well, it can make everyday living difficult.

Note: The shoulder is quite a complex part of the body. A lot of nerves run through the shoulder to the fingers and there are quite a number of muscles that are attached at the shoulder and go through the shoulder. There is also a part of the shoulder called the shoulder girdle.

Instructor: Frank Prskalo

Dates/times: Sat 27 Jun 9-10am

Fee: Free

Laughter Yoga Pop Up

Stress less and laugh more. Achieve that will posture, breathing, chanting and clapping. Be exposed to creative laughter techniques, including play and visualisation. All these concepts are designed to help get rid of some problems, cope better with anxiety and release some tension.

Instructor: Agata Commisso

Dates/times: Sat 4 Apr - 27 Jun 9-9.30am

Fee: Free

Laughter Yoga in a Chair

A fun and graceful laughter session based on the teachings of Dr Madan Kataria, using chanting, clapping and breathing exercises. Designed for those who would rather be in a small group and a safe space, keeping it fun with a few gentle exercises and movement using imagination to laugh more. Explore the benefits of laughter for the mind and body. It helps to cope better with anxiety and release some tension.

Instructor: Agata Commisso

Dates/times: Wed 6 May - 24 Jun 2-3pm

Fee: \$90 or Conc \$80 (8 sessions)

VEC - Council Elections

With Council Elections quickly approaching in October this year, we have invited the Victorian Electoral Commission to present an electoral information session.

Dates/times: Tues 19 May 11-12.30pm

Fee: Free

Stress Less Living

Fun sessions full of ideas from picking parsley in the garden, to planning for the week ahead and meal preparation. Share ideas on how to save money and time with menu planning. Also check the garden, pantry and the fridge! Learn to buy the specials (you need in your plan) and what fruit and veges are in season.

Instructor: Agata Commisso

Dates/times: Sat 28 Mar, 18 Apr, 23 May, 20 Jun or Mon 30 Mar, 20 Apr, 25 May, 22 Jun 10.30am -12noon

Fee: \$40 or conc free

Being Creative

Foundation Art Course Discover the Artist Within - Level 1

Art course using drawing media for adults. This is an introductory or refresher course with no previous experience required. Improve your skills learning to see as an artist "sees" through drawing exercises.

Instructor: Annette Playsted

Dates/times: Tues 28 Apr - 16 Jun 1-3pm

Fee: \$140 or Conc \$80

Media Art Course Discover the Artist Within - Level 2

To help you develop further as a potential artist this course is designed for those who have completed the level 1 course. Learn about Painting and Drawing methods. Increase your media knowledge in the techniques and processes of painting and drawing.

Instructor: Annette Playsted

Dates/times: Mon 27 Apr - 22 Jun 10am-12.30pm

Fee: \$145 or Conc \$80

Advanced Art Workshop Develop the Artist Within - Level 3

How to further develop your knowledge and broaden skills and perceptions. Designed for hobbyists or art students who have studied at the intermediate level of discover the artist within. Challenges are set to encourage the building of ideas to improve conceptual development and encourage the experimental use of media to broaden and develop unique approaches to media.

Instructor: Annette Playsted

Dates/times: Mon 27 Apr - 22 Jun 1-3.30pm or

Dates/times: Tues 28 Apr - 16 Jun 10am-12.30pm

Fee: \$145 or Conc \$80

All Abilities Art

A studio based program for people of all abilities to explore their creative self using a wide variety of art materials. Discover your creative language to express yourself in a safe, supported and relaxed environment.

Instructor: Celia Adams

Dates/times: Fri 24 Apr - 26 Jun 10am-12pm

Fee: \$200 or Conc \$100 Bookings essential

Digital Photography - Sculpting with Light

How to get great results from a qualified teacher and professional photographer. You will learn and understand composition, using colour, posing, lighting techniques using shutter speeds, aperture ISO, Different file formats, downloading images from camera, phone or tablet.

Instructor: George Stawicki

Dates/times: Tues 5 May - 26 May 7-9pm

Fee: \$110 or Conc \$100 (4 sessions)

Ukulele Beginners

Learn to play the ukulele for the beginner or a refresher if you already started. Support and guidance is offered during the sessions to assist with your skills.

Note: Your own ukulele is required

Instructor: Helen Brown

Dates/times: Thurs 23 Apr - 11 Jun 9-10am

Fee: \$95 or Conc \$85 (8 sessions)
or Single sessions \$15

Ukulele Intermediate

Having completed the beginner course, you are now ready for continued leaning of the ukulele.

Note: Your own ukulele is required.

Instructor: Helen Brown

Dates/times: Thurs 23 Apr - 11 Jun 11am-12noon

Fee: \$95 or **Conc** \$85 (8 sessions) or Single sessions \$15

Ukulele Advanced

Having completed the beginner and intermediate courses you can now reach your full potential with the advanced leaning of the ukulele. Improve your skills and learning at an advanced level.

Note: Your own ukulele is required

Instructor: Helen Brown

Dates/times: Thurs 23 Apr - 11 Jun 10-11am

Fee: \$95 or **Conc** \$85 (8 sessions) or Single sessions \$15

Five-String Banjo for Beginners

For complete beginners. You'll learn the three-finger picking style – the basis of bluegrass banjo and also suitable for other genres e.g. country, folk, blues and pop. Friendly, supportive small class tuition. Max. 5 students. BYO banjo!

Instructor: Steve Williams

Dates/times: Tues 28 Apr - 16 Jun 2.30 - 3.30pm

Fee: \$200 conc \$160

Five-String Banjo for Post-Beginners

You can already play a forward roll and G, C and D7 chords. Boost your skill in the three-finger picking style – the basis of bluegrass banjo and also suitable for other genres e.g. country, folk, blues and pop. Max. 5 students.

Instructor: Steve Williams

Dates/times: Tues 28 Apr - 16 Jun 3.30 - 4.30pm

Fee: \$200 conc \$160

Cheese Making

Ever wanted to make your own cheese but was unsure of how to do it...well this class will cover all the questions you ever wanted to know. This is a hands on workshop where you make your own cheese and get to take it home. There will also be lactic curd cheese to produce and we will finish off make traditional ricotta. Requirement list closer to the date but will just be a couple of containers to take your cheeses home in.

Instructor: Charlene Bancroft

Dates/times: Sat 18 April 10am-3pm

Fee: \$100

Sourdough Bread Making Workshop

Learn how to make a sourdough Starter, how to look after and feed it, and then make a delicious boule style sourdough loaf as well as some currant buns, crumpets and sourdough pancakes. Hands on class with lots of info and fun to be had. Bring a bowl, a jar and let's knead together.

