

A banner for Springdale Community Connected. The background is a light blue and white illustration of a suburban street with houses and trees. Overlaid on the right is a blue speech bubble containing text. The main text 'Keeping Community Connected' is prominently displayed across the center.

Keeping
Community Connected

has created a virtual space
for you to visit during this time.
All welcome at SpringDale at
www.springdale.org.au

MAY

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.

Friday	1	Workers' Day
Sunday	3	Press Freedom Day World Laughter Day
Monday	4	International Star Wars Day Coal Miners Day International Firefighters Day
Tuesday	5	World Asthma Day
Thursday	7	World Athletic Day
Friday	8-15	Neighbourhood House Week
Friday	8	World Red Day World Migratory Bird Day
Sunday	10	Mother's Day
Monday	11	National Technology Day
Tuesday	12	International Nurses Day
Friday	15	International Day of the Family
Sunday	17	World Telecommunication Day World Hypertension Day
Friday	22	International Day for Biological Diversity
Sunday	24-30	National Palliative Care Week
Wednesday	27	National Reconciliation Week (till 3 June)
Sunday	31	Anti-tobacco Day



Reminder
Bookings &
copy required by
1 May for
the June 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
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 JUNE 2020

Bookings/copy required by 1 May.

Dist: 29 May 2020

Circ: up to 20,000

**Connecting Your Business
with our Community**

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

For all Editorial enquiries:

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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



SpringDale Neighbourhood Centre Inc. acknowledges the support of:





Coordinator's News

Anne Brackley



Dear friends and friends I am still yet to meet

I sincerely hope you are well and that you are staying safe in this memorable time in the history of the world. It is a time for us to take care of ourselves and those around us, to be considerate and give each other space, to be reflective and peaceful while still being creative and innovative.

Over the last few weeks, I have learned a great deal and achieved goals I have been trying to achieve for many years. Those goals moved from nice to have to must have and so actually got done! Amazing what necessity can help you to do.

It is giving me great joy connecting with people through Zoom on the computer and conference calls over the phone. All new experiences for me. A number of years ago, we had a project to investigate and start to deliver courses online. We had been approached by people who were home bound being carers and they wanted to be able to participate in community activities. Now there are more people who have that opportunity and we have so many more options.

The number of people who have subscribed to our website has increased exponentially and I continue to welcome people on board. I am writing every few days and trying to keep people informed and up to date and would be grateful if you would take the few minutes to

sign up – or feel free to give us a ring at the office 5253 1960 and I'll do it for you or email coordinator@springdale.org.au.

Many hours each day are spent convincing people to have the courage to take the next step in their digital, online, technical journey. We are offering so many things online at the moment and hope to have many more as we work out how to do it. Please continue to make suggestions as to how we can make your dreams come true. I never imagined we'd have a virtual SpringDale Neighbourhood Centre.

We published in the last Messenger that the whole of Whitcombe's Road was to remain as Whitcombe's Road. It made me very happy to think that the articles that Ian and Lesley Whitcombe had written in the SpringDale Messengers over the last few years might have helped to influence the decision to keep Whitcombe's Road as Whitcombe's Road. Thank you to everyone who helped.

Being very selfish, I have to say I am enjoying not going to so many meetings – but please keep that between us.

I look forward to seeing you all – from a social distance of course.

Please keep safe and well

Yours sincerely

Anne Brackley for Team SpringDale.

News @ SpringDale

New Courses

'Zooming into Mindfulness Meditation'

A pioneer, on-line, introductory four week course covering the fundamentals of Mindfulness conducted by retired psychologist, Dr Max Simmons.

For further information about this course.

Contact Max on Mob:0414833290 or E: mws.psychology@bigpond.com

Bookings essential.

Instructor: Dr Max Simmons

Dates/times: Wed 6 May 2 - 3pm or Thurs 7 May 10-11am 4 weeks

Fee: Free



Questions maybe you'll find the answers here

Over the last few weeks I have been asked many questions and the answers have all been found on this website – it helps people to understand what is allowed and not allowed at the moment.

www.dhhs.vic.gov.au/coronavirus-stay-home-and-restricted-activities-directions-faq

Regards Anne Brackley





We're all facing incredibly unprecedented times due to the COVID-19 pandemic. Victorians are dealing with challenges unlike any they've faced before and we all need to band together to slow the spread of the virus and support each other.

Both the state and federal governments are working hard, and in close partnership, to tackle these issues and to ensure the community is kept safe.

From a state government perspective, it has announced more than \$1.7 billion to fund 4000 extra intensive care beds and, amongst other initiatives across the state, open the former Baxter House in Geelong with specialist consulting rooms and virus clinic.

I sincerely thank the amazing efforts of those within our region who are doing their best to keep us safe and healthy, and ensure we have the essentials we need. These include health care professionals, police, paramedics, retail workers in supermarkets, teachers, truck drivers and many more.

We're currently seeing the devastating effects COVID-19 is having on businesses and their employees right across Victoria.

The federal and state governments are working closely to provide multibillion-dollar packages to assist business and their workers get through these extremely difficult times.

At the State level Victoria's \$1.7 billion economic survival and jobs package includes a \$500 million Working for Victoria Fund.

This fund will be used to support workers who lose their jobs due to coronavirus, with

job-matching, direct government employment opportunities and retraining.

Whilst the recently announced Federal Job Seeker and Job Keeper payments will also greatly assist both businesses and employees through these unprecedented and hard times. It's so important that we all keep looking out for our family and friends during this difficult period, especially the elderly and more vulnerable within our community. We can do this directly, or indirectly, but please make sure you're reaching out to those who need it most.

It's important that if Victorians can stay home, they must stay home to help slow the spread of the virus. But if you do need to go out for the essentials, please buy only what you and your family need when you are shopping.

There is plenty of food for all Victorians if we all take only what we need. Supermarkets will stay open to service shoppers during the pandemic, so please be conscious of what you're buying – someone vulnerable might miss out because you've filled your trolley with more than you need.

If you do find yourself isolated and can't access the basics, there are emergency relief packages available. This will support people in self-isolation, who have little food, and no network of family and friends to support them.

Each eligible household will receive a two-week supply of essential goods delivered door-to-door. To access these packages, contact the dedicated coronavirus hotline on 1800 675 398.

You can also find more information on a range of support services through this hotline on or visit the website: dhhs.vic.gov.au/coronavirus.

I know this is a very difficult time for many Bellarine residents and I will do all I can to provide assistance.

As always, please contact my office if you need such assistance. I want to emphasise that my staff and I will do all we can to help. Please stay safe, keep practising social distancing and good hygiene and look after yourselves and each other.

