

Photography by George Stawicki

Your Happy Place

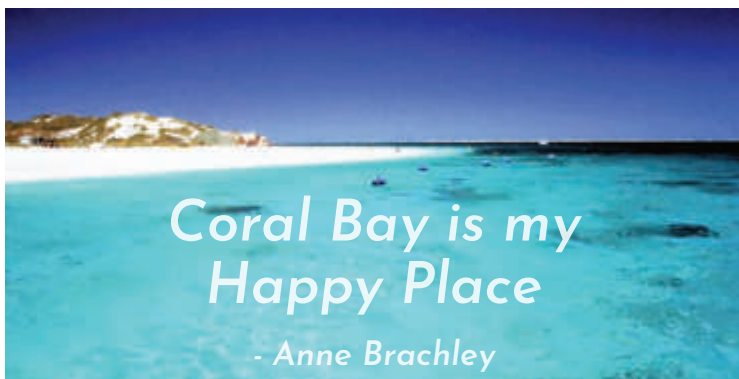
During various times in my adult life, I have been asked about my happy place. My happy place is at a place called Coral Bay in Western Australia. I can see it in my mind's eye, the sea is such a beautiful blue and the sun is shining and it is warm and inviting.

My husband, Ken and I, ventured to Coral Bay about 2 months into a round Australia trip and Coral Bay was almost the mid-point of the trip. As we were leaving, I think Ken felt that I wanted another swim and so we spent a couple more hours enjoying this wonderful spot prior to leaving on the next parts of our adventure.

Since then I have found the same enjoyment walking along the path above the Clifton Springs Boat ramp – this is a beautiful spot. I have found the same peace walking through Drysdale Recreation Reserve – this is a beautiful spot with so many different greens in the landscape palate. We are so lucky to have so many beautiful spots on the Bellarine, we don't have to go far to enjoy world class sites.

Take time to think of your happy place and enjoy time there even if it is via your imagination.

Please keep well. Sincerely **Anne Brackley**



Photography by George Stawicki

**Is a peaceful stroll your
Happy Place?**

Photography by George Stawicki

**Is sunset on the bay
your Happy Place?**



**What or Where is
'Your Happy Place?'**



APRIL

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.



**SpringDale
Messenger**

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

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

COPY DEADLINE MAY 2020

Bookings/copy required by 1 April.

Dist: 28 April 2020

Circ: up to 20,000

**Connecting Your Business with
our Community**

For all Advertising enquiries:

Email: office@springdale.org.au

Phone: (03) 5253 1960

Online: Book an advertisement online.

Advertisements: Must be supplied with all text outlined. All requirements are listed at springdale.org.au

For all Editorial enquiries:

Email: messenger@springdale.org.au

Phone: (03) 5253 1960

Online: Use the online form to lodge an article at springdale.org.au

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

Wednesday 1 Let's talk Death & Dying 10-11.30 at SpringDale
Wednesday morning craft 9.30-12pm at SpringDale

1-30 Sexual Assault Awareness Month

1-30 Parkinson's Awareness Month

Thursday 2 Jigsaw Group 10-12noon at SpringDale

Saturday 4 Harvest Basket Produce Swap 9-10.30 at SpringDale
Felting Group 10-3pm at SpringDale

4 Free replacement anti-theft number plate screws at SpringDale 9-11am

Sunday 5 Daylight savings ends 2am EST
Time to change your smoke alarm battery

Monday 6 Kinship Carers 10-1pm at SpringDale

Tuesday 7 Friendly Cuppa and Chat Group 10.30-11.30 at SpringDale

Wednesday 8 Days for Girls Sewing 9-3pm at SpringDale

Friday 10 Good Friday

Monday 13 Easter Monday

Wednesday 15 Wednesday morning craft 9.30-12pm at SpringDale
Lunch Bunch at Clifton Springs Golf Club 12noon

Dining Group at Ocean Grove Golf Club
9 Guthridge St Ocean Grove 6pm

Saturday 25 Anzac Day

25 World Penguin Day

Wednesday 29 Tech & Talk 1-2.30pm at SpringDale

29 International Guide Dog Day

Thursday 30 International Jazz Day

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



**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.**



SpringDale Neighbourhood Centre Inc.
acknowledges the support of:



Environment,
Land, Water
and Planning



Coordinator's News

Anne Brackley



Dear Friends and friends
I am yet to meet.

When I planted some herbs in a basket a few weeks ago, I did not guess where that action would or could lead. We couldn't have guessed that SpringDale would become awash with baskets, that our back yard would become the maternity suite for thousands of seedlings and cuttings, and that so many people would pop up to help in so many ways. As I write this we are still to deliver our baskets of herbs to Bruthen and surrounds but the project seems to be coming together and by the time you read this we will have just delivered the herb baskets, that's the plan at the moment anyway.

We have been approached by other groups who are growing seedlings for East Gippsland and we plan to help take those seedlings to Heyfield Community Resource Centre to help with distribution.

At the recent Neighbourhood House Annual Conference, I took our project to show what we are doing and encourage others to adopt another place or work with Heyfield as an agency helping to rebuild gardens in East Gippsland.

It's been so rewarding to plant the seeds and watch the first leaves break through (the basil seeds only took a few days to break through) and then to keep the water up to the seedlings to encourage them to grow on. Egg cartons made it so easy to get the seedlings started and the Drysdale Guides, who helped plant our first batch, did such a good job of

putting 3 or 4 seeds in each cardboard egg cup – we then could place the egg cup of growing seeds into the basket, reducing risk to the seedling roots.

The first basket gave me such joy whenever I walked past it, a couple of conversations, a little bit of research, a successful pilot and Herbs to Help was created. Thank you to everyone who has supported this project and to my family who have helped to water, lift, carry, and put up with maneuvering around many tables and flat surfaces with seedlings on them. I don't thank my family enough for all the support they give to every idea that we come up with.

Now it's back to normal and try to catch up with everything that went on hold while the Herbs to Help project happily absorbed so much time and energy. But normal will be different, each time we have a learning experience, we are affected. Hopefully this makes us a little more entrepreneurial and ready to seek out an idea and follow it.

Thank you again for your support and we'll be able to report on the delivery of the baskets in the next Messenger. Please sign up for updates via our website or via phone text or phone calls so we can keep in touch if something pops up. The subscribe button is near the bottom of the website home page, email your phone details to messenger@springdale.org.au or ring 5253 1960.

Yours sincerely Anne Brackley for Team SpringDale.

SpringDale Neighbourhood Centre values the health and safety of our participants, members, volunteers and staff. As we go to print we are adhering to the current COVID-19 requirements and ask people to practice good hygiene measures, social distancing and self-isolate if unwell and seek help. Please sign up for updates from our website www.springdale.org.au and please seek up to date information from the National Coronavirus Health Information Line on 1800 020 080 or www.health.gov.au for the latest advice, information and resources.

Fresh Air, Music & Sunshine.
Where there is a will,
there is a way.



Course Guide on pages 11- 14

The SpringDale Messenger April 2020

News @ SpringDale

New Courses

Have you always wanted to play the Harp? Now you can!

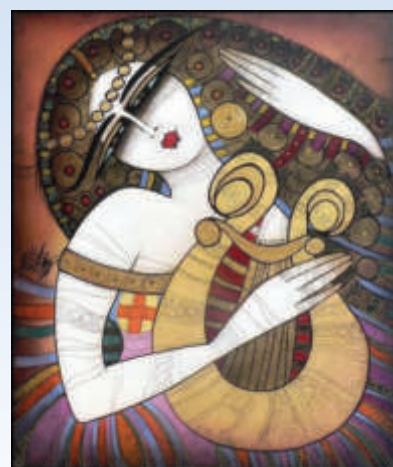
Join us for a fun, 6 week Introduction to the Harp program for complete beginners, exploring and playing this beautiful, ancient and mystical instrument (no prior musical skills required).

Harp available for hire at extra cost of \$15 per week if required.

Instructor: Christine Middleton

Dates/Times: Mon 20 Apr - 25 May 11am-noon

Fee: \$150 conc \$120 (6 sessions)



The SpringDale Lunch Bunch are going to Clifton Springs Golf Club, 12noon, Wednesday 15th April. Please ring Margaret on 0418 370 857 to reserve your seat.



SpringDale Dining Group are going to Ocean Grove Golf Club 9 Guthridge St Ocean Grove 6pm Wednesday 15th April. **Please note the change of day.** Please ring SpringDale on 5253 1960 to reserve your spot.



www.springdale.org.au



Whitcombes Road Decision

I recently announced that Whitcombes Road Drysdale will retain its historic name. This follows earlier concerns raised by residents that the road may need to be renamed as a result of works on the Drysdale Bypass.

I listened to the concerns raised by the local residents, clearly understood those concerns, and as such had advocated for them within various authorities to ensure the Whitcombes Road remained Whitcombes Road.

This was a concern for the many residents who live on the road, it is of course where the Whitcombe family resided and their home still remains today.

Accessibility Upgrades to Bellarine Secondary College Welcomed.

