



The SpringDale Messenger

September 2020
Volume 30 Issue 8



ABN 21 404 220 267

Compiled & Published by the SpringDale Neighbourhood Centre Inc.

SpringDale Artists



art EXHIBITION 15TH & Sale

Saturday 19
September
to Sunday 4
October

10am to 4pm
every day*

At the SpringDale
Neighbourhood
Centre Hall

Exhibition & Sale
A wide variety of
original paintings,
small art works
& greeting cards.

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appreciated on entry*

SEPTEMBER

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.

- Sunday 30 Aug Legacy Week (till 5th Sept)
- Monday 31 Aug National Stroke Week (till 6th Sept)
- Tuesday 1 Adult Learners Week via Zoom (till 8th)
- Friday 4 Footy colours Day - Fight Cancer Foundation
- 4 Legacy Badge Day
- 4 Trivia Night via Zoom 7pm
- Sunday 6 Father's Day
- Father's Day - Bellarine Vintage Machinery Rally via Zoom 12noon
- Tuesday 15 Geelong Small Business Festival via Zoom
- Saturday 19 SpringDale Artists 15th Annual Exhibition 10am-4pm daily (till 4th Oct)
- Monday 21 International Day of Peace
- 21 World Alzheimer's Awareness Day
- 21 World Gratitude Day
- Wednesday 23 International Day of Sign Language
- Tuesday 29 World Heart Day
- Wednesday 30 Tech & Talk 1-2.30pm via zoom



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



Herbs to Help – Delivery to Bruthen delayed.
Calling for herb seedlings to help us top up
the baskets – basil, thyme etc

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



**SpringDale
Messenger**

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

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

COPY DEADLINE OCTOBER 2020

Bookings/copy required by 1 Sept.

Dist: 29 September 2020

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

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

Editing of Contributors Material:

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

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

Distribution:

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

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



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



**United Nations
Association
of Australia
Victorian Division**



SpringDale Neighbourhood Centre Inc. acknowledges the support of:





Coordinator's News

Anne Brackley



Dear Friends and Friends I am yet to meet

Hope is one of my favourite subjects. Having hope, keeping hope alive, planning with hope in mind. Setting goals and coming up with ideas helps me stay positive and keep moving forward to have hope and find fun in all I do.

I believe at this time it is so important to have something to look forward to. Most of our classes are being delivered via zoom but for some classes this was too tricky and most of those participants have pushed their fees forward to next term when the class will hopefully run.

Our SpringDale Artists have scheduled their annual art show for this month and are hopeful that it will run and people will enjoy the event, even if it is an adaption of what we normally run. I am hopeful that the opening will still happen, perhaps on zoom, and people who were once in the SpringDale Artists might be able to zoom in from all over Australia.

We are starting to look at our next Strategic Plan for SpringDale Neighbourhood Centre and would encourage anyone who is interested to let us know what you would like to see doing over the next 5 years. A few months ago we had the United Nations Sustainability Goals on the front cover of the Messenger and I hope

that we can align our goals with the UN ones (I don't think it will be hard).

The Drysdale Toy Library has taken off – we have 5 new members and a new Manager of the service and 5 new toys to share. It's so exciting to have such new energy in the Centre. I'm hoping this continues to become more popular – our fees have not gone up in the last 15 years - \$10 per term or \$35 a year.

Our person to person Tax Help service has been deferred until September but Brian is helping people at the moment who are able to participate in discussion with him over the internet. We are receiving very interesting referrals from the Tax Department as we are flexible. I hope that's a good term.

Although our doors aren't open as I write this we are providing many call and collect services – photocopying, printing, jigsaws, toys etc and even masks – we have made and provided more than 300 for our community so far. Please ring 5253 1960 to see if we can help.

I hope you keep well and I'd love you to try to do something to help someone else and perhaps let us know what it is.

Yours sincerely

Anne Brackley for Team SpringDale



International Day of Peace

The theme for the International Day of Peace is "Shaping Peace Together" Celebrate the day by spreading compassion, kindness and hope in the face of the pandemic. Stand together with the UN against attempts to use the virus to promote decimation or hatred.

Monday 21 September



News@SpringDale

JP Signing Service

This service is still operating at SpringDale on Wednesdays 10am-12noon as this is considered an essential service.

Trivia Night

Do you enjoy our Trivia Quiz every month? Maybe you'll enjoy a Trivia Quiz on Zoom

Date/time: Fri 4 Sept 7pm

Fee: Free

Tutor: Lisa Shearer Drysdale Guides
Via Zoom - Bookings essential

Father's Day Bellarine Vintage Machinery Rally via Zoom

Graeme Brown will tour you around some of the Vintage Machinery that usually exhibits at the Drysdale Station on Father's Day – share lunch with us on Zoom

Date/time: Sun 6 Sept 12noon

Fee: Free

Tutor: Graeme Brown
Bellarine Vintage Machinery
Via Zoom - Bookings essential

Understanding Dementia

This session provides an introduction to dementia including an overview of different types of dementia, diagnosis, planning ahead and how to support someone living with dementia.

Date/time: Fri 11 or 18 Sept 2pm-3.30pm

Fee: Free

Tutor: Dementia Australia
Via Zoom - Bookings essential

Morning Catchup with SpringDale

Date/time: Mon - Fri 11am - 12noon

Fee: Free Tutor: SpringDale
Via Zoom - Bookings essential

Afternoon Catchup with SpringDale

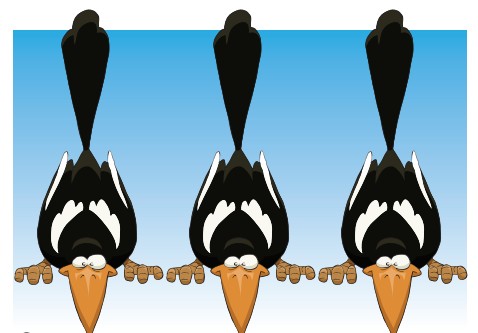
Date/time: Mon - Fri 3.30pm - 4.30pm

Fee: Free Tutor: SpringDale
Via Zoom - Bookings essential



Dining Group and the Lunch Bunch will resume as soon as the Social Distancing regulations change.

A notice will be in the next edition.



Collective noun for this month is a Tiding of Magpies



News from Lisa Neville MP

Member for Bellarine

Reporting Scam Calls

During these very trying times for us all, it is of serious concern that there have been numerous reports of scam callers, especially targeting the more vulnerable members of our communities.

I know we are all working hard to do the right thing, so this kind of behaviour is appalling and completely unacceptable.

It is important that people only use trusted government sources for advice about coronavirus and related matters.

If anyone has concerns about a call they happen to receive or any information they have been provided, you can call the Department of Health and Human Services on 1800 675 398.

Alternatively, please don't hesitate to contact my office and you will be provided with the appropriate assistance and advice.

Electricity Savings for Caravan Park, Retirement Village and Apartment Residents

The State Government recently announced that from September 1 2020, the maximum price residents living in apartments blocks, retirement villages and caravan parks can be charged for their electricity will be locked to the Victorian Default Offer, which the Government has set as a fair price for electricity across the state.