Instructor: Charlene Bancroft

Dates/times: Sat 2 May or Mon 23 Mar 10am-2pm

Fee: \$65

Fermenting Workshop

Come to a day of learning how to ferment..we will make Kimchi, Kombucha and depending on what's in season..you never know. Perfect for beginners or anyone just wanting a day in the kitchen. Bring some jars, a sense of adventure and humour and anything you may have growing in the garden that we can ferment. Course requirement list TBA.

Instructor: Charlene Bancroft

Dates/times: Sat 20 Jun 10am-2pm

Fee: \$65

Teenage Sewing Classes

Learn to sew. Learn how to complete small projects with new and different techniques in each class. Learn to make your own personalised gift. Short projects you can take home on the same day. Utilise sewing machines, accessories, and haberdashery. Sewing machine provided or if you prefer to bring along your own.

Instructor: Denise Kent

Dates/times: Sat 9 & 23 May, 13 & 27 Jun 10am-12noon

Fee: \$20 per session

Sustainable Wardrobe Workshop

Learn how to update or upcycle a garment. Update something you found at a recycle shop or blend with something from your wardrobe. Upcycle or re-purpose items you already possess. You will learn how to replace a button, to mend a 'worn spot', to repair fallen hems, shorten (or lengthen) a garment or even a sleeve, to enjoy more wear from a favourite garment.



Instructor: Denise Kent

Dates/times: Tues 31 Mar & 7 Apr or Thurs 2 Apr & 9 Apr 12-2pm

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

Writing for a Special Purpose

Register your interest

Creativity Workshop

Designed to help activate your creativity, via a variety of different techniques. The techniques include fine art, sand play, painting, movement meditations, autobiographical comic making, music, drama and narrative therapy. Each of these modalities are to be explored and encourage individuals to work on their creative lives, according to the philosophy that everyone is creative, no matter your background, and through creativity, your life can become more vibrant.

Instructor: Courtney Brackley B.A.

Dates/times: Mon 4 May 25 May 10am-12noon

Fee: Free

Espresso Coffee Making

How to make your coffee taste like a café using your home or work machine. You will also learn how to get the most out of your coffee machine.

Instructor: Jordon Smith

Dates/times: Sat 2 May or Sat 6 Jun 10am-12pm

Fee: \$40

Wellbeing

Yoga

Hatha yoga promotes wellbeing by bringing the body, mind and spirit back into harmony. Yoga classes enable people of all abilities and ages to gently work at their own level to improve their movement and bodily awareness through a range of yoga techniques. These include moving through various stretches, breathing exercises, meditation and relaxation.

Instructor: Glenda Breedveld

Materials: Bring your own mat & blanket if required.

Venue: SpringDale Hall

Dates/times: Mon 20 Apr - 22 Jun 9.15-10.45am

Fee: \$155 or **Conc** \$135 (9 sessions)

Dates/times: Thur 23 Apr - 25 Jun 6-7.30pm

Fee: \$175 or **Conc** \$150 (10 sessions)

\$20 per session if paying for single sessions

Tai Chi

Basic Tai Chi principles and exercises. Tai chi is an ancient practice of combining slow, deliberate movements, meditation, and breathing exercises. Tai chi consists of exercises equally balanced between yin and yang, which is why it is so remarkably effective. Learn all this in a fun and supportive environment. Suitable for all levels.

Instructor: Kathy Lanthois

Dates/times: Tues 21 Apr - Jun 23 7-8pm

Fee: \$110 **Conc** \$100 for 10 Sessions

Dates/times: Fri 24 Apr - Jun 26 9-10am

Fee: \$110 **Conc** \$100 for 10 Sessions

\$15 per session if paying for single sessions

Languages

Latin

The language of Catullus and Cicero for the beginner or for someone who has some previous Latin learning. A range of internet resources are used in the course.

Instructor: Neil Bell

Dates/times: Fri 24 Apr - 26 Jun 2.30-4pm

Fee: \$50 for 10 weeks

Intermediate French

Designed for enthusiasts of the French language. The course focuses on vocabulary, comprehension, pronunciation and some grammar. This course is designed for those with an intermediate level of knowledge of the French language. Join a friendly and supportive group with ongoing lessons.

Instructor: Serge Botans

Dates/times: Tues 21 Apr - 23 Jun (10 weeks) 11.30am - 12.45pm

Fee: \$135 or **Conc** \$120 or Single sessions \$20

Autism Plus

Talking about Autism

A time for sharing helpful and practical information for people interested in the Autism spectrum.

Facilitator: Anne Brackley

Dates/times: Sat 23 May 1-3pm

Bookings essential

Fee: Free

All Abilities Art

A studio based program for people of all abilities to explore their creative self using a wide variety of art materials. Discover your creative language to express yourself in a safe, supported and relaxed environment.

Instructor: Celia Adams

Dates/times: Fri 24 Apr - 27 Jun 10am-12pm

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

Bookings essential

NDIS Families as Planning Partners

A course designed for families and careers who want to understand and use the NDIS as an opportunity to build a "good life" for their family member. Covering understanding NDIS, getting your point across effectively, NDIS Planning, and whole of life planning. How to manage the plan supports and funding.

Instructor: Donna Shaw VALID

Dates/times: Wed 20 May - 10 Jun 9.30am-1pm

Fee: Free

Digital Technology

Introduction to Computers

You will learn how to use your laptop or desktop computer system more effectively.

In this supportive environment created by our instructor, you will be exposed to how to use the mouse, how to set up folders and files, use email, and be exposed to a whole range of things that can be done with your computer.

Instructor: Brenda Richardson, Iteracy

Skill Level: Beginner

Dates/times: Tues 21 Apr - 9 Jun 1-3.30pm

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

Computers - Beyond the Basics

This is a continuance course from the introduction to Computers. This course is designed for those who have used a computer before and now want to move to more advanced learning such as how to search the internet for information, create more than just a basic document, as well as set up a computer to your preferences and likes.

Instructor: Brenda Richardson, Iteracy

Skill Level: Intermediate

Dates/times: Tues 21 Apr - 9 Jun 1-3.30pm

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

Smart phones, iPhones, tablets, iPads

This introductory course is designed to assist you to understand and use your iPhone or iPad confidently. Conducted in a friendly relaxed environment you will learn step by step how to set and use your device. We will cover issues such as security, keeping in touch with friends and family. Researching the correct apps available for your needs.

Instructor: Brenda Richardson, Iteracy

Skill Level: Beginner

Dates/times: Thur 23 Apr - 11 Jun 1-3.30pm

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

Buying and Selling on eBay

This course will navigate you through the process of getting started buying and selling your goods and services on eBay. The first session focuses on buying and the second one focuses on selling. NOTE: Bring along your email address and password as well as your banking details so you can get up and running while attending the course.

Instructor: Ken Brackley.

