

The SpringDale Messenge



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ABN 21 404 220 267

Compiled & Published by the SpringDale Neighbourhood Centre In

# Adrian E Mannix OAM COMMUNITY SERVICE AWARD 2020 Congratulations

# Margaret Manning







Drysdale Rotary Club Lions Club of Portarlington/Drysdale



Congratulations Margaret Manning winner of the Adrian Mannix OAM Community Service Award 2020. The presentation was equally as unusual as the days we are experiencing. It was presented with members of Adrian Mannix's family, members of Portarlington / Drysdale Lions Club, Rotary Club of Drysdale, SpringDale Neighbourhood Centre and members of the community all participating via Zoom.

During the presentation Marg reminded us that she was the minister conducting Adrian's Funeral almost 20 years ago and she felt very honoured to be presented with this award.

Marg is described by her nominator, Joy Porter, to be a rare person who has both vision, energy and the ability to implement an idea from scratch and to bring people along with her. Marg is a highly respected member of the Portarlington community, having served as the minster of the Uniting Church from 1999 – 2002 and since retirement here has served on the very successful Biggest Afternoon Tea committee for a number of years

Marg saw the need for a local food bank operating within the 3223 postcode and so the Portarlington Food Assistance Program (PFAP) was born. Forging a very significant partnership with Bellarine Community Health who provided the volunteers insurance and infrastructure for the program as well as assisting the program to operate on a weekly basis from the Portarlington BCH premises. The program began in Sept 2014 and now has almost 200 clients who live in the 3223 postcode.

Congratulations Margaret.







Neville Burrows OAM for service to the Uniting Church in Australia, and to the community. Congratulations Neville – thanks for the leadership and ene

Congratulations Neville – thanks for the leadership and energy that you continue to share with our community.





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.

Wednesday	1	National Pet Desexing Month
		JulEYE (Get your Eyes tested this Month)
		Doctor's Day
Thursday	2	Jigsaw Group 10-12 noon at SpringDale
Saturday	4	Harvest Basket Produce Swap 9-10.30 at SpringDale
		Felting Group 10.30 at SpringDale
Monday	6	World Zoo Noses Day
Tuesday	7	Friendly Cuppa and Chat Group 10.30-11.30 at SpringDale
Thursday	9	Scrapbooking 1-4 at SpringDale
Saturday	11	World Population Day
Sunday	12	Diabetic Week (ends Sat 18)
Tuesday	14	Bastille Day
Friday	17	World Day for International Justice
Saturday	18	International Nelson Mandela Day
Monday	27	Safety Car Seats checked & fitted at SpringDale carpark by appointment
Tuesday	28	World Hepatitis Day
Wednesday	29	Tech & Talk 1-2.30 at SpringDale



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.

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## SpringDale Messenger

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

#### **Editing of Contributors Material:**

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

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

#### **Distribution:**

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

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



MEMBER 2020

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





# Coordinator's News

#### Anne Brackley

Over the last few months we have been able to keep SpringDale Neighbourhood Centre running virtually up in the cloud and via other

means. We ended up with 15 classes running weekly on Zoom and this had its benefits and its challenges. Please accept my sincere thanks to everyone who helped make this such a success and proved that we can provide our services at a distance from our participants.

A few years ago we tried to include house bound people, due to illness or caring duties or other reasons, to be able to participate in our classes or groups via a computer. We have now proved this is possible and over the next few months, as we transition back to whatever normal is about to become, we will be able to use this as a backup if people are not well or they wish to continue to participate from a distance.

Communication channels with the Bruthen and District Neighbourhood House have been well used over the last few weeks and we are hopeful to deliver our almost 150 baskets of herbs to East Gippsland in the near future. They are looking forward to our contribution to their recovery process. We are still in need of baskets to plant up – if you have any please bring them to SpringDale to help us continue this project. Sincere thanks to everyone who helped make this idea come to life.

We continue to try to grow our offerings to our community and AUSLAN sessions on a Wednesday afternoon have become very popular. From a short conversation, to an idea, to a trial, to a short class, to a popular short pastime once a week – with practice in between. I do love the stories behind the AUSLAN actions – I do need the why to help me remember the action. Thanks to all the people who sign *KIND* when they see Jan.

Thank you to so many people for signing up for our webmail – that has been and will continue to be our fist channel of communication to as many members and friends to let you all know what is happening on a weekly basis at SpringDale. If you have no access to email then please let us know your mobile phone no, your home phone number or last resort your physical home address so we can keep you up to date. The number of people subscribed to our webmail kept increasing and kept making me much happier.

As SpringDale comes back to life in the physical sense there may be a few extra procedures to follow on your way in and out of the Centre. Please help us to keep everyone safe by following these procedures and please be patient if you have to wait – if you have the ability to do things on line prior to coming please do. Looking forward see you soon.

Breaking news our Neville Burrows has become Neville Burrows OAM *For service to the Uniting Church in Australia, and to the community.* Neville and his wife, Joyce, started SpringDale Jigsaw Club in February 2005. Because of their foresight and generous support so many people have been able to survive the last few months. Congratulations Neville so well deserved.

Yours sincerely,

Anne Brackley for Team SpringDale

# SpringDale Singers

After some discussion we have decided to wait until the start of 4th Term to get together and work out the future of SpringDale Singers, hopefully to start singing again. We feel things should be much clearer by then and we plan to meet all our Singers again on October 6th at 1.30pm with your music that was programmed for 14 April 2020.

Any enquires please ring Margaret Freemantle on 5253 1974

Please pass this information onto any of your singing friends who may not receive the SpringDale Messenger.





We would love you to subscribe to our webmail...

www.springdale.org.au or phone 5253 1960 to find out more.

The SpringDale Messenger July 2020

# News@SpringDale

#### Winter Wellness Workshop

In the depth of winter I finally learned that there was in me an invincible summer. -Albert Camus

Meditation, Goal setting, Motivation, Breaking down barriers, Finding courage, Rejuvenate.

Listen. Learn. Discuss and share life experiences.

There will be group sharing, personal reflection and contemplative time. Come along to be motivated, set new goals, prepare for change and learn to climb over (or move) barriers.

Instructors: Agata Commisso and friends

Date/time: Sat 25 Jul or Sat 22 Aug 10am-3pm this will include a light lunch

Fee: Free Conc Free Please contact office@springdale.org or phone 52531960 to register.

#### We now have a hearing loop in the Hall

Thanks to a Stronger Communities Federal Grant we now have a hearing loop in our 107 year old hall – looking forward to using it for the first time.





Dining Group and the Lunch Bunch will resume as soon as the Social Distancing regulations have been changed. A notice will be in the next edition.



