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weekly from
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4 - 5pm



Agata

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Yoga
with

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October**

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or book online
<https://home.springdale.org.au/zoom-events/>



Bowls

OCTOBER

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.

Thursday	1	International Day for the Elderly
Thurs-Frid	1-2	Laughter Yoga on a Chair with Agata Commisso 2-3pm
	1-2	Zoom into Bowls and Croquet - 4-5pm continues Thurs & Frid for all of October
Saturday	3	Free replacement anti-theft number plate screws at SpringDale carpark 9-11am
Sunday	4	Daylight Saving begins 2am EST A good time to change your smoke detector battery World animal Welfare Day
Monday	5	Laughter Yoga on a Chair with Agata Commisso 2-3pm continues Mon and or Wed for all of October
Saturday	10	World Mental Health Day
	10	Mental Health Week - Melbourne (until 18th)
Thursday	15	World Students Day
Monday	19	Aussie Birdlife Bird Count (until 25th)
Wednesday	21	Ride2Work Day
Saturday	24	Children's week (until Nov 1st)
Friday	30	Baby Seat Fitting - appointment required
Saturday	31	World Savings Day

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



**SpringDale
Messenger**

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Bookings/copy required by 1 Oct.

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

Editing of Contributors Material:

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

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

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



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SpringDale Neighbourhood Centre Inc. acknowledges the support of:



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.



Coordinator's News



Anne Brackley

Hi Team

Hope you are keeping well and finding innovative

ways to connect with people. It continues to be tricky times, we are trying to keep up with changes to restrictions as they occur and I continue to update people regularly via our webmail. Please consider signing up for our webmail if you can or a regular text message or phone call if email is not for you. Please contact SpringDale on 5253 1960.

As I was chatting to a friend about the seeds and baskets in our Herbs to Help project – I realised what I wanted to share with you this month.

Who would have thought, when we started Herbs to Help in February that we would still be nurturing baskets and replacement plants in September. I am so surprised that I was able to keep so many seedlings and cuttings alive during winter.

A couple of weekends ago I potted up and counted 125 parsley plants and 92 rosemary plants – these mostly started as tiny seedlings in late autumn and didn't progress very far during winter but are now bounding ahead.

A layer of parsley seeds was planted in a seed raising box and took ages to germinate and then lived as a low parsley carpet for a few months. Always green and always smiling at me or maybe it was me smiling at the seedlings.

I planted them up into a bigger box and planted some into baskets and sent them off for fostering around the Bellarine. We currently have about 250 baskets which may have need of top-up plants. Just in case we need more, last weekend I sowed 300 sets of basil seeds (about 4 in a set), 100 thyme

and 100 oregano seeds. The backyard is once again covered in egg cartons full of seeds.

The seedlings have given me such pleasure over winter and each time each seedling has been planted up, it has blossomed with most seedlings looking as if they will survive whatever they face. The bright green of every leaf has brought life and wonder to my being. I continue to be amazed that plants can bring such happiness and that my basket of herbs which helped set us on this path, continues to thrive.

Thank you to everyone who has contributed in any way to make this project a success. I am still looking for mint cuttings, small plant pots and yes more egg cartons – you can still contribute if you would like to! We hope to go to Bruthen soon and we may need more cars to help transport (once we get the green light – we might have a convoy – perhaps you might like to come?)

It is so rewarding to be involved with so many community spirited people thank you so much.

Keep well hope to see you soon

Regards Anne Brackley for Team SpringDale



News @ SpringDale

From Manuscript to Publishing

Is your manuscript ready to turn into a published book? In this course, you will learn how to self-publish or have your manuscript ready for publication. The focus is on using print-on-demand and Ebooks-available technology to make your book available to friends, family or the world from the comfort of your own home or office. Taught by Dr Laurent Boulanger, multi-award-winning author, university academic and official Writers Victoria mentor.