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

Drysdale Bypass Update

I have recently learnt that during a State of Emergency, all the usual Government Authority Channels are used to communicate information about the emergency, and at this time, it's all about COVID-19. Government Authority websites are updated regularly and thus we are able to find out how projects are progressing in these uncertain times.

The Bypass works are progressing well, with the two sets of traffic lights being operational and Jetty Road realignment to High Street is complete. The guardrail and road signs are being installed along the length of the Bypass. Backfilling is happening at the rail overpass before compacting and then that part of the road will be built.

Whitcombe's Road West is due to open near the end of May.

Anne Brackley

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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"



A day for us to remember is May 4 - a Star Wars day. **May the Fourth be with you!** I was so excited to see a Pink Darth Vader at the Bellarine Show this year and so happy to have permission to share it with you. Thanks to Yvonne Varley for creating this wonderful art work out of recycled materials.



Community Development Timeline

Help us to build the timeline to show our history – from thousands of years of Aboriginal life on the peninsula to 140 years Drysdale Football Club and Bellarine Peninsula Railway on to the Roulettes flying over the Bunyip Festival...

... help us to bring the timeline to life

Please email messenger@springdale.org.au, or phone 5253 1960, or drop something into SpringDale 17-21 High St, Drysdale



POTATO SHED

So the Potato Shed is still not open to the public, and most of the shows until September have now rescheduled to 2021. The staff at the venue have been busy working behind the scenes on ensuring that when life returns to some normality that the Potato Shed will be there to welcome you all back!. We intend to kick off our return with a big 80's party featuring Frankie and Shaz from Memoirs and Mullets followed by a big disco after the show! We are just waiting for a date. We have had a few fun and interesting little events broadcast directly from the venue and these have come from the all new Potato Shed Bird Bath Cam - here you can tune in and see and hear all the comings and goings at the bird bath - we have had Joseph play his Handpan drum and give the audiences some relaxing meditation time – along with some interesting adventures featuring the bird hierarchy in the late afternoons.

The best way to keep up with what is going on at the Potato Shed is via our webpage and our social media accounts - www.geelongaustralia.com.au/potatoshed or www.facebook.com/potatosheddrysdale or www.instagram.com/potatosheddrysdale and for our webcam - subscribe to our YouTube channel Potato Shed Arts



Councillors' News

By Mayor Stephanie Asher

So many things have changed over the last few months and as this new way of life continues for an indefinite length of time, it's vital we create routine and some form of normalcy however we can.

That might be through exercise, meditation, learning a new skill, puzzles or catching up on tasks around the house.

My family has been enthusiastically learning to play darts to keep busy and turn this situation into somewhat of a positive.

I know there are many of us in the community who are missing the mental stimulation, community connectedness and entertainment for children that comes with a visit to the library.

But just because libraries are closed across the region, it doesn't mean you have to let your reading and learning fall by the wayside.

I'm happy to report that if you visit the Geelong Regional Library Corporation's website www.grlc.vic.gov.au/ you'll discover 'Your Library @Home'. It's chock full of eBooks, eAudiobooks, online events, history resources, podcasts, newspapers and magazines for members.

The GRLC has also stepped up its online services, such as video story time content and children's online educational content.



If you've ever been curious to learn more about your family's immigration journey but haven't had the time, now's your chance to look through records in the Ancestry Library Edition. What a valuable resource!

The 'clever and creative' library staff are adding new content, activities and ideas all the time, so it's worth checking out. Well-done to the team for adapting quickly.

Also, just a reminder that while we're physically distancing ourselves from others, we shouldn't be socially distancing ourselves.

That means checking up on loved ones and neighbours via video calls and texts. The more positive and occupied we can stay, the better for everyone. We're all in this together!

And finally, head to www.geelongaustralia.com.au/covid19 for a list of support measures from council and impacts on Greater Geelong facilities, services and events.

If you or someone who knows needs health-related advice, go to www.dhhs.vic.gov.au/coronavirus



1. A lovely bunch of flowers
2. Drop off a meal ready to eat/warm up
3. Write her a poem / short story
4. List what you appreciate that she has done - and send it to her
5. Zoom in to say hi and maybe eat lunch together that way
6. Send her a SpringDale voucher for a class or membership
7. Make a card / buy a card and post it
8. Make a cake
9. Do an hour of gardening while she watches
10. Wash her car

I'd be happy with any of these

A mum from Drysdale

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

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Mother's Day is going to be quite different for most of us this year.

While we are thinking about our own mums, and those who are close to us, there are many mums in our community who are really doing it tough, and it's not because of the coronavirus; they're doing it tough all the time.

If one in three women over 55 is living in financial poverty, the chances are that you know someone who is a mum and who falls into this category.

What could you do to help her? What could we, as a community, do to help her?

We are giving you the opportunity to win a hamper while helping us come up with some solutions to this problem.

For some women over 55 in this situation the problem could be as huge as being homeless, for others its loneliness, disconnectedness, shame and embarrassment which prevents them from reaching out for help; food insecurity, ill health, high rent taking up most of their incomes and such a sense of hopelessness that they really have nowhere to turn.

We would love to hear your ideas. Please email office@springdale.org.au or drop your letter into our letterbox or mail to 17-21 High Street, Drysdale, 3222 by Thursday 7 May.

Dianne Bennett,
President SpringDale Neighbourhood Centre

Mothers Day

HIGH TEA HAMPER

Sandwiches - Quiche - Savoury Muffin - Lemon Tart
Scones - Nutella Brownie - Shortbread

\$40pp

BREAKFAST BOX

Choose from our BELT, Momelette,
Bungalow Poached on Rowies or Salmon Bene
Large Savoury Muffin - Coffee or Tea & a Sweet Treat

\$40pp

LUNCH BOX

Cheese, Dip, Quince Paste, Crackers, Nuts, Pickles
Olives - Large Savoury Muffin & a Sweet Treat

\$50pp

COOK FOR MUM BOX

Option One

Hot Pot (two eggs, chorizo, capsicum, beans & tomato sauce)
Large Savoury Muffin - Nutella Brownie

Option Two

Crepe Suzette
(Crepes flambéed in Grand Marnier & Orange Caramel with Crème Fraiche)
Large Savoury Muffin - Nutella Brownie

\$28pp

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Clapping is good for you!!

When I went to visit my 3-year-old niece a few years ago her mum said "She's in her room playing dress ups." I found her sort of dressed up... a couple of old scarves, a long string of pearls and high heels. Otherwise she was naked. "Oh wow!" I exclaimed. She laughed and applauded herself until I, of course, joined in clapping! When was the last time you applauded yourself?