These residents will now have access to the same cheaper deal and have the same protections as Victorians who live in a house and who can therefore choose their own energy provider.

Of course, this will greatly assist the many Bellarine residents who live in an apartment, caravan park or retirement village.

Customers in these "embedded networks" are locked into a contract with a specific company, and these companies can act as a monopoly and charge higher prices for energy.

The announcement, which fulfils part of an election commitment, follows a decision by the Essential Services Commission to set the Victorian Default Offer as the maximum price for these customers.

For more information, visit energy.vic.gov.au/victoriandefaultoffer

Community Sport Club Grants.

I was recently pleased to announce a number of local grants have been approved from the Government's Community Sport Sector COVID-19 Short-term Survival Package.

The Bellarine Peninsula Basketball Association, The Australian Blind Bowls Association and the South West Golf Association all received \$7,500 grants.

Ocean Grove resident Greg Kennedy is integral in the operation of the Blind Bowls Association, as too local Ocean Grove golfer Bernard Perry in the golf association.

I congratulate them and the Basketball Association for their commitment and work.

The grants are designed to help clubs and associations meet fixed costs to ensure they can remain operationally viable during this time.

Since the start of the coronavirus shutdown community sport has suffered significant revenue losses, putting sporting associations, leagues and clubs at financial risk.

Ensuring community sport and active recreation organisations survive this crisis and come back better than ever is critical to our economic and social recovery, and to our community's physical and mental wellbeing.

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
lisa.neville@parliament.vic.gov.au
Twitter@Lisanevillemp Ph: 5250 1987



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Lisa Neville MP
Member for Bellarine

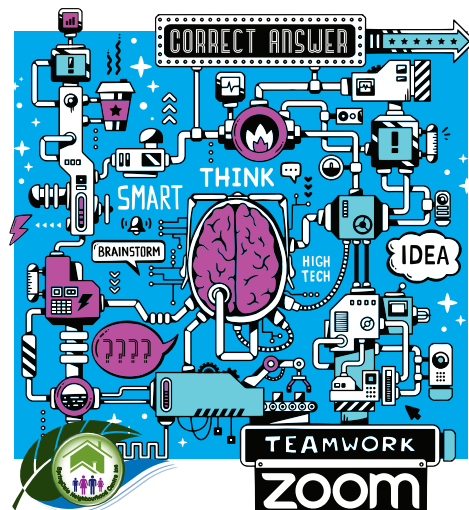
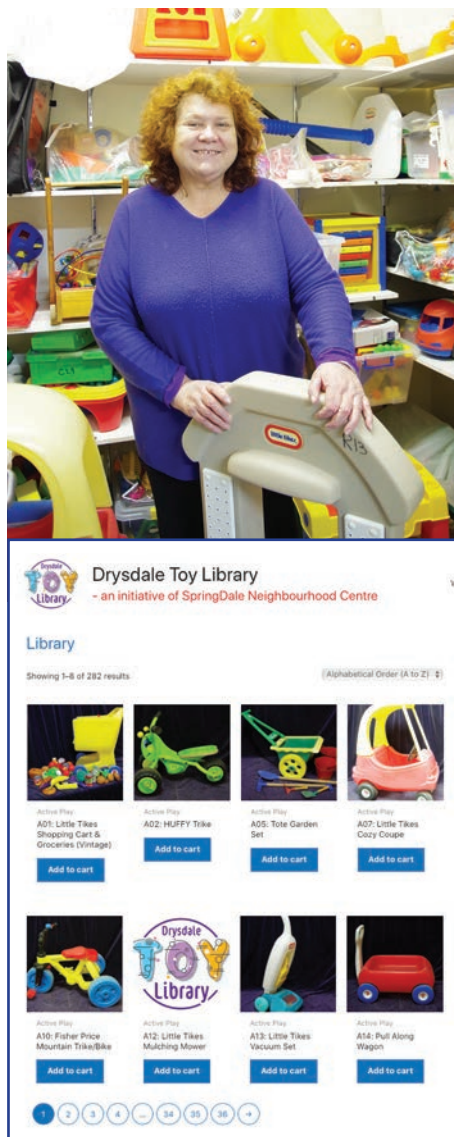
"For assistance with any issue, please call my electorate office"

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

Funded from the Parliamentary Budget



Drysedale Toy library started over twenty seven years ago with people eager to meet and organise a small group of volunteers to help people with small children and felt there was a need to enable toys being exchanged between families. The first venture was a sewing spree to make calico bags to put all the toys in and sorting them out for children ages and abilities in learning and play. Then they realised it would be easier to have clear bags so that they could see the toys at a quick glance. We have had many toys lent out over all these years and satisfied many families. It also gave families the opportunity to the latest in toys and saved them purchasing them individually and having the problem of storing them. We now have a fantastic range of toys that have built up over the years. There are several categories to help your choice, active play, baby, construction, expressive and dramatic, games, literacy, musical, real life, stem (Science, technology, engineering, math), vehicle and water play. A fantastic range for all children from baby to pre-school. Another chapter has evolved and we have been fortunate to have a new Manager, Deb who is eager to revive the toy library and with the modern technology of today you can check our toys and order them on line, then click and collect with the modern world. What a great way for children to learn.



TRIVIA NIGHT

Do you enjoy our Trivia Quiz every month? Maybe you'll enjoy a Trivia Quiz on Zoom. Many people, from all walks of life, seem to enjoy Lisa's trivia questions. Perhaps we can share the evening testing our knowledge and learning some facts.

Date/time: Fri 4 Sept 7pm

Free Event

This event will be run by Lisa Shearer - Drysedale Guides
Via Zoom - Bookings essential

**We will be back !!!
STAY SAFE**

Catch up on all the action of past Bird Bath Cams at our YouTube Potato Shed TV Page

By Councillor Trent Sullivan

The pandemic has caused so many things to change in our region since I last wrote for the Springdale Messenger in June.

This rollercoaster ride of restrictions and see-sawing case numbers has been tough to weather, but the region has done so well to stick to the rules.

Don't forget you can check out what COVID-19 support is on offer from council to residents, businesses and community groups here: www.geelongaustralia.com.au/covid19

I think our 2020-21 Community Grants program will do the trick when it comes to boosting morale during this challenging time!

Council has increased the pool by \$400,000 to \$4.33 million this year to give the community an extra leg up and supercharge social recovery.

Applications are closing soon on 14 September for Creative Communities, Community Events, Healthy and Connected Communities and Environmental Sustainability grants.

If you've missed the boat with those ones, have a think about the Community Infrastructure Grants Fund.

Your club, organisation or group has until 12 October to apply for up to \$350,000 to help with the cost of shovel ready projects, which have strong community benefits.

If your group doesn't quite have a community infrastructure project ready to go, the

planning category of this fund could be just the ticket.

There's up to \$50,000 per organisation to go towards planning and feasibility activities for future projects.

Head to www.geelongaustralia.com.au/grants for more information. You can also contact the team on 03 5272 4736 or 03 5272 5039 or email communitygrants@geelongcity.vic.gov.au.

We've just wrapped up community engagement for the Clifton Springs and Drysdale Flood Study, which will help the City of Greater Geelong and other authorities better understand the flood risks and stormwater opportunities.