Bellarine Secondary College is receiving funding from the Victorian Governments Accessible Buildings Program, to improve school facilities and infrastructure that supports students and staff with disabilities. The funding will assist Bellarine Secondary College in making modifications to its buildings, including bathrooms and ramps to ensure students and staff where necessary have better access to the school facilities, in line with their peers and colleagues.

The program adjusts existing facilities to meet the needs of those with existing disabilities, as well as disabilities that occur as a result of an accident or the deterioration of existing conditions.

Bellarine Secondary College is a great school and these modifications will ensure every student and teacher has better access to the schools facilities. I congratulate School Principal Wayne Johannesen and his team in working hard to continually improve and upgrade the school for all.

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

Hon Lisa Neville MP - Member for Bellarine
lisa.neville@parliament.vic.gov.au
Twitter@Lisanevillemp Ph: 5250 1987



Heather & Lesley Whitcombe



Daylight Saving Time Ends

Sunday, 5 April 2020, 3am clocks are turned backward 1 hour to Sunday, 5 April 2020, 2am local standard time instead. Or just reset when you go to bed. Sunrise and sunset will be about 1 hour earlier on 5 Apr 2020 than the day before. There will be more light in the morning. Also called Fall Back and Winter Time.

Small Business Bus @ Drysdale

The Victorian Government's Small Business Bus provides free mentoring and face-to-face assistance to help you start or build your small business. The Small Business Bus is visiting all regions of Victoria in 2020. Book in now for your free one-on-one mentoring session to get your business moving.

Tuesday 21 April 2020

SpringDale Neighbourhood Centre

17-21 High Street Drysdale 3222



FREE

atWork AUSTRALIA

Every year, we help thousands of people with disability, injury or illness find meaningful work.

VISIT US IN PERSON
Now in Drysdale - Supporting the Bellarine

CALL US 1300 080 856 VISIT OUR WEBSITE
atworkaustralia.com.au

De Facto Law Worries?

Come in for a free chat

RISTEVSKI
LAWYERS

1 High St., Drysdale
(old Post Office) Ph: 5251 3453

Adrian Mannix OAM Community Service Award

Adrian Mannix OAM Community Service Award Nomination forms available from SpringDale website or from the SpringDale office closing date Thursday 30 April 2020

Advertising

Lisa Neville MP
Member for Bellarine

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

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

Funded from the Parliamentary Budget



"DELIVERING for the BELLARINE"



The Potato Shed will be temporarily closed to the general public until further notice. This decision has been made as a precautionary measure to prevent the transmission of COVID-19.

The Potato Shed have cancelled the following performances:

- Susan O'Neil (Thurs 2nd April)
- Bellarine DanceFest (23-24th May)
- Winter Solstice One Act Plays (19-20th June)

The following performances are temporarily postponed:

- COSI (27-29th March)
- Morning Showtime - The Music of the Shadows (Tues 14th April)
- Memoirs and Mullets (Sat 18th April)
- The Bayside Drifters play The Shadows (Sat 2nd May)
- Morning Showtime - The All-Beatles Singalong (Tues 5th May)
- Cabaret Star for Hire (Sat 9th May)
- The Magnolia Tree (Fri 15th May)

We are currently looking at available times to reschedule these performances, we have some dates rescheduled and will announce those when able.

We apologise for the disappointment this will cause to our audiences. You now have the option to obtain a refund or for those performances postponed - the option to keep their ticket for a rescheduled performance. We will provide the opportunity for ticket buyers to support the artists, casual staff and community groups who will be affected by this closure by forgoing their refund.

The Box Office will be available for contact by phone or email, but we ask for everyone's patience and understanding as we work through what is an unprecedented situation for us all...

It is in times of great uncertainty like these that the arts are more important than ever.

We hope that you stay well and take care of your family and friends, and we thank you for your ongoing support. We can't wait to reopen our doors and theatre soon – and we will have a BIG CELEBRATION !!!

Rob and the Potato Shed Team !!!



WHAT'S ON

POTATO SHED

CITY OF GREATER
GEELONG

The Potato Shed is temporarily closed to the general public until further notice.

**ALL SCHEDULED PERFORMANCES
IN APRIL HAVE BEEN POSTPONED.**

We ask for everyone's patience and understanding as we work through what is an unprecedented situation for us all.

Please stay well and take care of your family and friends, and we thank you for your ongoing support. We can't wait to reopen our doors and theatre soon! Contact us at potatoshed@geelongcity.vic.gov.au check **WWW. / FB or Instagram** for updates

BOOK ONLINE NOW AT WWW.GEELONGAUSTRALIA.COM.AU/POTATOSHED OR WITH YOUR CREDIT CARD ON 5251 1998.

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

[potatosheddrysdale](https://www.facebook.com/potatosheddrysdale)
 [potatosheddrysdale](https://www.instagram.com/potatosheddrysdale)

By Cr Jim Mason

We have a long and proud history of farming and food production along the Bellarine, which is vital to the region's economy, food security and tourism. As you may be aware, I'm chair of council's Rural and Peri-Urban Advisory Committee, which means I'm a strong advocate for farmers and producers across the whole of Greater Geelong.

The City's currently undertaking a feasibility study into an information and livestock exchange, to understand what information farmers and landholders with animals would find helpful to run their property and get stock to market. We've been holding a series of focus groups and a survey to gain a better insight into this and the findings will be presented to the Rural and Peri-urban Advisory Committee at the end of May.

This is really important news for our farmers and producers who would benefit from more support. Stay tuned! It's always heartening to hear the hopes and dreams of young people for the future of Greater Geelong.

I've met with the twelve new youth councillors for 2020 and they are brimming with ideas to solve issues, empower young people and help build a better future. Farzana

Hussaini is our new Junior Mayor, hailing originally from Afghanistan but now Corio, while Ashley Delaney from Wandana Heights is our Deputy Junior Mayor.

Three young women are representing the Bellarine ward: newcomer Hollie Glanvill at 12 years old and returning youth councillors Josie Horne (last year's Junior Mayor) and Elkin Wittenberg. The 2020 Youth Council is a passionate and exceptionally diverse bunch, between the 12 of them they speak 10 different languages!

And finally, I'm really pleased Victoria will be rolling out a fourth bin for glass and join all other states and territories in Australia in starting up a container deposit scheme. Despite the details still being worked out, these reforms are vital to tackling the state's waste and recycling crisis. I know Bellarine residents will take up the new changes with gusto, as they have with the modifications to what's collected in the yellow recycling bins.

Councillor Cr Jim Mason

City of Greater Geelong - Bellarine Ward



• St James Drysdale • St John's Portarlington •
• St Paul's St Leonards •

Palm Sunday

5 April

St John's Portarlington 9.00am

St James Drysdale 10.30am

St Paul's St Leonards 5.00pm

Holy Week & Easter Services

Maundy Thursday

Agape Meal with Holy Communion

9 April 6.30 pm

St John's Portarlington

Good Friday

Service of the Nails

10 April 9am - St James Drysdale

Easter Eve - Prayer Vigil

11 April 8-10pm - St James Drysdale

Easter Day - Holy Communion

12 April

St John's Portarlington 9.00am

St James Drysdale 10.30am

St Paul's St Leonards 5.00pm

All Welcome

Parish Office 0406 403 754

Vicar: 0488 574 855

Website: www.bellarineparish.org

Drysdale Guides find a new home.

The number of girls attending Drysdale Guides continues to grow and we needed a permanent space in which to meet. Due to the changes at SpringDale, the new space that Drysdale Guides will use fronts onto Princess Street. We are all very excited to be able to have a new home. We are also excited that we gained a placing for our community group craft entry in to 2020 Bellarine Show – we made a Turn of Turtles using a variety of crafts.



Drysdale & Clifton Springs Combined Churches community welcomes you to join in the annual celebration of -

Walk of Witness

Good Friday - 10 April - 10.45 am

Commences at Uniting Church - finishes at St James Anglican Church

Hot Cross buns & beverages provided

Everyone Welcome

Contact: 52511679



CREATORS & CRAFT MARKET BANNOCKBURN

Sunday 3rd May, 2020
From: 10.00am - 2.00pm

Lions Club Parkland Geelong/Shelford Rd, Bannockburn

Stall holder enquiries contact Noeline on:
0427 923 934 or ccbanno@bigpond.com



DESIGN - PRINT - FINISH
5251 1735
9 Mortimer St, Drysdale
tavidsprint@gmail.com
www.tavids.com.au

Free Anti-Theft Number Plates Screws
at SpringDale Saturday 4th April 9-11am



SpringDale wins at Bellarine Show 2020

The Girls Shed Group gained First Prize in the Community Group 4 different craft category and our Teenage Sewing girls gained First Prizes too.

Thank you to Bellarine Show Committee for such a great Show.



Items knitted from donated wool to be given to those in need.

Lions tool drive aids fire victims



As bushfire victims rebuild their lives, the loss of work and household tools is sorely evident.

