

Improved Traffic Flow

In 2012 SpringDale Neighbourhood Centre hosted a community summit, where the community prioritized 20 issues. The community rated traffic through Drysdale as the highest priority and so we started to advocate. Almost 8 years later and in conjunction with various levels of government most of our issues have been addressed and now we have a ring road around Drysdale helping traffic to flow more easily around and through Drysdale. Well done to everyone who participated to make these accomplishments as good as we could enable them to be.

I wonder what Caroline Newcomb, who presided over the first Portarlington Road Board (the first Road Board in Victoria) meeting, would think. I also wonder what the Wadawurrung people, who were here thousands of years ago, would think. I look forward to learning more about the 120,000 artefacts that were discovered prior to the road building process.

Anne Brackley OAM



AUGUST

Community Calendar

SpringDale Community Calendar is a SpringDale Neighbourhood Centre initiative to support the whole community. If you wish to place your event in the calendar and further issues of The SpringDale Messenger please email, write or call the event details to our office.

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

- | | | |
|-----------|----|---|
| Saturday | 1 | Felting Group 10am at SpringDale |
| Sunday | 2 | Homeless Week (till 8th) |
| Monday | 3 | Dental Health Week (till 9th) |
| Tuesday | 4 | Friendly Cuppa and Chat Group 10.30-11.30am at SpringDale |
| Wednesday | 5 | Morning Craft 9.30-12noon at SpringDale |
| Thursday | 6 | Jigsaw Group 10-12noon at SpringDale |
| Thursday | 13 | Scrapbooking & Card Making 1-4pm at SpringDale |
| Saturday | 15 | St James Op Shop Sale 9-3.30pm 55 Collins St Drysdale |
| | 15 | National Science Week (till 23rd) |
| Tuesday | 18 | Vietnam Veterans Day (Long Tan Day) |
| Wednesday | 19 | Morning craft 9.30-12noon at SpringDale |
| | 19 | Photography Day |
| Wednesday | 26 | Tech & Talk 1-2.30pm |
| | 26 | Anne Drysdale's Birthday |
| Friday | 28 | Daffodil Day |
| | 28 | Wear It Purple Day - supporting our LGBTI young people |

Reminder
Bookings &
copy required by
1 August for the
September 2020
issue



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



**SpringDale
Messenger**

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

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Postal Address PO Box 80 Drysdale

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Editing of Contributors Material:

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

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

Distribution:

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**The SpringDale
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locally produced
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of Australia
Victorian Division**



SpringDale Neighbourhood Centre Inc. acknowledges the support of:





Coordinator's News

Anne Brackley



News@SpringDale

Dear friends and friends I am yet to meet

Over the years that we have been sharing enjoyment of page 3 of the SpringDale Messenger, I don't think I have talked about one of my interests - energy and energy levels. This interest began when I realized the energy that some people's words had on me and how I could rebuild my energy levels.

I was told recently that it takes 6 positive comments to restore your energy levels to what they were before a negative comment was given to you. I am keen to do more research about this piece of information. I believe it to be true as I have felt the energy that negative comments take from me and so I try to surround myself with positive people to keep me active.

In the early days of being the SpringDale Coordinator, I tried to introduce new ideas quite quickly but found I was not able to follow through or attract sufficient people to my ideas and eventually realized that I needed to wait for ideas to come to SpringDale and then ask the *bringer of the idea* to help bring more energy into the idea to gain critical mass to breathe life into the idea.

This means that there is always someone else adding energy and goodwill into the idea – be it a group, a class, an event or a new service. This also helps to ensure our groups are sustainable long term and as I have said before we have been able to grow the number of special interest groups from about 4 groups when I started to more than 50 groups that we currently have.

Each group has a leader or leadership team. All their energy can be put towards their purpose of sharing their special interest

without having to worry about administrative and governance issue – thus reducing the energy needed to keep the group running. This also enhances the possibilities of the group becoming sustainable long term or the group might only last for the length of the need in the community.

I love finding patterns and once the pattern is observed, converting the pattern into a system or building a system around the pattern. It continues to please me that well invested energy in systems early on as the SpringDale Coordinator, continue to be useful and save time by reducing decision making and enabling information to be stored and found again successfully.

Luckily I am able to use Tai Chi training to deflect negative energy and allow it to usually roll over me or past me and not absorb it.

I continue to be thankful to those who continue to put good wishes and energy into the recovery of my husband. Six years ago Ken was crushed under a truck and although it was feared he would not survive and if he did he would never function fully again. Those who know Ken know that didn't happen and I believe part of our success must be credited to the good will and energy sent our way during the first few days, weeks and months. It kept us both positive and both able to do what we needed to do for Ken to not just survive but to thrive.

As my knowledge of energy and energy sharing continues to grow, I look forward to good conversations with our community about this topic and phenomenon.

Please keep well

Yours sincerely

Anne Brackley for team SpringDale.

Making Masks

Book in for regular Mask Making sessions at SpringDale.

Phone 5253 1960



Are you worried about your memory?

SpringDale Neighbourhood Centre in collaboration with Bellarine Community Health and Dementia Australia present a session - **Worried about your memory?**

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

Instructor: Dementia Australia

Dates/times: Fri 31 Jul or Fri 7 Aug 2-3pm
please book SpringDale 5253 1960

Fee: Free

Anne Drysdale's 228th Birthday High Tea

Wednesday 26 August 2pm.

Bookings essential limited to 20 – attendance maybe via Zoom as well.

5253 1960



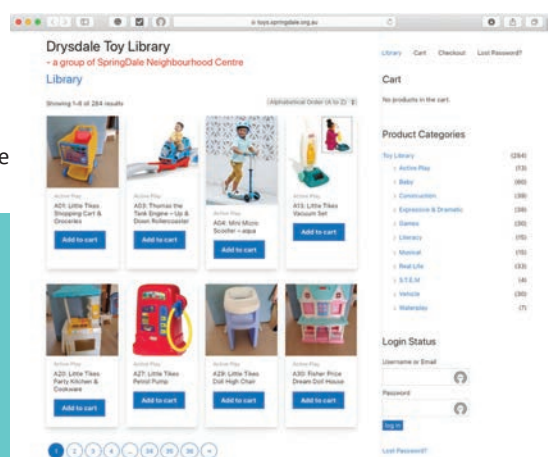
How does a toy library works?

The Toy Library works on a "Click & Collect" system, and you can exchange toys as you would books at a library.

Click & Collect

Log onto
toys.springdale.org.au

The Toy Library is a new initiative of SpringDale Neighbourhood Centre; we are a not-for-profit community organisation, run by a group of volunteer members. Drysdale & Portarlington. We have toys that cater for children between ages of 0-6.



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.

Collective noun for this month is a Mischief of Mice





News from Lisa Neville MP

Member for Bellarine

Opening of the Drysdale Bypass

I recently had the pleasure of opening the Drysdale Bypass in conjunction with the Minister for Transport Infrastructure, Jacinta Allan.

