



The SpringDale Messenger

June 2020
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Compiled & Published by the SpringDale Neighbourhood Centre Inc.

SUSTAINABLE DEVELOPMENT GOALS



The 2030 Agenda for Sustainable Development, adopted by all United Nations Member States in 2015, provides a shared blueprint for peace and prosperity for people and the planet, now and into the future. At its heart are the 17 Sustainable Development Goals (SDGs), which are an urgent call for action by all countries - developed and developing - in a global partnership. They recognize that ending poverty and other deprivations must go hand-in-hand with strategies that improve health and education, reduce inequality, and spur economic growth – all while tackling climate change and working to preserve our oceans and forests.

A couple of years ago I grabbed an opportunity to visit New York and although it was a place I had never wanted to visit, I loved it and surprisingly felt very comfortable. While there, I visited the United Nations and saw these goals for the first time. I realised that at SpringDale we were addressing a number of these goals and I wanted to plan how we could do more. During this year, I have heard of a number of other organisations on this same path and how to help Australia report on our achievements. We would love to hear from people who might like to help us down this path.

Anne Brackley

JUNE

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.

Monday	1	World Milk Day
Wednesday	3	Reconciliation Week (started end May finishing today)
		Mabo Day (Indigenous Australians)
		World Bicycle Day
Friday	5	World Environment Day
Sunday	7	World Food Safety Day
Monday	8	Queen's Birthday (centre closed)
		World Oceans Day
Saturday	13	International Albinism Awareness Day
Sunday	14	World Blood Donor Day
		Refugee Week (till Sat 20)
Monday	15	International Men's Health Week (till Sun 21)
		Global Wind Day
		World Elder Abuse Awareness Day
Saturday	20	World Refugee Day
Sunday	21	International Day of Yoga.
		World Music Day & World Harmony Day
Friday	26	International Day against Drug Abuse and Illicit Trafficking

Reminder
Bookings &
copy required by
1 June for
the July 2020
issue

Eyes of Compassion

In the Buddhist tradition, the one hundred eyes on the peacock's tail symbolise compassionate watchfulness. Watch over others and feel compassion for their sufferings.



Dalai Lama has said that if we have a good heart and warm feelings, we will be able to achieve contentment and will have the power to radiate a peaceful atmosphere.

Compassionate watchfulness is second nature to the enlightened spirit.

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**

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COPY DEADLINE JULY 2020

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Editorial: All contributors are asked to provide their articles as Word doc, PDF, email or online for ease of processing. Contributions are still accepted as written copy but need to be submitted in the week prior to our copy deadline.

Editing of Contributors Material:

Contributors should note that the right to modify submitted articles is retained by The SpringDale Messenger as per our policy. Views expressed in this newsletter are not necessarily the views of the publisher, the SpringDale Neighbourhood Centre Inc.

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

Distribution:

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**The SpringDale
Messenger is a
locally produced
publication.**



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



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of Australia
Victorian Division**



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Coordinator's News

Anne Brackley



I'm sorry I'm finding this hard to write because I feel very guilty – I am grateful for this opportunity to slow down. I have enjoyed getting to meet and have interesting conversations with so many people who partake of SpringDale activities regularly, but I am usually running around trying to keep the administrative and strategic wheels of SpringDale turning. During this time – connecting with people is strategic and has shown us how we can operate in a different way.

Being able to sit and eat dinner and enjoy the taste has been enjoyable and I've even had time to dream about flavours I'd like to try again. I've loved eating out of the pantry and the freezer and working out how to embellish something that has been waiting for us to use it up. I've even roasted chickpeas, a can of chickpeas had been awaiting use for a while. Some I've put very spicy seasoning on, that was even a bit hot for me.

I love the way people are genuinely saying Stay Safe at the end of conversations and there is real feeling behind those words. I love the way people are asking how people are before they start talking about something else. I love the amount of care that is being shown.

Recently I realized that I hadn't been out of Drysdale for almost 6 weeks. I'm guessing the lights at the High Street, Grubb Road, Portarlington Road, and Drysdale Bypass are working fully.

Our Herbs to Help plants continue to give me joy. The thousands of seedlings have been

planted up in baskets and into small box gardens ready for replanting into extra baskets if we get them. We are also replanting some in the raised garden beds outside SpringDale so we can plant them in baskets later in the year.

Most of my time has been devoted to getting people onto to Zoom for classes or catch ups and helping people gain the confidence to use this technology. We currently have about 120 people in a variety of classes and groups meeting weekly via Zoom. It is so rewarding to see and hear how confident people are becoming. I continue to learn more about Zoom every day. So happy that this is working so well. We tried to run classes in a unified way – in the class room and on line, a number of years ago but we weren't quite ready then. So happy to say we are now and I hope we can continue to provide services using Zoom or an alternative into the future to help people who are ill or are isolated at home as carers or for whatever reason but still want to stay connected. We now can do this.

Let's look forward to how we can take the next steps together keeping safe but taking some calculated risks. All life is a risk and we have always taken risks, let's continue to take risks together but let's also be kind and considerate, thoughtful and considered and let's be connected again.

Lots of love to all and thanks for continuing to allow me to have the best vocation in the world.

Sincerely **Anne Brackley** for team SpringDale (of which I hope you are part)

Kind word in Auslan

*Kind is an excellent sign because it is full of good and goodness.
We see a lot of kindness at SpringDale.*

This is how you do **kind**. It's simple.



Open your hand and touch your heart twice
with your index finger.

Then make a thumbs up.

That's it.

Thank you to Jan Anderson for teaching us Kind

News @ SpringDale

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: Thurs 4 Jun - 25 Jun 10 - 11am
4 weeks

Fee: Free

Zoom in for a taste of Auslan

Jan Anderson, by no means an expert, but a hearing person who wants to share her love of a rich and beautiful language. Learn to read back a few signs from the interpreters on TV. Zoom in for 15 minute episodes

Instructor: Jan Anderson

Dates/times: Wed 3 Jun - 24 Jun 4.30-4.45pm

Fee: Free

Repairing your Clothes

Darning socks, sewing on buttons, taking up your hem, fixing a tear etc a series of how to classes

Instructor: Denise Kent

Dates/times: Tues 16 Jun - 23 Jun 10-11am

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

Laughter Yoga on a Chair

We all know the world needs more laughter and we all need to laugh more, to lighten up and de-stress. Laughter Yoga, seated in the comfort of your own home, will help you breathe easier and generally feel better inside and out.

Laughing for no reason! No sense of humour is required. Spontaneous laughter is natural and contagious. It helps to get motivated and stay positive. Join this group to learn about laughter, let go of problems (at least for a little while) and allow laughter to relieve stress.

Instructor: Agata Commisso

Dates/times: 3 June - 24 June 2-3pm

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





Bella Wiyn Birrale Family Centre Up and Running.

It was with not much fanfare, due to CoVid19 restrictions, that the Bella Wiyn Birrale Family Centre opened to local families in late April.

I am sure everyone would agree that from High Street the centre looks great, modern but at the same time it fits in perfectly with the street scape as one enters town. And although at the time of writing I have not had the opportunity to visit, from the pictures I have seen it again looks great. I look forward to paying a visit to the centre in the very near future.

Currently the services being provided are limited to long day care and sessional kindergarten. But soon the full range of family services will be provided together with the use of consulting rooms and the multi-purpose space.