Dates/times: Tues 9 Jun & 23 Jun 4-6pm

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

My Gov, Centrelink, Password Protection

This session is about Services Australia (formerly the Department of Human Services) including Centrelink, Medicare and more. Learn how to navigate the web pages or App to help yourself with these services. Please have your log in details to navigate your own account.

Instructor: Agata Commisso

Dates/times: Tues 25 Feb 10.30am-12noon or Tues 24 Mar 10.30am-12noon or Tues 21 Apr at 10.30am-12noon

Fee: Free

Future Direction

Thinking about being a Support Worker?

Have you thought about caring for a person with some challenges and wondering whether this is the right option for you. Explore the possibilities with an experienced trainer leading you through some scenarios to assist you in your decision.

Instructor: Maryanne Cosic

Dates/times: Tues 12 May & 26 May 10am-12noon

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

Returning to Earning

If it has been a while since you did any studying, this course is designed to assist you. The course will help with issues like, you feel as though you have been left behind or feeling that you may not be able to keep up. Helpful information will include how to use the internet to research information and how to upload your work to an educational institution. You will also develop a career portfolio.

Instructor: Anne Brackley

Dates/times: Thur 28 May- 4 Jun 2-4pm

Fee: Free

Focusing on the Future

This course is designed to give you a sample of a number of classes running at SpringDale to help you decide on your future direction. Come along and share your ideas, experience and dreams. Then we will select a range of classes to suit your skills, ambitions and desires.

Instructor: Agata Commisso

Dates/times: Mon 6 Apr 1-3pm

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

Joy of Volunteering

The joys of volunteering include giving back to the community, using your unique skill set. Many organisations and clubs rely on volunteers to survive. This course looks into all aspects of volunteering. It's also a great way to meet people. Listing volunteering on your resume is a plus.

Instructor: Anne Brackley

Dates/times: Thur 18 Jun & 25 Jun 2-4pm

Fee: Free

Introduction to Event Management

This introductory course will expose you to all facets of planning and running an event. Areas covered include, where to start, what roles need to be fulfilled, budget required, people needed. Also covering debriefing and follow up.

Instructor: Anne Brackley

Dates/times: Fri 5 Jun & 12 Jun 10am - 12noon

Fee: \$120 or **Conc** Free

Introduction to Community Services

Gain a better understanding of how community services work and opportunities for you to pursue this sector as a new direction for you. So, if you are a volunteer, returning to work or looking for a career change community services sector may be for you. Community services sector is growing.

Instructor: Kerry Murphy

Dates/times: To be advised

Fee: Free

Returning to Learning

If it has been a while since you did any studying, this course is designed to assist you. The course will help with issues like you feel as though you have been left behind or feeling that you may not be able to keep up. You will also develop a career portfolio.

Instructor: Anne Brackley

Dates/times: Mon 20 Apr - 22 Jun or Wed 22 Apr - 24 Jun 9am-12 noon

Fee: \$16 conc Free

Help SpringDale help yourself

We have been helping people find jobs for many years and we'd love to help you. Perhaps you would like to know what we do at a Neighbourhood House? Perhaps you would like to help and build your confidence? We'd like to help.

Instructor: Anne Brackley

Dates/times: Thurs 16 Apr - 23 Apr 2pm-4pm

Fee: Free

Accredited Courses

Provide CPR Code HLTAID001

Pre-course work is required please contact Mirelle to reserve your place on 0412 247 849

Instructor: Stayin' Alive First Aid

Dates/times: Tues 23 Jun 9.30am-12noon

Fee: \$60

Provide First Aid Code HLTAID003

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

Instructor: Stayin' Alive First Aid

Dates/times: Tues 23 Jun 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).

Instructor: Stayin' Alive First Aid

Dates/times: Tues 23 Jun 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.

SpringDale Groups

To attend SpringDale Groups you must be a member of SpringDale - Annual Membership \$12 - each group charges a small fee ranging from \$2 to \$12 per session.

Kinship Carers

Meets monthly Monday - 4 May, 1 June 10am-1pm

SpringDale Reads

Our book group meets first Thursday each month 7.30-9pm

Tech and Talk

As a result of community requests Brenda will be hosting a monthly Tech and Talk group to help ex-students keep up to date with their computing and information systems journey of learning

Wed 29 Apr, 27 May and 24 Jun 1-2.30pm

Card Games

Enjoy playing cards? Come and play Canasta & Bolivia. Monday afternoons 12.30-3pm.

Friendly Cuppa and Chat Group

Call in for a cup of coffee and a chat on the first Tuesday of the month between 10.30-11.30am.

Dining Club

Monthly dinner for new residents and people interested in meeting new people and trying local dining experiences. Dates and venues are published monthly in the SpringDale Messenger. Register your interest by emailing office@springdale.org.au or phoning 5253 1960

Girls' Shed / Craft Group

A great activity for all year. Keep your hands busy and be creative. Bring your UFOs (Un Finished Objects) Tuesday weekly from 1-3pm.

Badminton

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

Bellarine Community Choir

Peninsula residents are welcome to join this choir. We sing 4 part harmony to perform at functions on the Bellarine and Geelong. All welcome.

Thurs 1.30-3.30pm

Cryptic Crosswords Group

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

Fun Volleyball

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

Venue: Drysdale Scout Hall

Genealogy

People interested in researching family history come together weekly and share tips and tricks. Thursdays 9am-12 noon

Jigsaw Club

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

Mahjong Club

This group meets Wednesday from 9am-12noon.

Pole Walking Group

Enhanced walking where the arms are used to push. The movements of your arms, feet, pelvic area and the entire body are similar to those employed during a vigorous walk. Weekly Mondays 8.50-10am (Contact SpringDale for meeting points)

Scrabble Club

Held on Tuesday afternoon, 1pm-3pm and caters for players of all abilities and new players welcome.

Men's Kitchen - Tuesday Mornings

Tuesday morning 10am-1pm

Location: St Leonards Recreation Reserve

Fee: Price depends on menu

Men's Kitchen - Wed/Thurs/Fri Morning

Wed/Thurs/Fri 10am-2pm

Fee: Price depends on menu

Wed morning kitchen - wait list applies

Men's Kitchen - Wednesday Evening

We will be running a Men's Kitchen every second Wednesday evening from 5pm-8pm.

New members welcome

Fee: Price depends on menu

SpringDale Artists

The SpringDale Artists meet each Wednesday. Activities include working sessions, discussions, demonstrations and gallery visits. Wed 9am-12noon or Wed 1-4pm.

Sci Fi Group

A new group to focus on bringing Science and Science Fiction to life - ring SpringDale for more details.

Wheeler Riders

SpringDale membership is all you require. Would you like to get involved in cycling again? Rides vary in difficulty and start from SpringDale at 8am. New riders welcomed and shorter rides are graded to suit individual needs.