To help fill the gap, Portarlington/Drysdale Lions launched a project to collect farm and household items and donate them to those who have lost everything. The response was instant and loads of tools have already been delivered to fire-affected areas in Mallacoota, Bruthen and Corryong. Donations continue to roll in and further deliveries are being planned.

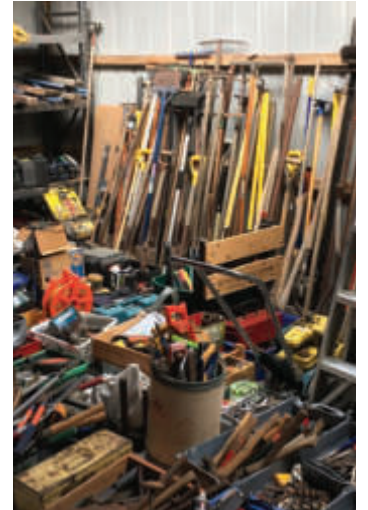
Project Co-ordinator, Trevor Hirth, said the Club was overwhelmed by the generosity of people and the quality and variety of items donated; from hammers, spades and screwdrivers to power and garden tools, chainsaws and generators.

"These tools are being distributed through local Lions Clubs in each area, as they know their communities well and know those in need," he said.

"Donations have come from as far afield as Melbourne and Portland as well as the local area and the Lions Club of Portarlington/Drysdale wants to thank all those who've supported the appeal."

If you have tools to donate, call Trevor Hirth on 0429 964 204.

Top Picture: Trevor Hirth (front) & Ray Meaney about to leave for Mallacoota. Right: Tools galore at Portarlington Lions shed.



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



Lee Martin
Bellarine Team Leader
M: 0400 957 839

Ange Callan-Harris
Bellarine Agent
M: 0423 295 705

Want to know the new price of your home but don't want an appraisal?
Simply text your name and address to 0400 957 839 and we will deliver a complimentary market report to you, within 24 hours.

bellarine **b** property



Treasures of the Bellarine

The Victorian Government has recently declared the Bellarine Peninsula a Distinctive Area and Landscape (DAL) under the 1987 Planning and Environment Act.

What does this mean?

For the human inhabitants of the Bellarine this will involve the restriction of town boundaries, density checks, restricted building heights, zoning, etc... etc...

But what does this mean for the other occupants of the Bellarine. The occupants that usually have no say at all but those who I shall call "The Treasures of the Bellarine", our wildlife.

In this edition I would like to show you some of these treasures. Named by me as treasures because at times they are very well hidden and most precious. You have to search very hard for these treasures as they are very hard to come by. But imagine the delight and pleasure that arises when you eventually find what you seek. Did you know that we share land with one of our most precious creatures, the koala? Yes, within a ten minute drive from Drysdale, I have seen a very sleepy creature, nestled in a tree, trying hard to sleep however being disturbed

by some very, very noisy birds and of course way down below an extremely nose, bird watcher, me.

Koalas are found in a range of habitats however in this area they live in low inland bushland. They need tree species of which they feed (usually eucalypts) adequate rainfall and usually company, another koala or two within an overlapping area. This allows mating. The type of tree species also is vital in keeping these creatures safe and well fed. Planning for the future for these beautiful creatures needs us to be aware and responsible in ensuring that their favourite food is present as well as keeping safe whilst on the ground on their journey from tree to tree.

My appeal to us all in these times of extinction and change, please be aware that we are not the only occupants of our land. We share our spaces consequently we need to think of our neighbours needs and not necessarily our human neighbours.

I have included some photographs of what I consider our "Treasures of the Bellarine". May they be with us for years to come.

Carole O'Neill

BELLARINE
BGS
GLASS & SCREENS

- Security Doors • Shower Screens
- Wardrobe Doors • Mirrors • Flyscreens
- Glass Repairs • Balustrading

7 Days A Week

Fast Glass Repairs
Same Day Service

Ph: (03) 5253 2301

38 Murradoc Road Drysdale 3222
D Ward Facsimile 03 5251 3905

Bellarine PC Repairs
 based at Clifton Springs

Fix: Slow PC's / Laptops
Wi-Fi and Printer issues

No Apple Repairs - Sorry

Workshop Repairs are collected and returned **FREE** of charge.

Call Martin on 03 5251 5405
mobile 0411 472 360

Cash accepted



BOB

Business on the Bellarine

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.

With so much information, misinformation, emotion and "what if's" surrounding us this month, it is difficult not to be heavily preoccupied. I hope you can make some time amidst everything you are experiencing to take care of yourself. Make time to give yourself and everyone around you a little extra love, kindness, calm and grace.

Stay Grounded.

It is easy to feel "stuck in your head" during stressful times. Cluttered, foggy, disconnected.

Take any opportunity to feel your feet on the ground. You can listen to the rhythm of your step or notice the temperature of the air as you breathe. You can notice the details of "right now"; the person you are with, the sun on your skin, or the taste of your food.

Boundaries

It is human nature to seek and gather information; however the fear, stress and anxiety can leave you feeling more vulnerable and risk your health.

Pay attention to how you consume the news, limit your intake if it causes you stress. Be mindful of the people you talk to; the thoughts and feelings you have will impact your sense of well-being. Surround yourself with the energy you need and set boundaries to protect your spirit.

Breathe

You may not have noticed, but during stressful times your breath can become shallow and rapid.

Let your gaze soften or your eyes close. Quieten your breath so that it is wonderfully peaceful and gentle. Let your breaths be full, but not forcefully deep. Now notice how your breath turns without any thought from you at all. Inhalations turn to exhalations smoothly and effortlessly. Exhalations replenish as inhalations with ease. Count these cycles in 5's – each exhalation is one count. It can be wonderfully peaceful to notice you lost count and got caught in the wonder until you remembered at 12 or more...



JEANNETTE ERNST

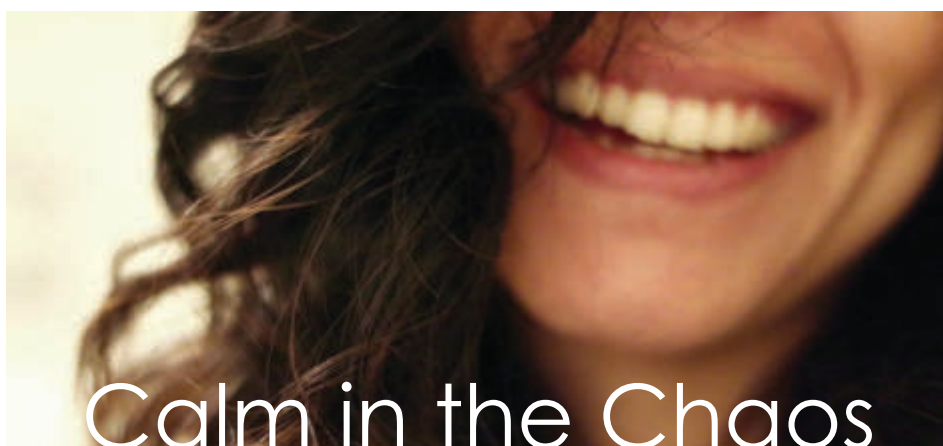
Conveyancing Professional

Appointments available in **Drysdale**
15 Hancock St. Call 0407 726 260

- ▲ Experienced caring conveyancing service.
- ▲ Living local, offices in Drysdale & East Geelong.
- ▲ Licensed Conveyancer.



Contact Jeannette on 0407 726 260 or
E: jeannette@conveyancinggeelong.com.au



Calm in the Chaos

Relaxation and Sleep

An anxious mind, an anxious body and an anxious world is exhausting.

To help you find some relaxation or deep sleep, you can try some meditation techniques at bed time (or when in a stressed state). Imagine relaxation washing in through the top of your head and down to the tips of your toes. Focusing on how each body part feels on the way down as it relaxes. Just notice, soften, accept, be kind and be interested.

Smile & Connect

The worry, anger, sadness and fear in the faces of our community can feel heart breaking. We are watching a world stuck in negative thoughts.

SMILE! The feeling of a smile ignites neural pathways that scan your subconscious for happy memories. A smile lifts your spirits almost instantly (try it right now), and has the beautiful side effect of lifting the spirit of everyone around you. If you are self-isolating make one connection outside of your home a day. Call a good friend and remember some happy times.

Future Pace

In the busy chatter of this situation, we can feel a little bit lost in the haze, as though there is nothing other than "life with the virus" ahead.

Remember that this will pass. Do you remember what you were looking forward to a year ago? The joys, the plans, the closeness with friends and family? It can help to spend a moment visualizing how life will be in a short time when this has passed. Visualise how you and your family will feel once they have moved on in safety, happiness and calm. What are you most looking forward to? Go there in your mind now.

Mental health, as always, is paramount to feeling your healthiest, now and well into your long and happy future. You can invest some time in calming your thoughts and resting your mind.

If you feel you need some help in managing your thoughts and stress, Family Hypnotherapy offers sessions online via Skype, Zoom, WhatsApp and Facetime.

Wishing you and your family health, safety, kindness and calm.