Clapping excites the pressure points in your hands. Finger tips have all the nerve endings sending messages to the brain.

The ridges on the hands and up the fingers are pressure points, and when clapped together, clapping sends a stimulation to the brain. The brain remembers from way back when we were little kids that clapping is good.

The first time a baby claps, when parents or siblings clap, everyone is happy. They call everyone in the house and tell the relatives and all the neighbours. Everyone is happy... baby has just learned to clap! Baby claps and sees everyone smiling and baby smiles - all the while sending messages to the brain from the pressure points in the fingers.

Remember Pat-a-cake Pat-a-cake??

Clapping Games were first recorded in 1698. But it was only in the 1960s that these games were around the school yards, especially popular with girls. The games involve chants or 'beats', remembering the words and other body gestures and movements. It's all good for the brain. Memorising a little poem, a little musical tune or chant, clicking fingers, moving different body parts, connecting with others and rhythm. Some are easier like, A Sailor went to Sea Sea Sea. Miss Mary Mack is another old favourite. Some are harder and more complicated and can be just 2 people or a little circle of friends. Synchronising movement, speed and saying the words can be a fun challenge on a rainy day!!

Applause

We clap when someone kicks a goal, sings a song on a stage, blowing out candles or just getting something right. We applaud when we are at a concert and we show appreciation to someone for speaking (in front of a crowd) or just doing something different.

Many of us have stood at our front doors and applauded our Medical Health Workers, hoping it was loud enough to reach their hearts. Hopefully knowing we were all clapping may just help them get up and start again the following day.

Agata Commisso - Wellness and Laugh Coach - 0407 687 971



And HIGH FIVE is to clap hands with another person.



Clap hands to excite the pressure points in your hands. All the nerve endings send happy messages and stimulate the brain.



It's one of the very first things we teach little ones. We clap with palms of hands quickly and repeatedly to express appreciation or approval.

Clap for good health benefits and improve blood circulation. Make every day a special occasion or a celebration.



We clap in rhythm as a form of body percussion to match sounds in music, dance, chants, hand games, and clapping games.

bch Bellarine Community Health

Bellarine Community Health Community & Palliative Care Nurses are continuing to work tirelessly to support members of the community in need, amid the spread of COVID-19. Help us raise critical funds to keep our nurses on the road.

HELP US, CONTINUE TO SUPPORT YOU

www.bch.org.au/donate
(03) 5251 4679
fundraising@bch.org.au



Remembering Anne Drysdale
26 August 1792 – 11 May 1853.
Drysdale township was gazetted by 1860. The first town named after a woman in Australia.



DRYSDALE
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Working with & for the community

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- **Foodbank Plus**

276 – 290 Jetty Rd Curlewis P: 5253 2099

- **Second Chance Clothing**

5 Mortimer St. Drysdale

Teddy Adventure

Hey kids have you been out on the Teddy Bear adventure. If you have that's good but if you don't know about them ask Mum or Dad to take you out for a walk around your streets and count how many you can find, we're here just waiting for you to find us and give us a wave. You can wave to me but don't come too close.

While you're walking see the lovely gardens that we can look at every day. Some children like to move me around and change my clothes like you guys can, others are happy to leave me sit and enjoy the quiet and peace, some children are very rowdy but I love that as well. Don't worry we are very happy.

You know I have friends that have just come back from England and they are in quarantine and can't come out their house for two weeks but that's ok and then another lot of bears told me they have been here for ten years and they came from England, this place must be big as they told me heaps of teddies come out to live in Australia, then other teddies told me they come from other parts of the world. This world must be big.

So come and see us on your walks take some photos and share with your family and friends, they say you can send them on the computer and things, us Teddies are not too sure of all this but I know you kids are so smart and know all about technology. Enjoy your time at home and give us a big wave or even blow us a kiss. Next time I write I might be up a tree or in the park I never know what my next adventure is.

Cheerio from the **Teddies**
(from the **Chapman/Hough** family)

Ps. I have even seen some at SpringDale



SpringDale Trivia 35th Edition by Drysdale Girl Guides

1. True or false, the South Pole is colder than the North Pole.
2. During which athletics event might an athlete perform a Fosbury Flop?
3. Who was the second president of the United States of America?
4. Which European city is home to the Eiffel Tower?
5. Humidity is the measure of the amount of what in the air?
6. Which Australian singer has hits with song including Waves, Be Alright, 7 Minutes and Used to Love?
7. Which two elements on the periodic table are liquids at room temperature?
8. Which city hosted the 2012 Olympic Games?
9. Which animal has the highest blood pressure?
10. The food Baklava originated in which country?

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



GIRL GUIDES
Guides and leaders
all concentrating on a
shared task.



Drysdale Guides are having very interesting meetings online – craft, cooking, service, planning, leadership and keeping in touch via online sessions. Thanks to the parents for being guide leader assistants at this time. Our singing is even getting better! Kelly Shearer Leader Drysdale Guides



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Rosemary Stewart Acrylic on canvas View over Mediterranean from Hotel in Corfu and friend June

Art by Rosemary Stewart

Art classes have been a great life saver for me during my retirement. As an ardent traveller and retired health care professional I love having projects that are stimulating and challenging.

As a very new art student I have tried to learn all I can about the different medium that are available to the artist. After two and a half terms of classes with SpringDale Art teacher Annette I now feel I have a grasp on watercolours and acrylics.

So being a person who likes to keep the "paint flowing" I decided to join my 85 year old friend ...an oil painter of long standing... for a painting day once a week.

Not only has my friend June got severe health issues she is almost blind so we do have a lot of fun deciding what to paint.

I mix the colours and sometimes need to guide her hand however as a long-time artist she knows the language and the drill of creating art pieces so we have a lot of fun.

With our recent need to isolate I have followed up on Annette's suggestion of sending paintings in progress to her for appraisal. This has been a delightful and fulfilling experience not only having the advantage of a one on one with my art teacher, I feel so supported and yes, very motivated to keep painting and experimenting during these difficult times.

Rosemary Stewart

10 Tips on Working from Home

With the new stay-at-home restrictions, many of us have to work from home for the first time. I have worked from home for 15 years as an academic, teaching in the online Master of Writing at Swinburne University. This is what I have learned.