Rides Mon, Wed, Fri.

SpringDale Singers

SpringDale Singers meets at SpringDale Neighbourhood Centre on Tuesday afternoons at 1.30-3.30pm.

We sing in harmony (4 parts) a wide range of music and song; enjoying good fellowship and the joy of singing. Several conductors (from the group) strive to enhance performance over the year. We are not a performing choir although we do have an end-of-year performance at SpringDale Centre. We welcome any interested singers to join us; the ability to read music is not essential, we learn as we go.

Write About

A group of committed Writers ranging from Biographers, Poets, Storytellers, Song and Report Writers meet on the 1st Thursday of the Month from 2.30-4.30pm.

Line Dancing

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

Scrapbooking & Card Making Group

Organise your precious memories by scrapbooking your photos or cardmaking for all occasions.

Scrapbooking solutions, products & use of tools.

Date/time: 2nd Thurs each month, 1-4pm (except September 17th which is the 3rd Thurs)

Instructor: Lyn Clough

Fee: \$10 per session Ph 5251 3008

Harvest Basket Produce Swap & Edible Gardening Group

Meets 1st Saturday of every month in the SpringDale Hall. You do not need to have anything to swap to come along and forge friendships and share veggie gardening skills.

Date/time: 9-10.30am

Felling

This is not a class but people coming together to enjoy felling. If you're not sure what felling is, just pop in for a look. For further information you can contact Julie 0409 368 290 or Jill 0435 499 820 for info.

Date/time: 1st Saturday each month. 10am-3pm

Community Garden

Growing Green - a Healthy and Sustainable Community.

Work in the communal area or establish your own personal plot to produce fresh food of your choice to be enjoyed at home, swapped with other members or donated to the Drysdale Community Church's Foodbank project. Membership forms, details of annual payment and other information are available from the SpringDale Office.

5D Diamond Painting group

Combining mosaic beading and colour by numbers to make a gorgeous picture that you create yourself. Kits provided at cost price. Second Saturday each month 11am-4pm \$4.

Bowling on the Spectrum

Lawn Bowling group meets at Drysdale Bowling Club 2nd and 4th Wednesdays 10am-12noon

Wednesday Morning Craft

Patchwork, candle wicking, machine piercing, or whatever 9.30am-12noon 1st and 3rd Wednesdays

Drama

Ever wanted to learn how to Act and Perform? Or just have some fun and grow your confidence? Don't want to be on stage? Fine, come and help behind the scenes, or just join in off stage.. There is a small group of wonderful, talented and supportive people who have already tried and loved it and will be in the group already. So you won't be on your own.

Dates/times: 12.30-2pm Wednesdays

Talking about Autism

Meets quarterly to talk about Autism strategies

Let's Talk about Death and Dying

First Wednesday each month 10am-12noon

Harmony Group

Building a better world we meet as needed to bring an annual Harmony Day together - please let us know you would like to help.

Business on Bellarine

Business network group meets weekly Tuesday mornings 8-9am

Lunch Bunch

We meet on 3rd Wednesday each month to enjoy lunch together at a local café.

Herstory Group

An emerging group that meets to talk about Anne Drysdale and Caroline Newcomb over afternoon tea. Bring a plate to share. Last Wednesdays each month 2-3.30pm

Drysdale Toy Library

By appointment

Portarlington Toy Library

By appointment

Potential New Group

Outdoor sketching group

Outdoor sketching group has been suggested it could run once a month alternating between Saturdays and Sundays please register your interest with SpringDale 5253 1960

Non SpringDale Activities

Drysdale Guides

Our Mission is to enable girls and young women to grow into confident, self respecting, responsible community members. We meet on Thursday evenings at SpringDale Neighbourhood Centre. Jr Guides girls aged 5 - 11 years meet from 4-5.30pm and Senior Guides girls 11 to 18 years meet from 6.30-8pm. 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 & direction.

Instructor: Monique MacLeod

Phone to book: (03) 5251 2958

Venue: Drysdale Physiotherapy & Sports Injury Clinic, 27-29 High Street, Drysdale

Dates/times: Ball class Tues 28 Jan 8.45am

Beginner/Intermediate floor classes

Tues 14 Apr 10.30am or 11.40am &

Thurs 16 Apr 6.45pm.

Fee: \$165 (11 classes).

Bellarine Woodworkers Inc.

All keen woodworkers have the opportunity to meet on the first Monday of the month at 1.30pm - 3pm. 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

Days for Girls Sewing

Meet at SpringDale on the second Wednesday each month 9am-3pm

Enrolment & Payment Conditions

Scheduled Fees:

Courses at nominated rates.

Single Sessions:

Incur a \$5 Administration Fee.

ENROLMENT

5 ways to book into a class -

Phone: (03) 5253 1960

Text: 0416 450 534

In person, at SpringDale Neighbourhood Centre, 17-21 High Street, Drysdale

Online: courses.springdale.org.au

Email: office@springdale.org.au

- Your enrolment is confirmed when payment is received.
- Classes must be paid for no later than ONE week prior to the commencement of class. You will not be permitted to participate in classes until full payment is made.

PAYMENT/ REFUNDS

- We accept cash, cheque or credit card. Facilities are available for payment in person or via mail, please see below course booking slip.

If there are not enough enrolments to successfully run a course, it will be cancelled.

- If a course is cancelled due to lack of enrolments or other reason, you will be notified, and your fees will be refunded in full.
- Should you wish to withdraw from a course you must do so prior to commencement of the course. Where fees have been paid, in those circumstances they will be refunded to you less an \$8 administrative fee.
- If you withdraw from a course after it has commenced no refund will be issued. An opportunity to transfer to another course may however be available in certain instances.

PRIVACY

The SpringDale Neighbourhood Centre respects your right to information privacy. Information collected and held on participants, is kept in accordance with information privacy laws.

Please sign up for course updates via webmail, texting or a phone call.



SpringDale Neighbourhood Centre Inc. acknowledges the support of:



Community Conversations

Thanks to the City of Greater Geelong for the small grant for the raised garden beds outside SpringDale Neighbourhood Centre. While doing some filing, I came across the sign we had in the garden beds thanking City of Greater Geelong for supporting our project – Growing Community Conversations – which the raised garden beds has done over and over again.

Some photos from the garden beds show community members learning to set up raised garden beds – we ran 4 classes and each class helped to set up another garden bed and renovate that which had already been set up. We have grown vegetables, herbs and for the commemoration of 100 years of ANZACs we have grown poppy's and they have started to bloom on 1 September and finish blooming after 11 November each year.