Kim High - 0439 330 919
Clinical Hypnotherapist BSc MEnv DipEd DipClinHyp
Professional member of the Australian Hypnotherapists' Association

www.familyhypnotherapy.com.au



NEVILLE RICHARDS

*A community focused Real Estate Agency
achieving outstanding results on the Bellarine*

5251 3857

NEVILLERICHARDS.COM.AU

Property Management • Sales • Appraisals



Bellarine Support Group for Kinship Carers

Everyone will be looking forward to the school holidays- at least the children and young people - will be. As for us as carers, I know that I look forward to just spending time with my granddaughter and most of all NO SCHOOL LUNCHES to prepare.

But some carers find school holidays the worst time, because lack of finances puts lots of kinship carers unable to do something special for the children they care for.

Anne Brackley has asked me to write about some issues, that us as kinship carers experience during our kinship journey.

So this month I am going to talk about, something that we all take for granted - having our own birth certificate.

I know when I was in hospital in 1987 after the birth of my second child, before I was discharged from hospital my husband and I as part of the discharge paperwork had to fill out birth registration for our baby son. Which we both did.

In the last 15-20 years it is not compulsory to register a birth before discharge from hospital.

So hence so many babies are never registered with Birth, Deaths and Marriages. Therefore NO birth certificates can be issued for someone who is never registered.

So a dilemma occurs for us as kinship carers, when a child is removed from their parent's care, without being registered with Birth, Deaths and Marriages.

The child cannot be enrolled at day care, kinder and school without the correct paperwork, to get the correct paperwork signed by the parent of the child can at times be more trouble than it is worth. Kinship Carers have at times called on the Department of Health and Human Services to get the parents to 'do the right thing'.

What really upsets most kinship carers is that parents can take the paperwork from the hospital, straight to Centrelink and claim payments for the newborn child immediately - but the child is not registered.

So we as kinship carers are trying to change that - before parents receive Centrelink payments for any newborn child a registration form for Birth, Deaths and Marriages MUST be completed and handed in with the Centrelink forms.

I know of one kinship carer who still to this day is unable to get her grandson's birth certificate, because the parents refuse to sign registration form.

If you are a kinship carer thinking that you are all alone, believe me you are not. Come join Bellarine Support Group for Kinship Carers. We have a lot of fun, we cry a lot, we laugh a lot and we support each other in our kinship journey.

We meet at SpringDale from 10am to 1pm on the first Monday of each month (except April and July school holidays).

Our meeting dates for 2020 are as follows:- Monday 4th May, 1st June, 3rd August, 7th September, 5th October, 2nd November and 7th December.

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

Businesses & Services On The Bellarine

We're pleased to advise that the Businesses & Services On The Bellarine 2020-21 Directory has been collated, printed and currently being distributed to homes and shops on the North Bellarine Peninsula - Drysdale, Clifton Springs, Curlewis, Portarlington, St Leonards, Leopold and Ocean Grove. "It's all about connecting people".

An important reference tool to keep in the bookshelf of your home, office, in the glove box of your car or as a reference for new residents to the area. It is particularly good for the elderly who do not google or drive a vehicle. We are proud to advise, this is the 14th edition produced by the SpringDale Neighbourhood Centre and we are grateful to all the Businesses, Clubs and Associations of the Bellarine who support this vital business and community directory.

We have 130 advertisers, covering 64 categories from Accommodation to Website Developers. SpringDale makes a point of supporting our talented local businesses in producing our publications and this Directory is no exception.

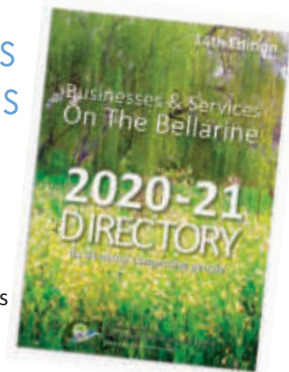
Jo Aspland has designed the colourful, exceptional looking advertisements and set the graphics. The Cover features another fabulous photograph from George Stawicki's collection. The image depicts the beautiful green weeping willow trees of McLeod Waters amongst the bountiful yellow spring flowers in the foreground, a typical daylight scene set in Drysdale. We also thank Tavid's Printing Services for the part they have played in bringing this publication to you.

If for some reason you have not received your copy, feel free to drop by the SpringDale Neighbourhood office. Or if you would like to advertise in one of our publication, please contact us on (03) 5253 1960.

Lesley Whitcombe for SpringDale Neighbourhood Centre

Thank you to the Federal Government for a Stronger Communities Grant SpringDale Neighbourhood Centre to support the installation of a Hearing Loop and sound system for our 107 year old hall.

Thanks so much.



Ph: 5251 3477

Call us ~ 24 hours / 7 days

"Committed to Caring"

Funerals

**PRE-PAY or PRE-ARRANGE
your funeral**

- **Your funeral - the way you want it and to suit your budget**
- **Locked in at today's prices**
- **Provides peace of mind for you and your family**



**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



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

Have you always wanted to play the Harp? Now you can

Join us for a fun, 6 week Introduction to the Harp program for complete beginners, exploring and playing this beautiful, ancient and mystical instrument (no prior musical skills required). Harps available for hire at extra cost of \$15 per week if required.

Instructor: Christine Middleton

Dates/times: Mon 20 Apr – 25 May 11am-noon

Fee: \$150 conc \$120 (6 sessions)

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 Comisso

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 Comisso

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 Comisso

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 Comisso

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 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 12 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 13 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 (Beijing 24 Form)

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 7.15-8.15pm
new time

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

Chi Gong

Chi Gong has been described as moving meditation. Learn these simple energy (Qi) movements (Gong) which you can integrate easily into daily life. A combination of slow stretches, gentle flowing movement and static postures. They can deliver a range of physical, mental and emotional health benefits. Suitable for all levels and abilities. Suitable for all levels.

Instructor: Kathy Lanthois

Dates/times: Tues 21 Apr - Jun 23 6-7pm

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

Dates/times: Fri 24 Apr - Jun 26 10.30-11.30am

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 carers 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, Literacy

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, Literacy

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 21 Apr 10.30am-12noon

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: Thurs 16 April 9.30am-12noon

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: Thurs 16 April 9.30am-3pm

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: Thurs 16 April 9.30am-4pm

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.



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



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.

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.

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

Bowling on the Spectrum

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

Business on Bellarine

Business network group meets weekly Tuesday mornings 8-9am

Card Games

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

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.

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

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

Felting

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

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

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

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.

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.

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

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

Jigsaw Club

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

Kinship Carers

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

Let's Talk about Death and Dying

First Wednesday each month 10am-12noon

Line Dancing

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

Lunch Bunch

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

Mahjong Club

This group meets Wednesday from 9am-12noon.

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

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)

Sci Fi Group

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

Scrabble Club

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

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

SpringDale Artists

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

SpringDale Reads

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

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.

Talking about Autism

Meets quarterly to talk about Autism strategies

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

Toy Library - Drysdale

By appointment

Toy Library - Portarlington

By appointment

Wednesday Morning Craft

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

Wheelie Riders

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

Rides Mon, Wed, Fri.

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.

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:





The Australian War Graves

The Office of Australian War Graves (OAWG) cares for the official commemorations of more than 321,000 Australians who died during war (or after a war or conflict) and whose deaths have been determined to be related to their war service.

The number of official commemorations grows by 3000 each year.

Commemorations are located in more than 2300 cemeteries, crematoriums and Gardens of Remembrance around Australia.

The Office also cares for 13,000 of Australia's war dead of the First and Second World Wars who are at rest in 75 war cemeteries and plots in Australia and Papua New Guinea.

The OAWG has three distinct roles:

- to maintain war cemeteries and individual war graves within Australia and the region, as agents of the Commonwealth War Graves Commission;
- to officially commemorate eligible veterans who have died post-war and whose deaths are accepted as being caused by war service; and
- to provide and maintain nation memorials overseas.

Commemoration for a veteran can take the form of an ashes placement in a crematorium, or at a burial in a general or lawn cemetery.

Some eligible veterans and their families choose to have a private memorial, but take up the option for OAWG to place a plaque in one of 10 Gardens of Remembrance around Australia.

All official commemorations are maintained in perpetuity by the OAWG.

More than two-million Australians have served our nation in uniform and more than 103,000 have died in war. Another 316,000 have died as a result of war.

Not all ex-service men and women are eligible for official commemoration. These 1.6 million veterans are commemorated by their families.

All Australian veterans, however, are entitled to have the relevant Service emblem on a privately arranged memorial, the cost of which is borne by the family, estate or interested party. Permission to use the Service emblem can be obtained from OAWG.

To seek further information please contact OAWG by using the toll-free number 1800VETERAN or via email at wargraves@dva.gov.au.

INTERESTING COMMUNITY MEMBERS

Margaret Reing

You may see Margaret Reing with her 4 Chihuahuas as they visit different parts of Drysdale during early mornings. Although Margaret's family had always had Doberman dogs, when they downsized the house they also set about downsizing their dogs too.