1. Get up at the same time as you would when going to the office;
2. Shower, get dressed and go for a walk before the working day begins, which is allowed under exercising;
3. Find a space in the house where you are not disturbed and can focus on your work, preferably a separate room that you can set-up as a home office;
4. Don't surf the Internet instead of getting the work done. If you don't need to be online for work, switch off the Internet from your PC;
5. Work one hour with full concentration then take a 10-minute break. Do that several times until the work is done;
6. After lunch, go for a walk again. You will be refreshed when returning to your home office;
7. Make a list of what you have to do and focus on getting the tasks done;
8. Don't answer the phone unless it's work-related. Social calls can break your work momentum.
9. Don't skip lunch because you will need the energy to focus;
10. Choose a time of the day when you are the most productive. I work best in the mornings, and I am usually done by lunchtime. If you can do all your daily work tasks in 4 hours instead of 8, the free time is yours.

When the working life will eventually return to normal, your boss might decide to let your work home a few days a week if you have proven yourself to be self-disciplined and getting the work done. Now is the time to showcase you can be reliable, even when working remotely.



Dr Laurent Boulanger is an award-winning writer, filmmaker and academic.



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.

We are currently meeting online, so please Zoom in. You'll get to meet new people and learn about other businesses that are part of our community.

We are meeting on Zoom Tuesday mornings 8am to 9am visitors welcome.

Contact Aaron 0488 001 093 for more information or a Zoom invite.

zoom



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in our community?
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19 June 2020.

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AWARDS

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COURSES

@SpringDale

We are an Autism Friendly Organisation

SpringDale is offering as many of its usual services on-line or at a distance as we can. Our classes for Term 2 will all be via zoom until we are able to deliver face to face again. I will work with you to help you achieve your goals and may be able to help connect you up if you need it. Please apply even if the class has started we may be able to connect you in. Please book online if you can <https://home.springdale.org.au/learning-master-guide/>
Email: office@springdale.org.au or
Phone: 5253 1960. Anne Brackley Coordinator

Term 2
April-June
2020



New

Zooming into Mindfulness Meditation

A pioneer, on-line, introductory four-week course covering the fundamentals of Mindfulness conducted by retired psychologist, Dr Max Simmons. For further information about this course.

Contact Max on Mob: 0414833290 or

E: mws.psychology@bigpond.com Bookings essential.

Instructor: Dr Max Simmons

Dates/times: Wed 6 May 2-3pm

or Thurs 7 May 10-11am 4 weeks **Fee:** Free

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)

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

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: TBA **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. These concepts are designed to help get rid of some problems, cope better with anxiety & 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)

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 & 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

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.

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 'worm spot', to repair fallen hems, shorten (or lengthen) a garment or even a sleeve, to enjoy more wear from a favourite garment.

Instructor: Denise Kent

Dates/times: Tues 31 Mar & 7 Apr or Thurs 2 Apr & 9 Apr 12-2pm **Fee:** \$50 or **Conc** Free

Creativity Workshop

Activate your creativity, via a variety of different techniques - fine art, sand play, painting, movement meditations, autobiographical comic making, music, drama and narrative therapy. 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

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.

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 like.

Instructor: Brenda Richardson, Iteracy

Skill Level: Intermediate

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

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

Smart phones, iPhones, tablets, iPads

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

Instructor: Brenda Richardson, Iteracy

Skill Level: Beginner

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

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

Buying and Selling on eBay

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

Instructor: Ken Brackley.

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

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

My Gov, Centrelink, Password Protection

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

Instructor: Agata Comisso

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

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. 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 & desires.

Instructor: Agata Comisso

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.

Instructor: Anne Brackley

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

Introduction to Event Management

This 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

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

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

Book online if you can <https://home.springdale.org.au/learning-master-guide/>
Email: office@springdale.org.au or Phone: 5253 1960. Anne Brackley Coordinator

Bellarine Birdlife



The Good News

It is very hard at this time to remain cheerful and optimistic. With all human life disappearing indoors and people isolating themselves from others, time does seem to slow down a little. You can only take so much cleaning, washing, ironing, watching T.V. or with computers and iPads.

However if you would like a recipe for cheering oneself then make a cup of tea or coffee and take a short break sitting outside in the garden or on the patio or veranda and listen. Even take a book or magazine but you will not read in silence for long....

Soon you will notice -

The streets are quiet now, the sounds of mankind have lessened, even disappeared but other sounds arise. Slowly the sounds of the garden make themselves heard; the coo-coo of the Peaceful Dove which calms the nerves, the chee-chip of the Red-rumped Parrot is a delight and even the noisiness of the honeyeaters quarrelling over a nectar in one special flower can arouse the senses. Perhaps the screams of the excited Corellas seem a little difficult to put up with but have you every seen another bird who so delight in life more than the playful Corella? They are such mischievous, naughty birds.

The Good News for me is that I now have time to stay in touch with the natural world as it builds in me qualities found in wildlife for example, resilience, optimism and an ability to adapt. In hearing and watching I seem to gain more warmth and a little vitality in order to think more positively for what lies ahead.

The other cheering news for me was a visit from Chris Stabbins. Chris lives in Portarlington and to wile away his time in the last few weeks, he has built the most beautiful bird boxes. He is well aware of the difficulties birds will have once spring returns and within the burnt bush there is not enough cover for those who wish to raise their young. To Chris a very appreciative thank you.

The photographs show these boxes that have been built to accomodate, the Owlet Night-jar, the Red Rumped Parrot and the Eastern Rosella. As you can see, our bush birds are most specific in accomodation and will only pick a size and hole to suit them. Specifications for the different species can be found on the "Birds in Backyard" website.

My wish to one and all for challenging times ahead, stay safe and enjoy what you have, especially in nature.

Carole O'Neill

Clifton Springs Curlewis Coastcare Group



Whilst corona virus has thrown a spanner in our plans we are using this time to prepare some really great activities later in the year.

All going well our Annual General Meeting will go ahead in late October or November. It will be a fun and interesting occasion for people of all ages. There will be a fabulous key note speaker, beach activities, and we're hoping to launch our very own local Coastcare info pack.

We are getting ready for shoreline marine and beach activities over Summer and late Spring too, hoping virus restrictions will be eased somewhat by then.

A 'Weed, Walk and Talk' morning is also planned for those who want to get involved with regenerating shoreline vegetation. We will be planting an area from the near the marina through to Griggs Creek, once we have gained the necessary Council approvals.



Coastcare is open to people of all ages, abilities and backgrounds, with something for everyone to do. You can join our Coastcare community by signing on to our contact list. Send us an email with your name, email address and phone number to cscecoastcare@gmail.com

You can also like and follow our FaceBook page (Clifton Springs Curlewis Coastcare), or search our Facebook handle @ [cliftonspringscurlewiscoastcare](https://www.facebook.com/cliftonspringscurlewiscoastcare)

Take a look, or post something you want to share - you will find lots of interesting information as well as links to activities and organisations across the Bellarine environment and the world at large.