Many people were worried about the risk of growing vegetables that might have been stolen – but as we were doing it for the community – that also grew into a conversation. I have caught people taking produce and they have been surprised when I have asked them to take more if they need it.

At one stage, I had my eye on a beautiful looking head of broccoli to use in the SpringDale kitchen, and the day I was about to pick it – it disappeared causing another conversation.

Anne Brackley



We at SpringDale Neighbourhood Centre are looking into hosting a regular monthly movie night. This will be a great way to get our community together.

To get a better understanding of what movies to select, we would appreciate your recommendations. If this proves to be successful, we will advertise each screening on our monthly SpringDale Messenger and we will also post on both our Facebook page and website.

So please leave your comments by email to Messenger@springdale.org.au

Thank you



Thanks to City of Greater Geelong for improving access for members of our community who rely on wheelchairs for mobility. Thanks to Pam Timmins and Elaine Chapman for demonstrating it for us.



Business on the Bellarine

As we have now welcomed in a new year, we would like to also welcome our new committee for 2020.

President - Aaron Kelleher-Jones

Vice President - Helen Butteriss

Secretary - Mitchell Saffin

Treasurer - Anne Brackley

Membership Coordinators -
Aaron Hunter & Kim High

BOB is a local business group meeting weekly in Drysdale to network and help promote each other's businesses.

BOB is all about fresh ideas, sharing, building confidence and supporting each other. It's also about gaining a different perspective on where and how your business can evolve, while strengthening business connections.

Please come along. You'll get to meet new people and learn about other businesses that are part of our community.

We meet on Tuesday mornings 7.50am to 9.15am visitors welcome.

Drysdale Cricket Clubroom
Drysdale Recreation Reserve, Granville Street, Drysdale

Contact Aaron 0488 001 093 for more information.



Clifton Springs Garden Club

This month I am writing a story about bushfires, and you are probably asking "What does this have to do with a garden club?" Answer, being a gardener means loving nature and all it encompasses. In October 2006 I visited the Grampians after devastating fires earlier that year. I still have vivid memories of how nature had recovered from that terrible event. One of my strongest memories was the thousands of Xanthorrhoea (Grass Trees) in flower everywhere you looked; the fires had stimulated the flowering. Wildflowers were popping up everywhere and the trees were reshooting. As a gardener I was heartbroken by the devastation caused by the fires but heartened when I saw how nature was recovering.

In our recent bushfire areas there will be a lot of gardeners suffering and grieving the loss of their gardens, you can help in a very small way. If you know anyone in the fire affected areas, visit them and take a plant to help them start rebuilding their precious gardens. Clifton Springs Garden Club has donated plants to several fire affected areas in the past and it was wonderful to see the joy on the faces of the people receiving these precious gifts grown by our members.

Our speaker for March will be Cathy Powers. Cathy has considerable knowledge on a range of subjects within the realms of plants and animals, she is also an accomplished photographer so her presentations are always very interesting.

Our meetings are held at 7.30 pm, on the third Monday of the month at the Uniting Church Hall Drysdale. Visitors are always welcomed with a warm smile from our Meet & Greet Person Simon.

If you would like further information on the Club please contact our Secretary Helen, on telephone 5257 2220 or email hma3152@gmail.com

All photographs were taken at the Grampians October 2005



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Memories of Yesteryear

by the Older Generation of the Bellarine

Laura Eunice Whitcombe
(Nee Purnell) - Part 2 1894-1983
The Whitcombe Walk... continued

Mother had spent her early life in rooms at the rear of her fathers' workshops, there being no space for a garden. Surprisingly, mother had a consuming love of flowers and her garden. Among others, roses, gladioli's, dahlias and chrysanthemums were her favourites. She obviously enjoyed winning at the flower shows, there were hundreds of prize cards in boxes when we packed up her house. When I was young, I suffered from Rheumatic fever and was not allowed to play sports, so mother taught me all she knew about growing flowers, which in-turn became a passion of mine. However, her ultimate joy came from the endless bunches and buckets of flowers given away freely to anyone in sight. There were also times when her flowers were a source of income, but her need for money was never as great as her wish to give pleasure to others.

Laura did not have a strong voice, however when she was determined to achieve something, particularly for the woman of Drysdale, she was heard. She was a progressive woman for her time. There were elements of the feminist in my mother and it was in the C.W.A. that these came to the fore. She believed that women should have as many rights as men, she encouraged the women of Drysdale to get out and about, work, interact with other women, develop personal skills and enjoy life. To enable this, in 1948 she started the C.W.A in Drysdale and became the Founding President. In 1950 she was also the driving force behind the establishment of the Drysdale Croquet Club. She was the Founding Member and President for the first 5 years and then took other committee roles for as many years as she was needed. Mother and Father employed many mature age women on the farms when possible to give them opportunity and independence. She was involved in the Drysdale Bush Nursing Centre and the RSL. She was a Sunday School Teacher at Bellarine and Laura and Bob were Leaders of the Bellarine Youth Group. Laura was a devoted member of the Methodist Church in Drysdale and she started the tradition of the debutants coming to her home, Lauriston for formal photos before the young ladies made their debuts.

Upon my parent's retirement they built a small home in Whitcombe's Road on the family block. Mother could not drive a car and never attempted to get her licence. Early in the marriage, Father put Mother behind a horse and cart and sent her off to town, the horse reared and Mother never got behind a horse again... She travelled by bus, when there was no likely hood of a car going her way. After father died, she was determined to remain independent for as long as she could. She would walk up to the local bus stop on the Geelong/Portarlington Road and travel to Drysdale township as often as she wanted to and into Geelong weekly to attend luncheons and do her weekly shop, this went on into her eighties.

In her youth, mother was called on to nurse people in various situations, then at the end of her life she lived with my brother Alan and his wife Mary. Mary took care of Mother until she needed to go into full-time nursing care, prior to her death in her 90th year. It seemed to me that she was Auntie Laura to everyone that knew her!

Written by **Ian Whitcombe** (last story he shared before he passed away) and **Lesley Whitcombe**.