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#### \$8 Million for Bellarine Secondary College

Recently I was pleased to annnoucne State Government funding of \$8.03 Million for the constrcution of a VCE Centre at Bellarine Secondary College.

This fulfills an \$8.9 million dollar 2018 election commitment, with \$892,000 having been approved in the 2019/20 State Budget.

I have been happy to have worked with the school on their plans to build the new VCE centre, which will include new seminar and class rooms, a student lounge and administration space.

VCE is the most important year of a students education and the new centre will ensure Bellairne VCE students are given every chance to succeed.

The Centre is the latest addition to the school and follows on from 2018 when the school significantly upgraded its IT area, general purpose classrooms, science lab, metal activity area and administration offices .

Bellarine Secondary College is a great school, one we can all be proud of, and I commend Principal Wayne Johannesen and his team, as well as past Principal Alison Murphy for their hard work to continually improve and upgrade the college.

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

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#### **Bellarine Secondary College Students** learning on the job.

In mentioning the Bellarine Secondary College, it is great to also to note that as part of the State Governments "Head Start Program" two of the school's students have been employed part time on the Drysdale Bypass works, gaining valuable career experience in their chosen career of civil construction

The two Year 12 students, Shauna Bowen and Harvey Webber, split their time between the classroom and the construction site.

Shauna and Harvey, at the age of 17, are the youngest employees of construction firm Decmil and after completing their work on the Drysdale Bypass will move onto other projects as part of a Certificate III in Civil Construction.

The qualification will help them build specialist skills in road and bridge construction and maintenance, pipe laying and traffic management, which they will put into practice on site.

The two students are beginning their apprenticeships with three days at school and two days on site each week but will eventually attend school once a week and work for four days.

## **Safe Seats Safe Kids**

#### **IS YOUR CHILD TRAVELLING SAFELY?** FREE CHILD CAR RESTRAINT FITTINGS & SAFETY CHECKS

SpringDale Neighbourhood Centre, DRYSDALE to hold a free child restraint checking/fitting day Pre-register: www.safeseatssafekids.com.au

find out more at safeseatssafekids.com.au

Shauna and Harvey's classmates are also contributing to the Drysdale Bypass, with Bellarine Secondary College students helping to choose words to be etched into the walls of the pedestrian underpass.

My congratulations and best wishes go to both Shauna and Harvey.

As always, please don't hesitate to contact me if there are any matters that I may be able to assist you with directly.

Hon Lisa Neville MP - Member for Bellarine Shop 66 Gateway Plaza Leopold lisa.neville@parliament.vic.gov.au Twitter@Lisanevillemp Ph: 5250 1987

## Safe Seats, Safe Kids Program

on Monday 27th July to check or fit





#### **Bellarine PC Repairs** - no Apple sorry Monday - Friday • 10am to 4pm (\$55 hour) MARTIN Mobile: 0411 427 360 Workshop: 5251 5405

11 Camberwarra Avenue **Clifton Springs** 



5251 1735

9 Mortimer St, Drysdale tavidsprint@gmail.com www.tavids.com.au

# Lisa Neville MP Member for Bellarine

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

T: 5250 1987 E: lisa.neville@parliament.vic.gov.au Funded from the Parliamentary Budget

The SpringDale Messenger July 2020

# Drysdale Bypass

It's almost unbelievable that the Drysdale Bypass is almost complete. After 40 years of planning and discussion, 4 years of consultation and design, 2 years of construction and now it's almost completely ready to use.

I remember when people heard that the funding had been promised and they couldn't believe it would happen. I remember when people saw the signs go up as to where the Bypass would be, I was told we have signs but we won't get the road. I remember when people said it will take so long and 2020 is so far away.

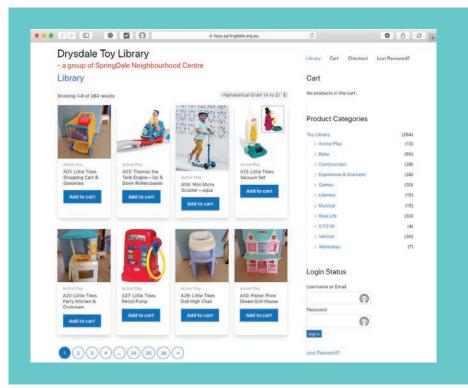
But now it has been constructed, it will be completed mid 2020 as planned. Our community can say thank you to everyone who has worked to complete this project.

We look forward to hearing about the thousands of artefacts that were uncovered and the significance of them to our local history and the stories they will tell.

Thank you to everyone who participated in our Town Summits in 2012, 2013 and 2014 and follow ups since then. Thank you to everyone who participated actively in every aspect of the design.

We look forward to be able to evaluate the success of the project once it is open and over the next 30 years.

Yours sincerely Anne Brackley





# TOY Library Click & Collect

Log onto toys.springdale.org.au

# **VOLUNTEERING: ONLINE TOY LIBRARY CATALOGUE**

When I was young, a "popper" was a pop gun or the sound that popcorn makes in the pan. I have had a lot to learn! Not having had kids, and with most of my relatives overseas, the learning curve has been... well, steep. My role was to find out information about child development, safety, parental involvement, toy recalls, the function of toys and so on... and write up descriptions, complete the photography and collaborate with other staff to get it up online.

The first thing I realised was that I knew nothing about modern toys and even less about children. My experience with small crawling bundles of joy has been limited to the four legged variety with sharp teeth which like to chew.. a lot. Imagine my joy when a friend told me that a lot of the time, that wasn't too far from the truth when it comes to toddlers. Well we all have to start somewhere, so I started with what I knew about- keeping chewable objects away from eager eyes, munching teeth and exploratory little paws. I mean, fingers.... Safety! I wondered even more what a "popper" is...

So I started typing the safety information first. I googled away and found various websites which explained developmental stages, appropriate

toys for those stages, the importance of play and so on (Construction, Real Life, etc.) Some had been recalled, and I learnt about how the relevant toy companies' conception of "duty of care" extends to younger siblings of the target audience for any particular toy. And I have learnt how to clean toys, pull them apart, fix them, and so on.

People see what they look for, and they look for what they know. It has been over 40 years since I had anything much to do with toys; and they have changed so much! To start with I had to go by the catalogue numbers and existing pictures... and now thanks to Pierce's technical expertise, I am about to complete the photo collection. Also, during the COVID-19 shutdown, many people cleaned out their cupboards... and out went the toys! So we have some new acquisitions.

We are nearly finished now... and I still don't know what a "Popper" is. But if there's only one left to work out; I guess that's ok. And it's been fun.