I commend all those involved in the construction of the centre and I have been pleased to have worked on behalf of the State Government, in conjunction with Council to deliver this wonderful new centre.

It will service children, families and the wider local community well for many years to come.

State Government Vic Health Active Club Grants Announced.

In early May I was pleased to announce that the Drysdale Soccer Club had received a VicHealth Active Grant of \$2,900.

The club is introducing two weekly training sessions for local women to play soccer in a social format. This will include parents of current players and older women in the area that haven't played sports for a long time.

The grant will be used to fund this great initiative and I congratulate the club for it.

Drysdale Soccer Club is a great club providing

a game of soccer and a social outlet for hundreds of locals including importantly, of course, females of all ages.

I have had the pleasure to work with the club over many years, especially on the development of the Drysdale Sports Precinct, and I know they are a very well managed family focussed club.

Again, well done Drysdale Soccer Club.

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

Murradoc Road

Regional Roads Victoria crews have rebuilt a 3.2 kilometre stretch of Murradoc Road between Martins Road and Becks Road to improve its strength, durability and longevity.

The old road surface was crushed and combined with a new rock layer to create a stronger, smoother road pavement. The project also involved improving stormwater drainage and installing new signage, line marking and guard rail.

A final seal is expected to be overlayed next year to further protect the road and improve the ride quality for drivers and cyclists who use the route to travel between Drysdale and St Leonards.

To keep track of this project or check out what other works are underway or planned in your area visit regionalroads.vic.gov.au.



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the BELLARINE"**

COMMUNITY COLLECTIVELY CARING

There are lots of things that the recent Covid-19 have triggered throughout the world. Here locally groups have rallied together to help their neighbours and be constantly checking on family and friends in ways we never thought possible.

We catch up via many online programs, Zoom, Skype, House Party, Microsoft Teams to name a few. Here in our local area our Whiskery currently cannot open for business selling its famous Teddy & The Fox Gin so they got creative and started making hand sanitizer.

This is where the local Rotary Club come in, one of our members was visiting his doctor and during a conversation he discovered the clinic were struggling with many unexpected costs and one of them was hand sanitizer so our club have made a donation to supply the Hand Sanitizer from the Whiskery. This is collaboration at its best.

They say, "Necessity is the mother of invention". It definitely has been necessary to be inventive. What a better way than to support our health care team and a local eatery than to help supply something that can help us stay safe, stay well and stay connected, whatever that looks like for now.

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



Rotary
Club of Drysdale

Phones to Help

Our community has been very generous when we have asked for help and I am asking again. Perhaps you have an old smart phone at home that you are no longer using and it could still be used. We have a number of people who cannot access our classes on Zoom because of lack of technology.

Please drop donations at SpringDale and they will be gratefully received.

COVIDSafe App



The COVIDSafe app speeds up contacting people exposed to coronavirus (COVID-19). This helps us support and protect you, your friends and family.

How you can help stop the spread of COVID-19:

- Download the COVIDSafe app
- Register using your mobile phone number, name, age range and postcode
- Turn on Bluetooth®
- Check that COVIDSafe is running when you are out and about or are likely to come into contact with others

COVIDSafe is an Australian Government Department of Health initiative. Visit <https://www.health.gov.au/resources/apps-and-tools/covidsafe-app> for more info.

POTATO SHED

The Potato Shed is still not open to the public, we have no productions scheduled until October at this stage. But staff at the venue have been busy working behind the scenes on a few projects and some improvements at the venue. The gardens are looking lush and green – we have a new bridge and a whole big roof full of solar panels – our next job is to get some water tanks installed and continue with some more planting. 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 on any day along with some of our Friday sessions.

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





As Greater Geelong residents continue to follow coronavirus restrictions, spend time inside and on the couch and try to find creative ways to keep the kids entertained, we can't help but look to the future for certainty. It can be challenging staying positive when most things in the world right now are so up in the air. Finding some sense of normalcy is really important.

We're all experiencing a difficult financial environment at the moment – households, businesses, charities and governments – and some more so than others.

This is why my fellow councillors and I decided to push ahead with the Draft 2020-21 Budget, so as to provide certainty.

At its core, the proposed budget focuses on supporting the community through the pandemic and kick-starting our region's economic recovery.

We want to help those who really need it, support local jobs, drive investment into Greater Geelong and continue providing services and facilities the community needs.

Council's introduced a new COVID-19 Financial Hardship Policy, offering those experiencing financial difficulties as a result of the pandemic the ability to access deferral of fees, charges, rent and rates. Under special circumstances these may also be waived. If you need to discuss your options, please email hardship@geelongcity.vic.gov.au or call 5272 5272.

As part of putting the draft budget together, Mayor Stephanie Asher, Cr Jim Mason and I have advocated passionately to make sure our Bellarine ward gets its fair slice of the pie.

We've got some really exciting projects on the cards, such as \$750,000 for the proposed North Bellarine aquatic centre in Drysdale, adding to the federal government's \$10 million commitment.

There's \$250,000 towards a Beacon Point Reserve shared trail in Clifton Springs and \$200,000 for a Drysdale Regional Community and Learning Hub, which will replace the existing library and senior citizens centre.

We also have \$215,000 set aside for a Drysdale Sporting Precinct Master Plan. The precinct is on the corner of Grubb and Belchers Roads and used by multiple local sporting clubs and schools.



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written by **Courtney Brackley***



Refugee Week

World Refugee Week 14 - 20 June, 2020

Earlier in the year, many of us watched the excellent ABC series "Stateless" which gave us some insight into the inhumane experiences of those detained as refugees and asylum seekers.

Spare a thought for those who are not only facing the risk of COVID 19 if exposed, but are in crowded refugee camps throughout the world.

Closer to home we have the 63 men in detention at the Mantra Hotel Preston – they have been there awaiting medical assistance since November last year.

On mainland Australia's doorstep is Christmas Island, which is "Home" to a mother, father, and two small daughters. Known as the Biloela family, they have been detained awaiting further Court appeals which will decide whether they can return to a small Queensland community that welcomes them back with open arms, or be sent back to Sri Lanka to face hostility and risk to their safety and wellbeing.

Locally, Eshan (not his real name) is a young man seeking asylum in the Geelong region. Unfortunately, his initial application for asylum was rejected. Under the current 'fast track' process, Eshan does not have access to a thorough case review through a Tribunal. The only avenue for appeal is through the court system.

A barrister has found a number of points of merit for an appeal to the Federal Court, which has given Eshan some hope of securing a protection visa.

However, this is an expensive process, with costs totalling around \$16,000. Almost \$5,000 of this is taken up by court application lodgement fees alone.

Eshan has made some payments towards these fees and was expecting to be able to continue to do so, until he recently lost his job due to the impacts of Covid 19. He has no prospects of resuming his employment in the immediate future and is not eligible for any government income support. While Victoria is in lockdown, the wheels of Home Affairs continue to grind and immigration cases continue to be heard through the Federal Court system. Decisions continue to be made about people's lives.

Eshan has been able to secure some assistance

through local refugee support groups but a sizeable shortfall for these legal fees remains.

The funds in the Combined Refugee Action Group (CRAG) legal support fund are running low, and Eshan is not the only person who needs assistance. CRAG is aware of at least two other cases where assistance with legal fees may be required at this time.

Are you able to assist by making a donation to the CRAG legal support fund? Anything at all that you could contribute will add to the donations of others, and will make a very big difference to Eshan and other people needing assistance to access procedural fairness.