Julia Reid

Interim President, Clifton Springs Curlewis Coastcare

GNOCCHI

(Do not be afraid!)

Originally Italians made these little "knots" out of old bread made into crumbs just mixed with milk and fried.

However, in the 17th Century, the Spanish, who traveled the world, introduced potatoes from South America to the Italians. Then they made gnocchi as we know them these days.

They are not difficult, take a little time, practice and if they don't work the first time ... try again!!

Traditional Gnocchi

1kg potatoes
250-300g plain flour
1 egg
Salt
Grated nutmeg

- Place the potatoes in cold salted water and cook until tender.
- Allow to cool slightly and peel.
- Mash roughly and push through a ricer (see note) onto a lightly floured surface.
- Add the egg, half the flour, salt and nutmeg and knead gently.
- Gradually work in more flour about a handful each time and prevent it from sticking as you knead to a soft dough.
- Divide the dough into 4 even pieces and cover 3 with tea towel to keep warm.
- Clean the work surface and lightly dust with fresh flour.
- Roll each of the 4 pieces into a long log (1cm) and cut into small pieces (2.5cm).
- To make the groove marks roll each piece over the prongs of a fork.
- Drop them into a pot of boiling salted water and cook until they rise to the surface.
- Remove with a slotted spoon and place in a bowl:
 - top with Gorgonzola sauce,
 - place them into a prepared pan with your favorite tomato or vegetable sauce,
 - place them into a pan sprinkled with oregano, garlic and hot chili and stir fry them for 3-4 minutes. (See pic)

(Serves 4)

To make SPINACH GNOCCHI use the basic recipe and add -

½ cup of cooked chopped spinach
1 egg yolk (instead of 1 egg)
½ cup grated tasty cheese

Proceed as in the basic recipe.



Potato Ricer

A potato pressed through a ricer means there will be no lumps and it will be like a smooth and creamy mashed potato.

If you don't have one, a stick blender will work.



Really Easy Gnocchi using roasted potatoes! (see pics)

- Cut 2 large potatoes and 2 large sweet potatoes into small pieces and bake on a tray with a little extra virgin olive oil.
- Place the roasted potatoes into a food processor with a little salt, 1 cup brown rice flour, grated nutmeg and 1 egg.
- Blitz until a dough is formed.
- Lightly flour a work surface and knead the dough gently.
- Gradually work in a little more flour to prevent it from sticking as you knead to a soft dough.
- Divide the dough into 4 pieces and cover 3 with a damp towel to keep warm.
- Clean the work surface and lightly dust with fresh flour.
- Roll each of the 4 pieces into a long log (1cm) and cut into small pieces (2.5cm).
- To make the groove marks roll each small piece over the prongs of a fork.
- Drop them into a pot of boiling salted water and cook until they rise to the surface.
- Remove with a slotted spoon and place in a bowl to top with sauce or place them into a prepared pan with sauce.

(Serves 4)

Gorgonzola Sauce

200g Gorgonzola cheese
2 cups cream
½ cup grated parmesan cheese
½ cup walnuts, toasted lightly (optional)
Salt & Pepper to suit your taste

- Place all ingredients in a pan and warm on a low heat.
- Have this ready to pour over potato or spinach gnocchi.

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.



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Bellarine
Historical
Society

RURAL RECESSION

Farming has been an integral part of life on the Bellarine with its boom and bust cycles and tough times but wonderful lifestyle. What with droughts, floods and fires and lately climate change and the corona virus. We came across this account of the rural recession from an old farmer.

"It all started back in 1966 when we changed from pounds to dollars, that doubled me overdraft. Then they bought in kilograms instead of pounds; me wool clip dropped by half After that they changed into millimetres and we haven't had an inch of rain since, if that wasn't enough they brought in Celsius, and it never got over 40 degrees, no wonder me wheat won't grow. Then they changed acres to hectares, and I ended up with only half the land I had. By this time, I had enough and decided to sell out. I put the property in the agent's hand and then they changed miles to kilometres".

Now I'm too far out of town for anybody to buy the place!"

It tickled our fancy, hope you like it and a couple of photos to illustrate "Life on the Farm" They are "Onion bagging on the Wallington Flats" C1915 Mus Vic collection the Bellarine Peninsula became the main onion supplier for all of Victoria in 1878-79 it produced 91% of all Victoria's onions according to Ian Wynd in "Balla-wein". Hay carting was a an annual event on most farms calendar the image "Haycarting" is c 1890 and from the SLV collection.



This painting survived the eruption of Vesuvius in 79 AD

Latin History

People interested in their history and their language will learn much from our Latin course at SpringDale. We follow the Cambridge Latin Course which comprises five books and an anthology of some writers.

The CLC combines interesting cultural material (e.g. details of the life and times surround the eruption of Mt Vesuvius and the ruins of Pompeii that were preserved in the volcanic ash ...) with the nuts and bolts of the language.

The five books of the CLC comprise forty stages which gradually introduce students to the word forms and sentence structure of the classical language. The material in these books can be viewed at <https://www.cambridgescp.com/>

Following these five books, we start to read from the Cambridge Latin Anthology which is at <https://www.cla.cambridgescp.com/home-cla>

We have been studying these books since 2016 and two students have made their way through them.

I enjoy teaching the classes, having studied Latin at school and university for several years. If you are interested in contact me through Anne or Brett at SpringDale or contact me directly by email: neilbell@ozemail.com.au

Neil Bell



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STILL DOING GOOD IN UNCERTAIN TIMES

In this time of uncertainty there are still some really good things happening. People are taking a genuine interest in one another. Looking out for each other and offering help wherever possible.

Here at the Rotary Club of Drysdale we are doing exactly that. In the Northern Territory there is an organization called Purple House. <https://www.purplehouse.org.au/>. It started by offering a bus to go to remote areas to give our indigenous people kidney dialysis.

Actor Jack Thompson was able to access this renal dialysis while he was filming in NT <https://www.abc.net.au/austory/back-on-track/10811402>. The Program has grown and a House has been built that now offers community support. As a result of this there was a call out for Rotary to provide toiletries.

Our recent District Conference was cancelled in Swan Hill. By way of some support there were a few members from the District that travelled up and enjoyed the town for the weekend. Our positive support enabled a motel to still get some money in. Also supporting their tourist industry at Pioneer Settlement and a ride on the paddle steamer.

In times of crisis it is good to remember that we can all do something to help make someone's life better. We are always looking for ways to do this.

My daughter managed to attend the Rotary Youth Leadership Award a while ago. A program that trains in leadership and explores what is going on deep down inside. A take home she got was to stop and list five positive things each day and be grateful.