Margaret found a 10 year old Chihuahua, called Pumpkin, on a Pet Rescue website as Margaret thought this older dog would fulfill her needs. Pumpkin became companion to Margaret's miniature fox terrier.

After the miniature fox terrier died about a year later, Margaret went back to the same Pet Rescue website and found another Chihuahua that looked similar to Pumpkin and she decided to adopt Misty. But Misty was very attached to another Chihuahua Minnie. All of a sudden Margaret had 3 Chihuahuas.

All of these Chihuahuas were living on a puppy farm and all needed a great deal of time, care and understanding which she has devoted to each of these now very lucky members of Margaret's family.

A few months after Margaret's family grew to three Chihuahuas the Pet Rescue asked if she would try to help a very traumatized Chihuahua, Cici. Cici was curled up in a ball, she was very skinny and very young, the Pet Rescue people couldn't get her to eat.



Margaret agreed to try to help and brought the Chihuahua ball, Cici, back to Drysdale to be with her other biological family members Misty and Minnie. Within hours, it was as if Cici had found her tribe and had always lived here.

Now Cici tries to rule the roost but Pumpkin, the smallest and oldest, is the matriarch and still in charge. If you see Margaret and her companions you are most welcome to say hello, but please remember these dogs had a traumatic start to life and let them come to you.

Thanks Margaret for being an important part of our community.

DON'T LET YOUR MEMORIES FADE

**PHOTO
RESTORATION
SERVICE**

P 0408 599 489
2bellpix@gmail.com

A Fresh Approach to Real Estate

Charlotte Hunter
0488 001 094

JUST REALTY
BELLARINE

[f @charlottehunterbellarine](https://www.facebook.com/charlottehunterbellarine)
[i @charlottehunteragent](https://www.instagram.com/charlottehunteragent)





Clifton Springs Garden Club

What a wonderful way to start our new Gardening Year, with a hall full of members and visitors and a very interesting guest speaker. Kevin Butterworth gave the meeting a very informative presentation on how to grow and propagate the various types of begonias. He also had some beautiful begonia plants for sale and plenty of information for members to take away.

As an important part of our monthly meetings, we have what we call a "Display Bench". Members are encouraged to bring along flowers, plants, potted plants, fruit and or vegetables to be displayed and judged by our guest speakers. The Display Bench serves two important purposes, one it is a way of sharing what is in your garden with other Club members and two it gives you points towards our Annual trophies.

Our first meeting of the year always commences with the presentation of our annual Display Bench trophies. Our 2019 winner of the Aggregate Perpetual Trophy was Barbara Batters, with Lila Gore 2nd and Marjory Nicholls 3rd. Winner of the Jim Shearsmith Trophy for the people's choice vote was Barbara Batters. Congratulations to these Ladies and thank you to all our members who bring along plants each month to make this an interesting competition.

Our guest speaker for April is Carol O'Neill. Carol is going to give the Club a presentation on Artic Plants. I am really looking forward to this presentation as I have no knowledge of artic plants.

If you would like to know more about upcoming meetings do not hesitate to contact Helen, our Secretary on 5257 2220 or email her on hma3152@gmail.com. We meet on the 3rd Monday of each month at 7.30 pm, Uniting Church Hall Drysdale.

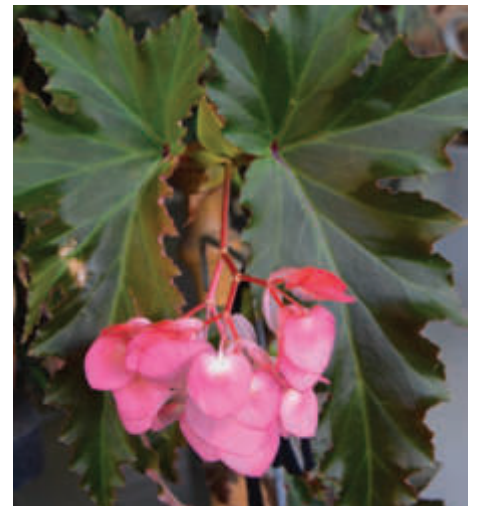
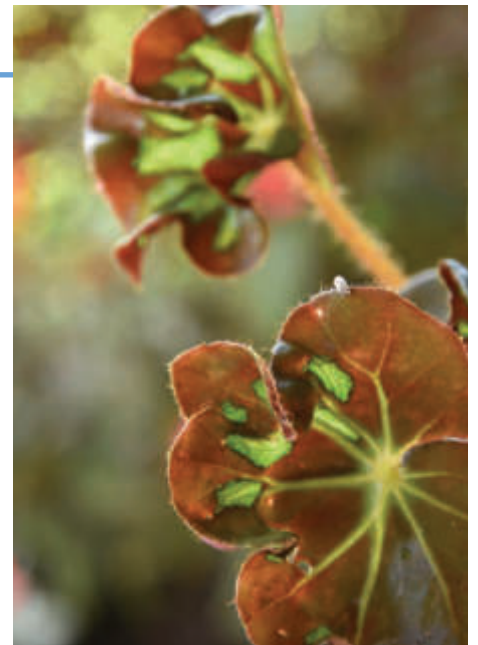


Winners of the annual trophies

Far left: Lila Gore 2nd place

Left: Marjory Nicholls 3rd place, Barbara Batters 1st place, Simon Schooneman (President) Suzy Ridgeway (Assistant Display Bench Co-ordinator)

Above & Below - Begonias - various types of begonias grown in my garden



Heritage Cameo Conveyancing

'Your Local Conveyancer'

Services Include

- Free Pre-Purchase Advice
- Subdivisions
- Property Transfers
- Purchase Contracts
- Sale contracts – Section 32 preparation

Shannon Calder
Manager – Bellarine Office



Heritage Cameo Conveyancing

'Professional and Personal Service Guaranteed'

Bellarine Office:

8 Murradoc Road, Drysdale, Vic 3222
E: shannon@heritagecameo.com.au
T: 03 5251 3950



Contact your local friendly conveyancer Shannon for all your conveyancing needs and questions.

JEFF'S SERVICES AUSTRALIA

- Solar Panel Cleaning
- Bird Control
- Window Cleaning
- House Wash



Just mention this advert for a 10% DISCOUNT*
* Conditions apply

Call Jeff - 0478 002 276
Using Pure Water Technology

ANZAC Day Drysedale

Following government and medical advice, the Drysdale RSL Sub-branch wishes to advise that all local public commemorations relating to ANZAC Day this year have been cancelled due to the risks of spreading COVID-19.

There will be no ceremony in the Drysdale Primary School as there has been in previous years.

The Australian flag at the Cenotaph on High Street outside the CFA will be flown at half mast between the hours of 7am and noon on Saturday 25 April 2020. People wishing to pay their respects by laying a wreath are invited to do so at any time in the morning in a private capacity. Apart from that, there will be no formal wreath laying ceremony.

Members of the public might take some time on ANZAC Day to reflect privately on the sacrifices made in wartime by our soldiers, sailors and airmen and women in all theatres.

As alternative to local events, people might like to watch the national ceremony in Canberra which will be televised. Please see local program guides for further information.

The RSL's poppy appeal will be scaled back. However, badges will be available for sale for \$5 and \$10 at various locations in the Drysdale/ Clifton Springs/Curlewis locations. Members of the public are encouraged to support this annual appeal as all the proceeds go to assist local veterans and their families in time of need.

We sincerely regret having to take these actions, but we feel it is necessary to reduce risk to vulnerable members of our wonderful community.

Stay safe - **Harry Paterson** - Secretary - Drysdale RSL Sub-branch



Portarlington & St Leonards

Please be advised that in accordance with RSL Vic and State Govt directives, the following changes to ANZAC Day ceremonies at Portarlington & St Leonards for 25 April 2020 will occur:

1. 6m DAWN Service at the Cenotaph, Portarlington. Abbreviated Service with wreath laying, but no public attendance.
2. 9am SERVICE at St Leonards Memorial Hall, 1342 Murradoc Rd. St Leonards. Abbreviated Service with wreath laying, but no public attendance.
3. 11am MARCH. CANCELLED.
4. No function at the RSL Sub-Branch, 8 Harding St Portarlington

Wreaths. For those who provide wreaths as in past years to commemorate ANZAC Day, delivery to the Sub-Branch would be appreciated by Friday 24 Apr 2020. Please call Phil Walters 0411 215 146 to arrange delivery times.

Regards **Phil Walters** - Secretary 0411 215 146

SpringDale Trivia 34th Edition by Drysdale Girl Guides

1. What is the name of the second book in the Chronicles of Narnia series?
2. Which colours are on the flag of Bulgaria?
3. What does USB stand for (in terms of computers)?
4. Which Williams's sister has won the most career singles tennis titles, Venus or Serena?
5. Is the city of Wellington on the North or South Island of New Zealand?
6. How many legs does a bee have?
7. Which car manufacturer sells the Mustang in Australia?
8. How many of Jane Austen's novels had titles with more than one word?
9. Which country produces the largest amount of coffee in the world?
10. What is the correct collective noun for a group of frogs?