Please make deposits to:

Combined Refugee Action Group Legal Fund

BSB: 033226

Account Number: 531593

Note: CRAG does not have charity status, so donations are unfortunately not tax-deductible. Regular reports on income and expenditure are provided to our members at general meetings.

Peter & Cathy Coghlan

Ed & Marg Ford

Geoff & Chris Casey

Drysdale residents and members/supporters of Combined Refugee Action Group (CRAG)



Bokashi Compost Bin

Using an organic fermentation process, the Bokashi Bin recycles all your domestic kitchen waste into valuable soil conditioner. On sale now at SpringDale.



Bellarine Support Group for Kinship Carers

Since writing my last article for the Messenger, our State and the whole of Australia has seen dramatic changes to our way of life.

In such a short time, we as Australians have experienced something that we have never experienced before and I for one hope we never have to experience again.

We as Australians have experienced food shortages, higher prices for everyday items, high unemployment and so many work places shut down.

We have been restricted to only leaving our homes when necessary for medical appointments, food shopping and care and/or caregiving for others.

Our senior citizens aged over 70 have been advised to stay at home as much as possible.

We as Australians have proved to the rest of the world that we are strong and can adjust to whatever is thrown at us.

We have heard so many new sayings:-

- 'We can get through this together'
- 'Stay home save lives'
- 'Look after one other'

We have experienced so many things for the first time:-

- On-line schooling
- Using technology for Zoom meetings, FaceTime, music productions and the list goes on.
- Staying in our homes for longer than normal periods.

Those carers in our group, who are aged over 70 years of age, are finding this whole experience very hard. So we as a group have rallied around and supported each other in the best way we can. We as a group have organized to have groceries dropped at the front door of some of our carers and the children in their care.

We have supported children during their on-line schooling via Zoom, we send check in messages to every carer - just to make sure they are ok.

We have even organized carers to park in their cars for a driveway chat with other carers.

We as kinship carers stick by 'We can get through this together'.

I would like to take this opportunity to thank all those businesses and organisations who have offered to donate groceries to Bellarine Support Group for Kinship Carers, without your assistance we would not have survived. So a HUGE thank you.

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

We laugh a lot, we sometimes cry, 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.

Hope to catch up with you soon.

Jeanette Hanley-Heath - 04 14 308257

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People are missing out on life experiences, and it just isn't right.

Most of us tend to take for granted that whenever we attend an event or enjoy our great Aussie outdoors, we will have a loo and a sink available. The requirement for personal elimination is barely a consideration - we'll just duck in and out - no problems at all. But for as many as 25% of us who have a permanent or temporary disability acquired through ageing, a chronic condition or an accident, there is much more involved in performing our most basic physical need...and with the same dignity and discretion afforded to the majority.

For every physically disabled person and their support personnel the function of toileting is generally the forethought when any outing is mooted - and the more profound the disability, the greater the requirement to have somewhere safe, hygienic, comfortable and dignified. These spaces need to be large enough to accommodate support people, wheelchair transfers and medical equipment. Parents tell stories of laying their adolescent children on filthy toilet floors just to perform a basic function. These experiences, already more onerous, obliterate the fun of a family day out.

However, it is truly exciting to know that over the last 13 years, these issues are being addressed, and problems are being remedied.

I am constantly in awe of those people who are true social justice warriors, overcoming barriers and reshaping not just how we do things but how we think, and The Changing Places concept was designed by just that calibre of people. The project began in 2006 by a socially minded consortium in the UK which now boasts over 1000 facilities.

The critical requirements of a Changing Places space are that it has to provide:

- a height-adjustable adult-sized changing bench
- a tracking hoist system
- enough space
- safe and clean environment
- shower (optional)

MLAK stands for Master Locksmiths Access Key and was developed in 1994 for use in national Parks, many Council municipalities, and elevators at railway stations initially. Incidentally, the MLAK can also be used for public child safety areas that have pool fences installed with an accessibly positioned lock release called an ACLatch. An MLAK key can be obtained after written proof of disability or a medical authority or copy of Disability Parking Permit or Disability Card. www.masterlocksmiths.com.au/mlak/.



In Conclusion - Inclusion at its Best

These facilities not only make travelling, beach days, attending entertainment events and dining venues much more enjoyable for families as a whole, but the safety of both the person with a disability and their carer is protected.

With such control and restrictions of the MLAK, we can be assured that the disgrace of laying down on germ-ridden floors or sitting on hard, cold and dirty toilet seats is becoming history. Support personnel no longer need to worry about the physical effort and potential harm that comes from manually assisting.

Someday soon all of us can nonchalantly roll and walk around any local community event enjoying and living in each moment, knowing it won't be marred by indignity and difficulty.

Everyone should be given equal opportunity to access any event or venue. As a high tourist destination, the Greater Geelong area really needs an even greater presence of Changing Places facilities.

Australia currently has 133 toilets in various States and Territories, a whopping 10 of those within 50km's of Geelong central. It's a great start, yet we have a long way to go.

Check out changingplaces.org.au to find them.

Take care 'til next month,

Leanne - leanneswheelife.com



Relaxing Moments

For some lockdown is lonely, for some it is about baking bread, reading books and learning new skills. For some the pressure of lockdown has thrown more balls in the air to juggle; homeschooling, saving a small business, protecting vulnerable loved ones, full house with little space to breathe. If lockdown is getting you down, and the road ahead feels long, frantic, lonely or heavy, it may be time to consider how relaxation moments can shed some light in the corners of these strange days. You can begin to create some space; clear your mind, focus your attention and savour the senses as you pause in a particular moment. Spot practice can give you a feeling of renewal, release and calm and will also help those around you as your frustration drops and your acceptance begins to grow.

Consider noticing these moments today;

- the warmth of the sun on your skin
- the sound the wind makes in the leaves of the trees
- the light coming through the window and casting shadows you haven't noticed
- the warm steam from your coffee as you begin to drink it
- the smell of the rain just before it begins to fall
- the taste and texture of your first mouthful of your next meal

Close your eyes, slow your breath... and notice.

Is your current practice to stress and hold onto worrying thoughts? Does anger feel too quick to surface in your day? Are you often feeling panicky or uneasy? Relaxation Practice, mindfulness, meditation or hypnotherapy may help. It may be time to make this change. You can practice relaxation, until it becomes your daily practice.

Kim High - Clinical Hypnotherapist
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Yes! We really are ALL in this Together!

I had no idea when I wrote the April article: **'It takes a Village to Raise a Child'** that the COVID-19 virus would have such an impact on our daily routines, especially now Victorian schools have just gone back to online learning from home.

Today I want to focus on how we can get through this difficult time together. We need to focus on what we can do!