This will lead to improved community preparedness and emergency response, and support future planning for land use.

A big thanks to residents, businesses and property owners who shared with us their experiences of flooding around Clifton Springs, Drysdale, Curlewis and Bellarine.

The feedback will now be reviewed and incorporated into the study, before hydraulic modelling, floor levels surveyance and mitigation options are investigated.

We hope to have the study finalised by mid-next year, so keep an eye out!



Drysdale Library



The City of Greater Geelong are interested in your thoughts about the Drysdale Library and what you value about it and its services. A submission process will be open until 14 September 2020. Go to Geelong Australia Have Your Say page or make a submission via the Drysdale Customer Service Centre.



bellarine b property
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House, unit, acreage or land, Lee is here to lend a hand.

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The Rotary Club of Drysdale recently had it's changing of the guard via a Zoom Meeting. Nothing is the same right now, but we are doing what we must do. Outgoing President Bruce Van Every thanked the outgoing Committee and introduced incoming President Graeme Wise who presented the new Committee to members.

Graeme joined Rotary eight years ago but has lived all his life in Drysdale, growing up in the little old house on High Street that is currently operated by the Kardinia Vet Clinic. Imagine that with a Mum and her six kids? That is what you did back then.

His connection with Rotary goes way back to when he knew the Charter President (1st President) Howard Peel first meeting of the Club was May forty five years ago. Graeme recently met with Howard's wife Pat when he went to show off proudly his Presidential Collar and a Howard Peel Memorial timber framed collar of previous Presidents.

Graeme has tirelessly supported Rotary's ongoing projects as well as successfully run his Drysdale Kitchens business. His local interest does not stop there his carpentry skills also came to the fore when he made, free of charge with support from the Rotary Club, a Display Cabinet for the Drysdale RSL. The cabinet will have glass shelves added and memorabilia of the wars. I am sure the RSL would be happy to show you the finished product.

We look forward to a fun year with Graeme as our Leader in these interesting times. Thank you, Graeme, for what you have done and continue to do for our community.

Publicity Officer

Caroline Rickard - Rotary Club of Drysdale
0408 989 221



*The sky is blue there is no rain
But Covid's stopped our local train
The sound of steam and whistles high
No longer reach up to the sky*

*The sound of birds I hear so clear
A special sound into my ear
People walking in fresh air
Covid's teaching us to care*

*Get out and walk to clear your brain
The message here is very plain
Families' together out on bikes
So many missing their special hikes*

*As I sit and write this verse
I thank God for every nurse
On the line they put their life
To help rid us of Covid's strife*

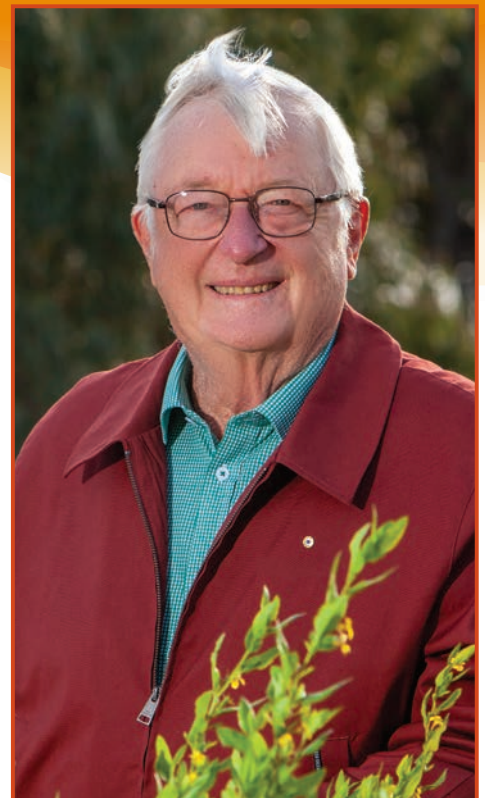
Caroline Rickard

1 Jim Mason *Working Hard for The Bellarine*

**STANDING AGAIN FOR
COGG COUNCIL
IN OCTOBER 2020**

If **RE-ELECTED** I will continue to
work hard for the Bellarine:

- Supporting a **COVID-19** recovery package
- Ensuring a **FAIR DEAL** for all
- Enhancing **SPORTING, SOCIAL** and **CULTURAL AMENITIES**
- Protecting the **RURAL, COASTAL** and **TOWN ENVIRONMENTS**
- Improving **PUBLIC TRANSPORT** and **SHARED PATHWAYS**



I Will Continue to Consult, Consider and Act!
There is Much More – Go to: www.jimmason.com.au

Authorised by Peter Berrisford 225-275 Andersons Rd Drysdale 3222

Your Morning Trance

Most of us wake up dazed and foggy. Walking to the bathroom in a trance. Some mornings it is not until the shower hits your back or the coffee aroma tickles your nose that you truly wake.

In this time of "trance walking" it is useful to consider the sort of thoughts that are going through your mind:

- "Urgh – it's cold!"
- "I don't want to get up"
- "It's going to be a hard day today"
- "I really don't want to see my boss today"
- "I can't juggle homeschooling and my clients today!"

Some mornings we just let ourselves start the worrying.

The power of these first thoughts is strong. This is your first conversation of the day, you are in a highly suggestible state and could be practicing a negative thought pattern, possibly deepening negative limiting beliefs.

Make it count

You can make the most of this trance-like state every morning instead:

- Spend a moment to consider one thing you are actually looking forward to in the day ahead
- Consider the strength you are going to use to overcome all obstacles today
- Plan your intention the night before and leave it on your bedside table to read when you wake
- Have a set of affirmation cards by your bed and read one each day
- Create a morning mantra that you speak every day

Morning Mind Set

As you get out of bed, imagine how you want to feel today. You can create an image in your mind of you looking and feeling exactly that way. Make it bright, detailed and crystal clear; then imagine walking through it. As you do, like trying on a new outfit, you can feel how it feels to feel like that already, and wear it all day long.



May your days be light in these challenging times.

If you need some help changing your mindset and navigating your thoughts; hypnotherapy may be helpful.

Kim High

Clinical Hypnotherapist
(BSc MEnv DipEd DipClinHyp NLP)

Auslan @ SpringDale

The 20th of December 2017 was a great day for the Deaf Community. (Long overdue!) The 72nd United Nations General Assembly adopted a resolution to hold an International Day of Sign Languages each year on the 23rd of September.

Why the 23rd of September?

This is the date that commemorates the establishment of World Federation of the Deaf in 1951. Its main goals are the preservation of sign languages and deaf culture as pre-requisites to the realisation of the human rights of deaf people.

What is Australia's Sign Language?

The sign language of Australia is known as **Auslan** (Australian Sign Language). Auslan has been recognised by the Federal Government as a community language of Australia in 1991. (Long overdue again!)

Deaf Australia took the initiative to move their annual celebration week of Deaf individuals and the Deaf Australian community to always include September 23rd. The National Week of Deaf People will run from September 19 – 25 this year. Deaf Australia aim to preserve the rich heritage, culture and language of the Deaf community. They are custodians of Auslan and promote awareness, equality and access through sign language. A mission of Deaf Australia is to inspire future leaders in our deaf communities to continue their legacy and heritage.