The Whitcombe Walk... last month the photos that were attached to the story were supposed to be for this story that we are printing. My deepest apologies to Lesley and her family. It has been a lovely dedicated story of Laura written with Ian's help, his niece Lesley and the Whitcombe's memories. We will display the last two stories at SpringDale with the correct photos until the end of April or we can email them to you. **Anne Brackley**



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Top place for our Image of the Year was taken out by Robyn Curtis with "Dune 45"
Annual Aggregate winners were: **A Grade** - Martin Young **B Grade** - Robyn Curtis

Are you interested in photography? We are a friendly group of amateur photographers enjoying the challenge of improving our photography by actively taking photos, learning by entering into 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 (except January). For further details call in to a meeting, or visit our website www.bellarinecameraclub.org.au **Lynne Bryant** - President



SpringDale Trivia 30th Edition by Drysdale Girl Guides

1. Which fruit variety has types such as Kensington Pride, Calypso, R2E2 and Honey Gold?
2. Traditionally, which music note is the centremost note on a piano or keyboard?
3. Who opened the first Federal Parliament of Australia in Melbourne on the 9th of May 1901?
4. Which team won the 2019 AFL Grand Final?
5. What colour is Sesame Street character Elmo?
6. In Morse code, the signal dot dash dot translates to which letter?
7. Which jockey rode Prince of Penzance to victory in the Melbourne Cup?
8. How was the Olympic cauldron lit during the 1992 Summer Olympics?
9. Which animal is featured on the tail of QANTAS airplanes?
10. Which number is the only one to have the same number of letters as the amount it represents?

Turn to page 23 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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Bellarine Birdlife

Everyone knows this bird. It is unmistakable with its large body and distinctive flesh coloured bill. Gracefully it glides just above the water or high on a thermal. Even on the water it shows its ability to move in a graceful manner as it floats nearer and nearer to shore eyeing your fishing trophies or picnic feast. But alas once upon land the waddle and ungainly movement makes it the clown of the beach. Don't be deceived however as the pelican can move quickly if need be.

This big, fleshy pouch is great for catching and holding its prey which can vary but may include fish, arthropods, crustaceans, birds and even small mammals. I read once of a very sad dog owner who watched in anguish as her chihuahua disappear into the cavern of a pelican's pouch. Alas the little one was not seen again.

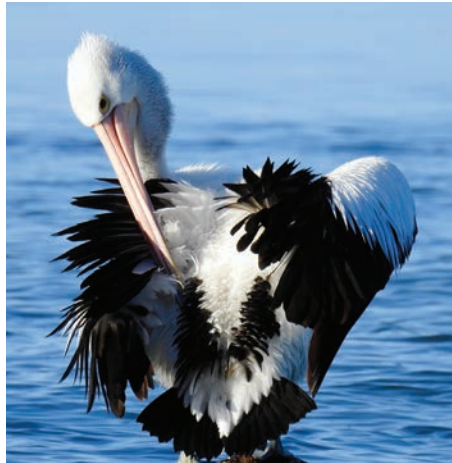
The pelicans can be found in small to large flocks. When Kati Thanda-Lake Eyre floods it is amazing how the thousands of pelicans know and head inland for a mass nesting time. The colonies can be as far as the eye can see. Usually however the birds are at home on maritime islands or inland water ways. They do not mind salty, brackish or fresh water. Their success comes from their adaptability.

Only a mother Pelican could love the ball of flesh and spikes that one day may grow into a large handsome pelican. The head of the baby is so big the fine, spindly neck hasn't a chance of keeping or allowing an upright position. Even so I have sat viewing with pleasure a mother pelican standing over her youngster, gently prodding it under her body to protect it from the sun and fondly feeding it morsels. The nest in this case was a mound in a sand dune.

Pelican love hunting co-operatively. A small group with precision action will swim together and co-operatively round up their prey. I love to see them acting as one in movement and action. Synchronized swimming indeed.

Carole O'Neill

If you are interested in helping with the Birdlife that have been affected by the Bush Fires, we have designs to build Bird's nesting boxes and needing some people to help.



Pelican



Hi everyone, well, we're off! 2020 is now well away. "Fresh start...It will be an adventure!"

(That's a quote from a movie. Can you name it? If so, write it on the back of an envelope with your name and address and send to John's Movie Competition, SpringDale Neighbourhood Centre, 17-21 High St., Drysdale, Vic. 3222. A prize is up for grabs!)

Speaking of adventures, I have been wondering if at least some of you may have been somewhat disappointed to have to say goodbye to our old friend, fifties hero Simon Black. You will remember that in the last exciting episode the aliens effect a nick of time rescue of the trapped space plane Firefly 3. Once clear of the treacherous gravitational pull of the moon Simon sets course for Mars, convinced that this is the most probable location of the aliens' flying saucer base. But what will happen when the Firefly arrives at the mythical Red Planet?

If you or the family have any ideas, why not write out in (say) a couple of hundred words just what might happen when our intrepid space explorers make their new landfall. Send your entry by mail to John's Book Competition SpringDale Neighbourhood Centre 17-21 High St Drysdale Vic 3222. Whoever writes the best entry will get a once-in-a-lifetime chance to read the full story of Simon Black in Space!

Entries for both competitions close on March 31, 2020. I'll announce the winners in this column.


Next month I hope to have some sort of plans for Sci fi in 2020. It's shaping up to be an exciting year on all fronts and I hope we will all be joining in for some fantastic science adventures here at SpringDale in 2020.

See you next month!


John.




Thanks to Denis Hyland for providing an ongoing service to our community on the first Saturday of each month outside SpringDale Neighbourhood Centre 9am – 12 noon.



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Junior Scholarship Award



Freemasons

Cosmopolitan Masonic Lodge No 96

Freemasonry is an Organisation of Good Men, supporting each other, their families and the Community.

Cosmopolitan Masonic Lodge No 96 Junior Scholarship Award is an annual Presentation made to 9 Primary Schools on the Bellarine Peninsula and proudly supported by the Lodge and Freemasons Foundation. In 2019 this award was made available for Primary Schools in Drysdale and Clifton Springs (This was increased from 6 schools the previous year)

The award is open to two students in Year 6, which can be a boy or girl, or 2 girls, or 2 boys and chosen by the teachers, against a criterion selected by the Lodge.

The selected students receive a signed certificate from the Lodge and \$100 towards their education.

Criteria for Selection

The children chosen will display the following characteristics (where one characteristic is no more important than another)

- Leadership
- Consideration for others (Children and Adults)
- A willingness to assist others
- A cooperative nature
- Self-motivation

2019 Students selected from the following schools:



Clifton Springs Primary School: Kai Jones & Ella Hobbs with Cosmopolitan Lodge No 96 presenters Alan Lindsay on the left and Dick Clark on the right.



St Thomas Catholic Primary School Drysdale: Riley Bowers, Dick Clark, Charlotte Iles

Drysdale Primary School: Noah Milne & Maya Rees (Unfortunately there were no pictures available at the time of publication)

Quiet Hour

Following a successful trial period in NSW and the ACT, more than 260 stores across Australia will now offer the low-sensory Quiet Hour to customers.

The program is designed to reduce anxiety and sensory stress for customers with specific needs, including autism, by providing a quieter and less stimulating environment in store.

Autism Spectrum Australia estimates more than 300,000 (or 1 in 70) Australians are on the autism spectrum.

Stores will lower lights, turn down music and radio, and turn off oven buzzers for an hour every Tuesday between 10:30am and 11:30am.