The road was an election commitment made back in November 2014 as I knew this long mooted project would make High Street safer and quieter for locals and provide a quicker trip for those heading to Portarlington and beyond.

The road has taken the trucks out of central Drysdale, together with much of the through traffic, and in doing made it safer for pedestrians and cyclists alike. It will also eliminate those ever increasing peak hour traffic jams, that were becoming part of the daily commute.

Of course, other peak traffic times like the summer holiday season will also see a dramatic drop off in High Street traffic.



I am advised that for a number of months to complete things like road drainage works there will be temporary lane closures and speed restrictions, but the Project Team will work to minimise disruption to traffic.

Since the initial announcement of the project, I have at all times attempted to ensure I was responsive to local views, concerns and ideas. And that these views and ideas were taken into consideration by the project team.

The Drysdale Clifton Springs and Curlewis Association and its members have provided much input into the project on behalf of locals and I thank them for their valued contribution.

I also thank Major Roads Projects Victoria, principle contractor Decmil and all sub-contractors who worked on the project.

They have delivered a modern, state of the art road that will serve Drysdale and the northern towns of Portarlington, St Leonards and Indented Head well for many decades to come.

State Community Sport Grant Wins for Drysdale Clubs.

My congratulations goes to a number of Drysdale sport clubs for being awarded \$1000 grants from the Government's *Community Sport Sector COVID-19 Survival Package*.

To assist them in supporting players and

volunteers as they hopefully look to begin training and operating as a club again.

Like many small businesses and community organisations, sporting clubs have been hit hard by the coronavirus and these grants are a key part of the Government's investment in supporting the community in these challenging times.

The grants went to the Drysdale Bowls and Croquet Club, Clifton Springs Bowls Club, Drysdale /Leopold Pony Club, Clifton Springs Tennis Club and the Drysdale Football Club.

My congratulations to all those local clubs.

As I have written in the past, sporting clubs are an integral part of any community, particularly regional and rural towns like those here on the Bellarine.

They provide a game of sport for hundreds of locals, especially juniors and an important social outlet for many other community members.

So my thanks and congratulations go to not only to the Drysdale clubs, but to all our local sporting clubs and importantly the many hundreds of hard-working, dedicated volunteers who are the life blood of our clubs.

Like all, I look forward to the day when our Saturday afternoon is once again spent playing a game of sport or coming together in support of the club.

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



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Funded from the Parliamentary Budget

By Mayor Stephanie Asher

Being young is not easy. Several moments in my past still bring a pang of shame. Even with decades of wisdom, experience and intellectual insight, I cringe a little at some of my less glorious choices.

And I clearly recall The Photo. Taken by a friend in the film camera days, I was wearing a très cool black hat, or so I thought, and pulling a funny face. Not so funny when my closest friend put the pic on her bedroom wall. She was one of the cool kids and lived two streets from the school, so there were multiple parties and visitors to that room, all of whom had a good laugh at my ugly mug.

Being the butt of someone else's humour is never amusing and I can testify that at the age of sixteen being posted on someone's wall with multiple chins, bug eyes and no context is mortifying. Although the walls are now more likely digital than physical I suspect some things never change.

Most teens are hyper-sensitive and emotionally tender and there is a heightened sense of anxiety in our region right now. Teachers, parents and our teens are all feeling it.

Having met with the nation's mental health experts recently, I've learned the acronym NIP - Notice, Inquire, Provide. As parents, adults and friends, we can help NIP anxiety in the bud:

Notice means observing changes in behaviour and attitudes.

Inquire by asking how things are going, what could make things better and listening without judgement.

Provide your support, empathy and validate their feelings. Remind them that feelings do pass, keep communication lines open and let them know help is available.

Understanding Winston Churchill's quote, "If you're going through hell keep going" is easy when you've reached an age to appreciate the words 'extra firming' on your body moisturiser bottle.

Young people are still learning that life requires us all to keep getting up after a knock. Right now, the critical thing is that they know we adults have their back as they grow.



GRAND RE-OPENING

We at St. James Anglican Church, 55 Collins St Drysdale, are very much hoping to have a grand re-opening of our Op Shop on
Saturday 15th August from 9am-3.30pm.

We have a huge amount of goods that have all been quarantined. Hundreds of books all at \$1. Clothes some brand-new, household goods, bric a brac, paintings; you name it, we have it.

In these difficult times, it is possible we may have to defer the sale, please see our notice boards at the Church nearer the date for notification.



ANY

SYMPTOMS

GET

TESTED



It's important to get tested for coronavirus at the first sign of any symptom and stay home until you get your result. Getting tested means you keep yourself, your friends, family, workplace and your community safe.

It's not over yet.

STAYING

APART

KEEPS

US

TOGETHER

Find out where to get tested visit vic.gov.au/CORONAVIRUS

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne



Takes a Village

We all want to live independently and be self-reliant, and fortunately, most of us can forever. But even for the healthiest of us, the strong in mind and body, the determined, the driven and the in-between, we all rely on those around us. The forms of assistance are many and varied given our abilities and needs due to ageing, accident, medical condition, grief, stress and other mental health issues.

In short, the act of being alive requires an interplay of dependencies, of giving and accepting.

If you examined most of what you do in a day, you might be surprised to think about how much you achieve, or how enhanced your life is due to assistance from others, without you paying much attention to it.

These partnerships can be paid or unpaid and help us all to function as happily and productively as we can. The rewards can be equally significant for giver and receiver alike.

Take the working parent of school-aged children needing a neighbour to drop little Aloysius off as Mum and Dad need to start early. The primary bread-winner who relies heavily on his or her partner to organise their outside social life and day to day needs. The high-achieving sportsperson who relies on a small army to ensure that training schedules, well-balanced energy input and fitness regimes are adhered to. Or an existential crisis that cannot be repaired or managed without the sounding board of close friends. The sharing of great, easy recipes for weeknights or a particular function. And whoever had a baby and wished they didn't require the help of a Mum, Dad, sibling or friend when it comes to managing that momentous little life disruption?

You get my point.

I, now, quite obviously require help from more than a few people and this has taken some time to accept and become comfortable with. In turn, I have found the journey of redefining what my contributions to others can look like now, challenging and rewarding. I, like many of you, enjoy contributing to my fellow villagers; our family, friends and the greater community.

One of my hobbies over the years has been sewing in various forms: quilts, bags, zip purses and more. I enjoy the colours and patterns and feel of fabrics and have fun learning different techniques and styles. This hobby has become more important to me as my family have grown into adults, and I have had to reduce my work hours, been forced to work from home and have had to accept that most daily activities, like shopping and cooking, are now



done by others.

As is the case with most parts of my life now, Limb-Girdle Muscular Dystrophy (LGMD) has more recently felt the need to make my hobbies all about it. Consequently, the activities that I used to be able to quietly and autonomously enjoy now requires a more collaborative effort.