#### **Heather Kennedy**

Thanks Heather for your help to get the Toy Library online Anne Brackley.

www.springdale.org.au

# **Councillors' News**

#### By Cr Jim Mason

As the state's coronavirus restrictions ease slowly, I've noticed I'm allowing myself to look more and more to the future; to recovery and activities to look forward to. It's been a positive progression, as the months of 'here and now'

panic and uncertainty have taken a toll. The community's been through the wringer but has held strong, following directions closely to protect each other's health.

CITY OF GREATE

GEELONG

Getting back to training and playing local sport has been a joyous experience for many grassroots teams, no doubt offering a welcome boost to physical fitness, mental health and sense of community. Those who play at the Drysdale Sporting Precinct on Belchers Road, or who do other exercise there, will be pleased to know of council's plans to redevelop the site following extensive community consultation.

We've endorsed a master plan, that sets out timelines for medium and long-term upgrades that align with the tenant clubs' aspirations for the precinct. As well as addressing drainage issues and moving pedestrians around safely, the blueprint includes plans to build a proposed synthetic soccer pitch, multi-purpose field, two netball courts, female friendly change facilities and running circuit.

It also has space for a proposed new 50-metre pool at the site, which has been identified as one of shortlisted locations in Drysdale.

Other levels of government want to see this vision become a reality: the state chipped in \$50,000 for the master plan as well as \$5 million for the next stage of works, adding to the commonwealth's pledge of \$3.5 million. Putting this plan into action will not only give Drysdale and Clifton Springs access to premier sporting facilities, but help kick start our recovery from coronavirus.

Another terrific council decision that's been received positively is the extension and expansion of the City's hard waste collection service. You can now book two collections each financial year and mattresses are now accepted. Mattresses dumped on roads or in parkland are an unwelcome sight and unfortunately, this item is one of our region's most illegally dumped.

The City spends thousands each year cleaning up dumped rubbish, so we're expecting to have less mattresses in the mix from now on. And remember, if you spot a dumper – dob them in! Call 5272 5272 to report them to council.



Central Baptist Church would like to share a little joy and hope to you all by opening our doors every Thursday for free hearty homemade soup and cuppa.

We all need to chill out in these trying times.

We at Central Baptist have the best views in the world from our soup kitchen.

#### All are welcome starting on July 2nd from 11.30 until 2pm

Further inquiries phone Carol on 0456847521



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Lee Martin Bellarine Team Leader M: 0400 957 839 Ange Callan-Harris Bellarine Agent M: 0423 295 705

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# bellarine **p** property

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It was mid-March and I was relocated to home, my lovely new art space at SpringDale, the creative art studio, firmed locked up. I had learned that I was now part of the designated "elderly" group of Australians who were nicely, but firmly ordered to stay at home.

I could have become an ex art tutor.

Anne Brackley is always up for a challenge and quickly put in place Zooming as a way of continuing the SpringDale courses and groups during the Victorian shutdown.

I contacted my advanced classes, expecting them to rise to challenges I set. It was now time for me to meet a new challenge. I ventured forth, with a degree of trepidation, into the world of online teaching using Zoom. To my great relief sufficient students had the technology and were adventurous enough or desperate enough for ongoing tuition and contact to join me on screen to continue their art journeys. I thank them for taking the plunge with me.

And it worked, brilliantly. And it was highly successful.

Productivity went through the roof. Everyone had to set up a workspace at home and this meant that it tended to stay put throughout the term, readily available for working between lessons.

# ART ZOOMING at SpringDale



Perhaps without the tutor looking over their shoulder and not being able to just chat with the other students meant that students became quite independent, more adventurous and took risks. Whatever the reason, this was exciting. At the end of the term I am an incredibly happy teacher.

Annette Playsted - Art Tutor

I asked my advanced students to tell me how is was for them.

#### Here are some of their responses.

*I enjoyed the zoom art classes; it was an excellent solution for the isolation period.* 

I found it motivated me to continue my art journey which I am sure would not have happened without the zoom class. I found that seeing & communicating with other class members was beneficial not only from participating in the working sessions but helped from a mental health viewpoint. It was something to look forward to and plan for each week. I think it could be a tool that could be used as a means of participating if confined to home for any reason. I am looking forward to seeing everyone's work when classes resume next term as this was the only disadvantage, I found with zoom class. Jan Ellis

# What does **prosperity** mean to you?

Some of us would immediately see visions of huge houses, swimming pools, flash cars, overseas holidays, lavish lifestyles, more money than we could every want, and being able to buy and do whatever we feel like.

In some country's prosperity would be a healthy crop that's ready to be harvested, a well in the centre of the town where fresh water is readily available, enough food to feed the whole family, yourself included, and a medical service that's less than a day's walk away.

Prosperity is relative to our time and our place. It's relative to the conditions we live in.

In Hindi it can mean anything from welfare and safety to magnificence and grandeur!

Some words that might define your state of being if you were prosperous could be – secure, stable, safe, happy, satisfied, healthy, peaceful, and content.

It's not hard to imagine that you could experience these feelings even if you didn't have "all the money in the world".

To me it's incredibly sad that so many women in Australia who are over 55 are not experiencing any of this, and they have no hope of ever reaching that state of mind in the future that they see ahead for themselves.

One in three women over 55 are living in financial hardship, and this number is growing. These women seem to have slipped under the radar. I think it's time to notice them, to talk about this problem and to find some solutions so that all women over 55 can live in prosperity and health – just as so many of us do.

If you would like to be part of this conversation, please give me a call or email me.

Dianne Bennett Ph: 0422 146 604 or email diannebennett4@hotmail.com

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I would be pleased if you would pass on my thanks to Anne and her team at Springdale for taking the initiative and introducing us to 'ZOOM'

Being able to continue our Term 2 Art course during the Covid 19 confinement period was wonderful and a 'sanity saver'!!

I am sure my classmates would agree your expert tuition was not at all compromised during our virtual art sessions. Thank you, Annette, for keeping us enthused and on the job....

#### Faye Garland

I found that using Zoom enabled me to carry on with my art works. Without using this tool and the motivation provided I would probably have given up this course. I found that the feedback provided was inspirational. I did miss not being able to see other participants handiwork in close up and more detail. I think it was a great effort made by Springdale to find a way around our isolation period. Norbert Heimeier

A large thankyou to Anne and Annette for facilitating our art classes during this term, the classes have enthused my attitude towards painting. Thanks for the opportunity.

Andrew Trott.

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## Kindness - Why Kindness?

I had a conversation with my friend the other week about the importance of kindness. Reflecting on our experiences, we had two very different experiences of what kindness meant to us.