Turn
to page 21
to find the
answers.

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

WOMEN LIVING IN FINANCIAL STRESS

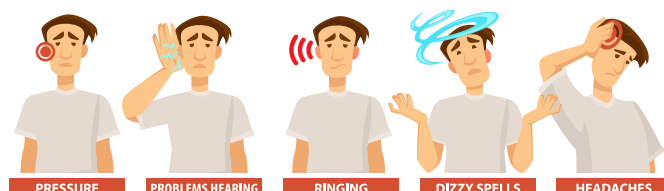
I have had some really interesting conversations with some of our local women who are over 55 and living in financial hardship.

Their stories tell of brave and resourceful women who are doing their best to get through this challenging time in their lives and better yet, these women are asking how can they help?

Although they are struggling, they want to help others. They want to encourage and support and let other women know that they are not in this alone, and rather than just remaining part of this ever-growing problem, they are ready to become part of the solution.

With a lot of uncertainty around groups meeting together at the moment, we will keep you in-formed and up to date with any further "get togethers" that we plan in the future via the Spring-Dale Facebook page.

We will look forward to seeing you soon, and don't forget you can phone me on 0422 146 604 or email diannebennett4@hotmail.com.



Meniere's disease

Misunderstood and sometimes misdiagnosed, Meniere's can be a debilitating disease. Approximately 16 years ago I was not well, I was having dizzy spells, nausea, headaches and constant noises in my ears, and generally lethargic, I literally thought that I was going mad.

I visited the doctor 5 or 6 times, and three different doctors, some tests and several prescriptions with no relief at all. I was frustrated and unwell and becoming unsociable, then I saw another GP who referred me to a specialist. After many questions, discussions and tests, the final one involving probes in my ears, the specialist came to the conclusion that I had Meniere's disease.

With this new information I asked "How do we fix it?" He answered "You don't, you learn to manage it, control it and live with it". I rang the Meniere's Society who were very helpful, supportive and sent me a lot of literature on the subject. I have spoken to many sufferers and heard of different forms of relief, Herbal, Medication, Exercises etc. For me personally I sit up in a comfortable chair, stay quiet, still and a little to eat with water.

I am lucky to have a wife, who can recognise when I'm having an attack and understands what I need to be doing. For me, these attacks can last from 30 minutes to a week, with the level of severity ranging from mild to extreme. To any Meniere's sufferers, I think your best defence is love and some understanding of your condition. Talk about it and seek help.

Cheers and stay well.....**Rob Croft**

Clifton Springs Curlewis Coastcare Group



Clifton Springs Curlewis Coastcare is a local volunteer group which has just started. We are on the lookout for people to get involved. What we share is our love for our beautiful coastal environment. We are keen to meet and join with other local people who share this passion.

Our local Clifton Springs Curlewis Coastcare volunteer group is supported by Bellarine Catchment Network (BCN). Last December BCN invited interested local people to a meeting at which we formed a Committee of volunteers to form our local Coastcare group.

We are aligned to Coastcare Victoria which is a state-wide community-based movement which supports community stewardship of Victoria's natural and cultural marine and coastal environments.

The Coastcare program is run by the Department of Environment, Land, Water and Planning (DELWP).

Over the next few months we will tell you more about ourselves and our upcoming activities. In the meantime you are invited to get in touch with us and sign on to our contact list of volunteers.

We are open to people of all ages, abilities and backgrounds and want everyone to feel safe and welcome.

We pay our respects to the Traditional Owners of the land and waters where we live and meet, the Wadawurrung People of the Kulin Nation, their Elders past, present and emerging, as well as to all Aboriginal and Torres Strait Islander people who live in or are connected to this place. We hope that Wadawurrung or other local First Nations people may participate in or deliver Coastcare activities.

We are looking for ideas and input as to what we can do to foster love and care for our beautiful coastal environment, its plants, animals and marine life. We also seek to connect with other groups and organisations with similar social, cultural and environmental objectives.

If you are interested for yourself, your kids or your friends please look out for the next edition of Messenger for more information about things we are planning such as a Coastcare film night, educational rambles by the bay, shoreline rehabilitation activities such as weeding and planting days, and kid's activities like snorkelling, beach combing and fossil seeking.

Please also stay in touch by liking and following our (brand new) Facebook page by searching 'Clifton Springs Curlewis Coastcare' or follow our new Facebook handle '@cliftonspringscurlewiscoastcare'

For more information or to add your name to our contact list please telephone Julia Reid, Interim President, Clifton Springs Curlewis Coastcare, mob.0447185411.



Herbs to Help has been a very rewarding project that we hope to keep going for the rest of 2020. If you are travelling to East Gippsland or to somewhere that has been fire affected hoping you can take one of our baskets or containers to give away. We hope you can help. Contact SpringDale on office@springdale.org.au or phone 5253 1960. Thanks so much Anne Brackley.



Memories of Yesteryear

by the Older Generation of the Bellarine

Jack Butcher - A new story begins

The Whitcombe family history has led us to the history of other families, intertwined through marriage. Another local, Russell Butcher has decided to pick up the baton and inform us of his family heritage.

All the boys from the marriage of William and Maggie (written about in December 2019 Messenger) were football enthusiasts. Edward John, known as Jack took the lead in this field and was destined to become the captain of the Geelong Football Club in 1944.

Jack started his career playing with Drysdale in the Geelong Sub-district Association when he was nineteen with the legendary Dick Grigg as his coach. He moved on to play for Geelong and then a year later was promoted to the Senior team playing from 1938 to 1941. Although he moved on from his home team and joined Geelong, he kept that strong bond with his first beloved team.

Then the impact of World War2 changed the football scene, and the team had to relocate from Corio Oval in Eastern Park to the new grounds at Kardinia Park as Eastern Park was taken over by the Military. Travelling was very limited and there was also petrol rationing to consider and consequently Geelong withdrew from competing in 1942 and 1943 VFL seasons.

These restrictions made it too difficult for supporters to attend games in Melbourne, and consequently the VFL's Brownlow medal for the Best and Fairest player was not presented for four seasons- 1942 to 1945.

Many of us may not realise how the WW2 affected the history of the football clubs. Geelong football club was the only club to withdraw from the competition leaving eleven teams continued to play and consequently this created the decision to ensure a bye each week.

Players from Geelong were loaned to other clubs and that's why Jack and also fellow player Lindsay White went to South Melbourne.

All the teams in the League were badly affected and sometimes they couldn't field a team, but they persevered trying to keep up the moral for both players, club members and spectators.

Jack returned to Geelong and in the 1944-45 seasons he captained the team. Jack Butcher played 100 games in Victorian League Football between Geelong and South Melbourne clubs - what an achievement.

Russell Butcher



Jack Butcher Geelong Football Club Captain 1944-45



Back Row L-R: Joe McKinnon (Goal Upright), Charlie Ross, G. Gough, G. (Goal) Wilby, Jim Nash, Frank Anderson, Jack Davies, S. Killy (Trainer)
Middle Row L-R: Stan (Goal) Bennett, David Taylor, Len Hines, Jack (Goal) Butcher, Fred Butcher, Dudley Paul
Front Row L-R: Jim Richmond, Cliff Reed, Eddie Mason, Bill Carson (Trainer), Glen Lunn, Bob Nicholls, Jack Memon

At a recent meeting one of our members gave a presentation on how to prepare images for competition, including an overview of how to make basic enhancements to improve our images – thanks Martin.

The competition was judged by local photographer Jack Jansen - we were very appreciative of his constructive comments. Jack brought along some of his own images, many of which showcased architecture, shapes and lines and gave us an insight into some of his tightly-framed and 'outside the norm' images.

We had several new members join this month, so are looking forward to welcoming them into our club. Hopefully they will also come to our regular field trips.

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



*Reflecting – Neil Follett
Southern Cross Station – Lynn Cornell*



Summer Beach Cricket – Lynne Pearce



SEASCAPE PLUMBING

YOUR LOCAL GEELONG/BELLARINE PLUMBER

**FRIENDLY
RELIABLE
LOCAL
SERVICE**

SENIORS DISCOUNT

- HOT WATER SERVICES • GASFITTING • BLOCKED DRAINS
- BURST PIPES AND LEAKS • TAPS REPAIR/REPLACEMENT
- TOILET PANS AND CISTERNS • HOT AND COLD WATER

**24 HOUR EMERGENCY
SERVICE. 7 DAYS A WEEK!**



CALL 0404 049 868 OR VISIT OUR WEBSITE SEASCAPEPLUMBING.COM.AU

Call Luke at Seascape Plumbing for friendly reliable local service. Lic# 53223.

Pumpkin

Pumpkins are easy to grow in the backyard garden and keep for weeks which is why they are plentiful through the winter months (March-August). Pumpkin is an excellent source of beta-carotene, vitamins A and C. It contains dietary fibre, minerals such as potassium and manganese (involved in regulation of brain and nerve function).