5 Basic Tips:

1. Be kind to yourself: Aim for your best, not perfection! Make sure you find time throughout the day where your kids can study or play independently without your supervision so you have time to complete your own to-do-list or take a break!
2. Establish a daily routine: If your kids are more focused in the morning try to get as much of the academic work accomplished during this time. Allot 5mins at the end of the day or beginning of the next to have a family debrief, where what is and isn't working can be discussed and viable alternatives to make it better or easier can be shared. This gives your kids a voice to express their own thoughts and concerns. Be sure to explain there will be hiccups along the way but together everyone will be trying really hard to work out the kinks in this new 'trial and error' system.
3. Give choices: Your kids classroom Teacher might have allocated a timetabled school day, however wherever possible throughout the day give your kids choices so they feel like they have some control over how, where and when they use their time. The type and number of options to give will depend on the age of your child, their attention span and their need for physical movement. You'll know best here.
4. Stay socially connected: with friends, family and each other. Get creative, be goofy and laugh often! Set up a tent outside for a weekend sleep out. Have a picnic tea in a homemade cubby, eat dinner in reverse – dessert, then main meal. Play games or board games from your own childhood. Use old board games to create new games. Get a grandparent to read a book, play a game or dance with you via zoom. Together your imagination can soar!
5. Stay active: Go for family walks, to get some Vitamin D and fresh air. Make that family vegetable patch a family project. Set up a fun obstacle course for family and pets to enjoy. 'Just Dance Kids' or 'Just Dance 2020' videos are great to give preteens and younger kids a quick active brain break. Gonoodles.com has free movement and mindfulness videos to engage kids of all ages.

I've shared a few other helpful websites, which allow primary aged children to be independently engaged or to enhance family time:

- Storyline.online.net: famous people reading books to primary aged kids.
- Epic! Over 35,000 eBooks, audiobooks, learning videos and puzzles for 5-12.
- Wonderopolis: provides short videos and texts for kids 7+ to promote curiosity, imagination, exploration and self-discovery.
- Bedtimemath.org: don't be fooled by the name, it has some terrific engaging and interactive activities that all the family can participate in. Be inventive with any other materials you might require.



- Mothercould.com: provides multisensory recipes that you can make at home that will keep kids engaged and entertained for hours: no drip paint, puff sidewalk paint, puffy paint, fizzy blocks, playdough and more!
- Officeworks.com.au: website provides STEM activities, ways to use playdough for learning, craft projects, activities to keep kids busy, and guilt-free screen time apps plus more!
- RedTedArt Youtubes: are cute and easy crafts including STEAM paper crafts.

Remember, your kids might try to push your emotional buttons with their own rollercoaster of emotions. You know your kids better than anyone, so try to stay calm, keep lines of communication open, be flexible and adaptable with their ever-changing needs.

Creating a family journal, or digital diary is a great way to preserve the memories of this time for years to come and express the emotions that you are feeling individually and as a family.

Like everyone else I'm trying to go online with my tutoring business however during these exponential times I'm happy to offer resource ideas or strategy suggestions for how to make this home online learning journey as calm and collaborative as possible. Just type in 'TIME2 Active8: Question' in the subject heading to henshelwood.peta@gmail.com, and I will do my best to help. We're all in it together.

Stay safe and healthy! You've got this... I know you do!

Written by **Peta Henshelwood** (B.Ed)
TIME2 Active8 – Your learning Potential
Ph: 0447 950 004

'Creative solutions to improve primary students educational wellbeing.'



William Sheahan
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Improve your skills - Expand your mind

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 3 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 3
July-Sept
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

Zoom in for a taste of Auslan

Jan Anderson, by no means an expert, but a hearing person who wants to share her love of a rich and beautiful language. Learn to read back a few signs from the interpreters on TV. Zoom in for 15 minute episodes

Instructor: Jan Anderson

Dates/times: Wed 15 Jul - 16 Sep 4.30-4.45pm

Fee: Free

Repairing your Clothes

Darning socks, sewing on buttons, taking up your hem, fixing a tear etc a series of how to classes

Instructor: Denise Kent

Dates/times: Tues 14 Jul - 15 Sep 10-11am

Fee: \$100 or Conc Free

Laughter Yoga on a Chair

We all know the world needs more laughter and we all need to laugh more, to lighten up and de-stress. Laughter Yoga, seated in the comfort of your own home, will help you breathe easier and generally feel better inside and out.

Laughing for no reason! No sense of humour is required. Spontaneous laughter is natural and contagious. It helps to get motivated and stay positive. Join this group to learn about laughter, let go of problems (at least for a little while) and allow laughter to relieve stress.

Instructor: Agata Commisso

Dates/times: Mon 20 Jul - 14 Sep 10.30am-12.30pm

Fee: \$100 or Conc Free

Recipe of the Week

ROW back to happiness – Set yourself up for a great week by preparing a soup, stew and snacks – for a healthier lifestyle. All homemade meals by you. Love life and you are looking after yourself. Presented on Zoom

Instructor: Agata Commisso

Dates/times: Mon 20 Jul - 14 Sep 10.30-12.30pm

Fee: \$100 conc free (ingredients not included)

Using Microsoft Excel, Powerpoint and Word

Learn something new from the safety of your own home. Perhaps you have used some of the Microsoft tools before and are curious what more you can do, or perhaps you mainly use your PC for mail and internet access. This class is designed for those who have some experience of using their PC. This class will be taught remotely online using video-conferencing.

Participants must have a PC, internet access and Microsoft Office installed (with a working license). (You can check this by starting up Word and making sure you can start a blank document with no error message.)

Instructor: Brenda Richardson

Dates/times: Tues 21 Jul - 8 Sep 10-11am

Fee: \$170 or Conc \$80

Exploring the Internet

Explore the internet from the comfort of your own home. This course is designed for those who have a basic knowledge of using their PC, but would enjoy finding out more about the power of the information on the internet.

This class will be taught remotely online using video-conferencing.

Participants must have a PC with internet access.

Instructor: Brenda Richardson

Dates/times: Tues 23 Jul - 10 Sep 10-11am

Fee: \$170 or Conc \$80

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: Tues 23 Jul - 25 Aug 2-3pm

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

Are you worried about your memory?

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

These sessions 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: To be advised – please register your interest with SpringDale

Fee: 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 14 Jul - 15 Sep 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 13 Jul - 14 Sep 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 13 Jul - 14 Sep 1-3.30pm or

Dates/times: Tues 14 Jul - 15 Sep 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 17 Jul - 18 Sep 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: To be advised

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 Jul - 10 Sep 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 learning of the ukulele.

Note: Your own ukulele is required.

Instructor: Helen Brown

Dates/times: Thurs 23 Jul - 10 Sep 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 learning 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 Jul - 10 Sep 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 21 Jul - 15 Sep 2.30-3.30pm

Fee: \$200 or Conc \$160

Banjoes for hire available

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 21 Jul - 15 Sep 3.30-4.30pm

Fee: \$200 or **Conc** \$160

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 21 Jul - 15 Sep 4.30-5.30pm

Fee: \$200 or **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: Mon 30 Jun or Sat 25 Jul 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: Tues 8 Jul or Sat 8 Aug 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: Mon 7 Jul or Sat 22 Aug 10am-2pm

Fee: \$65

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 5 Jul or 1 Aug, 5 Sep 10am-12pm

Fee: \$40

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: 2nd and 4th Saturdays 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: Expressions of interest

Writing for a Special Purpose

Register your interest

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: Fri 24 Jul - 14 Aug 10am-12noon

Fee: Free

Wellbeing

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: Expression of interest

Fee: Free

Massage - With Frank

Massage therapy is centred on reducing muscle tension to an even tone for each area to ensure a balanced and holistic treatment of the body. The mind and the body are intrinsically linked, and when the body is healthy, your mental health can easily follow suit. Massage therapy is focused on both aspects of your wellbeing!

Join Frank each month to learn new skills.