By good fortune, the 23rd of September falls on a Wednesday this year, our **Zoom in for a Taste of Auslan** day. We are a diverse group of hearing allies for people who have hearing loss. We are aged from 8 months to 73 years. The local Deaf community have expressed their appreciation of us for making them feel more valued, respected and included. Children, grandchildren and friends have been enjoying our signing as we practise our new skills. We have a love of lifelong learning, sharing and caring. The Kindness Pandemic is alive and well at SpringDale Neighbourhood Centre!

Jan Anderson



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Jigsaws at SpringDale

Many families to bring great joy and fill many hours through jigsaw puzzling. For only \$12 per year to be a member and 40c to hire a jigsaw. Thousands still available from 500 pieces to 5000 pieces.

Hopefully something for everyone.

Art for All Abilities

In 2018 the Art for all Abilities group started out as an art therapy program for people on the Autism Spectrum run by art therapist Celia Adams. The aim of the group was to help people on the autism spectrum to grow in confidence through creativity. Each person was encouraged to explore their preferred way of making art and, supported by Celia, could take some risks, knowing that it was ok for a creative experiment to go off course. The group has grown over the years and can no longer be referred to as catering only for people on the autism spectrum. People of all abilities attend the group to pursue art making and skill development. Other benefits of the group include confidence building, relaxation, creative growth and connecting with others.

We have managed to keep the group going remotely for most of 2020 and it has been inspiring to see how adaptable the artists have been during these uncertain times.



Artists' Stories

One of the group's participants was apprehensive about painting to begin with because he had an aversion to getting messy. As time went on, he found that the more he was absorbed in the flow of art making the less he was concerned about the mess. He now creates art with confidence and is happy to experiment with new ways of mark making.

Another participant has found her strength in painting animals. She has quickly developed her style as she creates bold, naïve pictures of people's pets and other animals that take her fancy.

We recently submitted four of our artist's pictures into the annual art competition run by GenU called ArtX. The show exhibited at The Hub in East Geelong and online and there were over 100 pieces chosen to be included. Our participant Stirling Brackley won an encouragement award for his piece titled 'The Victory of King Narma over the Delta.' Stirling has found inspiration in studying images of ancient artifacts and recreating them using coloured markers and pencils with stunning results. Congratulations Stirling!



About Celia

Celia Adams has a Masters in Art Therapy and a Certificate IV in Disability Support. She has over 10 years' experience running art therapy groups for people living with disability.



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SpringDale Trivia

39th Edition

by Drysdale Girl Guides

1. What is the name used to describe fans of BBC Sci-Fi series Doctor Who, and is also the name of an ABC program hosted by Rove McManus?
2. As of the end of July 2020, how many AFL teams have yet to win an AFL (or VFL) Premiership? Name them.
3. What is Winnie the Pooh's favourite thing to eat?
4. How many strings does a violin have?
5. In what year did the Summer Olympic Games last take place in the United States of America?
6. Of the planets in our solar system which has the most moons?
7. What's the total number of dots on a pair of dice?
8. In the phonetic alphabet, the letter Q is represented by which Canadian city?
9. In which continent is the country of Egypt found?
10. Koalas have their own unique fingerprints, very similar to humans, true or False

Turn to
page 22
to find the
answers.



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

Ring Anne Brackley for
details 0407 529 205



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Most of us fortunate to be part of the affluent Western world take the act of driving a vehicle for granted.

My driving career began at the age of 12 on my Auntie's farm. Our family was farm sitting when one morning Dad threw me the keys to the family Ford Falcon, "Pick me up in the first paddock at midday," he said as he left me choking on my Weetbix.

At eighteen I began my driving career, enthusiastically 'putt putting' around in my VW Beetle. I soon became the chauffeur to three offspring and their friends (the best means to communicate with teenagers is when they are trapped). I happily steered my girlfriends around fun-filled weekends away.

Those halcyon days of self-driving began gearing down as my muscles began wasting,

When Car Driving Can No Longer Be

causing safety challenges that became too dangerous to ignore. It was time to call it quits. Quits to picking up my Mum or Mum-in-law to go out for lunch. Quits to working and volunteering out of the house on the same basis as previously. Quits to popping in to see family and friends and too many other simple uses of the car. Of course I've adapted with the purchase and modification of a KIA Carnival. But I can't deny that I still miss the freedom that I once took for granted.

I understand that there are those who have never had the desire to get behind the wheel and there are those who have never had the chance. But so much of life is about perspective and from mine driving was important for 30 years and the loss of that while not tragic, has been significant, and I am truly grateful for the experiences, the conversations, and the service I could be a part of while in the driver's seat.

If you still drive – appreciate it.

If you can't – I get it.

And let's always remember how lucky we are to consider such first world advantages as being a right, rather than a privilege.

See you around, **Leanne**

Networking Up

One of SpringDale's Special Interest Groups is Business on Bellarine and during the City of Greater Geelong's upcoming Small Business Festival (this year in September) we are holding a networking event on **Tuesday 15 September 8am-9am** online via Zoom.

If you are a small business owner who would like to attend this free event you are most welcome. You might bring along your best networking idea to share or you might like to just absorb and trial some of ours.

Book in via Eventbrite - <https://www.eventbrite.com.au/e/networking-up-tickets-116187695525>

Looking forward to seeing you there. Aaron Kelleher Group Leader.

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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.

Major Road Projects Victoria - Drysdale Bypass



Since Major Road Projects Victoria opened the \$117 million Drysdale Bypass to traffic, traffic is moving well, and the number of trucks in High Street has been dramatically reduced.

Over the coming months temporary lane closures and speed restrictions will be in place to complete drainage works, landscaping and permanent lighting. Minor works on the shared use path which runs along the full length of the bypass will need to be completed.

In 2018 MRPV undertook significant cultural heritage salvage works and recovered over 119,000 Aboriginal artefacts. To mark this significant discovery, we have committed to planting over 120,000 Indigenous trees, shrubs, grasses and ground coverings in honour. So far, over 75,000 plants are in the ground.

MRPV worked closely with Bellarine Landcare during project planning to develop the Indigenous species landscaping plan. Bellarine Landcare have provided the trees, shrubs and ground coverings for re vegetating the area near the Education, Sporting and Entertainment precinct on Peninsula Drive.

Temporary lighting has been installed at the intersections and the roundabouts. MRPV is working closely with its construction partner and Powercor to energise the permanent lighting as soon as possible.

The bypass was opened on time and within budget by Minister for Transport Infrastructure Jacinta Allan, and Member for Bellarine Lisa Neville. Prior to the opening, members of the local Wadawurrung community performed a smoking ceremony to cleanse the land and welcome guests to Country.

With the bypass open, visitors to the Bellarine will enjoy more consistent travel times, especially during the busier summer holiday season where an extra 5,000 vehicles move through Drysdale daily.

The project included the construction of a new pedestrian underpass which links the town centre with the education, arts and sporting precinct on Peninsula Drive. Finishing touches on the underpass, including interpretive artwork, will be completed by the end of the year.