Projects such as quilts, as many of you might know, do take quite a while to complete and this was no exception. I had my latest quilt ready just shy of two and a half years from fabric purchasing—a cute Alpaca quilt for my son and daughter-in-law, inspired by their lengthy trek through South America.

That I had completed it at all was primarily due to the humbling willingness of a few of my generous villagers who cut and measured, pinned and ironed, bound, backed and hand quilted.



I am so full of praise and appreciation to my family and friends who help me achieve this and other goals, and I am so heartened by the wonderful community spirit here on the beautiful Bellarine. I hope I have, and can continue to reciprocate such generosity of action and enthusiasm.

My extended village might need to be bigger than some, but I have one, and I love that.

Leanne



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BUSINESSES ON TARGET FOR SERVICE PLUS

The "Service Excellence Awards" were created in 2014 by the Rotary Club of Drysdale as an annual competition to reward local businesses who excel in customer service.

We are an adaptable bunch; this we have proved with being creative with the Awards considering the virus, finding a way to still proceed in these interesting times. The public submitted their positive feedback to encourage these businesses and the Rotary Club of Drysdale presented 24 certificates, Commended, Highly Commended and the overall winner.

From Hairdressers to cafes, clothing shops and post offices to pharmacies and many others were all recognised. Although the face to face was missing nevertheless the businesses were incredibly happy

to be acknowledged and recognised. Our winning business Snip Curl Hairdressing's comment was "Very professional salon, been known to pick-up and drop off their elderly customers".

It's very obvious that the locals on the Bellarine like to support their local traders. This year probably more so than others.

You have 12 months to start noticing the business or person who impacts you as being on target for providing Exceptional Service. We look forward to your nominations.

Publicity Officer

Rotary Club of Drysdale

Caroline Rickard - 0408 989 221



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Caring for Women over 55.... It's as easy as 1,2,3.

I was really interested to read the front page article of the SpringDale Messenger June 2020. The United Nations Sustainable Development Goals are so relevant to the Support Group that is coming together through SpringDale to assist Women over 55 who are living in financial hardship.

It's as simple as.... 1,2,3.

1. NO POVERTY. How wonderful if we could reach this goal. We would see the women around us living fulfilling lives in safe, secure accommodation in an area of their choice. They would be able to enjoy the simple things in life such as meeting friends for coffee or lunch, filling the car with petrol, able to buy that new pair of shoes to replace the old ones, or a nice new winter jacket. They could use the heater on cold, bleak days instead of hugging their hot water bottle and huddling under a rug for warmth. They would have enough money to provide for their own needs, and even put a little away for those unexpected expenses.

2. ZERO HUNGER. Our Foodbanks do a fabulous job on The Bellarine, but I'm sure none of them would complain if the numbers started to decline as more people were able to provide for their own weekly food needs. For some, having a well-stocked pantry is nothing but a dream. Imagine if they could afford to buy meat, fresh fruit and vegies, and even some special snacks whenever they needed without having to put the electricity or gas bill off for another couple of weeks.

3. GOOD HEALTH AND WELL-BEING. Isolation has been a challenge for many of us during this COVID 19 crisis, but for one in three women over 55, isolation is something that they have to deal with every day. Prolonged financial hardship is a major cause of mental health issues, and also adds to a decline in physical health. Little things that could easily be treated are often put off and become far worse because it might mean an added cost of even a subsidised prescription medicine. The mental weight of having to deal with major issues of financial lack plus the shame and lack of emotional support that these women have often forces them further back into isolation, depression and a mindset of not bothering to take care of themselves holistically.

Of course the other 14 UN Goals are also important. However, to someone in distress, if you're hungry, homeless, and battling health issues, it's hard to see past your personal day to day needs.

If you're in distress, know someone who is, or would like to hear more about what we're hoping to do, I'd love to hear from you. Please phone or email me on 0422146604, diannebennett4@hotmail.com.

Dianne Bennett.



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.

Anne Drysdale's 228th Birthday High Tea

You are invited to attend Anne Drysdale's 228th Birthday High Tea Wednesday 26 August 2pm – please bring your favourite Anne Drysdale story. Bookings essential limited to 20 – attendance maybe via Zoom as well.

Please wear your best 1840's attire.



SpringDale Trivia 38th Edition by Drysdale Girl Guides

1. What is the name of the highest known mountain in our Solar System?
2. What is the chemical symbol for Gold?
3. Books including *Tommo & Hawk*, *The Potato Factory* and *Jessica* were written by which author?
4. How many countries does the Danube River flow through?
5. What is the name for a group of dolphins?
6. How many seasons did AFL player Brent Harvey play for North Melbourne?
7. Which former Beatle wrote and recorded the song *Happy Christmas (War is Over)*?
8. In what decade was the first issue of TIME magazine released in the US?
9. Who portrays the character James Bond in movies including: *You only live Twice*, *From Russia with Love* and *Goldfinger*?
10. What is the official language of Cuba?

Turn to page 21 to find the answers.



GIRL GUIDES

**Drysdale Guides
meet at SpringDale -
Thursday evenings.**

Ring Anne Brackley for
details 0407 529 205



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



APRICOTS

Apricot & Passionfruit Conserve

Fresh passionfruit blends well with apricots at any time of the year. But if you have passionfruit growing now (lucky you) this is an easy blend of both flavours. Enjoy it spread on toast or a dollop in porridge or any dessert topped with cream or ice cream.

*To check for setting point, take a spoon full of the mixture and place it on a plate. Place it in the freezer for 3 minutes. Remove from the freezer and tilt the plate. The mixture should be thick and set. If not, place the pot back on the heat for an extra 5 minutes or so. Makes about 6 cups

- 500g dried apricots, cut into quarters
- 3 cups water
- 3 cups sugar
- 1 lemon (juice only)
- Pulp of 4 or 5 fresh passionfruit
- Place the chopped apricots in a pot with the water and bring to boil.
- Allow to simmer, for about 10 minutes.
- Once the fruit is softened add the sugar, lemon juice and passionfruit pulp.
- Stir well until the sugar is fully dissolved.
- Allow to simmer for about 25 minutes or until setting *point is reached.
- Remove from the heat to check!
- If not set, return the pot to simmer for a further 5-10 minutes.
- Pour into sterilised jars using a funnel and jug.
- Seal the jars immediately to preserve.



Dried Apricots are full of fibre, high in antioxidants, lots of vitamins and potassium. The colour orange in the apricot makes them also good for eye health and they help improve gut health. They are an easy go-to snack mixed with almonds or other nuts, not high in sugar.

They chop or slice easily to mix into a salad, sliced thinly for a breakfast cereal and in hot food... the ideas are endless. The sweetness of the dried apricots makes any meal delicious!!