Maybe we can all try this and remember to look up, the world is a big place, bigger than what we could possibly imagine.

Stay safe, stay well and care for one another.

Caroline Rickard - Publicity Officer Rotary Club of Drysdale 0408 989 221



Greetings everyone. I sincerely hope you are all keeping safe. I seem to be O.K. at present.

I am writing to you this month at the special request of our coordinator who is keen to keep the show going in some form in this most troubling situation. Frankly, I was expecting to be summarily closed down and would indeed have been in agreement with this in these circumstances. I have been working on a display for our International Harmony Day at SpringDale. I had been thinking about what the first manned mission to Mars might look like. There has already been consideration given to the desirability of make such a project an international effort bringing together all the financial, biological and technical resources of the international community much as is happening now to on the medical front. So I thought that this might tie in well with the cross borders cooperation theme of Harmony Day.

I took some inspiration from the movie "Passengers" for the display. Here we had all occupants of the interstellar spacecraft in suspended animation for the trip which was going to take about a hundred years to complete. The Mars journey might be done in five or six months but it would certainly be advantageous if we could have the crew asleep for this period. Although we don't yet have the technical ability to make this happen I thought it would be interesting to place a model of a suspended animation crew member in a glass chamber under the vertical rocket on the launch pad.

So I did!

See you next time, **John**.



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Bellarine Support Group for Kinship Carers

Bellarine Support Group for Kinship Carers have and are still supporting each other, I as well as other carers are always on the "look-out" for essentials for our fellow carers, ranging from basic items like pasta, flour, nappies, long life milk and of course toilet paper.

Which brings me to the topic for this month - communication.

We as kinship carers find that the lack of communication between all parties involved needs and must be improved.

When a child is placed under kinship arrangement, let's say with their grandparents.

The grandparents are classed as "just the carers" of their grandchildren - which to any grandparent really hurts.

Most of the carers in our group are grandparents, which means they have raised their own children and are now being called upon to raise their grandchildren.

If Child Protection are involved with the case, the caseworkers (person looking after the case) seem to think that kinship carers have no experience in raising children.

In some cases, that is true, we have in our group young carers aged 18 years of age caring for siblings, young family friends caring for children and aunts and uncles.

All of these people are doing an awesome job in caring for the children.

Recently I caught up with my young great niece who happened to work for Child Protection.

She was saying how the kinship carers under her care would not listen to anything she had to say and they knew nothing about raising children or were unable to handle the education system.

Then at this time, I let her know that I was and proud to be a kinship carer for my granddaughter. She obviously was very embarrassed. So I suggested that she simply needs to listen to these people and treat them with care and courtesy, just like she would like others to treat her grandmother (my sister) if she was in that position. So she thought about it for a while then asked me "How can I do that" which I replied "Simple, talk to carers just like you talk to your Nanna"

I talked to her about being open to everyone and keep communicating with them and learn about their experiences, as most of the grandparents have raised children before.

I felt I had planted a seed and from that she went back to the office and started a campaign to improve the communication with kinship carers.

From reports that I have received from other carers whose case is handled at the same office things seem to have improved. Which is awesome.

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

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

We meet from 10am - 1pm on the first Monday of each month - contact Jeanette for details.

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

Stay safe and healthy.

Jeanette Hanley-Heath 0414308257



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Hi there,
I'd like to introduce myself as a recently returned resident of our beautiful Bellarine Peninsula, a place I'm pretty pleased to be holed up in given the current Covid-19 situation.
I also happen to now be in a wheelchair.

In an ongoing series, I would love to share my changing perspectives with you. And how a genuinely inclusive community can make for richer experience's for us all and I hope that you will be interested too.

We are all experiencing a heightened degree of concern and frustration about our current circumstances and what the future holds. But living a life removed and isolated from the 'normal' way that we all take for granted is not new to so many of us.

Depending on our physical or mental health, financial situation, age, domestic violence situation, race, gender or outward appearance, so many of us are already experiencing varying degrees of detachment from our modern way of life. We are masters in adaptation, reinvention and compromise.

Here is a list of some things that have helped me adjust to my reduced ability to be active, to work, to be spontaneous, to travel. If even one can assist you, or if you can share some ideas, then Anne and I would love to hear from you.

- It's ok to not be busy. Busy-ness is a hallmark of modern life, and at times a strange badge of honour we like to wear. I found it took some time to adjust, but I now embrace some TV, a Podcast or a novel - guilt-free.
- Avoid that directionless feeling. Most of us need to have structure, and I found that having, at the very least, a goal set for the day is a sanity saver. If you're a calendar junky, you can block in your 'doing-nothing' time too.

- Conversation. Whether you are an introvert or extrovert, you do need to talk to another human. Make a pact to call someone at least once a day, even for 5 minutes. Your and their spirits will lift – I promise.
- We're a flipping lucky bunch. The mental health benefits of being actively and consciously grateful are much documented. Finding the joy in seemingly basic everyday things can be a weird and challenging concept to some. Still, eventually, it becomes a habit, and you get to feel genuine pleasure much more. It's true – I had a struggling maidenhair fern that has been flourishing since the move, and it makes me happy – all the time.
- The two-way benefit. Thinking about others has been a guaranteed way to push me out of that swamp of self-pity and gloom – make that phone call, send a care package or card. Call local community organisations to see how you can assist.

Thanks for reading and I hope to see you around – from 1.5 metres away of course!!

Take care 'til next month,

Leanne - 0408 225 405 leanneswheelife.com



Thank you so much to everyone who has helped with this project so far. We have received, plants, pots, baskets, mattress protectors, potting mix and some money to help pay for seeds etc. When we went to print last month, I believed we were going to be able to deliver the baskets but that was not to be. We have created 120 beautiful baskets and most of them are being cared for by a handful of wonderful people but I have approximately 20 or so to find undercover space for until we get to take them to East Gippsland. We still have seedlings to plant up if you have received an Easter Basket and want to find a new home for it.

Thanks again **Anne Brackley** 0407 529 205



The Kindness Pandemic comes to the Barwon region

Australian-based initiative #TheKindnessPandemic passes 500,000 members and launches a global network of local groups supporting local communities.

An Australian-based initiative promoting acts of kindness, #TheKindnessPandemic, is helping people impacted by Coronavirus around the world.

The group was established on 14th March and a Facebook Group now has now over 540,000 members from around the world sharing acts of kindness. Groups members have posted that the group has restored their faith in humanity and promoted their mental wellbeing.