Morning Catchup with SpringDale

Date/time:

Mon - Fri 11am - 12noon

Fee: Free Tutor: SpringDale

Via Zoom - Bookings essential

We are here
for you.
Connecting
community



Afternoon Catchup with SpringDale

Date/time: Mon - Fri 3.30pm - 4.30pm Fee: Free Tutor: SpringDale

Via Zoom - Bookings essential

Classes at SpringDale

From Harps to Masks



What an interesting year we are having with Harp Classes, Auslan, Mask Making and so many classes that we didn't think about at the start of the year. Pictured is Christine Middleton after making her first mask via a zoom class.

Brenda our Computer tutor launched into mask making and offered to help others learn how. Christine is our Harp tutor and she took up the mask making workshop offer.

Brenda facilitated an excellent Zoom meeting on face masks this morning. ***As a very poor beginner sewer, I managed to make my first mask.....very pleased. Christine***

What would you like to try? We try to help people's dreams come true - let us know what your dream is and hopefully we'll be able to help.

Classes will run again next term some will be on Zoom only, we hope others will be both in person and on zoom and perhaps some will be in person only.

Next month we will publish our new Course and opportunity guide.

Please sign up for our email updates just in case a new opportunity comes along <http://lists.springdale.org.au/phplist/?p=subscribe> or phone SpringDale on 5253 1960 to let us know you would like our emails.

Regards,

Anne Brackley



Activities & Learning



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.



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

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



Developing the 'Whole' Child through The Power of Creative Arts

*'Art is a place for children to learn to trust their ideas, themselves,
and explore what is possible,'*

by MaryAnn F. Kohl.

It is truly a joy to observe the concentration, pure delight and curiosity of children as they instinctively explore visual arts, music or dramatic arts for the first time. Creative Arts provide children with the freedom to use their imagination to express their thoughts, ideas and emotions more successfully than the spoken word as young hands glide through finger paint, tap on a xylophone, use puppets to tell a story or dance to express their appreciation for the magic of music. When children are given the opportunity to take a keen interest in the creative arts through uninhibited self-expression they will learn to connect head and heart. They will build confidence, expand their cultural awareness, engage in abstract and creative thinking; take risks to overcome challenges, think about issues from diverse perspectives, and explore different approaches to find multiple solutions to problems.

We all know engaging in Creative Arts is fun, yet it also helps your child's overall development. It has a positive impact on their concentration, motivation, memory, and self-awareness; ability to work as an effective team-member or leader, extends fine motor skills, and academic skills in areas such as: literacy, maths and science.

Inspire your children to try diverse art forms and discover their favourite artistic medium. Here are a few ideas to get you started.

Visual Arts Activities you can try at home:

- **Explore:** Clay, finger paint, puffy paint, shaving cream, baking soda paint, charcoal, bubble blower painting, chalk prints etc...
- **Nature Art:** Use natural materials from nature to explore, shapes, colours, patterns to create transient art.
- **Water Colour:** Experiment with rice, salt, wax paper, oil pastels, lemon juice and see what happens!

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

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'Creative solutions to improve primary students educational wellbeing.'

Music Activities you can try at home:

- **Create musical instruments:** Using recycled materials or be innovative with cooking utensils.
- **Write and perform your own music:** Using pictorial symbols for body percussion – clap, stomp, pat, click your fingers.
- **Mood Music:** Find different music that depicts emotions like happiness, sadness, anger, enthusiasm, calmness, and amusement, then share why the music makes them/you feel this way.

Drama Activities you can try at home:

- **Storytelling Prompt Jar:** Tell a story using the prompts with family and friends.
- **Create a Play:** Invite your family to attend your performance.
- **Monologue 'Hot Spot' Game:** The youngest in the family begins to tell a story about a family event, holiday or celebration. Everyone takes a turn to add to the story until it is completed. To add more complexity, add a list of words that each person needs to include or add bonus points for discussing their feelings about the event.



Great things are happening at the Clifton Springs foreshore. DCSCA are project partners with the City of Greater Geelong (CoGG) in the construction of the Pick my Project Boardwalk at the site of the historic mineral springs and construction will commence very soon. CoGG is also in the process of beautifying the adjacent foreshore and making it more accessible.

Neil

DCSCA aims to improve local people's well-being and to improve our natural, social and built environments. If you'd like to learn more about us and/or to join us, please visit our web site (www.dcsca.org.au), or pick up a membership application form from Springdale Neighbourhood Centre or contact us at dryclifton1@gmail.com or find us on Facebook @DCSCA

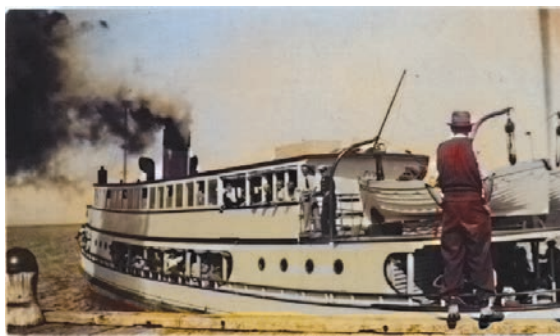
The site of the historic mineral springs where the boardwalk will be constructed.





Bellarine
Historical
Society

The Bay Steamer 'SS Sorrento'



Photos shows the SS Sorrento at St Leonards.

The Bay steamers played an important role in early tourism, they opened up the Bellarine Peninsula to sightseers and picnickers. They could deliver up to nearly 2000 passengers at a time to Portarlington or Queenscliff. In the years 1886 to 1941 the bay steamers carried more than 10.000.000 passengers down the bay to Mornington, Sorrento. Queenscliff and Portarlington. The best known were the SS Courier, the PS Ozone, the SS Edina, the P S Hygeia and the P S Weerona. - The P S Ozone carried 2.030.975 passengers between 1886 and 1925; between 1890 and 1931 the P S Hygeia carried 2,500,000, and the P S Weerona, which was placed on the service in 1910, carried 3,000,000 Bay trippers before she was withdrawn in 1941. These vessels were quite large and were each registered to carry close to 2000 passengers

IN 1946 The SS Sorrento (formerly the SS Rowitta) commenced the service from Melbourne to Portarlington and Sorrento and was registered to carry 300 passengers-- much less than the previous Bay Steamers

The SS Rowitta was built by Purdon & Featherstone, in their Battery Point Tasmania boatyard and launched January 1909. LOA 103.5ft, Beam 20.5ft and Depth 7.7ft.

SS Rowitta was built for Alfred Harrap & Son of Launceston for work on the Tamar River. She remained there until 1941, when she came down to the River Derwent where the Rowitta was purchased by the Hobart Bridge Company and used in connection with the construction of the floating arch bridge and also as a ferry steamer.

After the bridge was completed in 1942, she was taken over by the Royal Australian Navy, when she was stripped down and a new boiler fitted and the hull below the waterline was copper sheathed, however this was too far advanced to be used and was sold in 1944 to Marlow & Cavalier who had Purdon & Featherstone rebuild her, which included the glassing in of both decks and the inclusion of saloons, cafe and a licensed bar.

Renamed the Sorrento she was taken to Port Phillip Bay, Victoria where she made daily trips from Station Pier, Port Melbourne to Queenscliff and Sorrento. Later she was sold to Sydney and used as a ferry steamer on the harbour.