SLOW COOK LAMB with Apricots & Almonds

- 1kg lamb shoulder, excess fat removed and cut into pieces
- 1 large onion, finely chopped
- 2 cloves garlic, chopped
- 20 dried apricots, chopped
- 1 cup almonds, flaked or chopped
- salt & pepper to taste
- 2 bay leaves
- 3 cups vegetable stock
- 1 cup chopped parsley or coriander
- 4 tbsp olive oil
- In a large terracotta pot (or any large, heavy casserole dish) place some of the onion, garlic, apricots, almonds and a layer of lamb pieces.
- Add salt, pepper, bay leaf.
- Repeat process layering until all the lamb is used.

- Add the vegetable stock.
- Add the olive oil and place the parsley/coriander on top.
- Cover with a tight lid or foil, making sure the pot is well sealed.
- Preheat oven to 200°C.
- Cook for approximately 45 minutes.
- Then reduce heat 180°C and cook for an hour or so.
- Remove the lid or foil.
- Stir through and serve hot with mash potatoes or rice and green vegetables.

This recipe uses the lamb but can be swapped over for any of the below.

Select your favourite meat or chicken:

- breast or marylands,
- lamb shoulder or chops
- pork pieces or tenderloin

For the younger members of the family who may be a bit fussy:

It may be easier to use lamb (or other) mince, less spice and a little honey. Get the little ones to help out buying the ingredients and making them. Younger palates may prefer rice or even pasta instead of steamed couscous.

Meatballs with Apricots

- 450g lean mince
- 1 teaspoon ground cumin (optional)
- 2 tablespoons freshly chopped parsley
- 10 dried apricots, finely chopped
- 1 small onion, peeled and chopped
- 2 garlic cloves, crushed
- 2 teaspoon oil
- 1 cinnamon stick (optional)
- 1 x 400g can chopped tomatoes
- 1 cup stock
- 1 teaspoon runny honey
- 2 tablespoons freshly chopped coriander, to garnish Pomegranate seeds, to garnish (optional)

Agata





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The Portrait

This is the second year I've prepared an entry for The Archibald Prize.

Last year, 2019, I excitedly sent in my first entry, not knowing what would happen. The Archibald is well known, not only by name, but for year upon year inciting controversy by the judging decisions. Anyone who has visited the exhibition of finalists will know that the styles of artwork vary wildly, and I for one could never come away being completely satisfied that I would have selected all the same paintings. But such is the subjective nature of artistic competition.

Last year was lucky for me. I received a call from the Curator at the S.H. Erwin Gallery in Sydney. My painting of comedian Elliot Goblet had been selected, not for The Archibald finals, but for another exhibition, The Salon des Refusés. Would I be in agreement to have my painting included?

A month later, I was on my way to Sydney for the opening. The gallery is in a beautiful sandstone building, now under the care of the National Trust. And even more thrilling, my painting was on the wall for all to see, and in awe-inspiring company!

So now, a year down the track, I prepare to try again. But who to paint? I asked my friends and acquaintances if they knew any notable people who would make a good subject, which then led me to the door of the SpringDale Neighbourhood Centre and Anne Brackley OAM.

Anne and I sat down for our first chat, talking about the process and what style of portrait should be created. We tossed ideas back and forth, and that's when I found out that Anne is the local "go-to" person for the history of the area, and in particular, the lives of Anne Drysdale and Caroline Newcomb. We decided to paint Anne as "Anne"; pioneer, first lady landowner and first lady squatter in Victoria.

We talked about how Anne would have encountered much hostility, opposition and confrontation – at that time "ladies" didn't own businesses or make decisions without consulting their husbands. This influenced greatly my thinking about the design and style of the artwork. After many draft compositions, I expressed Anne Brackley as her inspirational self, in the dress and environment of Anne Drysdale – with empty, lonely, beautiful hills of the Bellarine Peninsula and a lamb by her side for company, to reflect both optimism and melancholy.

Due to the pandemic, the Archibald Prize 2020 has delayed April submissions to August, and finalists announced 17 September. I humbly thank Anne for allowing me to paint her, as it is a daunting task to be the subject of a portrait!

Linda Bâgu Batson

www.bluthumb.com.au/linda-bagu-batson
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Pictured - Linda with Elliot Goblet at the opening of The Salon des Refusés.

- Linda and Anne Brackley after the painting completion.
- The Portrait

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Making art as learning a language

From a very young age, I had been learning two languages. English & Art. Art as an umbrella term for dancing, singing, writing, journaling, drawing, knitting and learning how to read and interpret art. The creation and translation of other artist languages.

When you aren't fluent, or you were demanded to be more serious or you are bad now, so you shouldn't even start, it can set up a world where there are artists and there are non-artists.

Which I get. I took French, Indonesian and Japanese at different school levels and ages, I know how difficult it is to learn a language.

The pen turning a couple of lines into a face. The sentence put onto page, an attempt to evoke an idea. Acting out a part, hoping translation is received by an audience.

I have been learning this language, at least since I was 5. As did my brothers. And both of them stopped.

But they began again. My elder brother has a character he acts out, played for comedy, a shared connection between his peers and his art. His wife joins in and they create skits together.

My little brother has moved from abstract painting to full formed fan art of shows from when we were younger. We both loved Pokemon as children and I nearly cried when I saw he drew Onix, a monster of that name. His art speaks to me.

Sometimes I forget my parent's artistic talents as well. My father can draw and make broken cars functional. My mother takes an empty hall and creates space for the community.

I write about these things, both from a place of pride and learned humility. I spent so much time thinking I was special because I could make art, that when my family showed their understanding of the language, I froze up. This was for me. This was mine.

But we don't own art. Inspiration can move anyone at any time. And we can learn at our own pace. We can share a common language. From pen, to feet, to canvas.

Courtney Brackley

Gaining a different outlook

In March I registered for Beginners Art at SpringDale and was very happy to wait for classes to return to be in person at SpringDale but Anne Brackley decided she was going to encourage me to join the classes on Zoom. Although I was a little uncertain about technology, my son and his partner had given me a Lenovo Tablet. I used it to Google books, plants and quilting fabric – as you can see I led a very exciting life.

My grandson helped me download Zoom and I tentatively started to Zoom with Anne one to one. Then I started the Art Class. I regularly rang Anne to tell her how happy I was with Zoom and the course.

Living in Australia for the last 46 years and seeing my sister for the last time in the year 2000, we speak once a month by phone. My sister suggested using an app on our phones to be able to see each other but my phone wasn't capable. Finding out that my sister had recently received an electronic tablet to use, I suggested that we could use our tablets to Zoom.

My sister almost fell off her chair!

My sister rang and we set up the Zoom meeting. We were both so excited to see each other after 20 years. We giggled like silly school kids and just enjoyed seeing each other. Before we finished I put my arms around the tablet on its stand to be able to hug my sister and she did the same. It was great!

Within a few days we were Zooming again and again – three times in one week! Now we regularly zoom once a week to be able to keep in touch and importantly to see each other.

I went to SpringDale to thank Anne for encouraging me, we both cried. Then she asked me to share this story as she thinks it is so inspirational for others and I know it has changed my world.