Massage - Neck Muscles & Fascia Tissue

Dates/times: Sat 18 Jul 9-10am **Fee:** Free

Massage - Arm Muscles & Elbow

Dates/times: Sat 15 Aug 9-10am **Fee:** Free

Massage - Hand Joints & Muscles

Dates/times: Sat 19 Sep 9-10am **Fee:** Free

Instructor: Frank Prskalo

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 Jul - 14 Sep 9.15-10.45am

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

Dates/times: Thur 23 Jul - 17 Sep 6-7.30pm

Fee: \$155 or **Conc** \$135 (9 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 Jul - 8 Sep 7.15-8.15pm

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

Dates/times: Fri 24 Jul - 11 Sep 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 Jul - 8 Sep 6-7pm

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

Dates/times: Fri 24 Jul - 11 Sep 10.30-11.30am

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

\$15 per session if paying for single sessions

Languages

Zoom in for a taste of Auslan

Jan Anderson, by no means an expert, but a hearing person who wants to share her love of a rich and beautiful language. Learn to read back a few signs from the interpreters on TV. Zoom in for 15 minute episodes

Instructor: Jan Anderson

Dates/times: Wed 15 Jul - 16 Sep 4.30-4.45pm

Fee: Free

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 17 Jul - 18 Sep 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 14 Jul - 15 Sep (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: Fri 11 Sep 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 17 Jul - 18 Sep 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: Expressions of interest

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

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, literacy

Skill Level: Beginner

Dates/times: Expressions of interest

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: Expressions of interest

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: 11 Aug & 25 Aug 4-6pm

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

Future Direction

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 13 Jul 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: Fri 31 Jul & 7 Aug 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 14 Aug & 21 Aug 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 13 Jul - 14 Sep

Or Wed 15 Jul - 16 Sep 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: Thur 3 Sep & 10 Sep 2pm-4pm

Fee: Free

VEC - Council Elections

With Council Elections are scheduled for October this year, we have invited the Victorian Electoral Commission to present an electoral information session.

Dates/times: TBA

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: Fri 21 Aug 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: Fri 21 Aug 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: Fri 21 Aug 9.30am-4pm

Fee: \$160

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

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



SpringDale Groups

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

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

Let's talk about Anne Drysdale and Caroline Newcomb over afternoon tea. Anne Drysdale was born in Scotland in 1792 and she came to Australia in 1840, a woman by herself to become a farmer. Caroline Newcomb born in 1812 and came to Australia in 1833. These two women farmed much of the Drysdale, Clifton Springs Curlewis area and their homestead still stands in Curlewis. These ladies were firsts in so many fields and continue to inspire. We have celebrated many anniversaries of these women over the years but we believe they can continue to add to our community even today. Bring a plate to share.

Last Wednesdays each month 2-3.30pm.

Jigsaw Club

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

Kinship Carers

Meets monthly Monday - 6 July, 3 Aug, 7 Sep 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 group to focus on bringing Science and Science Fiction to life. This group started with a single person, John Reid who has been a Lost in Space fan for years, its through his dedication that a group has been formed. Whether you enjoy science or Science Fiction there is a space for you in this group. We have celebrated anniversaries of Lost in Space, Thunderbirds, Star Wars, Neil Armstrong's Moon Walk, Science month etc - ring SpringDale to register your interest.

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 (exception 17 Sept not 10 Sept)

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 Jul, 26 Aug 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 Tue 14 July 8.45am Beginner/Intermediate floor classes Tue 14 July 10.30am or 11.40am & Thus 16 July 6.45pm

Fee: \$150 (10 classes)

Bellarine Woodworkers Inc.

All keen woodworkers have the opportunity to meet on the first Monday of the month at 1.30pm - 3pm. New members welcome. Just turn up to SpringDale.

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:



"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young." – Henry Ford

Given time we will rise again after Pandemic

I never knew,
How lucky I was.
I never knew,
What it was like,
To not go to school,
To not be with friends,
To not be allowed to go out.
I just never knew,
But like the wind on the willow tree,
Now I do.
We just assume,
That things will get better.
That it'll all be normal soon.
But maybe not.
Maybe things will still hurt,
And people will still mourn.
For the lives that once were,
And now are taken.
And like the rise and fall of the tide,
We are lost.
Lost in the minds of others,
Telling us how to live,
How to be happy.
But is happiness an order?
Or is it a calling?
Can we be happy,
When the world is not?
We never knew.
How lucky we were.
How much we had,
Instead we longed for more,
Always trying to please.
Watching the world,
Through other eyes,
Maybe.
Things are different now,
We watch the shaping,
Of our future.
And where it will take us.
But, like the morning sun over the horizon,
We will rise.

Alice, aged 13, Drysdale



Hi everyone! I'm told that International Star Wars Day took place on the first Monday of last month. May the 4th be with you!

Not being what you would call a rabid Star Wars fan I only became aware of this when reading the notices in the last months' Messenger. But however lukewarm I am about S.W. I do stand in awe of the colossal worldwide following it has built on the back of a fairly modest beginning.

I remember when it first featured in our local theatre in Yarram in 1977. My Dad was keen to attend. But even before the screen date, I had read that it was extremely light in concept. In fact, not much more than a "spoof" movie. So I wasn't enthusiastic. After the show Dad felt a bit let down, but I had warned him so he couldn't blame me!

I noticed that the glamorous screen idol Princess Leia (Carrie Fisher) was still front and centre in the advertising poster for (what is now) episode 6 Return of the Jedi. But with the advent of Daisy Ridley in the No. 7 "Awakens" picture it was a very different story. Here all we see of our erstwhile heroine is head and shoulders, extremely small and partly obscured. Seems a bit shallow but hey, that's showbiz! (Of course I like Daisy too!)

Remember when Han Solo was warned that his "Falcon" spacecraft had been badly damaged? We all thought his laconic response "She'll hold together!" was definitely the best line of the movie and it became one of our families' stock answers to awkward questions from then on!

I must confess that the original 1977 "Star Wars" is the only movie of the franchise that I have seen. I am not keen about light sabres and I don't think Death Vader is a convincing villain. But as Disney was happy to shell out 4 billion dollars for it all maybe I was wrong? (Anne says Yoda is her favourite!) **John.**



Springdale Trivia 36th Edition by Drysdale Girl Guides

1. Who was the first Prime Minister of Australia?
2. Gruyere, Cheddar and Blue are all types of what food?
3. If you received a silver medal at the Olympics, what place did you come?
4. The city of Prague is located in which country?
5. In how many films did Sean Connery play James Bond?
6. What does NASA stand for?
7. What life event connects C.S. Lewis and US President John F. Kennedy?
8. How many stars are on the Australian flag?
9. What colours are on either side of green in a rainbow?
10. Which B.F.L. team does Drysdale traditionally play on ANZAC day?

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



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.



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Charlotte Hunter
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BELLARINE COMMUNITY SUPPORT REGISTER INC.

Background

Established in 2006, the Bellarine Community Support Register (BCSR) is a not-for-profit organisation run by a group of Volunteers to enhance the security and safety of residents of the Bellarine Peninsula. We provide a confidential register of Registrants' emergency contact and medical details which are accessible by the Police in the case of an emergency. The personal information is voluntarily provided by, or on behalf of, residents/registrants on the Bellarine Peninsula.

The information collected from BCSR Registrants is checked and stored on a secure Registrant Data Base and can be accessed only by the Police during emergencies such as medical, accident or fires. The majority of our Registrants are 60 years or older but younger people and those with a disability are also welcome.