Expression of interest - in person when restrictions permit.

Instructor: Dr Laurent Boulanger

Dates/times: 2 sessions x 2 hours **Fee:** \$50

Electric Guitar Playing

You bought an electric guitar but have no idea how to make it work? In this course, learn how electric guitar playing differs from acoustic guitar playing. Learn hacks to use the whole neck of the guitar. Advice on which guitar to buy within your budget. Learn rhythm and lead guitar techniques and how to combine them and how effects can enhance your sound. Taught by Laurent Boulanger, former musician in residence in Barwon Heads & St Kilda

Expression of interest - in person when restrictions permit.

Instructor: Dr Laurent Boulanger

Dates/times: 5 sessions x 2 hours

Fee: \$110 or **Conc** \$100

Manipulate images using PhotoShop Elements™

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Instructor: George Stawicki

Dates/times: Mon 9 Nov – 30 Nov 2-4pm

Fee: \$110 or **Conc** \$100

Ken & the Art of Motorcycle Maintenance

A conversation about motorbikes and their care. SpringDale has been asked about this topic and this is a starting point – there maybe others out there who might like to help or at least be part of the discussion.

Instructor: Ken Brackley

Dates/times: to be confirmed **Fee:** Free



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

A notice will be in the next edition.

Wrinkles mean you *laughed*,
grey hair means you *cared* and
scars mean you *lived*!

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Laughter & Grace!

Create new
Laugh Lines

**Groovy Laughter
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Thurs 1 & Fri 2 Oct at 2-3pm
then every Mon & Wed
in October on Zoom

Join us to release stress,
relax, recover, re-new,
re-member, re-connect,
re-balance and re-fresh!

Laugh Lines/Life Lines
Lines: connect, mark boundaries, join,
cross roads or like a script - story of life





News from Lisa Neville MP

Member for Bellarine

Protecting the Bellarine Peninsula

Readers may be aware that in 2019 the State Government declared the Bellarine Peninsula a Distinctive Area and Landscape. (DAL)

The purpose of the DAL is to protect the peninsula's towns from over development, its' unique natural environment, rural land, waterways and tourist attractions.

Work is now underway to establish township boundaries and develop a Statement of Planning Policy (SPP).

The SPP will document a long term vision for the peninsula and guide future land use and development.

The SPP is being informed by extensive community consultation, undertaken earlier this year, where over 350 submissions were received. Between April and June phase two engagement on the DAL was held online, seeking comment on the draft vision and directions for the area.

At the time, just over 2,000 visits were made to the website, 307 online surveys completed, and an additional 44 written submissions received.

I thank everyone who has contributed, especially our local community associations and Bellarine Community Health, all of whom have put a lot of work into the document.

A draft SPP will be released later this year for further comment before finalisation in 2021.

As a part of DAL process, I recently announced \$770,000 for projects right across the Bellarine that will enhance the region including trail upgrades, coastal erosion and seawall repairs, biodiversity improvements and other on ground projects.

Projects include upgrade works for the Portarlington to St Leonards coastal trail, contribution to the revegetation of the Clifton Springs foreshore, upgrade to parts of the rail trail and creation of public parkland at the corner of Grubb and Swan Bay Road, currently controlled by Barwon Water

Funding has also been provided for Stage 1 of Barwon Waters Bellarine recycled water project, aimed at supplying more recycled water for local agriculture and in doing so reducing the use of valuable drinking water.

These are great local projects that will deliver environmental benefits and improvement to beaches, parks and other much loved parts of the peninsula.

Emergency Service Grants Open.

As Emergency Service Minister I am pleased to announce that State Government Grants are now open for emergency service organisations. These important grants have been established to fund more equipment, vehicles and to support our hard working volunteers in keeping local communities safe.

The Volunteer Emergency Services Equipment Program (VESEP) provides the opportunity for the State Government to partner and support our local emergency organisations in carrying out their duties and responsibilities.