Source: Department of Health & Human Services, State Government of Victoria, Australia

There are lots of recipes to use leftover roast pumpkin! Make scones or a dip, sauce or soup. This pumpkin sauce is a favourite of mine (see recipe). The soup (see recipe) is a warm, hearty, lightly spiced and creamy soup - great for lunch or dinner.

Pumpkin Tomato Sauce

Cut 2Kg pumpkin into small pieces ready to roast.

Prepare a roasting tray with:

half cup of extra virgin olive oil,
half cup of water,
1 teaspoon salt and pepper,
1 teaspoon oregano,
3-4 cloves of crushed garlic

- Place the pieces of pumpkin on the tray and brush each side with oil mix.
- Roast for about 30 minutes.
- When the pumpkin is ready (or use leftovers from a roast dinner) place it in a pot and with a jar of tomato passata.
- Bring to a healthy simmer and stir gently.
- Allow to simmer (low) for about 20-30 minutes.
- Great for a creamy Risotto with fetta cheese or small shaped pasta with parmesan cheese sprinkled on top.



Pumpkin & Lentil Soup

¼ cup olive oil
1 large onion, chopped
4 cloves fresh garlic, crushed
2cm piece of fresh ginger, peeled and grated
1 tsp turmeric
1 tsp cumin
1 tsp coriander
1/2 tsp cinnamon
500g pumpkin, cut into bite size pieces
500g lentils rinsed
1 litre vegetable stock (or water)
Cracked black pepper
Coconut cream, Coriander & Yoghurt optional

- Pour olive oil into a large saucepan.
- Add the onions, garlic and ginger and sweat until transparent.
- Add the dried spices and stir for 1 minute until fragrant.
- Add diced pumpkin pieces and stir and coat thoroughly.
- Turn down the heat put the lid on and allow to cook for about 5-8 minutes, until the pumpkin begins to get soft around the edges.
- Add the lentils and pour in the stock/water until all the ingredients are covered.

- Simmer gently.
- Check and stir frequently add more stock/water, but for a thick soup just add a little each time and check for consistency.
- When the pumpkin and lentils are cooked blend until smooth.
- Add cracked pepper to suit taste.

OPTIONAL:

- Add coconut cream and fresh coriander leaves.
- Serve with a dollop of yoghurt on the top.
- Serves 8, Preparation time about 15 mins, Cooking time about 45 mins
- Low fat, Low saturated fat, Source of fibre, Wheat-free, Vegetarian

Agata Commisso - Wellness and Laugh Coach

Why Prepay a Funeral?

A funeral plan can help ease the financial and personal worry at such an important time.

For obligation free information and advice visit www.tuckers.com.au or phone 5221 4788.



Tuckers
Funeral & Bereavement Service

5221 4788
www.tuckers.com.au

The Bellarine Community Choir has performed across the Bellarine for the past ten years, but has undergone several changes and will now be known as the Bellarine Community Singers. We are a friendly group who meet each Thursday throughout the school terms from 1.30-3.30pm at the Springdale Neighbourhood Centre. We sing a variety of popular songs, show songs and golden oldies. Some of our current members play guitar, harmonica and ukulele and we often combine them in our performances. We still perform regularly at Aged Care facilities and community events across the Bellarine and we also sing the anthems at Anzac Day and Remembrance Day ceremonies. We always welcome new members and if you would like to join us, please contact Tina on 0421278886 or Alison on 0419504216

Reliable Service

- LOCAL • COUNTRY
- NEW SOUTH WALES
- SOUTH AUSTRALIA

Drysdale
REMOVALS
& **STORAGE**

03 5251 3674



'It takes a Village to raise a child'

Never has the phrase, **'It takes a village to raise a child'**, been more vital than today! Parenting has changed a lot over the years. In 2020, parents' daily to-do-list to create happy, positive, well-balanced children is huge and somewhat daunting.

In the 1980's and 1990's children didn't have iPads, iPhones, gaming devices and played outside unsupervised for hours. The evening meals were simpler and food allergies were not as prevalent as they are now. TV viewing happened as a family and parents found it easy to monitor what their children watched. Social media wasn't an issue because no one had heard of it!

Did you just sigh with the enormity of your current role as a parent? Please know you aren't alone. Sharing this role with the wider community can alleviate this responsibility, you might feel to do it all and be everything your child needs. It may also provide your child with opportunities you might not be able to offer them or haven't thought of yet.

Education, like parenting, has changed a lot since you went to school too. Schools work hard to prepare students academically, socially and emotionally. They are helping students develop skills for future careers and jobs that may not have been invented yet! That's a hard task to do. As an experienced teacher I like to show parents a video called – 'Did you Know (Shift Happens)'. It helps parents appreciate the reason for the changes that have occurred in educational practices over the last decade.

Students need to develop essential life skills including: problem solving, decision-making, critical thinking, adaptability, teamwork, communication skills, and resilience, just to name a few.

How can your extended family members, school and the wider community support you in giving your child opportunities to gain skills, strategies, personal passions, self-belief, and motivation to embrace all that life offers them during 2020?

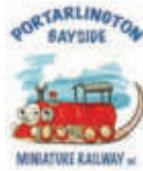
It really does take a village... or more aptly, ... the wider community to raise a child! In doing so, it eases the pressure on you, as parents, to do it all!

Watch this space, more articles to come.

Written by **Peta Henshelwood** (B.Ed)

TIME2 Active8 - Your learning Potential Ph: 0447 950 004

'Creative solutions to improve primary students educational wellbeing.'



MINI RAILWAY DONATES TO BUSHFIRE RELIEF APPEAL

The Portarlington Bayside Miniature Railway Inc has donated \$1,152.20 to the Bendigo Bank Bushfire Relief Appeal. The railway is proud to be able to assist those in the community who have been affected by this disaster and takes great pleasure in doing so.



Rotary Events Cancelled or Postponed

Rotary Club of Drysdale



The Drysdale Rotary Club have had to make some major decisions as have many other groups and organisations. Our Annual Easter Art Show has been cancelled. It was shaping up to be an amazing event and we sincerely apologise to all the Artists, Sponsors and potential attendees.

The Easter Raffle however will still be going on and we look forward to being able to give the Barwon Health Rotary Volunteer Patient Transport Program the same support as last year.

Along with this we advise that we are still collecting the entries for the Service Excellence Awards but have put a hold on the Awards Night. This will be rescheduled as soon as possible.

We are still in discussions with what will happen with our Bruno Callori Young Artist Mentorship Program. We are still hoping to find a solution to continue with this if our alternate ideas come together.

I am constantly in awe of how a community comes together to deal with the things that head our way and we assure everyone that we as a service club in your Community are here to help in any way we can. Just let us know what we can do and we will find a way to do it.

Caroline Rickard - Publicity Officer

Rotary Club of Drysdale

0408 989 221

Trivia Answers

1. The Lion, the Witch and the Wardrobe
2. White, Green and Red
3. Universal Series Bus
4. Serena (73 WTA titles, including 23 Grand Slam singles titles)
5. North Island
6. Six
7. Ford
8. Four: Sense and Sensibility, Pride and Prejudice, Mansfield Park and Northanger Abbey
9. Brazil
10. An Army, although colony or knot are also used.

BELLARINE AUTO SERVICE

5253 1644
0403 993 342

BEAS Quality Mechanical Repairs Since 1990
6-8 Mortimer St. Drysdale

VACC We service and repair all makes and models, LPG, Diesel and Petrol vehicles.
www.bellarineautoservice.com

autoPRO
PARTS PROFESSIONALS

DRYSDALE
Large range of:
Auto spare parts, batteries, filters,
oil and so much more.

Open Sundays 10am - 1pm
2/31 Murradoc Road, Drysdale VIC 3222
Tel: (03) 5253 2811
admin@autoprodrysdale.com.au

Trench Pipe and Cable Pty Ltd

Neale Rootsey
0407 081 260
trenchpipeandcable@gmail.com

Trenching, Boring & Excavation

For...
• PLUMBING • ELECTRICAL • COMMUNICATIONS
Specialising in limited access excavation

DOG TRAINING GROUP

The joy of owning a dog can sometimes be less than what we bargained for. Our 4 legged friends cannot tell us their problems, although sometimes a human element cannot be ruled out.

All dogs need to learn manners & be socialised. Joining dog groups, lots of socialising very often in our amazing cafes ,parks & beaches are great opportunities to do this. Group activities which encourage all involved to have fun & have bonding time whilst learning some basic obedience skills are an excellent way to do this.

As there is no local training available at this time we are looking for like minded people that would like to form a group, meeting once a week during term time.

We are able to have a great qualified trainer Chris Jagtenberg, who has a certificate 4 in training & behaviour. Chris also has 7 years experience.

This would be an amazing opportunity for anyone living in the Bellarine area. Classes maybe held in Portarlington in conjunction with our monthly dog walking group Woofers & Walkers (responsible dog owners' group of Portarlington for fun & recreation) Can't wait to hear from you.