Woolworths Business Support Manager - Admin and Service Ian Murphy said: "We've heard from our customers there is a need in the community for a low sensory shopping experience.

"Off the back of successful trials, we're delighted to expand Quiet Hour to select stores nationally for the benefit of even more customers.

"Our team takes great pride in ensuring the store is quieter and less stressful for customers who want to shop during Quiet Hour and we look forward to welcoming them in store."

The low sensory initiative was developed in consultation with disability service providers at Life Without Barriers.

Life Without Barriers Chief Executive Claire Robbs said: "Quiet Hour is a fantastic accessibility initiative by Woolworths that recognises that people have different accessibility needs.

"It gives people a way to do their shopping and increase their independence in an environment that is not stressful and overwhelming to them."

During Quiet Hour, customers will also notice the following changes:

- Reducing volume on store phones and registers on the trading floor;
- Roll cages will be removed from the shop floor; and
- No PA announcements (excluding in case of emergencies).

If you are seeking information regarding Freemasonry, I can be contacted on 03 52582680 or 0400553939. **Dick Clark** Secretary - Cosmopolitan Lodge No 96

FREE INFORMATION AND PRACTICAL ADVICE

Alyson Burchell from Tuckers
Is available by appointment at

Leopold Community Hub
31-39 Kensington Road

Friday 13 March 1-3pm

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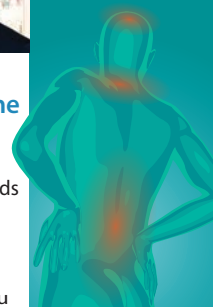
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Agrodolce

Two words in English – Sour and Sweet. In Italian it's one word: Agrodolce. Traditionally it was made by reducing sweet and sour ingredients, for example sugar and vinegar. To make it more interesting other flavours, such as bay leaf or other herbs and fruit, may be added.

An agrodolce marinade, sauce or salad dressing is best made a day before so all the flavours blend. It is used on grilled or barbecued meat, poultry and fish. The following recipe goes well with rice and is a delicious example using chicken thighs.

Buon Appetito!

Sweet 'n' Sour Chicken (Pollo Agrodolce)

- 8-10 boneless chicken thighs
- Salt & pepper as required
- 2 tablespoons extra-virgin olive oil
- 1 leek, chopped
- 2 sticks celery, finely chopped
- 2 carrots, finely chopped
- 2 cloves garlic, crushed
- ½ cup plain flour
- ½ cup dry white wine
- ½ cup white wine vinegar or rice wine vinegar
- 1 tablespoon sugar (optional or substitute)
- 2 cups stock (chicken or vegetable)
- 1 bay leaf
- ½ cup raisins
- ¼ cup pine nuts
- ¼ cup capers, chopped roughly

- Season the chicken thighs lightly with the salt and pepper.
- Grill or stir fry for 5-10 minutes, or until golden on both sides.
- Remove the chicken from the pan to a plate and set aside.
- Heat the olive oil and stir fry the leek, celery and carrots over medium heat for 10-15 minutes, or until just softened, stirring often.
- Add the garlic and stir for 30 seconds to combine.
- Add the flour and stir over medium heat until smooth.
- Increase the heat to high and add the wine, vinegar, and sugar and allow the mixture to boil for a minute or two until almost evaporated.
- Add the stock and bay leaf and the chicken.
- Bring to a boil, reduce the heat, and simmer on low for about 30 to 40 minutes, until tender.
- Add the raisins, pine nuts and capers. Stir well, bring to a boil, and simmer slowly for an additional 5 minutes.
- Remove the bay leaf.
- Season to taste with additional salt and pepper.



Capers and Caperberries

The caper plant is native to the Mediterranean but more and more little farms are growing them around South Australia and arid areas of Victoria. It's a versatile plant and has a range of culinary uses including edible buds, berries and leaves as well as a beautiful caper flower. The leaves are a bit messy and spiky to clean and preserve. A couple of months in brine and then they are delicious in a crunchy bread roll with cheese and prosciutto. There have been trials of caper products being used in medicinal forms, because of the high level of antioxidants, making it a healthy as well as a tasty addition to many meals. Capers are the little buds generally available in jars (at the supermarket) in brine or salt. The caperberries are the fruit that form after flowering and they are also available in jars and make a tasty alternative to olives or other pickles. Try a few sprinkled in salads, on grilled fish or steak.

Agata Commisso



Stressed? That's desserts spelled backwards, but wait... what's for lunch/dinner?

Do you struggle with making these decisions:

What to cook?
What to buy? and
What to wear for dinner?

Ok... perhaps what to wear is the easy answer! But not if it's International Food day at your place.

Join us for this fun session full of ideas from picking parsley in the garden to planning for the week ahead. Let's talk about meal preparation, share ideas on how to save money and time with menu planning. Also check the garden, pantry, fridge! Learn to buy the specials (you need in your plan) and what's in season?

We will cover wellness, nutrition and brain exercises! It may be easier to change the brain to stay motivated, positive and be inspired to stay enthusiastic.

Saturday 28th March 1-2.30pm and
Monday 30th March 1-2.30pm at SpringDale

Agata Commisso - Wellness and Laugh Coach



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Community Development Timeline

What would you put in a Community Development Time line of the Bellarine? You might like to offer information about a group or sporting club, a monument or a piece of infrastructure, a building or an event. My favourite event to celebrate is when the Roulettes came to the Bunyip Festival in 2002. Liaising with the Roulettes was fun and we had no idea that there was a family connection in Drysdale at the time. Just before the event we were asked to reserve a space 100m x 100m for Roulette 7, for the helicopter to land and the pilot could commmentate for the Roulette's routine. It was an exciting day for our community.

After the event we saw that our combined schools' Bunyip festival was listed on the Roulettes schedule of events for 6 months. We were listed near the Formula 1 Grand Prix and many other much bigger events than our Bunyip Festival.

Please email or send your submission to the time line, please include details and photos if possible. Email messenger@springdale.org.au or post to SpringDale Neighbourhood Centre 17 – 21 High Street, Drysdale, 3222.