Greetings everyone, hope you're all staying safe. Remember last month I was telling you about the exhibition of the space pod we held at SpringDale. I took the opportunity to test out in practice an exciting new adventure style rescue flight sequence! This was actually a somewhat spur of the moment idea I hoped would in some measure sort out the problem of the immobility of the pod.

Of course, when we have the hall exclusively for sci fi we can have the pod move around the floor on rollers. So the kids can "fly" it to their hearts content. The space ship must stand stationary on stage and cannot move in any way. So, although it can be manned in this situation, we can't have any kind of flow to the storyline for the pilot to experience.

Pondering this, I got to thinking about how video games work. In many such games stationary objectives move towards the operator. By moving the visual scene backwards the pilot gets impression of forward movement towards an apparently static target. The question was, could this concept be adapted to a live scene in the hall?

Playing the role of a Jet pack pilot forced down through shortage of fuel I crouched on a low trolley with my jet pack model. When my assistant slowly pushed the trolley up the hall towards the stage, the stationary pod pilot had the experience of flying down the hall to rescue me.

We had a wild ride testing this one with the kids !

This exciting mini play could be a future highlight at SpringDale. Wow !

See you soon, **John**.



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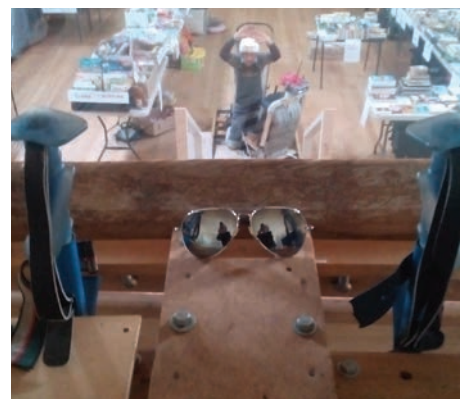
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Clifton Springs Garden Club



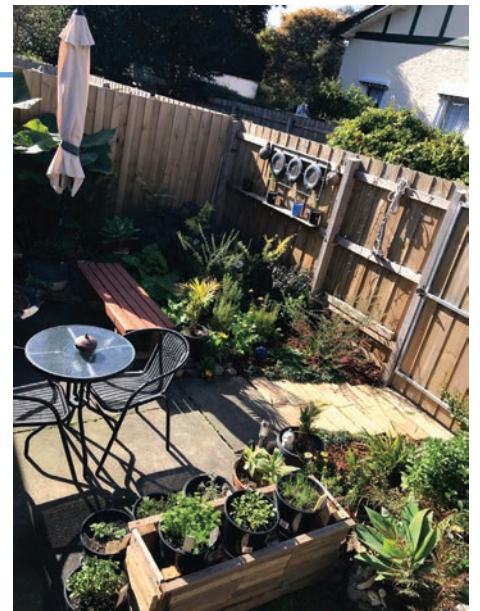
JASON'S OASIS

I have just come in from my garden where I was able to enjoy the sunshine, listen to the birds and the sea, while I de-headed the daisies and camellias and forgot about COVID for a while.

I am very lucky to have a large garden but not everyone is so lucky. I have a friend, Jason, who lives in a rental property with a very small backyard (approx 3 m actual garden space). With some creativity and hard work he has made this space into an oasis in the middle of the city. Not only is the garden space functional, providing a relaxing place to sit, it is low maintenance and productive as well. Jason has planted herbs and other

edible plants combined with natives and pots. He has made garden furniture to sit around the fire pit and a planter for his herbs. He has even utilised some of the fence for additional pots, with a bench very simply made from wood and brackets attached securely to the fence. Maybe Jason's garden will give you some ideas while we continue to work our way through self-isolation.

While you are tidying up the garden, why don't you think about putting some cuttings into pots - some will strike, some won't, but when they do strike it gives you a great sense of satisfaction. The Clifton Springs Garden Club is still aiming to have their Annual Plant



Sale on the last Saturday in October, so if you aren't confident to pot up your own cuttings, then come along and purchase some from the Garden Club. There is always a great variety of plants ranging in price from 50c upwards, depending upon the size and variety of the plant.

September is AGM time, with Spring just around the corner and as soon as the restrictions are lifted, it will be full steam ahead for the new Committee organising interesting speakers and fun filled outings to beautiful gardens.

If you would like to keep up to date with 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.

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St Leonards Garden Club

Hello Everyone,

Firstly let me say how delighted I was to see so many new and older residents have read and some made comments on my article last month.

At a recent meeting, it was decided that the St Leonards Garden Club will now not resume for the remainder of the year, due to COVID 19 and the restrictions placed upon us. I will definitely inform every one of the resumption of our monthly meetings.

I will endeavour to provide some gardening advice that might prove helpful.

The happy colours of Spring are starting to show through, bringing some brightness into an unhappy world. Daffodils, Jonquils, Bluebells, snow drops are breaking through, as are cymbidium orchids and some wattle trees. Soon we will be seeing the blossoms of fruit trees of many different varieties.



Now is the time to spray your nectarine, peach and apricot trees with liquid copper sulphate (blue) to prevent leaf curl. Spraying needs to be done at leaf drop, again in mid-Winter then at bud swell in Spring. Saturate the branches and the ground beneath the trees.

Codling moth can be kept at bay by planting garlic at the base of apple trees.

Winter planting of beetroot, cabbage, broad beans, garlic, leeks, lettuce, onions, parsnip, peas, potato, radish, rhubarb crowns, shallots, spinach, and spring onions.

Herbs to plant are mint, rosemary, marjoram, and thyme.

Some hints for the garden...use cardboard on top of the prepared ground (dig it over a bit). Cover with mulch. Cardboard will keep the weeds down and not make the soil sweat. Water cardboard before mulching. Cardboard will break down over time. This can be put around any of your plants, keeping in mind not to put it right up to the trunk as this might cause collar rot. Keep about 6 inches away.

When your cauliflower heads get bigger, cover them with their leaves. This prevents the heads turning yellow and helps to keep the grubs away.

Keep an eye out for aphids as your roses are starting to come into leaf and bud. These little pests can be very destructive eating the new leaves and buds. Spray with aphid Spray when you see them on your roses. Squirting them with water will make them fly away but they will come back.

So until next month, stay safe, stay well, and happy gardening.

Cheers **Wilma McLaren**

The great Australian dream is at your fingertips.

There are clear and definitive signs that the property market is gaining strong momentum and recovering to levels pre COVID-19

The Australian government has introduced a \$25,000 grant for new builds or large scale renovations. This is on top of the first home owners grant makes getting into the market very affordable. The first home owners grant is up to \$20,000 for building in the Bellarine as it is classified as rural. With interest rates for home loans and investment loans extremely low and the median house prices are between \$450,000 and \$550,000 why not take the great opportunity to become part of the beautiful community that is the Bellarine.

If the beaches, wineries, historic villages and breathtaking scenery aren't enough to entice you then the community spirit will. There are over 7000 business in the Bellarine area and during these times it has been absolutely heart-warming the support the community has given.

Everything you need is at your fingertips from school, pre-school, sports and recreation, shopping and medical. With the bypass now open it's a short trip back into Geelong.