My friend said that growing up for her, kindness was synonymous with weak, "wimpy" word. That people should stop using it because it is not useful or necessary. She asked me what I thought about kindness and I reflected a very different story.

In my opinion, everything I have, that means something to me, was only ever attained by kindness.

Kindness is what brings me closer to my loved ones. By being able to relate to what they are experiencing and treating what was going on with them as important and meaningful. I could then help them be heard and let them see that things were not so bad. Then we would be grateful for what was and be able to move forward, even when we could not move on.

Kindness means that I hold myself to a certain standard, a standard of seeing many human individuals as worthy of love, care, and compassion, and doing my best to uphold those ideals. Being kind means I have boundaries of what I will or will not allow, by giving that kindness to myself.

Kindness is what I hold onto in my darkest moments, when the world seems darker than normal and I see only my worst qualities, I can look on who I have been and kindness saves me again and again, as I reflect on how I treat other's and what that means about my character. Can I be so bad with a heart so big?

Google defines kindness as 'the quality of being friendly, generous, and considerate.' I define it as: a feeling of letting people be themselves, flaws and all, and when you let that happen, you enjoy the honour and privilege of meeting people as who they are. Bright, curious, and beautiful.

#### **Courtney Brackley**

PS How is your Gratitude tree looking – can you send us a photo?



www.springdale.org.au

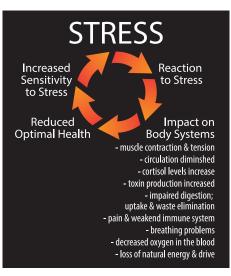


# stttrrreeeeessssssssss....

Stress is a normal reaction we have when changes occur in our lives. We can respond to these changes physically (butterflies, pain, illness), mentally (forgetfulness, low productivity) or emotionally (anger, fear, sadness). This interesting time in our world has seen many people discover their body's stress response to change and uncertainty.

It's normal. Absolutely. The place where we can differ is in the magnitude of our response to stress. Have you noticed how some people power through and thrive with stress, while others crumble at the slightest change? To some degree we can all work on gaining control of our response to stress and in that process ease its ill-effect.

In the right amount, stress can keep us alert, sharp, ready to respond to danger and highly motivated. But when there is no relief between stressors, we can have a negative reaction – a state of distress. Some physical signs of distress are; headaches, stomach issues, chest pain, fatigue, high blood pressure, reflux, a racing or fluttery heart and sleeping problems...



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You can reduce the impact of stress by adopting a few small practices to feel happier and healthier in the "stress" of life.

- Keep a positive attitude deflect the stress before it creeps in.
- Accept that there are some things you cannot control.
- Start to notice when it appears catch it early and be aware that you are under stress and need to manage (and maybe take a break from) it.
- Practice relaxation; meditation, walking.
- Look after your body with healthy eating and exercise.
- Make sleep (and sleep hygiene) a priority.
- Surround yourself with people you love.
- Consider and manage the triggers that lead to stress, and the magnitude of your response.
- If you need more support, seek help from a mental health professional.

Hypnotherapy can help release you from the triggers you have for, and the response you feel to stress.

Kim High - Clinical Hypnotherapist (BSc MEnv DipEd DipClinHyp)



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# Where to Now? How we bounce back post-COVID-19!

Most Primary School students have already transitioned back to on-site schooling, with some parents opting for their children to remain at home until the start of school in Term 3. As parents, I'm sure you have had a lot of questions and thoughts about how to support your children during the transition process.

Some students might have found the transition back to school easy, others might have found the process more challenging. The reality is no one knows what the new normal is going to look like long term. It will be a gradual process that as a society we build on together, but it all starts with clear and positive communication.

Ask your children open-ended questions to find out their thoughts and explore their feelings about being back at school. Validate how they feel. It is normal to feel anxious or worried just as it is to feel happy or excited.

Reflect on the memorable and spontaneous learning that has transpired during home schooling. Think about what made the family laugh and smile. These experiences will no doubt become fond memories that will be shared for years to come!

Together share the positive benefits they have found returning to school. If your child asks a lot of 'What if...' questions, problem-solve any concerns they have together. Help them to identify what they can control and discuss practical strategies they can implement. Encourage them to appreciate what they have and to find joy in everyday moments.

Re-establish a daily routine, as this familiarity will enable your child to feel safe, maintain some control and reduce anxiety. If your child is worried about mixing with others, slowly re-integrate your family lives back into society - a play date with a friend, visit to a park, or playground, going to the supermarket or visiting grandparents.

The positive social and emotional transition of your child will enable them to focus more purposefully on their academic skills once they have settled back into daily school life.

Lastly, acknowledge your own feelings about your child's transition back to school. Remember you will always be your child's first teacher and you will remain an active part of their learning. As you know the best learning occurs when it is fun, relevant, engaging and spontaneous!

During the September school holidays, I plan to run workshops at SpringDale Community Centre for small groups of primary school students, including: Inquiry based learning; Art for creative expression; Drama to extend confidence; Journal Writing for self-expression; and Resilience building for personal wellbeing. Let me know if you are interested in any of these workshops before then. I'm happy to help where I can! Stay safe!

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

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If the lives of Drysdale author Judy Baird's forebears seem implausible, it's because they were. Dating back to their disastrous shipwreck on the reef at Point Lonsdale in the 1850s, subsequent generations experienced hardship, poverty, fear and trauma to the extent that it makes the COVID-19 pandemic seem like a relaxing holiday on a palm-fringed beach.

We have been hearing the word "resilience" more and more lately. The brave firefighters who faced devastating bushfires last summer, the medical staff at the front line during the Corona virus crisis, even the terrified autistic teen recently lost in the bush, all showed incredible resilience.

The members of Judy's family over three centuries experienced everything life could throw at them but faced it with a courage that inspires us all. Judy opens her heart to share her own story with honesty and humour in her newly published book "Reflections on Resilience". The book will make you laugh, shed some tears and delight in the photographs and images.

Mostly you will wonder at how family members, particularly five of the women, were able to face such tragedies and go on to lead fulfilling lives, contributing to humanity in meaningful ways.

"Reflections on Resilience" is available for \$20 at SpringDale. Judy will personally sign your copy on request and donate \$5 to the Neighbourhood Centre.



## SOCIAL DISTANCING CAN'T STOP US DOING GOOD

One of the things the Rotary Club of Drysdale love to do is give away the hard-earned cash we have raised through money coming in from BBQ's, Art Shows and other ways. That's in a normal year but with the current pandemic and restrictions we have not been able to do them.

Social distancing however did not stop us recently handing over a cheque for \$4000 to the Barwon Health Rotary Volunteer Patient Transport Program. We even measured our gap!!