If you are a bit nervous about embarking on the Zoom journey, please ring SpringDale and they will help you too. Maybe I'll see you at SpringDale in our Art sessions or something else – I am so looking forward to continuing.

Maureen Hall

A very happy SpringDale student



creative social distancing





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Thanks to everyone who have helped so far. We have received \$350 to help us buy seeds, seed raising mix and potting mix. We have been given 224 baskets and mint cuttings. We have 12 people looking after our 217 planted baskets (7 still to plant). We are all looking forward to when we can take our gifts to Bruthen to hopefully help those in East Gippsland who have been through so much in the last 7 months. More baskets appreciated. Please drop them into SpringDale.



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SUPPORT FOR LIVING, DYING AND GRIEVING

Local group, Compassionate Hearts on the Bellarine, has been in existence for just over a year and is modelled on other compassionate communities in several parts of the world. Their aim is to provide practical and emotional support to people with a life-limiting illness and their carers through times of illness, dying, grief and loss.

In addition CHOHB sees their role as educating our communities about these issues, some of which have reached unusual proportions during the COVID19 restrictions. Consequently, on a monthly basis CHOHB will be presenting a series of Twilight information sessions via Zoom. The topics include:

- the nature of viruses,
- spirituality,
- caring from a distance,
- pain management,
- compassion and communication.

They are presented by local members of CHOHB who are doctors, psychologists and other interesting experts.

The Twilight program is held at 5.30 on each first Tuesday of the month.

For more details and Zoom links please contact paulinenunan@gmail.com
<https://chob.org.au/>



Bellarine Support Group for Kinship Carers

Good morning everyone.

As I am writing this article I cannot believe that it is already August, what we as Victorians have been through in the last couple of months is unbelievable.

An issue I would like to talk about this month is the simple Medicare card. When a child is born, their name is usually placed on either or both of their parents Medicare card.

But the problem arises when the child is placed in care for whatever reason.

Under Australian law a child can only be placed on two Medicare cards. Now when the child is placed in care, the kinship carer cannot be issued with a simple Medicare card because of the Australian law. Most kinship carers are forced to pay any medical costs in full, so therefore no Medicare rebate can be claimed.

In some cases, kinship carers have had to produce court orders papers to obtain a Medicare card in the child's name. But producing court papers to prove that the child is in the kinship carers care is not guaranteed, and at times the kinship carer is forced to take

the issue to higher authority. But at times this also does not work.

This issue needs to be fixed for Kinship carers but more importantly for the children in their care.

As we are fast approaching the festival season (OK the silly season) I would like to ask any business or organization, that would like to support us as kinship carers and the children in their care during and leading up to Christmas.

We would appreciate any assistance with the following: new underwear, socks, toys, books for all age children, toiletries for our young people

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

We meet from 10am to 1pm, at SpringDale on the first Monday of each month - we do not meet during the school holidays - contact Jeanette for details.

Hope to catch up with you soon.

Jeanette Hanley Heath - 0414 308 257



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"The only thing that is constant is change"
- Heraclitus

"Adapting" is the buzz word right now. If you adapt something, you make it suitable for a new use or purpose. Adaptation of a species will change its biology to suit its environment. In 2020 our species is being pushed into acute adaptation, after quite a period (we now realise) where things were relatively easy and convenient.

Our ability to adapt and to feel safe while we do it has a lot to do with how tightly we hold onto our expectations. An expectation is a strong belief that something will happen, and it is human nature to feel out of balance, even disappointment, when our expectations are not met (like being served a strawberry milkshake when you ordered chocolate)!

So what if we changed our expectations? Started to expect the unexpected? Expect change. Expect to find new ways to solve old problems. Expect to adapt. Expect to find new ways to find joy and connection. Go with the change, accept and adapt and you can only be wonderfully interested in all the new benefits you never imagined possible before now.

Our thoughts become our feelings that lead to our behaviour and actions. This is lucky for us because we can learn to choose our thoughts, to open our minds and to look around for what might be growing from this change.

If you notice you have a sticking point, a resistance, anger or disappointment about the change that is occurring, take a moment to sit with that thought. You get to decide, is it worth resisting and wasting energy on what you cannot do? Or will you invest your energy in being open to new ideas and opportunities that may come your way now?

If you are feeling stuck or blocked and need some help moving forward and realizing your goals; journaling, NLP techniques or hypnotherapy may be helpful.

Kim High

Clinical Hypnotherapist
(BSc MEnv DipEd DipClinHyp NLP)

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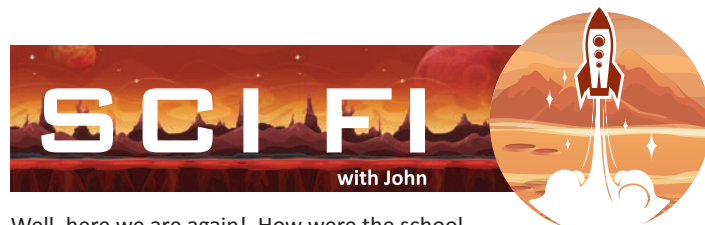
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Well, here we are again! How were the school holidays under all the restrictions? I was at SpringDale most of the holidays and had the best time ever! I thought it would be good to set up the space pod to answer any questions and people would be able to see firsthand what we are doing in this field as we have had more inquiries about the Sci-Fi group. Anne suggested that it might be a good idea to leave it on the stage for the whole school break as the hall would be open for a book and toy sale. What a great idea!

The pod was a bit of a wreck. I have been carting it about and exhibiting it without doing any maintenance work on it at all. There were also a few nagging problems caused by basic errors in the original construct, which badly needed attention. But at home this is tricky because the pod is too high for my garage. By having it at set up at SpringDale I was able to take the time necessary to sort out these problems. Replacement of a couple of faulty mounting brackets, rebuilding the power core, and extending the radio antenna have, among other things, made it presentable again.

This is rather a relief as we are still hoping to have another moon landing day sometime next year and the pod will be invaluable for this. It makes an ideal Eagle module for lunar landings by the kids. In 2019 they all turned up in N.A.S.A. uniforms and tee shirts wide awake about the space program and expecting us to be the same. So we'd better be ready!

See you next time,

John

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Help Children, Help Themselves! - The Art of Building Resilience

As parents I'm sure you have experienced your child groan, frown and stomp their feet in frustration or anger, 'I can't do this! I'll never be able to do this!' then burst into tears and run away. Sometimes the challenges they encounter are unquestionably difficult. Other times, you may scratch your head in confusion because the task appears so simple. To your child it seems overwhelming and all consuming.

Your natural instinct as a parent is to protect your child from failure, difficulties and hardship. Yet, it is impossible! All children experience various levels of stress. Children will realize they are strong and capable when they are given the skills and opportunity to work through their own challenges. Instead of trying to fix their problems ask questions so they can reflect on the issues and brainstorm possible solutions. Resilience is about bouncing back quickly from challenging, stressful and often difficult experiences.