The Register is FREE and services the Bellarine Police District. This includes: Barwon Heads, Clifton Springs, Curlewis, Drysdale, Indented Head, Leopold, Ocean Grove, Point Lonsdale, Portarlington, Queenscliff, St. Leonards and Wallington.

How to Register

Residents of the Bellarine Peninsula, people with disabilities and those who would like additional community support are invited to become Registrants either on-line at www.bellarineregister.org.au, by telephoning 0480 228 674 (9.30-12.00, Monday to Friday) or by completing Registration Forms which are available, together with BCSR Brochures, at several outlets across the Bellarine including pharmacies and health clinics.

Once registration is completed, Registrants receive a letter of confirmation, a business-size ID card (which should be carried in their wallet/purse and when out and about), a window sticker and quarterly newsletters.



The Role of Volunteers

The Register relies on dedicated Volunteers to carry out the day-to-day functions and to promote BCSR throughout the Bellarine. All Volunteers must have a valid police check, undergo training and are involved with making Care Calls (as requested by Registrants), Data Entry and/or Committee membership. Very often calls made to Registrants are the only calls they receive.

The BCSR office is normally located at the Ocean Grove Police Station and is staffed by Volunteers from 9.30AM - 12 noon, Monday to Friday, throughout the year, apart from gazetted public holidays and the period between Christmas & the New Year. However, during restrictions resulting from the COVID-19 pandemic, Volunteers are working from their homes; the service has now become even more important given that we are all undertaking social isolation or living alone.

We don't offer counselling but if we are concerned about a Registrant we can get assistance from the Police for a welfare check and we can make referrals to support agencies.

Access to Registrant data is available to the police 24 hours a day, 7 days a week.

So what to do next?

If you or any Bellarine Peninsula resident you know might benefit from being a BCSR Registrant, please:

- go on-line to www.bellarineregister.org.au;
- pick up a Brochure and Registration Form from local pharmacies, health centres or Police Stations,
- telephone the office on 0408 228 674 during hours noted above.

BUT, always remember, in case of emergency to dial triple zero - 000.

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Shannon Calder
Manager – Bellarine Office



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As we were finishing this edition, Annie Pearce, the Bruthen & District Neighbourhood House Coordinator rang to find out how we were. What a pleasant surprise to hear her voice sounding so bright and cheery. She was excited to know that we are ready to bring the baskets over as soon as we can. They have had a few plants donated but they went really quickly. Thanks to everyone who continues to help by looking after the baskets – keeping them happy and loved. Below is a photo of some of the seedlings that have progressed from egg cartons to larger boxes as I ran out of pots. Still in need of baskets if you have found any around the house.

Regards, Anne Brackley



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MINESTRONE SOUP with mixed Beans

Serves: 4

Preparation time: 10 minutes

Cooking time: 40 minutes

1 tablespoon extra virgin olive oil
1 onion, finely chopped (leek substitute)
2 carrots, diced
2 sticks celery, diced
2 cloves garlic, crushed
1 bay leaf
1 cup tomato passata (tomato purée)
1L water or low salt stock
½ cup small pasta shapes
2 zucchini, diced
100g green beans, 2cm lengths
1 x 420g can mixed beans, rinsed and drained
Finely grated parmesan cheese, to serve (opt)

- Heat the oil in a large saucepan and add the chopped onion.
- Cook over medium-high heat for 5 minutes until golden brown.
- Add carrot and celery and cook for 5 minutes or until starting to soften.
- Add garlic, bay leaf, passata, stock/water and pasta.
- Stir well. Bring to the boil. Lower the heat to simmer.
- Cover and cook for 10 minutes over low heat, stirring occasionally until pasta is almost cooked.
- Add zucchini, green beans and mixed beans.
- Cook on low heat, covered, for 10-15 minutes.
- Remove the bay leaf before serving with a grated cheese if preferred.

Minestrone is Italian for big soup. All the above are a variety of suggested vegetables. Always try to use seasonal!

You can omit the pasta – make it separately or add rice, barley, other grain if required.

The Springdale Messenger June 2020



PISTACHIO SAUSAGE ROLLS OR BURGERS

1Kg of mince
- pork with turkey or chicken or veal
3 cloves garlic, finely minced
2 teaspoons ground fennel
2 teaspoons cracked pepper
1 teaspoon salt
1 teaspoon nutmeg
2 teaspoon dried thyme or oregano
1 teaspoon chilli pepper (optional)
1 cup chopped unsalted pistachios
1 cup parsley chopped finely

- Place pork and turkey in a large bowl.
- Add the garlic, fennel, pepper, salt, thyme/oregano and chilli (if using) and mix well.
- Sprinkle the pistachios and parsley.
- Mix well until evenly incorporated.
- Allow the flavours to incorporate for a couple of hours or the next day!

PATTIES:

- Preheat oven to 180°C
- With damp hands, form patties using about ¼ cup each.
- Place on a baking sheet ready to bake.
- When ready to cook, bake for about 30-40 minutes.
- Form into patties and make burgers on the BBQ. Enjoy!!

SAUSAGE ROLLS:

- 6 sheets of puff pastry
- Prepare the pastry & fill with meat mixture
- Roll up and place on a baking tray
- Brush with egg and sprinkle with sesame or poppy seeds!
- Bake for about 30-40 minutes. Enjoy!!

Agata Commisso - Wellness and Laugh Coach

Practical Empathy

If you know somebody who is under stress or in difficult circumstances the kindest thing you can do may be to give practical help - perhaps by doing something for them.

Think and feel yourself into this person's situation and act accordingly - this is true empathy.



BELLARINE CAMERA CLUB

Being unable to go out and about as normal, members of Bellarine Camera Club have been using social media to stay connected. We have had numerous challenges and many members are trying new genres of photography they can easily do while in isolation. We are continuing our monthly competitions, all electronically. Results from our last Open competition are as follows:

A Grade: PRINTS - 1st Feeling the Cold, Jim Den Ouden; 2nd Loch Ard Gorge, Alex Valkenburg; 3rd Misty Morning, Lynne Pearce

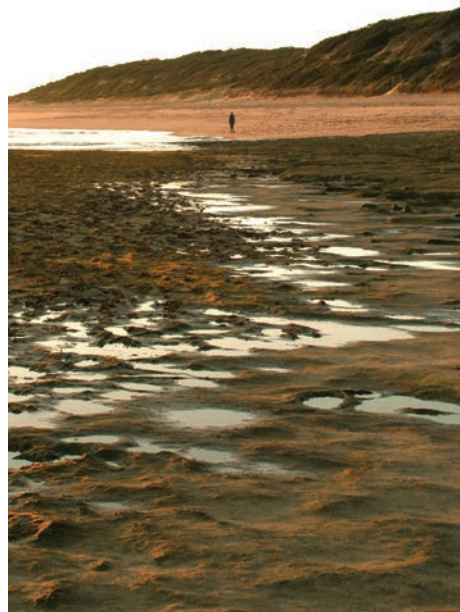
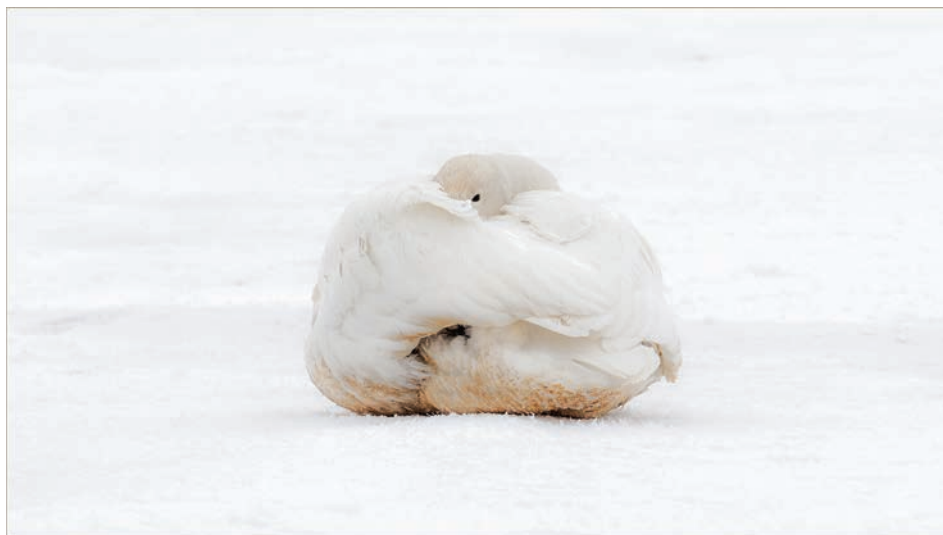
EDIs - 1st Strength, Julie Begg; 2nd Chitwan Caterpillar, Julie Begg; 3rd Winter Swans, Jim Den Ouden; Merit: Pollinated Bee, Martin Young