The Transport Program provides free travel for people who have no other way to make it to life saving medical appointments. Maybe you have seen the cars on the road with a big Rotary logo. If you haven't, when the restrictions lift keep an eye out. They look after many people here in your community.

To keep the cars on the road costs a massive amount of money and we know every little bit helps and lots of small amounts add up our contribution helps them maintain this program. A number of Rotary clubs across Geelong also contribute to the program.

Do you know anyone who has availed themselves of this service or any volunteer service through Barwon Health? There is nothing stopping you from helping the program too if you have some spare cash you can donate straight to Barwon Health or contact us and we will pass it on. We are so happy to be able to assist in any way we can and although our activities have been curtailed temporarily we will be back raising funds to help charities here and overseas.

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



Rotary

Club of Drysdale

# SpringDale Trivia 37th Edition by Drysdale Girl Guides

- 1. In 2020 Father's Day will fall on what date in Australia?
- 2. Porterhouse, T-bone and Eye fillet are types of what?
- 3. Traditionally, lavender flowers are varying shades of what colour
- 4. In which film did the line "I feel the need, the need...for speed" come from?
- Who was the Captain of the Geelong Football Club AFL team during the 2007 Premiership Season?
- 6. What is the name of Peppa Pig's little brother?
- Turn to page 22 to find the answers.
- 7. What role did Dame Maggie Smith play in the Sister Act films?
- 8. Google Chrome, Safari, Firefox and Explorer are different types of what?
- 9. Which country produces the largest amount of coffee in the world?
- 10. How many eyes does a bee have?





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The SpringDale Messenger July 2020



Business on the Bellarine

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

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

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

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

Drysdale Cricket Clubroom Drysdale Recreation Reserve, Granville Street, Drysdale

Contact Aaron 0488 001 093 for more information.



SpringDale is offering as many of its usual services Term 3 on-line or at a distance as we can. Our classes for July-Sept 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



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: Wed 15 Jul - 16 Sep 2pm-3pm 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 1-3.30pm

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: Thur 23 Jul - 10 Sep 1-3.30pm 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 reauired.

Instructor: Christine Middleton Dates/times: Tues 21 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 - 1 Sep 1-3pm

Fee: \$140 or Conc \$80 (8 sessions)

#### 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 - 31 Aug 10-12.30pm Fee: \$145 or Conc \$80 (8 sessions)

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#### **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 - 31 Aug 1-3pm or Dates/times: Tues 14 Jul - 1 Sep 10-12.30pm

Fee: \$145 or Conc \$80 (8 sessions)

#### 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: Mon 3 Aug - 24 Aug 7-9pm Fee: \$110 or Conc \$100

#### **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 leaning of the ukulele. Note: Your own ukulele is required. Instructor: Helen Brown

Dates/times: Thurs 23 Jul - 10 Sep 11.30-12.30pm

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

#### **Ukulele Advanced**

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

Note: Your own ukulele is required Instructor: Helen Brown

Dates/times: Thurs 23 Jul - 10 Sep 10.15 -11.15am

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

#### **Five-String Banjo for Beginners**

For complete beginners. You'll learn the threefinger 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 - 8 Sep 2.30-3.30pm Fee: \$200 or Conc \$160 Banios for hire available

#### **Five-String Banio 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 - 8 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 - 8 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 29 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 7 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: 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: Sam Chait

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 1-3pm Fee: Free

## Wellbeing

#### Mindfulness in the Age of Uncertainty

A course covering the Mindfulness practice is conducted by retired psychologist, Dr Max Simmons. These sessions will be conducted at SpringDale with the opportunity to Zoom into the class if required. For further information about this course contact SpringDale Neighbourhood Centre or email: mws.psychology@bigpond.com Instructor: Dr Max Simmons

Dates/times: Thur 16 Jul - 3 Sep 10-11am 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

Yoaa

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 and Zoom

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: \$90 Conc \$80 for 8 Sessions

Dates/times: Fri 24 Jul - 11 Sep 9-10am

Fee: \$90 Conc \$80 for 8 Sessions

\$15 per session if paying for single sessions

#### Chi Gona

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: \$90 Conc \$80 for 8 Sessionss

Dates/times: Fri 24 Jul - 11 Sep 10.30-11.30am Fee: \$90 Conc \$80 for 8 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.

Dates/times: Fri 11 Sep 1-3pm Bookings essential Fee: Free



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

#### **NDIS Families as Planning Partners**

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

**Online courses contact Maree at VALiD** maree@valid.org.au

#### 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

The SpringDale Messenger July 2020

Facilitator: Anne Brackley

**All Abilities Art** 

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

## **Digital Technology**

#### Introduction to Computers

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

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

Instructor: Brenda Richardson, Iteracy Skill Level: Beginner

Dates/times: 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, Iteracy 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: Tues 11Aug & 25 Aug 4-6pm Fee: \$50

#### 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 Commisso 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.

L<sub>Learn</sub> O

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.

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#### **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.

#### ligsgw Club

Borrow a jigsaw from a big library, 40¢ 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 In recess until October 2020

SpringDale Singers meets at SpringDale

Neighbourhood Centre on Tuesday. 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

Click & Collect. Log onto - toys.springdale.org.au

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

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

## 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.





Well we as Australians have certainly been through a terrible time with the COVID19 – what with isolation, only leaving our homes when necessary and online learning or home learning. Online learning has certainly been challenging for our carers, but we have risen to the challenge.

Our carers have embraced home teaching and rejoiced in other ways - for example:

- no school lunches to prepare only never ending snacks
- no home work to be done only quiet reading at home
- no getting for school some children were even allowed to go to school in their pyjamas

So from all the reports I have received about online learning the carers seem happy with the way things have gone so far. But believe me every carer is looking forward to the children going back to face to face learning in the classroom. Which has happened now and we hope it stays that way.

As the number of carers and children in our group is growing at an alarming rate, at this current stage over 43 carers and over 83 children. But in the next few days that number will again increase.

I know this is going to sound strange, but I would like to talk about Christmas.

This year I would like to provide each carer with either a Coles or Woolworths gift card, so they can go shopping for the festival season for the children in their care.

For the younger children aged up to 8 years I would like to provide a new toy, book or game.

For the children from 9 to 18 years of age I would like to provide a \$30- (Coles/Myer which cover Target, Kmart, Officeworks or a Movie voucher) gift card plus a toiletries pack for each young person.

Can I please ask any business , organization or members of the public who would like to help support our carers and children, leading up to the festival season to get in touch with me direct on the number listed below. I would appreciate any assistance.

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

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

We meet from 10am to 1pm on the first Monday of each month (not during school holidays) Stay safe and healthy everyone.