Strategies to help children build resilience:

1. Keep Perspective and Capture Opportunities:

Children build self-awareness of their own actions, thoughts and emotions when they make mistakes or don't succeed. When their emotions are heightened they might need to take a break to cool down. Remain calm, listen, validate their feelings and let them talk through their thinking when they are ready.

What can you try:

- **Be their Champion:** Remind them of their successes in the past. How they have set goals and taken steps to achieve them.
- **Praise effort:** A mistake can show creativity, ingenuity and problem solving, even if the outcome isn't successful.
- **Cool Down Strategies:** taking deep breaths, go to a calm spot, squeeze a stress ball, listen to calm music, think happy thoughts, read a book, get some exercise, draw, write in a journal.
- Share ways you regulate your own emotions when finding something difficult so you can think clearly and make better decisions.

2. Making strong Emotional Connections:

When children know they have unconditional support from their parents, extended family, friends and teachers they feel empowered to seek advice and attempt to work through difficulties independently.

What can you try:

- **Spend quality time together:** playing games, exercising, going on family outings.
- Read books and watch movies about resilience, sharing thoughts about the storyline and characters choices.
- Share your own mistakes and how you recovered or grew from the experience.

3. Build on Strengths and Develop a Growth Mindset:

All children have strengths and positive personal qualities that make them unique and special! As a parent, nurture their strengths and interests and help them develop a positive attitude and mindset in other areas.

What can you try:

- Create a **dream board** to help children visualize their goals.
- **Compliment cards:** Write sticky notes with compliments about your child's strengths, personal qualities or efforts.

4. Build a sense of meaning and purpose

When a child can take pride in contributing to others in the family, school, local clubs and wider community, it helps them develop a sense of belonging and purpose. Working towards a goal increases their sense of wellbeing, confidence and self-worth.

What can you try:

- Find ways your child can volunteer in their community. (see <https://www.brisbanekids.com.au/40-ways-for-kids-to-give-back-to-their-community/> - many ideas that can be achieved without having to leave home)
- **Smart Goals:** Have them set goals, breaking them into achievable steps along the way.

Developing resilience is a personal journey and will change as your child grows! They will emerge before your eyes as confident, capable and independent problem solvers!

During the September school holidays, I plan to offer a fun and engaging resilience-building workshop, at Springdale Community Centre, for primary age children.

Written by Peta Henshelwood (B.Ed)

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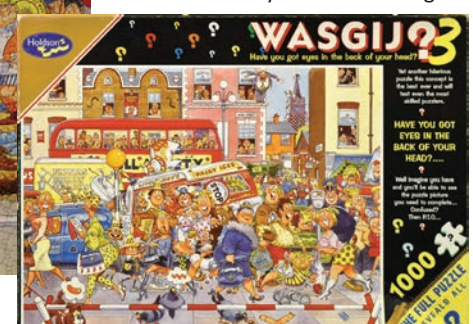
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Puzzle borrowed from SpringDale Jigsaw Library – one of 5000 jigsaw puzzles.

Another Wasgij - Jigsaw completed.

The cover image is only a clue to the image that emerges. Now we know what they were all looking at.





Clifton Springs Garden Club

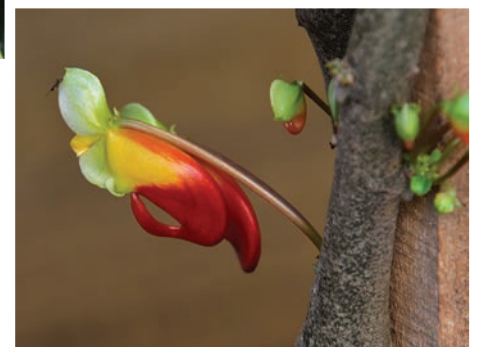
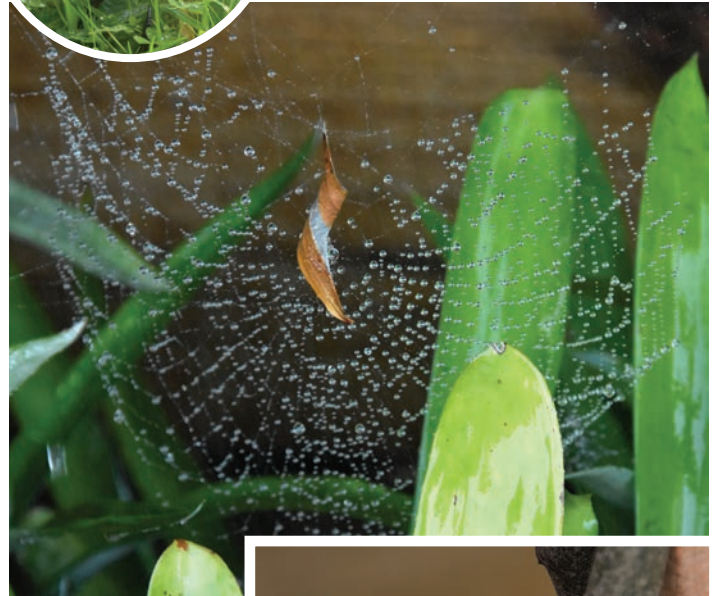
Just when we thought things were on track to becoming something like normal, we have taken a few steps backwards and have had to curtail our activities again. This can be devastating for some people, especially those who live alone and maybe don't use mobile phones or the internet. We need to make sure these people are OK – what does this have to do with gardening you might ask. Those of us who are lucky enough to have gardens and are mobile might like to take some of our gardens to those less fortunate than ourselves. Take a small posy of flowers, or a pot plant with interesting coloured leaves, or a cactus in an old teapot to one of these people to brighten up their day. Giving away pieces of the garden is most rewarding, as is receiving them. I walk around my garden thinking of all the people who have given me plants – my friendship garden I call it.

Even though the weather has been cold, it is still rewarding to walk around the garden. Not only are you getting some fresh air, sunshine and exercise you might be surprised at what has popped up while you haven't been taking notice. I went out into my garden on a cold day recently and here tucked away in the bottom of my garden was a Bromeliad with a flower I hadn't seen before; different types of bulbs are popping their heads up bringing sunshine and colour into our gardens and lives.

In these trying times, watching the birds in the garden is also very relaxing and rewarding. I have birdbaths and feeders in my garden and am constantly watching their antics as they splash around in the baths, even on the coldest of days. If you don't have a feeder, just hang a readymade birdseed pod in a spot you can observe it from inside and sit back and be entertained.

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.

Things I have found in my garden during winter



St Leonards Garden Club

Hello Everyone

Hello also to the new residents who have recently moved here.

As you settle into your new homes, perhaps you are thinking of making your garden beds, be it veggie gardens, planting trees, shrubs, whatever your requirements are.

There is something in the garden that needs to be done.