The project was established by Dr Catherine Barrett, who was concerned about the impact of the Virus on older people – and identified the need for kindness more broadly. Dr Barrett said;

"The Kindness Pandemic won't make Coronavirus go away, but these acts of kindness can transform what we experience."

Dr Barrett wants to spread intersectional kindness, by establishing local communities to offer kindness as part of their unique and special communities. Group members are asked to share acts of kindness and the hashtag #TheKindnessPandemic. With interest from around the world there is an opportunity



to embed the Campaign in local communities and establish a network on Groups around the Globe.

One such group is the 'Barwon Kindness Pandemic' established by some local community members, to ensure that ALL of our community is supported. Our focus at the Barwon Kindness Pandemic is accessible kindness. Its about showing our community that we are in this together. Our page grew to over 400 members within a week and is bringing local organisations and community groups to work together to spread kindness far and wide.

The Barwon Kindness Pandemic was founded by Kezz, a local resident for over 40 years and local community service worker. Kezz began this revolution alongside The Kindness Pandemic, Merrin Wake and Dr Catherine Barratt, because she believed that kindness to ourselves and each other is fundamental, and we don't want to leave anyone behind. We love our town, and we know with the Barwon Kindness Pandemic we can show the rest of the world just how kind and connected our region can be.

INFORMATION ON THE BARWON KINDNESS PANDEMIC Contact Kezz on 0411341087 Or Merrin on 0422208776 or barwonkindnesspandemic@gmail.com Facebook page: <https://www.facebook.com/groups/592985828321999/>



St Leonards Garden Club

Our first meeting for 2020, began with our guest speaker Mr Justin Smith from Bayside Bellarine and was a very informative evening. We heard what was happening in our area of St Leonards.

In March we had our AGM. We would like to thank Helen Bowtell for all her hard work over the past 5 years as President. Helen decided to step down as president and to assist our new President Kaye Kelly. Congratulations Kaye. We also now have a committee of 9. Welcome to our new committee members, Jean, Jennifer, Rose and Sandra. Our guest speaker for March was Wayne Long. A very informative speaker.

Looking on the positive and bright side, as we are self-isolating, as it can be a little difficult

to get motivated. Some ideas that I have used to get me through are scrapbooking on a cold day. Gardening will always lift your spirits even on a chilly day, there is always something to do in the garden, even if it's looking for snails. Lots of activities on line to learn about gardening, learn to prune, grafting trees, taking cuttings and how to repot them, planting seeds and lots more.

Hopefully, sooner than later, we can all look back on this difficult time as just a moment in time, having hope knowing that better days are to come.

We look forward to getting back to normality and enjoying the things we love including each other.

Wilma McLaren



Above - St Leonards Gardening Club speaker Justin Smith

Left - St Leonards Gardening Club speaker Wayne Long



SpringDale Community Garden
Growing Green

The SpringDale Community Garden started off with the full support of SpringDale Neighbourhood Centre just on 6 years ago because of community requests. We nurtured the idea and had a number of excursions to seek information about the sort of Community Garden which might work in Drysdale and we even had a couple of sites lined up that didn't quite get across the line.

Over a conversation about our support of the local food bank we found that our concept of and wish for a community garden aligned with the Drysdale Community Church's idea for a community garden and a partnership was formed.

Over the years SpringDale Community Garden gave many kilos of food to the collocated food bank.

We thank the group members for their support and commitment to SpringDale Neighbourhood Centre over the last 6 years and wish you all well in your continuing endeavours to grow green as you have become a standalone incorporated association called Springdale Community Garden Inc, which is now not part of SpringDale Neighbourhood Centre.

Anne Brackley OAM

Coordinator

SpringDale Neighbourhood Centre Inc



SCAMMERS



Scammers are now trying to exploit Australians financially impacted by the COVID-19 crisis with new superannuation scams being reported to Scamwatch in recent weeks.

Scammers are already trying to take advantage of the Government's recent announcement that people suffering financial hardship can have partial access to their superannuation from mid-April.

"Scammers are cold-calling people claiming to be from organisations that can help you get early access to your super," ACCC Deputy Chair Delia Rickard said.

"For most people, outside of their home, superannuation is their greatest asset and you can't be too careful about protecting it."

"The Australian Taxation Office is coordinating the early release of super through myGov and there is no need to involve a third party or pay a fee to get access under this scheme."

"Never follow a hyperlink to reach the myGov website. Instead, you should always type the full name of the website into your browser yourself," Ms Rickard said.

Since the Government's announcement in March, there have been 87 reports of these scams, but no reported losses.

In most cases the scammers are seeking to obtain personal information, including information that will help them fraudulently access the victim's superannuation funds.

"While older people are more commonly affected by superannuation scams, the new early-access scheme means a range of age groups are now experiencing these scams," Ms Rickard said.

"We also have reports of scammers offering to check if a person's super account is eligible for various benefits or claiming the new scheme will lock people out of their accounts."

In 2019, Australians lost over \$6 million to superannuation scams with people aged 45-54 losing the most amount of money.

"Never give any information about your superannuation to someone who has contacted you. Don't let them try to pressure you to make a decision immediately, take your time and consider who you might be dealing with."

"Be wary of callers who claim to be from a government authority asking about your super. Hang up and call the organisation directly by doing an independent search for their contact details," Ms Rickard said.

If you have provided information about your superannuation to a scammer, immediately contact your superannuation institution. If you have provided personal or banking details, you should also contact your financial institution.

You can also contact IDCARE, a free Government-supported service which will work with you to develop a specific response plan to your situation and support you through the process.

More information on coronavirus scams is available on the Scamwatch website, including how to make a report and where to get help.

You can also follow @scamwatch_gov on Twitter and subscribe to Scamwatch radar alerts.





Clifton Springs Garden Club

What a stressful time it is for everyone in Australia and indeed the world. Like most other community groups, the Clifton Springs Garden Club has suspended monthly meetings and outings until we are advised it is safe to resume. In the meantime, there are plenty of things we can do in our gardens over the coming months, if we are lucky enough to have a garden, to keep us active, out in the fresh air and abiding by the self-isolating rules.