Grants can be used to help purchase new vehicles, trucks, tankers, watercraft and trailers, other operational equipment and facility improvements.

In announcing these grants, I would again like to thank all of our local emergency service organisations on the Bellarine for the great work they do.

Every Bellarine CFA is highly respected within

their community including of course the Drysdale Brigade.

The Bellarine SES do a great job and again are very well respected here on the peninsula, as too the Red Cross.

The Queenscliff Coast Guard and Coast Watch Ocean Grove do magnificent work in keeping boaters safe.

And of course, the Point Lonsdale, Ocean Grove and 13th Beach Surf Life Saving clubs and all their members protect the lives of thousands of local and visitors alike every summer.

In addition, professional fire fighters, police and para medics all work in closely with others in keeping us safe and I again I thank them all.

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

Writing Competition for October, 2020. Final Prize is \$1000.

A group of us in Ocean Grove have been running this competition for 2 years. Unfortunately, this 2020 one is almost over, but there will be one more opportunity to win \$200 for the last topic and enable this winner to compete in the final for the \$1000 prize. As yet, the final topic has not been chosen, but will appear in The Voice newspaper on Friday October 23rd. It will also be advertised on brochures on shop windows in Ocean Grove, and on the Springdale Notice Board. We look forward to entries from the Springdale community.

Alan Cobham.

E-mail. acobham@bigpond.com.



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Your opportunity to meet the Candidates for the Council Elections 2020

Don't let Covid-19 limit your decision

The Combined Bellarine Community Associations (CBCA) will be hosting a series of community webinars to give people across the Bellarine an opportunity to listen to and ask questions of all candidates for the Bellarine Ward and all candidates for the Borough of Queenscliff in the lead up to the council elections in October. Chairperson of the CBCA Phil Edwards said: "This initiative, during the Covid-19 pandemic, is funded by the CBCA in the interest of people across the Bellarine."

A community webinar for the Borough of Queenscliff will commence at 7pm on Monday 12 October. Phil said: "Due to the size of the Bellarine two community webinars will be held for the Bellarine Ward. The first at 7pm on Monday 5 October will be predominately for the 'northern' Bellarine (generally north of the Bellarine Highway) and the second at 7pm on Thursday 8 October for the 'southern' Bellarine (generally south of the Bellarine Highway). All three webinars will be recorded and made available on line a day or two after each webinar.

All candidates will be invited by the CBCA to participate in the webinars and will be given the opportunity to have their say followed by a moderated Q&A session.

People are asked to indicate their interest in joining in one of webinars by emailing the CBCA comb.bellarine.community.assoc@gmail.com and indicating which webinar they would like to join. The CBCA will email you the webinar link closer to the webinar date.

Do you have a question for the candidates? You can email the CBCA your questions in advance and we will send them to all candidates before the webinars. Please include your post code with your question to help us manage grouping of any common questions or themes.

Original signed

Phil Edwards

Chairperson



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WHAT'S ON



LIVESTREAMED
SATURDAY 31 OCTOBER



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BUTT IT HERE!!!



The Rotary Club of Drysdale have been out and about again, following all the Covid restrictions of course. Many of these 'Butt Bins' were installed between lockdowns with social distancing.

The Litter Management on the Northern Bellarine Project was an initiative of the Victorian Government where a grant was made available to distribute and install Butt Bins along the Bellarine foreshore. Jane & Wayne from Bellarine Bayside Foreshore Committee worked with the Rotary Club of Drysdale to determine the best place to install the 5 allocated bins. The assistance of the City of Greater Geelong in providing the mounting pole is also acknowledged.

The aim is of course is to get smokers to 'Butt Out' in the bins provided rather than throwing their butt ends on the ground. This is one of the ways we can take care of our environment and continue to beautify our own back yard on the Bellarine Peninsula.