B Grade: PRINTS - 1st & Image of Competition – Evening Walk, Lynn Cornell; 2nd Sassy, Lynn Cornell; 3rd Water Me, Geoff Wiffen

EDIs - 1st Holes in the Sand, Geoff Evans; 2nd Drifting, Alan Ryan; 3rd Here Comes the Sun, Geoff Wiffen; Merit: Good Morning, Geoff Wiffen

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. Visit our website: www.bellarinecameraclub.org.au

Lynne Bryant - President



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Acts of Kindness

According to Confucius, kindness is one of the essential virtues, yet many of us do not realise its full potential. The word itself is significant: by showing kindness, we give full recognition to others of our own kind. In this way, we emphasise our interconnectedness.





Corella

Most of us know when the corollas have arrived in town as they loudly announce their arrival with noisy, high pitched screeches. They are highly intelligent birds who follow the food where ever it may be. In years gone by they have made their home around farmlands, in bush and scrub of all description, also drylands and open forest. Recently they have discovered that humans are very good at providing them with food so foraging flocks are being seen more and more within human habitation. They love using their long beaks to dig into soft ground in the hunt for bulbs, corms and large seeds. Sprouting grain is particularly popular. You can understand why they are unpopular with farmers.

Don't confuse these birds with the sulphur crested cockatoo as like the cockies they are



predominantly white but corollas have pink on the face, forehead and throat and do not have a yellow crest. There are two types of Corella, the Little Corella and the Long-bellied Corella. The Little can be found widely spread over Australia but the Long-billed belongs to one part of southern Victoria with patches in New South Wales and some in South Australia. As I stated highly intelligent birds who are greatly spreading their range by travelling into semi-urban environments.

I love watching these birds as they have the greatest sense of humour. Once filled with

their choice of food they spend their time playing. I sat by the Portarlington foreshore one warm day taking photo after photo of these clowns as they swung from the tree tops, rolled on the ground, tossed cones at anyone, pulled one another's feathers, chased each other and all together had the most wonderful celebration of life. If you wish to be cheered then sit nearby and watch their antics.

Carole O'Neill



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PORTARLINGTON Part 1

- Notes from a talk by Peter Cowden to
Bellarine Historical Society

I have very strong memories of crossing Port Phillip Bay to Portarlington as a five year old child.

It was a summer morning in 1938, when my parents took their then young family on a weekend excursion trip across Port Phillip Bay. We caught the electric train from near our home at North Fitzroy to the city, walked along the platform underneath Swanston Street from Princes Bridge railway station to Flinders Street station, where we took another train to Port Melbourne. We were starting out on a new adventure and every moment was a brand new experience for me as a young child. The darkness of that walk below ground level from Princes Bridge station to Flinders Street station and the traffic noises above our heads have stayed in my memory all these years.

I vividly recall the excitement of that bay outing, and the sights and sounds of Station Pier before going aboard the paddle "P S Weeroona". It was a very small vessel by modern standards, but it seemed quite large to us at the time. It could have been no more exciting had we been boarding a major passenger liner such as the "Queen Mary". For a five year old the whole experience was a revelation.



The crossing was calm and the water very clear, and I was surprised at the shallowness of the bay during much of the trip. We could clearly see the sandy bottom just a few meters beneath the hull of the vessel. Paddle steamers were ideal for this work, as they had a very shallow draught which enabled them to operate safely in waters close to beaches and local jetties. This was a distinct advantage for their style of operation compared to deeper-hulled screw-driven ships which needed greater depth of water in which to operate.

One dramatic memory from that trip is of passing close to a shipwreck soon after leaving Port Melbourne. The mast and funnel of the "Kakariki" stood up high above the water-line as we sailed quite close by, the official account below tells the story, and the name of that vessel was impressed on my memory from that day:-

"Five people died when the steel steamer the Kakariki collided with another steamer, the "Caradale", off Williamstown at 11pm on January 29, 1937. The Kakariki sank within minutes and later salvage operations were hampered by the vessel being stuck in four meters of mud".

We explored every part of the P S Weeroona, wandering below deck to visit the engine room, where it was fascinating to watch the large single piston rotating as it drove the



paddles. The noise, the heat and the steam of the engine room were all very impressionable for my young mind. My mother was never a good sailor and suffered seasickness, so the journey was a miserable one for her. We kids enjoyed the freedom to run around investigating this new world on board ship. My father walked about the vessel smoking his pipe, no doubt pleased to have a break from dealing with the criminal world in his daily work as a plain-clothes policeman in the big city.

The excitement mounted as Portarlington came into view, it was a most impressive sight as we approached the pier looking up at the Harding Street hill. The park reserves were clearly defined by their neat white boundary fences and were full of large shady trees, whilst the Grand Hotel dominated the skyline in the background. These first impressions of Portarlington have stayed with me for a lifetime. We had several hours to enjoy a swim and a picnic lunch on the beach before setting out on the return journey later in the afternoon.

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Memories of Yesteryear

by the Older Generation of the Bellarine

Jack Butcher continues....

Interesting talking to Geoff Wisbey from Drysdale who is now 96 years old and has lots to reminisce about Drysdale. He told me about his life when he was twenty and being a part of a busload of Portarlington and Drysdale supporters who travelled to St Kilda Junction Oval to watch Jack Butcher play in the 1947 V.F.A. grand final between Port Melbourne and Sandringham.

Phyllis and her husband Fred Turner were amongst the spectators who saw Port Melbourne prevail and Phyllis was outraged at the Sandringham players physically and verbally abusing her brother. However the only two reports made by umpire Barnes that day involved Jack and he was reported on both occasions.

Fred and Phyllis first settled at 36 High St Drysdale then in the 1960's moved into their new house further down the road at number 57 High St on the land that formed part of her father's property. It was originally an area set aside as a market square in 1869 bounded by Newcombe, Elgin and Granville Street and during WW1 was used as a parade ground for the troops.