Jeanette Hanley-Heath - 0414308257

# Why Prepay a Funeral?

A funeral plan can help ease the financial and personal worry at such an important time. For obligation free information and advice visit www.tuckers.com.au or phone 5221 4788.



5221 4788 www.tuckers.com.au

The SpringDale Messenger July 2020

Outside SpringDale I met some people looking at the Bunyip footprints on the footpath. Lucy had just read the book I wrote about the Bunyip and my family. I asked Lucy to write an article about her experience searching for our Bunyip and she did.

Anne Brackley friend of the Bunyip.

## Have you seen the Drysdale Bunyip?

I have been looking everywhere, but I can't find him.

I have checked at Lake Lorne, McLeods Waterholes and followed his footprints around town, but I still can't find him.

I have drawn a picture of him. He has green skin, a yellow belly with red dots and big eyes. If you have found the Bunyip, you are very lucky to have seen him.

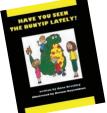
I don't think the Bunyip has been at Drysdale Primary School yet because I go there and there are no footprints. I think the Bunyip lives at Lake Lorne.

Hopefully I can find him soon.

Written by Lucy Brown.



# On Sale at SpringDale



Fantastic reads for young or old.

Have you seen the Bunyip Lately? \$10

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# BELLARINE CAMERA CLUB









# NEVILLE RICHARDS

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



Although we are not able to hold meetings just yet, our monthly competitions are still being strongly supported my members, continuing to be electronically submitted and judged. Results from our latest competition, Miniamilism, are as follows:

#### A Grade:

**PRINTS** - 1st Suspension, Stan Coath; 2nd In the Shadows, Dee Kelly; 3rd Forest Phoenix, Dee Kelly; Merit: Leaf S2, Stan Coath; Plant over Pattern, Daryl Haywood

**EDIs** -1st Dome Light, Daryl Haywood; 2nd Droplet, Lynne Bryant; 3rd Triangular Pattern, Daryl Haywood; Merit: Dune Walkers, Robyn Curtis; Night Lights, Helen Broeks

#### B Grade:

**PRINTS** - 1st One Small Step, Geoff Evans; 2nd Zen Stones, Geoff Evans; 3rd Nature, Debbie Hallows; Merit: Stone on Beach, Lynn Cornell; All By Myself, Geoff Evans

**EDIs** - 1st Sunrise, Geoff Wiffen; 2nd Promenade, Geoff Wiffen; 3rd Bird on a Rope, 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



## 5251 3857 NEVILLERICHARDS.COM.AU Property Management • Sales • Appraisals

# lemories of Yesteryear by the Older Generation of the Bellarine

## Jack Butcher continues....

When Bill Butcher moved to his High St property, his Blacksmith business was gradually being phased out due to the advent of Motor vehicles and the pneumatic tyre. Then World War 2 broke out and Bill and his brother Alf became primary producers to assist in the support of Australian and eventually American Troops. Two other younger brothers, Herbert (who was also a blacksmith) and Ernest had enlisted in the Lighthouse regiment during the Great War and had returned and then they moved away from Dysdale.

Bill was growing potatoes and tomatoes on the "NYORA" property and asparagus on land opposite, backing onto Palmerston St. His youngest daughter Joan (Mrs Ron Chenery) related a tale about the farming and about the many hours sitting on the Asparagus Horse in the shed at High St a few years ago, prior to her passing.

Bill made an asparagus knife by heating and forging a file into a tool similar to today's paint scraper (only a heavy duty one) and men were engaged to cut the asparagus with this tool. The asparagus was then brought across the road to the shed next to the house where Joan would process them with the use of an "asparagus horse" which was built by her father. The horse's head was a large jam tin in which the stalks were placed and tied into bundles weighing two pounds each. These were then put into boxes to be taken by Woolnough's bus to Geelong to be sent to the troops. My mother and father (Betty and Joe) were engaged in the tomato harvesting and one can only assume that Joan's younger brothers Lindsay, Carl and Darryl would have been made to assist with the planting and harvesting as well.

**Russell Butcher** 





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

The SpringDale Messenger July 2020

## **Drysdale Health Group**

Proactive, Preventative & Professional

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- Myotherapy
- Exercise Physiology
- Acupuncture
- Pilates
- Naturopathy
- **Remedial Massage**

27-29 High St Drysdale (03) 5251 2958 www.drysdalehealthgroup.com









# Bellarine Historical

# **PORTARLINGTON** - Part 2

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

I sailed back home to city life thinking what a wonderful place Portarlington would be to live, never imagining what my future may hold. It seemed like an earthly paradise to me with clean beaches on the doorstep, shady parklands and lots of open space to run around in. So I found it hard to believe when just five years later my father was transferred to become Officer-in-Charge of the Portarlington Police Station, a one man police station where he was effectively in charge of just one policeman - himself - for the rest of

his police service. He enjoyed his working days in the town and became well known by the local community for his low-key approach and readiness to settle problems with friendliness and quiet tact. For him it was a huge change from being a plain-clothes policeman in the city, dealing with hardened crims! Ten years later, in 1953, he was able to take early retirement to continue to enjoy this quiet seaside village where he had found similarities to a place in Scotland which he knew and loved when he was a boy.

I enjoyed more than a decade of living in Portarlington until adulthood took me away, whilst my parents stayed for the rest of their lives. Attending school, playing sport, then working full-time in a Geelong bank were my main interests during these years. Other activities included picking peas, bagging onions or digging potatoes to earn spending money in the school holidays (there was no pocket money paid by our parents in that era). After leaving school and whilst in full-time employment, I spent many hours working part-time as assistant projectionist at the

Portarlington Picture Theatre regularly on Saturday nights and also Wednesday nights in the holiday season.

My parents enjoyed the peaceful life which Portarlington provided after their early lives in the UK, where they had both joined the British Army and served in France. My father, Allen Cowden, enlisted in 1914 at fifteen years of age and survived minor wounds and gassing whilst first serving at Gallipoli and then later in France. During those years he rose from the rank of Private to Acting Captain before the war's end.



THE PIER, PORTABLINGTON, VI





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## How hot do you like your HOT Chilli? (there's an oxymoron right there!)

There's a few of us in-betweeners who like our hot chilli just right ... it's the Goldilocks in us!

But for those who like it hot, they are onto a good thing. Lovers of hot hot hot keep going back for more.

That's because when the hot stuff gets in, the brain releases endorphins in response to the burning taste of hot chillies. Endorphins are the pain-killing compounds that give a sensation of pleasure. Hot chilli is also known to act as an anticoagulant and may help to decrease blood pressure and cholesterol.