Cigarette butts are made of plastic and being small are easily washed out to sea if not properly placed in bins. The plastic breaks down over time and finds its way into the marine food chain. Therefore, it is in the best interests of anglers and others who smoke to thoughtfully dispose of the butts.

Do you have an idea that might improve where we live but need some support to get it off the ground? Why not contact us at Rotary to see if we can partner together to get the job done.

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



1st Drysdale Scouts will again be providing fresh cut Christmas Trees to the Geelong and Bellarine areas

Our trees start from \$60 for up to a 6ft tree, which comes with free contact less delivery, or you can choose to click and collect at the hall.

Prefer to hand pick your tree

Direct hall sales are planned for the first and second weekends in December and will be subject to any Covid -19 restrictions which may be in place at the time.

We will also providing our removal service for a \$12 fee on Saturday January 9th

Check out our website
<https://1stdrysdalscouts.com/Christmas-tree-sales/>

For all this years tree prices, delivery options, hall sales dates and the January pick up day

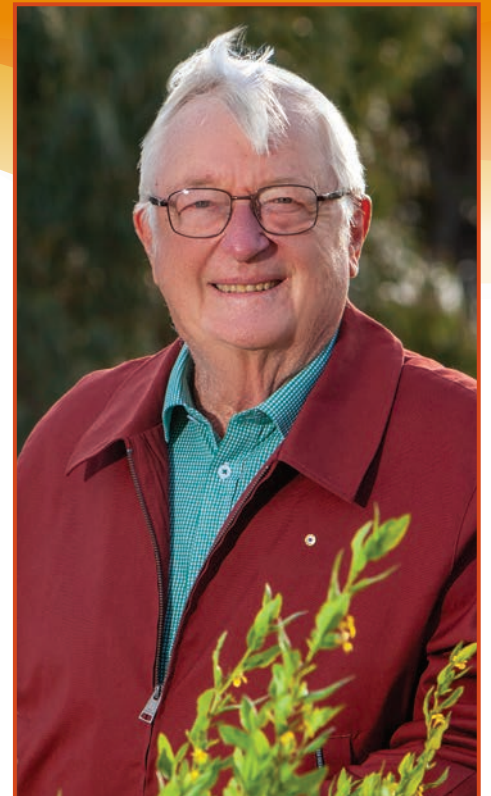
Thank you for considering 1st Drysdale scouts for your fresh cut Christmas tree sales.

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



Bellarine Support Group for Kinship Carers

As I am writing this article and watching the latest Covid19 updates, I am indeed proud to be a Victorian and consequently we have heard so many people quoting, "we can get through this if we stick together".

This reminds me of all those carers and children/young people part of Bellarine Support Group. We as kinship carers 'stick together to achieve success' that is our motto. Recently in the media were reports in relation to allowing children of essential workers and valuable children (those students living in out of home care) to attend face to face school and this also includes any child/young person under kinship care.

Most carers in our group have chosen to continue on with online/remote learning for the children in their care, for the safety of the children and also for themselves, as most carers in our group are aged over 60years and classified in the high risk.

Another reason so many kinship carers, have decided to continue on with online/remote learning rather than face to face schooling is to avoid any questions from other parents/guardians as to why the children in their care are allowed to attend school whilst their children can't.

So many of our carers are not accustomed to teaching in any shape or form and hence that is why our group stick by our motto 'stick

together to achieve success'.

During the online/remote learning restrictions, we shared resources, ideas, strategies and our technology expertise (from the younger members of our group) and we made a pledge 'we can get through this'.

I am pleased to announce that most carers have survived, but only just.

With the festival season fast approaching, I would like to ask any member of the local community, service clubs, organisations and business for your assistance in supporting the carers and children/young people with our Christmas drive.

We as a group are in need of the following, new underwear and socks, toys, books, games and something special for our carers.

Could I please ask if anyone has any donations for our group, please ring me directly to arrange a suitable pick up time.

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

Hope to catch up with you soon.