So many benefits to be living in a beautiful area with a community feel. Now is the perfect time to start exploring options to get into the market whether it is for your own home or investment purposes. Time to take advantage of keeping our economy going.



Tivoli Drive

A key north-south road along the eastern boundary of the Curlew Golf Club is now open, providing a critical link for local residents to the Curlew growth area and Clifton Springs.

The new stretch of road extends Tivoli Drive in Curlew by 600 metres, creating a connection between Portarlington Road and Coriule Road.

It means Tivoli Drive now offers an alternative to Jetty Road for vehicles travelling to and from the Curlew growth area.

The works have also included installation of traffic lights at the intersection of Portarlington Road and Tivoli Drive, footpaths, and a signalised pedestrian crossing at the Bellarine Rail Trail.

While the road itself is now open, the rail trail signals and new street lighting are awaiting final power connection. Temporary lighting and signage have been put in place to ensure safety until the power is connected.

The \$3.67 million project forms part of a wider Jetty Road Infrastructure Plan, and has been fully funded by the City of Greater Geelong with Developer Contribution Plan income.



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Bellarine Support Group for Kinship Carers

I cannot believe that Bellarine Support Group is turning five this year. When I first walked into SpringDale, over 5 years ago, and explained my dream to Anne Brackley, she listened and asked lots of questions.

Anne believed in my dream to support, guide and advocate for Kinship carers living in our region.

Our first meeting was organized for the 7th September 2015, I remember sitting at the meeting and waiting anxiously for carers to arrive. I was not disappointed.


Most of our carers are grandparents, aged from over 55 years of age to 72 years of age.

Also in our group are aunts, uncles, siblings (caring for younger siblings), family friends and cousins.

The children/young people in our group range from newborn to 18 years of age.

I would like to take this opportunity to thank Anne Brackley for believing in my dream to help support kinship carers in their kinship journey.

On behalf of all families and children who are part of Bellarine Support Group for Kinship Carers, we stand as one in thanking every person, business and organisation that has extended their heart and hands to help us in the special journey we have been asked to undertake.

Your heartfelt generous support, means so much too each and every one of us. 

I recently was honoured to accept over 40 quilts from Bellarine Quilters to Bellarine Support Group for Kinship Carers.

This year was the second year Bellarine Quilters have supported Bellarine Kinship Carers with 'something special' for both the carers and children.

On behalf of every carer and child who selected a beautiful quilt made with so much love, we say a HUGE THANK YOU to the Bellarine Quilters for your continued support.

Hope to catch up with you soon.

Jeanette Hanley Heath - 04140308 257



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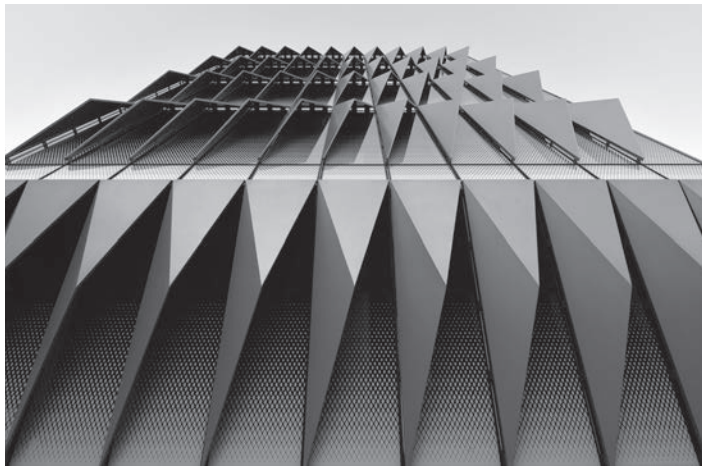
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Night Bridge – Kevin Robley



Ocean Grove Surf Life Saving Club – Robyn Curtis



Fantastic Façade – Daryl Haywood



Deakin 2 – Alex Valkenburg

For our most recent competition local photographer Jack Jansen was kind to agree to judging our competition for the second time this year, this time our set subject of "Architecture". Members were very appreciative of his constructive, written feedback. We are still unable to hold physical meetings but members are still actively entering competitions and keeping in touch as much as possible on social media, which assists in keeping our club buoyant during these unprecedented times.

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

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Memories of Yesteryear

by the Older Generation of the Bellarine

Jack Butcher continues....

At the turn of the 20th Century many small community families around the country became related through marriage and this was the case when Bill Butcher's younger brothers Alfred and Ernest married into the Rodgers family.

James Grieve Rodgers (b 1868) and Caroline (nee Carr. b 1874) were both born in Drysdale and had eight children.

Alf Butcher (b 1892) was employed by the State Rivers and Water Supply Commission as a labourer during the construction of the water storage facility in Swan Bay Rd Wallington and would travel to the worksite each day with his good friend Keith Davis (Kel's brother)

Alf married Alison Rodgers in 1915 at St James Church in Collins St Drysdale and within seven years had four children, Alan (b 1916), Maisie (b 1918), Laurie (b 1919) and Vonda (b 1922, she was born the same year his brother Ernest married Lillian Rogers). From then on family reunions and picnics were essential to ward off incest. Ernest's occupation at that time was "chauffer" and he conducted a transport business from Portarlington to Geelong.

In 1932 Alf and Alison (known as Elsie) had their dream home built

at 32 High St Drysdale, now the "Bungalow Restaurant". Alf had a well organised vegetable garden, harness sheds for his horses, dog kennels and a dairy to supply cream for the cook. Not only was Elsie an excellent cook she was also a competent dressmaker and involved in many community activities including the C.W.A. and the local bowling club where she loved sharing this with her brother Ernie Rodgers.

Euchre tournaments were also organised and conducted in the R.S.L. hall during week nights and farmers from outlying areas would attend. Names such as Drake, Farrar, Devlin, Found and Hutchison come to mind.

She also supplemented the family income by taking in boarders at various times. One permanent was Les Anderson who had lived on his own in Huntingdon St Drysdale after returning from the war suffering from shell shock and came to live at 32 High St in the late 1940's. My parents Laurie and Betty were married and moved into the Anderson home at that time with us kids.

This possibly lends weight to the fallacy that my grandmother used to cook pot roasts and supply them



to the soldiers after the war.

Other boarders were primary school teachers, Mr Bill Puncheon and Mr Kelvin Swanborough and in the 1906's Alan O'Neill was the last boarder to put his size 8's under the mahogany.

Alf departed this life in 1964 aged 72 and Elsie remained living in their house until she died in 1982 aged 88 years old. They had a wonderful life. They are both buried at Drysdale Cemetery.

Russell Butcher





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CHICKPEAS

are low in fat and have no cholesterol.
(Hmmm fat is absorbed if frying!)

Falafel - Blended chickpeas with spices formed into a crispy shape on the outside and creamy, soft on the inside. Sometimes they are formed into little croquettes or fingers, fried and served in a pita bread with bits of salad. Falafel are delicious baked in the oven.



FALAFEL

is the name given to this little morsel of goodness.

- 1 can chickpeas, drained and rinsed
- 3-4 tbs of olive oil
- 1/2 cup chopped red onion
- 1/2 cup fresh parsley, chopped
- 3 cloves of garlic, minced
- 2 tsp ground cumin
- 1 tsp turmeric
- 1 tsp salt
- dash of cayenne pepper

Preheat oven to 180C.