Chillies can be too hot to handle ... always take care if cutting and using many at one time, use gloves or kitchen scissors might be handy.

There are many different varieties available at local supermarkets. Plant a little tree to have growing in a pot or in the garden. When there are too many on the bush, harvest and hang to dry. Alternatively each little chilli may be placed on a cotton cloth in an airy part of the house. They will dry out slowly and may be chopped with a stick blender to store in a jar.

# BISCOTTI

Hazelnut

- 160g caster sugar
- 2 eggs
- half teaspoon baking powder
- zest of 1 orange
- 60g unsalted butter, cubed
- 220g plain flour • 150g chopped hazelnuts

Blend sugar and eggs until light and fluffy Add baking powder, zest and butter Blend together until light and fluffy again Add the flour and chopped hazelnuts Stir in well

Pour the mixture onto a baking sheet/tray Shape it into a log Bake at 180C for 35 minutes

Remove from the oven and gently slice the log Place each slice back on the baking tray

Bake at 160C for 30 minutes Allow to cool and place in a biscuit tin or eat and enjoy with a Frangelico shot!!





The word "biscotti" is Italian for twice baked. Hence the log is baked then sliced and baked again to make it crisp!







2 tablespoons oil 200g HOT chopped peppers 500g chopped onions 250g sugar 5 cloves chopped garlic 100ml water 100ml white vinegar 1/2 teaspoon salt 2 tablespoons lemon juice

- Heat the oil in a saucepan over medium heat.
- When it's hot, add the peppers and onion.
- Cook and stir from time to time, until golden and tinged brown – about 10 minutes - add the garlic.
- Cook for another couple of minutes.
- Add the sugar, vinegar, lemon juice & water.
- Stir and allow to simmer.
- Season with salt, turn the heat down to simmer gently, uncovered, for about an hour, or until the liquid has almost evaporated.
- When the desired consistency is reached, pour into jars and seal immediately.



# COFFEE @ SPRINGDALE

Have you bean there done that? Is your percolator to perky, your dripolator constantly dripping or your espresso machine too hot

& steamy?

#### Well "better latte than never"

Take the plunger and come along to a coffee conversation with Sam, where we will discuss all things coffee.

Book in for Espresso Course at SpringDale 1st Saturday each month.





# The Yellow-tailed Black Cockatoo

These are a large, black cockatoo with a yellow cheek spot and slender tail panels decorated with yellow patterns. We do not see these birds all year round as they breed in the ranges then like us humans, long for a coastal holiday. Roving flocks usually visit the Bellarine during early winter months and like all tourists are hungry, curious and out for a jolly, good time. You will know when they have decided to visit as they fly slowly, leisurely overhead with many calls of whee-la to one another. It is quite certain that you will hear them long before you see them. In flight the sounds of the birds fill the air with long and sad wails. Certainly you have time to discover their where abouts high above as their flight is slow and leisurely with a defined grace giving you full time to pick out the large, slender majestic bodies.

On the coast they head for the Eucalyptus and shrubs of the Banksia, Hakea and Grevillea however the most favourite part of their menu comes from the tall pines that align many streets and parks. Feeding, they aren't so significant and there are less signs that they are dining high over your head except for the occasional dropping noises of left overs. The birds are far too busy extracting the wood-boring larvae of moths and beetles by gouging huge holes in the bark and breaking off cones than to use their voices now. The only sign of their presence is the strewn pieces of tree litter that heavily covers the ground below. They are very untidy feeders.

Perhaps now and again you may pick up a rasping noise more like a type of squeaking gate than a bird but that is a

baby or juvenile begging profusely for some food samples from the long suffering, but patient adult.

If you want to know more about our yearly visitors in fact all our Australian birds "The Australian Bird Guide" (Menkhorst, Rogers, Clarke, Davies, Marsack and Franklin) is a wonderful addition to your library. Apps are also available - I use Pizzey and Knight's "Birds of Australia" and The Michael Morcombe & David Stewart eGuide for Australian Birds.

#### Carole O'Neill





Hi, everyone I'm back again to hopefully lighten up these somewhat depressing days with some more Sci- Fi fun.

I should have mentioned that I am in possession of a number of Star War magazines. If any keen fan of the show would like to take these off my hands contact SpringDale by phone and they're yours!

You will remember that earlier we looked at the concept of suspended animation as a possible solution for getting the crew of the first manned mission to Mars through the five or six month time period necessary to bridge the gap between home and destination red planet. This in turn has led me to wonder if we could borrow the vertical takeoff concept built for that setup for our next Apollo moon mission.

If we are to have the rocket vertically set up rather than slanted as we

did last year we will need to have a second command module underneath the tower so that the kids will be able to watch their own lift off. This will replace the suspended animation crew member featured in the May column photo. This new module will be in addition to the original slanting cabin with the beach chairs which we will still need for manoeuvrers in space and also for final "splashdown."



We were planning to have another assault on the

moon landing in July on the back of last years' 50th anniversary however, the next launch date now looks more like November or maybe not even until next year.

Gives me plenty of time to prepare!

I see "Space X" has been busy with their new rocket. Will they get a man to Mars in our lifetime? If only we could get to see that happen! Until next time, John.



Become a member of SpringDale \$12 per year and have access to our thousands of Jigsaws 40c per hire.



The SpringDale Messenger July 2020



We have just recently marked the shortest day, which means we can now look forward to longer days and more of the COVID-19 restrictions being lifted. During these unprecedented times I have had more time at home and it has given me a chance to sit back and reflect. I have come to appreciate just how lucky I have been to have so much space around me, and in this space a garden that I love getting out into at every opportunity. Tending to my plants has given me a purpose and sense of direction when the world seemed to have been turned upside down and put into a holding pattern. But, nature keeps going, the weeds keep popping up, the grass keeps needing to be mown, different species in the garden come into flower, while others finish flowering and need to be tidied up in readiness for Spring.

I don't think we will be able to resume our normal monthly meetings for a little while yet, but I am feeling very confident that our Annual Plant Sale will be able to go ahead in late October. I would encourage our Members to utilise all this spare time they have potting up lots of cuttings.

Camellias are starting to become a feature in our gardens now, this month I have included some photos of some beautiful camellias grown by our members.

If you would like to know what the Clifton Springs Garden Club is up to, please do not hesitate to contact Helen, our Secretary on 5257 2220 or email her on hma3152@gmail.com.



We all have thousands of photos on our phones, computers,

and cameras that are very important to us.

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The SpringDale Messenger July 2020









The Geelong Cats and Kardinia Park Stadium Trust created an Australian first in 2019 with the launch of a sensory zone.