With the beautiful sunshine we've had and now some soaking rains, the weeds are thriving, bulbs are starting to break through, some shrubs and trees need pruning or tidying up.

Rugging up and being in the garden can give you some motivation and a chance to refocus on what is around us. Perhaps you could take some cuttings and grow them on for our annual plant sale held in November.

The world is in some turmoil right now, so

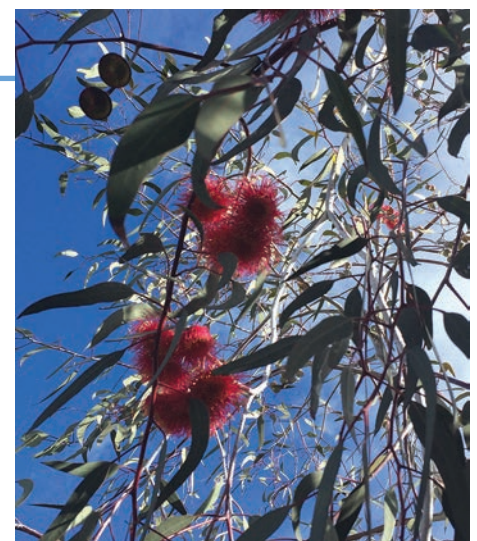
being in the garden could relieve some anxiety we might be feeling.

When lockdown for Covid19 ends, why not come along to our monthly garden meetings that are held in the Community Memorial Hall on Murrodoc Rd, St Leonards, the 2nd Wednesday of each month at 1pm.

Bring along your partner.

Meetings won't resume for some time yet but we have a couple of excellent guest speakers ready to come along and talk to us on various subjects.

Some of our previous guest speakers were Craig Castree very popular, who has written a book on edible gardens. Chris Lee from Tuckerberry Hill blueberry farm, Heidi from Van Loons garden is a regular guest, Wayne from Bellarine Worms. To name a few. Coming up is David Cass from Banks Winery. Dennis O'Bryan from St Leonards beautification.



I will post notifications on the St Leonards Community face book page

In the meantime, happy gardening

Wilma McLaren

Ruddy Turnstones

Usually at this time of the year the tourists and visitors start flocking to the Bellarine. The sun and warmth encourages those from far away to come and enjoy our beaches. Some of our tourists however come great distances and are not discouraged by viruses and restrictions. Unlike the humans who invade the Bellarine, these are very shy tourists and don't seem to make a big impact on their arrival. I am talking of the Ruddy Turnstones, tiny arrivals beautifully camouflaged enabling them to hide from view. Image leaving the cold shores of the Arctic and the Siberian Tundra each year to fly the long and exhausting journey south to spend the summer months on our southern Australian beaches. They leave their breeding grounds in Siberia and journey south taking rest stops in tidal flats and ocean beaches along the way, until they reach our shores where they can rest and regain their energy and weight.

They face many hardships on their 10,000 km journey. Storms, windy weather and wetlands that used to be a friendly stop overs are now given over the human population. Recently world-wide environmental controls have tried to restrict countries in their hurry to drain wetlands, remove rocks and weeds from beaches and generally prevent humans from building where huge populations of migrating birds have rested for years and years in the past.

I must admit my feelings of elation when I first come upon the little families who so delight in spending time with us on the St Leonards to Portarlington beaches. They are not so obvious as some of the bird population as they are small, dumpy and beautifully camouflaged to hide amongst our natural beach debris such as rocks and seaweed. That is why our beaches are so popular. They love foraging amongst the rocks and looking under the seaweed for small invertebrates.

When they first arrive they appear a lot thinner even though they have stopped to feed on the mudflats of the Aleutian Islands in the Bering Strait and some parts of Asia. It must be a hard task for someone so small to fly thousands of kilometres south. They settle in many parts of the Australian coast but some little families reject the Barrier Reef and other more famous tourist haunts to come to us in Victoria. If you walk the beach early in the morning you can see them vigorously scavenging through the piles of seaweed and happily enjoying morsels that they have found under the rocks and in the crannies. I am sure that you have seen them - or have you? Their chestnut colouring is a magnificent camouflage. By March they are ready to fly home, a lot fatter and ready to find their nesting sites in the Tundra.

Please take care of our little visitors when you see them. Now let's see how clever you are at finding how many birds are in this photo?

Carole O'Neill

Answer
on page
21





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Although meetings are suspended until further notice, our monthly competitions are still being strongly supported by members, continuing to be electronically submitted and judged. We are not holding physical meetings but new members are welcome as we are continuing our monthly club competitions; also our club Facebook page is a great way to interact with other members.

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 our physical meetings are suspended until further notice. For information on our club please visit our website: www.bellarinecameraclub.org.au; email info@bellarinecameraclub.org

Lynne Bryant - President



Tuscan Lane – Jim Den Ouden



Farmer Joe – Neil Follett

Surfer Dude – Daryl Haywood



Tunnel of Fear – Lynne Pearce



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by the Older Generation of the Bellarine

Having painted a picture of the connection to the Whitcombe and Davis families of Drysdale, it may be timely to mention where the Butcher family history began.

Daniel was immediately employed by William Plummer in Collins Street Melbourne and Alfred found work with C&D Bradshaw Merchants on the corner of Collins and Kings Streets.

Alfred moved to the Bellarine with his bride and set about raising a family of Aussies, Tom (b 1859), Dan (b 1861), Mary Ann (b 1863) and Emily (b 1869) who had died from drowning and was buried in Drysdale Cemetery in 1874 aged four years old.

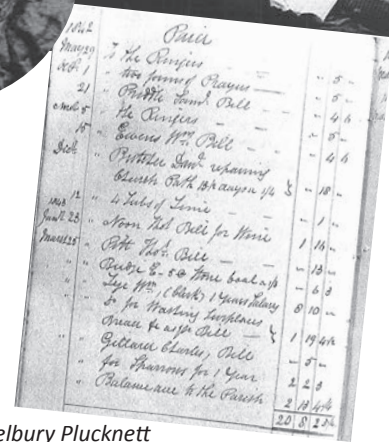
Tom and Dan married twins Maggie and Mary Blackwell from Ocean Grove. Dan and



Tom and Maggie had seven children, William, Alfred, Herbert, Ernest, Ethel, Leslie (Texas Jack) and Ruby (who died in 1899 only three days old). As well as farming Tom was responsible for lighting and maintenance of Drysdale's street lamps around the turn of the century (p139 of Jan Wynd's book "Balla-Wein").

Elizabeth and Alfred's youngest sibling Meschec had also moved to the Bellarine and held many positions in the Portarlington community. At various times he was a council officer, sanitary contractor, a lamplighter in Portarlington and served on the committee of the cricket club until his death in 1915. He is buried at the Portarlington Cemetary. Tom and Dan and their parents, Alfred and Mary are buried at the Drysdale Cemetery.