Bev Bardsley member of Woofers & Walkers

Please contact

Julie pcam3122@bigpond.net.au for
Woofers & Walkers

Or

Chris Jagtenberg 0438 414917 for
Dog Obedience training



Bellarine Historical Society

FOOTBALL CHATTER

The Curlewis Football Club operated on their own ground from 1887-1893 according to reports in the Geelong Advertiser. Scoring was often very low and some games ended in unusual circumstances. The team photo from the Museum Victoria collection appears to be from this period.

Queenscliff Sentinel, Drysdale, Portarlington and Sorrento Advertiser (Vic.: 1885 - 1894), Saturday 22 August 1891, page 1

PORT v. CURLEWIS. The Ports journeyed to Curlewis on Saturday last, to play the local team, in connection with the Sheehan Trophy. The last time these teams met, on June 6th, resulted in a crushing defeat for Curlewis; the Ports kicking 14 goals to nil. Curlewis were strongly represented, several Drysdale and Geelong residents playing with blue and white cap for the first time this season; while on the other hand Ports were minus, the services of Marino, who is dangerously ill, Richards, Barclay and Butcher, their places having to be filled by emergency men at the last minute. Ferguson the newly elected skipper, led the Ports, and I Benstead the home team. Even play eventuated up till half time, the scores being Curlewis 1 goal 5 behinds Ports 1 goal 7 behinds. Syers I Benstead, and Port were noticeable for Curlewis, Bourke, Pywell, Johnston, and Ferguson were doing well for Ports. Aitken was as usual giving the opposing team trouble. Entering into the second half the Ports quickly pulled up another goal and had matters pretty well their own way, In the beginning of the last quarter, the Curlewis prevailed and out of a scrimmage the ball knocked through the Port's sticks, and to everyone's surprise, a goal was telegraphed. Off again, the Curlewis again prevailed, and the ball was again rushed, not kicked through, and again the two flags were raised. This caused a general dissatisfaction, several of the players of both teams leaving the ground in disgust. The match was thus brought to a sudden termination, as the players who had left the ground, could not be persuaded to take their places again. The scores were:-Curlewis 3 goals 6 behinds Ports 2 goals 18 points. Two of Curlewis's goals are in dispute. Aitken, Bourke, Hood, Johnston, Ferguson and Ford played well for the Ports, Pywell a junior, also warranted his inclusion in the team. Syers (3), Henstead, Port, and Sullivan played well for Curlewis. Mr Grigg was as usual there as umpire.

Paul Bruce. Visit us at www.bellarinehistory.org

JAN'S ENGRAVING

CATALOGUES NOW AVAILABLE



19 Centennial Blvd.
Curlewis 3222

0425 796 165

E: jan@jansengraving.com.au

www.jansengraving.com.au



Repsco
AUTHORISED
SERVICE

**DRYSDALE
MOTORS**


All Mechanical Repairs including
New Vehicle Log Book Servicing

Specialising in European Vehicles:
Audi, Mercedes, Peugeot, VW and more


Nationwide Warranty
why travel when the best is right here in Drysdale

5253 1033


44 Murradoc Road, Drysdale
info@drysdalemotors.com.au



St. Leonards
PHYSIO BY THE BAY

Like Us On


Neil Wise is a highly experienced physiotherapist with over 30 years of experience in Private Practice,



- Private, Concession & Aged Pension rates available – no referral required
- DVA, Workcover, TAC, CDM (Medicare) patients welcomed with referral

P: 5257 1832
1 Mouchemore Avenue, St Leonards

E: info@stleonardsphysiobythebay.com.au
W: www.stleonardsphysiobythebay.com.au

Pool Support

Libby Coker is urging residents to actively show their support for a pool on the northern Bellarine.

The Member for Corangamite welcomed the federal government's \$10 million election commitment to a 50 m outdoor pool and said it would, if delivered with consideration of the community's needs, bring significant benefits to residents across all age groups.

Ms Coker said the recently formed North Bellarine Aquatic Centre (NBAC) Advocacy Group sought to give a voice to local views and would help ensure the project met the needs of the whole community.

"The group is unanimous in its view that:

- we need to seize this opportunity to have a pool and that it must be sited around Drysdale
- that a 50 m pool is the best option, with the development to be staged and other elements (such as indoor or learn to swim 25 m pool and hydrotherapy) added later.

"The City of Greater Geelong has commissioned an independent scoping study which will be completed in a matter of weeks. In addition, there are councillors represented on the NBAC Advocacy Group," she said.

"What is important now is that the City of Greater Geelong determine quickly that they want to accept the grant and for the federal government, who promised this money last May, to release it to them so they can fully utilise it and ensure the outcome delivers a pool facility that is fit for purpose, in a location that supports the future expansion.

"I would encourage residents to write to their local councillors urging them to support the pool development."

Ms Coker said the northern Bellarine had very few facilities.

"With the growth of new housing around Clifton Springs and Wallington and a number of new schools it is vital that we build the infrastructure that is needed for the future."

To stay informed about the pool project, email coordinator@springdale.org.au or call Anne Brackley, chair NBAC Advocacy Group, on 5253 1960. Bellarine ward councillors and their contact details are Stephanie Asher 0417 033 856 sasher@geelongcity.vic.gov.au, Jim Mason 0434 307 048 jmason@geelongcity.vic.gov.au and Trent Sullivan 0434 307 050 tsullivan@geelongcity.vic.gov.au

Barbara Sungaila



NEW MEMBERS WELCOME
www.drysdalebowlingandcroquetclub.com



SHARKS SET FOR SEASON 2020

The Under 18's Peninsula Sharks are set to take off in its inaugural season of 2020.

Newly appointed head coach, Brooke Lowe is exactly what the Sharks were looking for in a coach.

"We were looking for a good strong role model for the girls and that is exactly what we have found in Brooke" says Jenr Deckker – Sharks football coordinator.

Brooke is a Drysdale Senior football player who has come through junior football with Drysdale. She continued her football pathway at Leopold and Modewarre as the pathway at Drysdale had not yet been formed. Brooke knows all too well how hard it can be for females in this relatively new sport for them.

"We have some girls coming back to football that haven't played because there was no team available at their clubs. That is the whole purpose of this team, to give the girls the ability to play right through their youth." Says Deckker.

The pathway prior to the Sharks being formed was cut off at the under 18's age group as local clubs were struggling for numbers. The idea of the Sharks was to incorporate Ocean Grove, Drysdale, Queenscliff and Portarlington clubs to get enough numbers to form one team.

2020 will see the debut season for the Under 18 Peninsula Sharks female football team.

New players will be signed up for a senior club of their choice or can have one selected for them based on their place of origin. Once players are old enough they will return to their original clubs to play senior football.

The Sharks will play in the AFL Barwon under 19's female competition and will share home games across the region they draw players from.

The Sharks are still looking for players to join their inaugural team for season 2020. If you, or someone you know, is interested in playing please contact Jennie Deckker deckkers@gmail.com or Stuart Craven on artdept@mjsigns.com.au

Newly appointed head coach, Brooke Lowe



PETROL STATION & CONVENIENCE STORE

Petrol, Autogas, Bait & Fishing Supplies
Open 7 Days 6am - 10pm

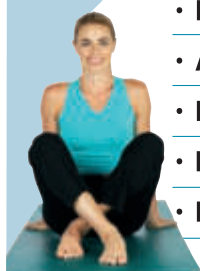


97 High Street Drysdale 3222
Phone (03) 5251 2603

Drysdale Health Group

**Proactive,
Preventative & Professional**

- Physiotherapy
- Podiatry
- Myotherapy
- Exercise Physiology
- Acupuncture
- Pilates
- Naturopathy
- Remedial Massage



27-29 High St Drysdale
(03) 5251 2958

www.drysdalehealthgroup.com

Courtesy Bus

**Wed, Fri & Saturdays
including
Springdale!**
4.30pm onwards



PORTARLINGTON GOLF
— EST. 1908 —



portarlingtongolf.com.au

Phone -

5259 2492



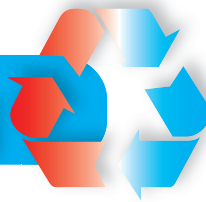
choice

heating and cooling

solar

Eco Choice Heating and Cooling is a locally owned and operated family business.
Free home assessments/quotes and seniors discounts.

• Air Conditioning

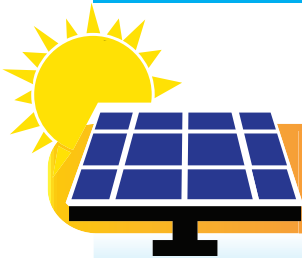


- Ducted Split Systems
- Room Split Systems

• Electrician



- LED Lighting
- Domestic & Commercial
- Switchboard Upgrades



• Solar Power

- Fronius Inverters
- Tier 1 Panels
- 25 Year Warranty

• Heating



- Ducted Split Systems
- Room Split Systems
- Hydronic Heating

Mobile: 0421 843 611

5B 35-37 Murradoc Road Drysdale

www.ecochoiceheatcool.com.au

LIC: Plumbing 49132 - Elec 20281 - Arctick AU38204 - Solar A8699184