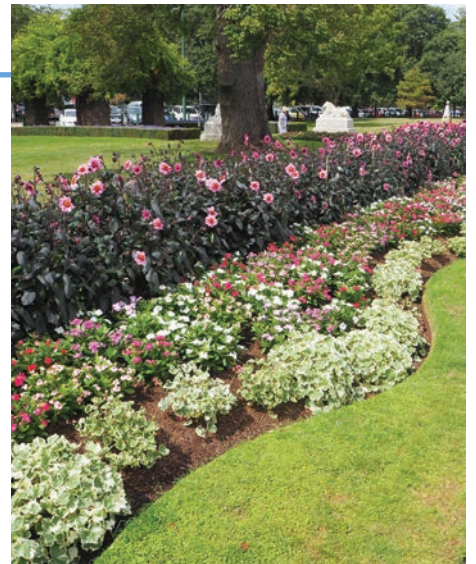
Before the Club had to suspend its activities a group of members enjoyed a wonderful day out at the Ballarat Botanical Gardens. A lot of people visit the Begonia Festival in March but this year the Club decided to do something different. Members were taken on an hour long "Walk & Talk" by members of the Friends of the Ballarat Botanic Gardens. All those who participated agreed that the gardens were looking spectacular and the walk and talk was most enjoyable and informative, with everyone learning a lot about the Botanical Gardens. The "Wedding Tree" is one interesting feature. This is two trunks of a tree that had been grafted together which now forms an arch, so makes a perfect spot to hold a wedding service.

The outing was rounded off with a nice lunch at Pipers at the Lake before everyone hopped back on the bus and returned to Drysdale.

We hope everyone in the Community can stay virus free, looking out for our neighbours, friends and family. Be kind to each other, do all the right things and we will all get through this terrible time.

During this time, I will endeavour to get some Newsletters out to members and those interested just to stay in touch and we are looking at starting up a Clifton Springs Garden Club FB page, please do not hesitate to contact Helen, our Secretary on 5257 2220 or email her on hma3152@gmail.com if you would like further information.

Ballarat Botanical Gardens, photos taken by Gordon Richardson, Chris Malkin & Keith Winter



Trivia Answers

- | | |
|-----------------|------------------------|
| 1. True | 7. Mercury and Bromine |
| 2. High Jump | 8. London, England |
| 3. John Adams | 9. Giraffe |
| 4. Paris | 10. Greece |
| 5. Water Vapour | |
| 6. Dean Lewis | |



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During these uncertain times Frank will be delivering his knowledge online in a number of Springdale Zoom classes.

Frank is looking forward to a time when he can again assist his clients in person.

www.ebmessage.com.au
www.facebook.com/equilibriumbellarine





Well 45 Canning Stock Route - Lynne Bryant



Last Resting Place – Darren Henry



Abandoned at Swan Bay – Robyn Curtis



Ramshackle – Neil Follett

Our first meeting last month was spent viewing the video of 2019 entries from around the world to VIGEX, the Geelong International Photographic Salon. These images were amazing; it was really good to see what other photographers from around the world are doing. The meeting for our monthly competition was cancelled but the judging was still completed by the judge and results posted. The subject was Abandoned/Neglected and as always quite an array of images, some of which are featured here. For the time being we have decided to continue with our monthly competitions, but instead of physically handling, we are using technology and communicating electronically. It's great that we still have a way of communicating – members are keeping in touch and challenging each other with subjects that we are able to easily take photos of and posting for each other to see, one being "What is this....?" which is an image taken extremely close-up and then having to guess what it is – quite interesting. Our periodic outings have been postponed for the time being, but members are still actively taking photos, taking the current restrictions into account – it is amazing what you can find around the home! Some ideas we see on the internet are amazing – people are just so clever!

Bellarine Camera Club usually meets at SpringDale Neighbourhood Centre, Drysdale, at 7:30pm on the first and third Monday of the month (except January), but due to the current circumstances we are closed until further notice. For further details please visit our website: www.bellarinecameraclub.org.au

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Memories of Yesteryear

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Jack Butcher continues....

As you read this next stage you see the name of JACK, is very prominent in the earlier years, but can make the following of a family tree difficult. Comment from SpringDale.

William(Bill) Butcher's youngest brother was Jack and went by his nick name, (aka-TEXAS JACK) and legend has it that he rode a horse around the race course behind the local hotel, riding so fast that he slid off and went head first through the back door and ended up in the bar! Many of the Butcher family members ended up in that same bar over the years as easy as falling off a horse!

William (Bill) Butcher married Maggie Selena (nee Witcombe) and had five children Victor, Eric, Frederick and twins Edward Jack and Phllis, prior to her death in 1914 whom we have written about in previous messengers.

Many friends and family asked Jack's (Edward John) father, William (Bill), if he had gone to watch Jack his son play football and all Bill said was "He only watched him once and thought he was a Bloody show pony" and claimed he had too much to do at home.

William went on to have eight children with his new wife Rebecca (nee Davis) who was an Aunt to Kel Davis. They were Thelma, John Eber, William, Joan, Lindsay Carl and Daryl.



Joe Butcher and John Eber (aka Soapy Jack)

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Back Row L-R. Joe McKiernan (Goal Umpire), Charlie Kees, G.Coachworth, C. (Bear) Wisbey, Jim Nash, Frank Anderson, Jack Davies, E. Kilby (Trainer)
 Centre L-R. Stan (Ned) Bennett, Cecil Ingles, Lou Hines, Jack (Soapy) Butcher, Fred Butcher, Dudley Peel
 Front Row L-R. Jim Richmond, Cliff Reed, Eddie Mannix, Bill Carlson (Trainer), Clive Lunn, Bill Nicholls, Jack Manson.

The eldest of his second "Clutch" (to quote a family member) was Thelma and she married Tom Jennings and became the sister-in-law of the famous G.F.Club administrator A.R. (Jack) Jennings.

Jack seemed to be a commonly used term of endearment and may just be because both "JACKS" lifted Geelong Football Club from "wooden spooners" in 1944 to Premiers in 1951-52. What an achievement and you can just feel how it would've boosted the moral for all the people in Geelong.

William and Rebecca's third child John Eber (aka Soapy Jack) also played in premierships at Drysdale with his younger sibling Lindsay. The family were all really involved in football over the years and whatever team they played for they certainly gave their all.

The link continued within the football scene, when Jack's (Edward John) youngest daughter Sharon married Ron Tenabel who played in the 1963 Reserve grade premierships, the year

that Geelong Seniors won the flag He too followed in his father-in-law's footsteps and was recruited to South Melbourne to play for the Swans. Then in 1975 he was appointed as Playing Coach of Drysdale Football Club and went on to win the 1976 and 1977 Premierships. He was also named as coach of the Drysdale "Team of the Century".

The youngest of William and Rebecca was Darryl and the career of his son Kent in football started at Geelong in the Under 19's, then continued in the Reserves, but he was drafted to Collingwood in 1993. He ended his career at the Swans.

So one could say most of all these football lives, went South by going North.

Russell Butcher

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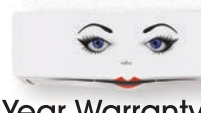
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