- Combine all ingredients in a food processor or blender.
- Blend until smooth.
- Form mixture into small patties.
- Place patties on a baking tray (baking paper or spray with olive oil).
- Bake for 12 minutes.
- Remove falafel and turn the patties over.
- Bake for another 10-15 minutes.

Chickpeas are a handy staple in the pantry. They are versatile and filling. They fill the gap for variety of vegetables.

To make a Moroccan-style salad:

Drain a can of chickpeas and toss with (ready) cous cous, sliced cucumber, coriander leaves, pieces of cooked pumpkin or sweet potato or zucchini and drizzle with lemon juice, olive oil and a sprinkle of ground cumin.

As a dip or spread for sandwiches:

Drain and mash a can of chickpeas and mix with crushed garlic, chopped fresh mint, lemon juice and natural yoghurt.

For a tasty pasta to feed the family:

- Pan-fry 2 rashers diced bacon with 1 chopped onion. Brown and put aside.
 - Stir fry 500g chicken breast pieces or mince. Brown.
 - Add a 400g can diced tomatoes and add the bacon/onion.
 - Add herbs and season. Simmer for about 15 minutes.
 - Stir in a can of chickpeas with a handful of olives to heat through (about 10-15 minutes).
 - Cook favourite little pasta shape separately and toss together to serve.
- (For the vegetarian version swap bacon with a capsicum.)

FATHERS' DAY BELLARINE VINTAGE MACHINERY RALLY VIA zoom

Thanks to Graeme Brown, his team and Veia Bradley and her creative skills we will be presenting a virtual tour of the Bellarine Vintage Machinery via Zoom on Fathers' Day at 12noon.

Instead of attending the machinery display at the Drysdale Station visit the display on Zoom.

We will also be featuring a trailer of items that were owned by Kel Davis - some of which featured in Kel's book Kel's Corner, which is on sale from SpringDale Neighbourhood Centre.

Graeme will personally walk us around the display and point out interesting facts about the machinery displayed via Zoom.

Please book in for this special event - email office@springdale.org.au or ring 5253 1960 to book a spot.



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

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

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My memories of my school holidays a long long time ago, are surprisingly fresh. Being an only child, my parents often sent me off to spend my time in the company of my cousins on the farm. What joy! We wandered freely around the paddocks often taking our bathers and swimming without a care in the local river. No parental guidance, no instructions about safety only told to be back by dusk. It was these care free days that strengthened my interest in birds. I remember the dark silhouettes of the 'wedgies' flying high over the landscape, the screams of the flocks of galahs and cockatoos and in and around the chook pens as well as the freshly turned over paddocks the numbers of 'crows'. These dark figures were everywhere.

In retirement when I had time to be a serious birder I found to my amazement that crows are rarely seen in the state of Victoria. Though our corvids (family name) are conspicuous, seen regularly, they are ravens not crows. Most of us are not fond of these strutting, noisy birds but they are essential as they perform a very important service. They are scavengers, boldly eating food thrown away by humans but also eating insect pests in crops and gardens. They perform a valuable role in removing carrion. Perhaps we could call them natures' garbage removalists.

There are two main types of ravens found around the Bellarine. Both species black in plumage, with distinctive eyes and a swagger that shows that they are rarely scared of anyone. The Australian Raven is bigger with a mane of feathers rather like hackles that rises from the throat and neck area when it caws. The Little Raven is a little smaller but similar in appearance. We can usually tell a Little Raven as it delights to roam in wandering flocks whereas the Australian Raven prefers being in territorial pairs, only occasionally forming flocks. Surprisingly the Australian Raven the larger bird, has more than tenor



tone in its call whereas the Little Raven has a medium tone which is more guttural.

Much research has gone into these very intelligent birds throughout the world with amazing results. Some of the corvid family use tools, many have high intelligence especially in stealing and come to think of it how many have you seen by the roadside but never as roadside kill - they are very clever at feeding on verges but can avoid speedy road traffic adeptly. Both indigenous peoples of the Americas and Russia have placed ravens as deities so you can see their images as totems. Also there are the six precious ravens who guard the Tower of London, 'low and behold' say the legends if these corvids fly away 'what will happen to England'. I'll leave you to discover the answer.

Carole O'Neill

Trivia Answers

1. Whovians
2. Three. Fremantle Dockers, Gold Coast Suns and Greater Western Sydney Giants
3. Honey
4. Four
5. 1996 (Atlanta, Georgia)
6. Jupiter has at least 67 known moons. The largest four are called Io, Europa, Ganymede, and Callisto.
7. 42
8. Quebec
9. Africa
10. True

Understanding Dementia



Dementia is an umbrella term for changes in thinking and behavior caused by a brain disease. There are many types of dementia and different people will experience the condition in different ways.

When a person has dementia they might:

- Go for a walk and forget where they are going or where they have been.
- Feel worried.
- Find it hard to solve problems.
- Forget what they have already said.

Here are some helpful tips for family and friends to remember when supporting someone with dementia.

- People living with dementia are trying very hard to make sense of their world.
- It's important to let people know that still love them and here for them even if they don't appear to understand.
- Be patient, they are not being difficult on purpose.
- Keep the environment as positive as possible.

- Focus on the person, not on the dementia.

Family, friends and community play an important part in our lives- and this is especially true for people living with dementia

Dementia Australia can help if anyone in your community is experiencing memory loss or dementia. Our friendly team is based at the river end of Pakington Stand. If you would like any further information or support, we are always here for you on: 1300 526 576

If you would like to know more about "Understanding Dementia"- Springdale Neighbourhood Centre are hosting Dementia Australia for information sessions via zoom on:

Friday 11th of September 2.00pm-3.30pm

Friday 18th of September 2.00pm-3.30pm





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Site chosen for North Bellarine Pool

The Drysdale Sporting Precinct has been chosen as the site for a new 50-metre pool on the north Bellarine, bringing the planned facility a step closer after the federal government's \$10 million commitment in 2019.

In line with the findings of a detailed assessment of the two sites and community consultation, the Council unanimously voted for the sporting precinct.

The assessment rated the sporting precinct as the preferred site based on its:

- Accessibility to the north Bellarine community by car, public transport and on foot;
- Integration with the local area, including local schools, other community facilities and the surrounding landscape; and
- Long-term financial and social sustainability, including the potential for the facility to become more fully integrated in the future.

A Council-funded independent scoping study earlier this year confirmed a need for a new pool on the north Bellarine, finding that residents in the area had lesser access to aquatic facilities than those in other parts of Greater Geelong.

It's proposed the centre will feature a 50-metre pool, multipurpose spaces, change facilities and a pavilion.

The Council has allocated \$750,000 towards the facility in its 2020-21 budget, adding to the \$10 million commitment from the federal government.

Work on detailed designs and costings will now begin.



The North Bellarine Aquatic Centre Advocacy Group congratulates City of Greater Geelong on this decision and looks forward to working with all levels of government to add to the 50m pool and enable the North Bellarine Aquatic Centre to become a reality.

Courtesy Bus

We look forward seeing everybody again after the Covid restrictions are lifted.



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