Bill Butcher acquired the land prior to WW2 and "NYORA" was built in High Street next to Dick and Glad Davis's cottage. He relocated his Black Smith Business from Murradoc Road to the rear of his new home entering from Elgin Street. Fred's Brother Clive, lived on the other corner of the block of High and Granville Street.

Although Phyllis and Fred were both from large and prominent Drysdale families they seemed to be happy in each other's company and would have coped with today's social distancing and isolation.

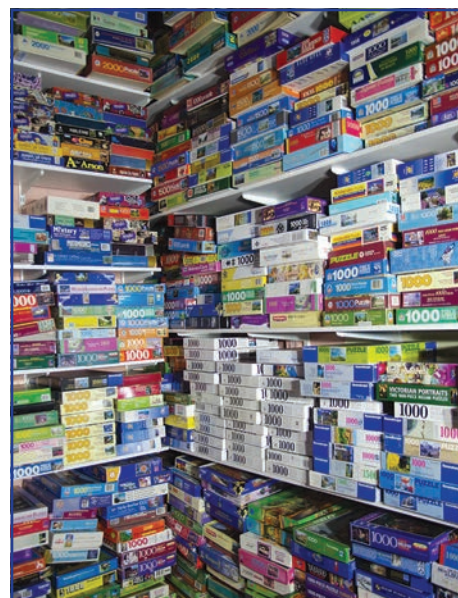
Sadly Phyllis was widowed in 1973 when Fred died aged 60 and in 1978 she lost her twin brother aged 63. She went on to reach 100 and passed away in an aged care facility in Belmont in 101st year in 2015.

Russell Butcher



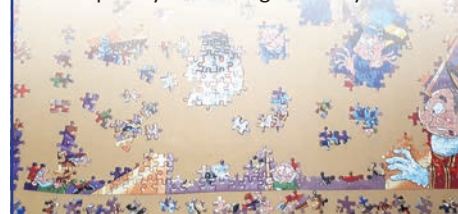
Top - Fred & Phyllis Turner

Bottom - Phyllis Turner (nee Butcher)



Jigsaws at SpringDale

So far approximately 400 jigsaws have wandered out the door over the last 3 months. We have partnered with Bellarine Community Health, Bellarine Training and Community Hub and with many families to bring great joy and fill many hours through jigsaw puzzling. Only \$12 per year to be a member and 40c to hire a jigsaw. Thousands still available from 500 pieces to 5000 pieces. Two dimensional and three dimensional. Hopefully something for everyone.



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The SpringDale Messenger June 2020



Clifton Springs Garden Club

The past few months have been a testing time for many people for a variety of reasons, some might live on their own so be feeling totally isolated; others might be feeling disconnected from their friends and family. During this time we have been encouraging members of the Garden Club to stay connected by emailing photographs of parts of their garden that are currently bringing them joy. I have shared some of these photographs with you below. This interaction has been enjoyed by many of our members. I would like to thank those members who have participated and encourage others to join in. We, as gardeners, are very lucky in this history making time, as we are able to go out into the fresh air and get some exercise doing something we love, then sit back and reap the rewards of our work. Gardens are a constant source of enjoyment and pleasure.

I thought I would include part of an article that was recently posted in Senior Extra Newsletter, which highlights my point. Fitness Australia spokesperson and registered trainer Chantal Brodrick said gardening has numerous benefits in addition to physical health. "So there is a clear social benefit to gardening as well. Not to mention it can also be a great way to relieve stress and improve mental health."

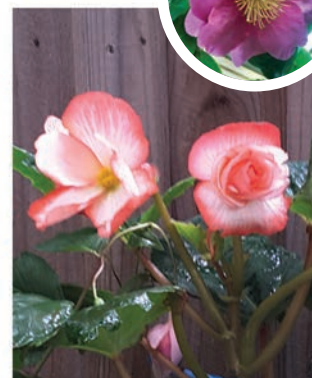
Here are some garden-friendly exercises to increase your muscle strength:

Watery weights: Turn your hose off and use a watering can as a weight to increase your muscle strength. The bonus is that it will get lighter the more time you spend watering your garden. If you really want to challenge yourself carry two at once.

Make the most of the space you've got: Just because you don't have a huge garden doesn't mean you can't get your green thumb exercise. Small pot plants make great weights for a mini-workout. Set yourself a 20 minute gardening goal, even if it means moving the same pot twice! Think of it as redecorating for your garden.

During this time 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 on the Clifton Springs Garden Club or just want a chat.

Photos – taken by various Members of the Garden Club of flowers in their gardens



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The Joy of Dance

Is coming to Drysdale Springdale Hall ASAP after the Corona Virus Shutdown is over

If you have always felt in your heart, that you wanted to experience the feeling of dancing to amazing music, I'm very excited to announce that I am starting lessons at the Springdale Hall in Drysdale from Beginners onwards in Ballroom Dancing, regardless of age or ability.

"I want to cater for you"

I have been dancing for 29 years - starting as a beginner, going onto medals, competing at the Australian Dancesport Championships and obtaining my teaching degrees through the AUSTRALIAN DANCESPORT ASSOCIATION and opening my own Dance Studio in Geelong and teaching for the past 14 years, and also running social dances, which I will continue to do after the Corona Virus shut down is over.

I feel very fortunate having the students that I do in Ballroom Dancing: they inspire me and are the reason why I continue to teach and collect the most amazing music. I enjoy seeing people gain confidence in things they thought they could never do. Dance allows people to exceed their own expectations and helps them to discover new things about themselves.

I would like to invite everyone who wants to experience the joy of dancing, to please give me a call, number below, and tell me why you would like to dance and where your health and fitness is at the present time. My idea is to try and cater for everyone, running different levels of dancing, from dancing on



the spot to the music that gets your heart and soul moving, to beginner class, intermediate class, and I would also like to run a Social Dance in the town of Drysdale for those that enjoy a Ballroom Dancing Social Dance to the best music in town. So please, give me a call so that I can put into place a dance class for you, so that we are ready to go when lockdown is over.

"FIRST CLASS WILL BE FREE"

SO LET ME TEACH YOU THE JOY OF DANCING

There will be no up-front fees, it will be pay as you dance.

Enquiries please phone: Margot 0414942079



Trivia Answers

1. Edmund Barton
2. Cheese
3. Second
4. Czech Republic
5. Seven; Dr. No (1962), From Russia with Love (1963), Goldfinger (1964), Thunderball (1965), You Only Live Twice (1967), Diamonds Are Forever (1971) and Never Say Never Again (1983)
6. National Aeronautics and Space Administration
7. They both died on 22nd November 1963
8. Six
9. Yellow and Blue
10. Portarlington

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North Bellarine Aquatic Centre

The City of Greater Geelong scoping study confirmed what the Bellarine community has known for decades – that we desperately need another swimming pool.

Stage 1 - A 50-metre outdoor pool in Drysdale wouldn't just service residents on the north Bellarine, it would also draw lap swimmers from Ocean Grove, Barwon Heads and other nearby towns. It would reduce the pressure on the Ocean Grove pool, which is at capacity.

With the federal government's \$10 million commitment, we have the bulk of the funding to make this happen. Council has committed a further \$750,000 to the project in 2020-21 budget.

We look forward to assisting the Council to decide between the Sports Precinct and the Drysdale Council Depot sites.

Anne Brackley Chair North Bellarine Aquatic Centre Advocacy Group



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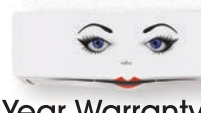
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