Anne Brackley

Display Venues January-June 2002

26 Jan 02	Australia Day Celebrations - Melbourne, VIC	Roulette	19 Mar 02	Canberra Waterquest Day - Lake Eildon, VIC	Solo
26 Jan 02	Australia Day Celebrations - Ballina, VIC	Solo	10 Mar 02	Clipsal Harvest Festival - Stratford, VIC	Roulette
27 Jan 02	Keribar Regatta - Geelong, VIC	Roulette	11 Mar 02	Thorpdale Potato Festival - Thorpdale, VIC	Roulette
27 Jan 02	Golden Beach Surf Fishing Competition - Golden Beach, VIC	Solo	23-23 Mar 02	CLIPSAL 500 - Adelaide, SA	Roulette
2 Feb 02	Leongatha Cycling Club Carnival - Leongatha, VIC	Solo	23 Mar 02	Encounter 2002 - Kingscote, SA	Roulette
4 Feb 02	Solo Cup Day - Solo, VIC	Solo	23 Mar 02	Bunyip Festival - Clifton Springs, VIC	Roulette
9 Feb 02	Dimitia Eucalypt Festival - Dimboola, VIC	Roulette	23 Mar 02	RAAF Williams Twilight Spectacular - Point Cook, VIC	Roulette
9-10 Feb 02	Hobart Regatta - Hobart, TAS	Roulette	6 Apr 02	187th Anniversary of Springwood - Springwood, NSW	Solo
23 Feb 02	Wood, Wine and Roses Dinner - Heywood, VIC	Roulette	9 Apr 02	RAAF Memorial Re-dedication - Canberra, ACT	Roulette
23 Feb 02	Chaparral Festival - Melbourne, VIC	Solo	13-14 Apr 02	Dendrago Australia - Open Waterfall, Australia	Roulette
24 Feb 02	Western Port Festival - Hastings, VIC	Solo	22 Apr 02	RAAF Memorial Re-dedication - Canberra, ACT	Roulette
24 Feb 02	Western Port Festival - Hastings, VIC	Solo	27 Apr 02	Young Eagles Day - Shepparton, VIC	Roulette
24 Feb 02	Western Port Festival - Hastings, VIC	Solo	4 May 02	Barkers Harvest Festival - Lake Esterton, VIC	Solo
24 Feb 02	Western Port Festival - Hastings, VIC	Solo	16-17 May 02	Northern Territory and Western Australia - Dandenong in N.T., W.A.	Roulette
28 Feb	91 Grand Prix - Melbourne, VIC	Roulette	8 Jun 02	Old Station Day - Region, QLD	Roulette
03 Mar 02	P4 1000V St. Vincent, VIC	Roulette			
09 Mar 02	Obicon Agricultural Show - Obicon, VIC	Roulette			
10 Mar 02	Albury Airshow - Albury, VIC	Roulette			

The RAAF Roulette Formations

Display presents Jan-Jun processed proceeding Nov Jul. Dec processed proceeding Mar. For more information contact: Roulette Lead: C/O Central Flying School RAAF East Sale Victoria 3852 Telephone: (03) 5146 7314 Facsimile: (03) 5146 7309 Mobile Telephone Numbers: 0417 238 915 - 0417 061 623 Roulette Web Site: http://www.raaf.gov.au/roulettes Roulette E-mail: roulette@raaf.com



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Women over 55 facing financial hardship.

My apologies for the mistake in last month's Messenger – One in three women over 55 are facing financial hardship (not one in two). However, this is still an unacceptable statistic.

Thank you to those women who have talked to me about the challenges they face, and it is becoming apparent that while there are no immediate solutions, there is merit in sharing our stories and offering whatever support we have available to us, and whatever advice and information that has been helpful to us.

Let's keep the conversation going, and let's do it face to face. Please join me for morning tea at SpringDale Neighbourhood Centre on Tuesday 24th March at 10.00 a.m. I will look forward to meeting you then.

If you have any questions please don't hesitate to call me on 0422146604 or email diannebennett4@hotmail.com

THE
SPRINGDALE
BOOK CLUB

Do you like to read and talk about books?
New book club looking for members

We meet at 7:30pm on the first Thursday of every month at the SpringDale Neighbourhood Centre

You will need to be a member of Geelong Regional Library and of the SpringDale Neighbourhood Centre. (\$12.00 per year)

Cost is \$2.00 per meeting.

For further information and registration. Email Kathy at springdalereads@gmail.com

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2020 Female Footy - Drysdale Lady Hawks

Female footy is growing at a rapid pace with more and more girls and women trying the sport. The diversity is so great that we wanted to share with you who make up our female footy team here at the Drysdale Lady Hawks.

Out team consists of:

- Brooke 21, aged care worker.
- Rayleane 33, Mum of 2, new vehicle consultant.
- Nicole Mum of 1, office manager.
- Prue 32, pastry chef.
- Brooke 22, student.
- Georgie 27, teacher.
- Caitlin 28 Mum of 3, aged and disability employer.
- Erin 36 Mum of 4, furniture retail store manager.
- Rochelle Mum of 1, nurse.
- Laura 25, child care worker.
- Alicia 25, painter.
- Charlotte 25, teacher.
- Emily 29, vehicle sales.
- Nadine 30, pharmacist.
- Sarah 25, traffic controller.
- Tash 47, Mum of 5, food and beverage attendant.
- Alex 34, Mum of 2, teacher.
- Gabby 20, sports retail consultant.

Diversity allows our football team to be versatile and strong. Having a team of different age, fitness levels, height, weight and experience means we can build together and utilise the different strengths of each individual. Every player of all abilities is a valuable part of our team. That is the best part of playing a sport with a large team, diversity is essential to the overall strength. The other aspect of a large team is always finding the next new unique player to join



the team. If you think this could be you, come on down and meet the team at one of our training sessions at Mortimer's oval Wednesday nights from 6pm to 7.30. Alternatively contact Coach Stu Craven on 0417 010 364.



Scouting around Drysdale

1st Drysdale Scout Group would like to thank Hayes Winkle Real Estate for their generous support of our Christmas tree sales. The Drysdale office arranged the supply and installation of signs around the town which help contributed to a 35% rise in sales from the previous year.

We would also like to thank our local community for supporting the Christmas tree sales as this has become our major fundraiser for the year. The funds raised will go towards our ongoing equipment replacement program, training and support of our leaders.

For more information on Scouting in Drysdale you can go to our website 1stdrysdal scoutsgroup.com
1st Drysdale Scout Group Committee



Hayes Winkle staff member with a tree supplied and decorated by the 1st Drysdale Scout Group in appreciation of their support of the Christmas.

Trivia Answers

1. Mango	6. R
2. C	7. Michelle Payne
3. Prince George, Duke of Cornwall and York, later King George V.	8. A flaming arrow fired by Paralympian archer Antonio Rebello
4. Richmond Tigers	9. Kangaroo
5. Red	10. Four

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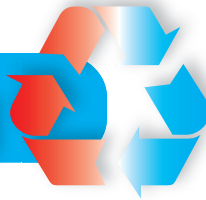
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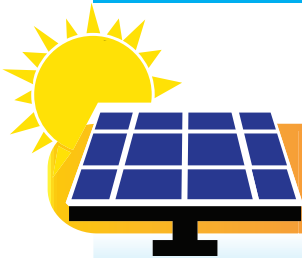


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