The initiative assists patrons with sensory sensitivities in having the most comfortable and accommodating experience possible when attending any event.

In addition to the sensory zone, sensory bags, equipped with noise cancelling headphones, fidget tools and verbal cue cards are available to all guests at three locations around the ground for guests who may feel overwhelmed by the environment. Over 500 people including customer service, security and match day staff attended a training and education session.

Over 300 people utilised the Sensory Room with 100% of guests' surveyed saying that they felt safe, welcome and included.

The Geelong Cats and Kardinia Park Stadium Trust partnered with US-based not for profit organization KultureCity plus Deakin University, BCYF, Barwon Paediatric Services, Leisure Networks, Gateways Support Services, NDIS, Latrobe Community Health, G21, City of Greater Geelong, Armstrong Creek School, Diversitat, Hope Bereavement Services and Untapped Group to ensure that match days and other major events promote an accommodating and positive experience for all guests and fans with a sensory issue that visits

> Sarah Albon - General Manager- Community Ph: 03 5225 2449 or Mob: 0401 565 442 E: salbon@geelongcats.com.au



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

# Trivia Answers1. 6th September<br/>20206. George Pig<br/>7. Mother Superior

8. Web browser

9. Brazil

10.Five

- 2. Beef Steak
- 3. Purple
- 4. Top Gun
- 5. Tom Harley



The SpringDale Messenger July 2020

# COMMUNITY DEVELOPMENT T I M E L I N E

Our Community Development Timeline Website is almost ready to launch. It has been so much fun getting this ready to share with our community but this is just its first step. We have built the back bone and now it's up to generous people within the community to help us populate the timeline with facts and photos, with quotes and quips, with successes and surprises.

Having information about so many organisations and clubs in the one place will be fantastic for school children researching, new residents finding out about the community and for people who really just want to help their memories a little.

During this project we've already answered a few research questions to the best of our abilities but just imagine being able to access that information 24/7. Imagine people being able to send us digital images to go with stories. Imagine people being able to tell the stories that go with photos.

I'm hoping we can find out why some things happened and fill in those gaps. What is the narrative around organisations starting in the Bellarine. How the Bunyip Festival started? Why the Bellarine Show moved from Drysdale to Portarlington? Where did the Curlewis Football Club play? How did Guides and Scouts start in the area? These are my questions but you'll have your own.

Over the last few years we have helped Clifton Springs Bowling Club to celebrate 40 years, Drysdale Bowling and Croquet Club celebrated 70 years along with Drysdale CWA, Drysdale Football Club celebrated 140 years as did the Bellarine Railway, Drysdale Uniting Church celebrated 170 years as did Coriyule Mansion and the list goes on.

I love the story about SpringDale Hall, which was the Methodist Sunday School Hall and was opened on 11 Dec 1912 Free of Debt.

Please contact SpringDale if you have anything to add to our timeline email messenger@ springdale.org.au or phone 5253 1960 thanks for your assistance in advance Anne Brackley of the Bellarine.







We still need baskets and looks as if we'll deliver in August.

Bruthen Community is looking forward to us coming to visit soon.





## Portarlington Bayside Miniature Railway



Show your support by donating at gf.me/u/x29gnw

The Portarlington Bayside Miniature Railway Inc (PBMR) is Geelong's only passenger carrying miniature railway and is based at Point Richards, Portarlington. The current COVID-19 Pandemic has severely affected the fund raising capacity of the PBMR to achieve some of it's aims and objectives which include track refurbishment, turntable and servicing area repairs and station repainting etc. Accordingly we are seeking your support to ensure the continued success of our miniature railway facility.





# NORTH BELLARINE POOL UPDATE

The City of Greater Geelong is progressing plans for the proposed north Bellarine pool after Council allocated a further \$750,000 towards the project in the 2020-21 budget.

This funding complements a \$10 million commitment from the federal government in 2018 to build a new 50-metre outdoor pool.

The proposed centre will also feature multipurpose spaces, change facilities and a pavilion.

Last year, the City led a scoping study to look at the need for an aquatic facility to service northern Bellarine Peninsula communities.

The Council-funded study investigated the needs of the growing region and found the area lacked access to a pool, compared to other towns and suburbs in the municipality.

Council endorsed the scoping study in March earlier this year, and identified the following two potential sites for the pool:

- the Drysdale Sporting Precinct; or
- the current Council depot site in Collins Street, Drysdale.
- The preferred location is set to be determined by Council in August 2020.

Greater Geelong Mayor, and Bellarine Ward councillor, Stephanie Asher said she was very pleased with the progress of the plans.

"Thank you to all local residents and organisations, including in particular the North Bellarine Pool Advocacy Group, which has provided valuable input into this project," Cr Asher said.

"The scoping study reflected what our Bellarine residents have been saying for a long time. We are on track for a council officers are gathering the relevant information to enable a council decision on the most appropriate location for the pool. This decision will be an exciting and important milestone in bringing this project to life."

Bellarine Ward councillor, Trent Sullivan said the pool would improve the liveability of regional townships like Drysdale, Clifton Springs, Curlewis, Portarlington and St Leonards.

"These communities have experienced significant population growth in recent years, so it's important Council makes more services and facilities available," Cr Sullivan said.

"A pool in Drysdale will service these communities and also take pressure off the aquatic centre in Ocean Grove."

If you would like more information about the project, or would like to provide feedback, please email the City's Social Planning and Investment team at SPIAdmin@geelongcity.vic.gov.au

#### City of Greater Geelong

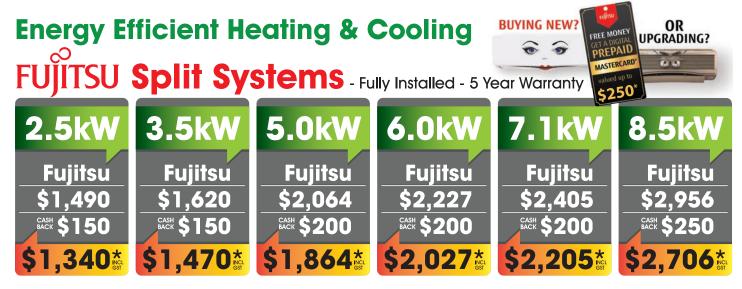




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\*Standard Installation Pricing. Price includes STC discount, Vic Solar Rebate \$1,888 and Vic Solar Interest Free Loan \$1,888 (Eligibility Criteria)



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\* Terms and conditions apply on all Cash Back and Solar Rebate offers. LIC: Plumbing 49132 - Elec 20281 - Arctick AU38204 - Solar A8699184

All Warranty and Servicing by Eco Choice

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