Russell Butcher



Haselbury Plucknett
Vestry Accounts for 1842 show that
Daniel Butcher was paid 18/- for repairing
the church path. Other entries name Charles
Gillard (5/-), Thomas Pitt (13/-) and Samuel
Friddle (4/6)



Editors Note: Last month the Lighthouse Regiment was a printer's error. Herbert and Ernest actually joined the Light Horse Regiment and Russell believes they would never have attempted to ride their horses up the spiral staircases of the light houses!!!!

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PORTARLINGTON

- Part 3 (Final)

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



Bellarine
Historical
Society



The Second World War was raging when my family arrived at Portarlington, but the threat of Japanese invasion was starting to recede by 1943. Nevertheless, we were all very much aware of what was happening in New Guinea and other parts of the world, and my father's police duties included acting as the local Air Raid Warden. Everybody was on the lookout to spot any Japanese aircraft flying over the Bellarine Peninsula. He was responsible for organizing a team of local volunteers who walked around the town each evening carrying a torch, wearing an identification badge and an Air Raid Warden's steel helmet. The wardens looked for any signs of light showing at the windows of houses, and then warned householders to close blinds and curtains to make potential targets more difficult for enemy aircraft to identify at night. (There is only one recorded instance of a Japanese aircraft flying over the area, which took off from a submarine outside the Heads and did a daylight reconnaissance

flight over Queenscliff and Geelong, then on to Williamstown). However, southern Australia and Portarlington escaped the harsher realities of war, which badly affected some northern parts of Australia. After the war, my father became an active member of the Portarlington RSL, and he also had great opportunity to indulge his sporting interests as a keen swimmer and tennis player.

My mother, Sarah Marie Cowden (known to everybody as Sally Cowden), was born in Shropshire in the UK and joined the women's section of the British army – the Queen Mary Corps as it was called. It was at a rest and recreation camp for army officers on the French coast near Calais during 1918 that my parents first met. This meeting led to them marrying in England after the war, and coming out to Australia seeking a better life in the 1920's. At Portarlington my mother enjoyed social activities among the local people, including lots of card playing, usually Euchre.

This activity was often conducted by the local branch of the Geelong Hospital Auxiliary as a fund-raiser, and Mum was later granted a Life Membership in recognition of the years of funding assistance which she and other local ladies provided for the hospital. She was also an active member of the RSL, and became President of the Portarlington RSL Women's Auxiliary, a post which she subsequently held for sixteen years.

Although they had not served in the Australian Army, both my parents strictly observed the Anzac Day commemorations at Portarlington each year as members of the local RSL.

My parents loved Portarlington, they became totally integrated into this quiet seaside community which they then enjoyed for the rest of their days. It was at Portarlington that they found peace after two world wars and striving to raise seven children throughout the tough times of the world-wide depression years.



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The SpringDale Messenger August 2020

Trivia Answers

- | | |
|---|----------------------|
| 1. Olympus Mons | Moldova & Ukraine |
| 2. Au | 5. A Pod of Dolphins |
| 3. Bryce Courtenay | 6. 20 seasons |
| 4. 10. Germany, Austria, Slovakia, Hungary, Croatia, Serbia, Romania, Bulgaria, | 7. John Lennon |
| | 8. 1920s |
| | 9. Sean Connery |
| | 10. Spanish |

Answers

Ruddy Turnstones, how clever were you? Did you find all 17

www.springdale.org.au

NORTH BELLARINE POOL UPDATE

North Bellarine Aquatic Centre Advocacy Group has met a number of times over the last month and we continue to be grateful to Federal Government for delivering \$10 million towards this facility and getting us started. We hope that Stage one can also include a warm water program pool to help to complement facilities in Ocean Grove.

We are working well with City of Greater Geelong and thank them for their support. Greater Geelong Council is set to determine its preferred site for the new north Bellarine pool in August.

The locations being considered for the proposed swimming centre are the Drysdale Sporting Precinct and the (current) Council depot site on Collins Street. The centre will feature an all-year-round 50-metre pool, multipurpose spaces, change facilities and a pavilion.

Greater Geelong Mayor, and Bellarine Ward councillor, Stephanie Asher said the pool would benefit local communities across the whole Bellarine region and particularly the northern areas of the peninsula.

"Council understands the significance of having more services and facilities available for our communities. That's why we have pushed so hard for this and funded the scoping study. In June we allocated a further \$750,000 towards the project in the 2020-21 budget to provide the detailed design on the agreed site.

"Our ongoing feedback from the community and regular meetings with the pool advocacy group have been very positive and informative. We are confident the community will benefit from a wonderful new facility."

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

Thank you to all levels of government for support for Stage 1 and we look forward to working with all levels of government as we progress to Stage 2 and complete the Aquatic Centre.

Anne Brackley

Chair North Bellarine Aquatic Centre Advocacy Group.



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MORE THAN A GAME AT THE NEST... Lady Hawks



Despite Covid-19 severely restricting training drills and game play, the Ladyhawks of the Drysdale Football Club play for more than just the game.

Skipper Prue Davies, a self-declared Football fanatic, will still train with the team even if the siren never sounds this season.

"After being in lockdown for a few months and not interacting with my friends, it's had more of a negative impact on me than I thought it would," Prue said.

"It's made me realise how much I value friendships and how much we need that social outlet in our lives. Footy can bring us all together, where we have fun and forget everything that's going on in the world just for a little bit."

The Ladyhawks have begun training on Wednesday evenings and Sunday afternoons, adhering to social distancing and maximum training group sizes. The players and coaching staff have made it work despite the challenges and are still encouraging new players to join the team.

Amy Callaz views training with the team as the highlight of her week.

"We are more than just a team or a community, we are family," Amy said.

"I feel so grateful to still be able to train under the circumstances, and although we can't high five and celebrate like normal, our girls have never been more alive and pumped at training."

Many teams within the Barwon region are

contemplating whether they can front a team for a restructured season, with players like Erin Dodd weighing up the pros and cons of competing in the Covid-19 pandemic.

"At first I was very hesitant to play. I'm in the high-risk category and I need to always be able to care for my children and stay injury free, now more than ever," Erin said.

"But I also need my team and my friends to keep me sane. I need purpose, and footy is an outlet for me."

For prospective players considering joining the Ladyhawks, founding team member Rayleane Roberts said she hadn't played prior to signing up to Drysdale, but everyone was so welcoming that she's still on the team 4 years later.

"I did it for fitness, to meet new people and also for my own sanity," Rayleane said.

"I understand there is a risk factor choosing to play football this season. I believe Drysdale Football Club are doing everything to put our safety first. I also believe that if any one of my teammates felt a little bit ill, then they would choose to stay away."

Ladyhawk Sarah White has also said continuing training has helped with her mental health.

"Being around such supportive and inspiring people really helps me have something to look forward to, even if we only have the opportunity to train and not play the game."

The Ladyhawks will continue to train until told otherwise and encourage any women to join them for a kick of the ball and to learn the game.

For more information, contact Coach Stu Craven on 0417 010 364.



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