Jeanette Hanley Heath - 0414 308 257



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





Hi everyone, I'm back on deck again, keeping the dream alive!

This month I thought you might like to meet my great friend Jim Dennis who, among other things acts as my hotline into "Heartland" America.

Very exciting for a country boy!

I first met Jim at the sci fi fan convention called "Galacticon 4" in Seattle in Washington State in 2015.

The principle focus of this meeting was to entertain the fans of T.V's Battlestar Galactica. The original series aired in 1978 and featured Richard Hatch who was a popular guest at the convention.

However, stars from other shows were also there including Don and Judy from Lost in Space and it was at their appearance that Jim and I met.

I was fortunate enough to get a short run on stage with Don and Judy and after this Jim came up to congratulate me and to show me pictures of the J.2 spacecraft cabin interior which he is building in the basement of his house. This is an amazing project.

He has been doing this for years and is a long way from finished. The quality of his workmanship is truly of professional standard and far in advance of anything that I could do.

The picture shows the frame of the front view port of his docked space pod from the outside. When finished it will be indistinguishable from the actual set on the series unlike my version which was just "roughed up" with panel board and hinges!

Jim is the tall blonde second from the left in front of the green panel. This is the set of one of his productions which are labelled "Go Bum" on You Tube.

He would enjoy hearing from anyone in Australia who likes sci fi.

His email is spacepodj2a@gmail.com

Look him up!

John.



Maths without Tears!

Maths can be found absolutely everywhere and is a vital part of our every day lives!

As toddlers their natural curiosity about number, shape, pattern and measurement were meaningful and motivated by play, self-discovery, and became an irresistible mystery to explore! Yet, somewhere along the line Maths became less engaging, more abstract, complicated and frustrating for some students.

Do you cringe when it is time to help your kids with their maths learning? Do they argue with you, whine, fold their arms, frown and dig in their heels as you attempt various strategies to coax and congeal them into engaging with their latest learning tasks?

Help your children rediscover their natural curiosity, actively engage in relevant learning experiences that will make your time together more enjoyable and hopefully even fun!

The list of strategies below might be useful to take the pain out of learning maths.

- **Maths is everywhere:** so head outdoors and explore nature!
- **Hands on:** Make their learning physically interactive - jump, skip, hop, to create a pattern; draw a number-line on the footpath with chalk; skip or jump as they skip-count.
- **Visuals & manipulatives:** Use tactile and visual tools to support their understanding.
- **Talk about Maths:** In your daily conversations about day-to-day tasks.
- **Ask open-ended questions:** Kids love to talk about what they are doing and thinking so ask them: 'What are you doing?' 'How are you solving the problem?' 'How did you know to try that strategy?' What do you now understand that you didn't before?'
- **Engage in real life tasks:** Cook together, build a birdhouse, vegetable garden etc.
- **Make it about them:** They'll love it if they can create math problems using their own name and problems that relate to them and your family.
- **Family Maths:** Go grocery shopping; cook a cake or make a pizza; play card, dice and board games; 'Act out' various math problems as a family, sing math songs together.
- **Picture books:** Learn about maths concepts through stories.
- **Play games:** Play hopscotch fraction; maths twister; beach ball multiplication, division; or games you make up together.
- **Integrate Maths, Science and Social Studies through STEM projects:** Projects they choose themselves or you complete together as a family.
- **Motivating Math apps & sites:** Commonsense media has a list of age related free and fee based apps for you to select from.



Yes, you want learning to be fun, but more importantly to be relevant and engaging!

Getting the right answer isn't nearly as important as your child being able to communicate their understanding and taking ownership of the learning experience.

Children will become empowered once they grow in confidence and understanding, allowing them to push past tasks that might be a bit more challenging to appreciate that the journey is worth the effort!

Written by **Peta Henshelwood** (B.Ed) TIME2 Active8 - Your learning Potential

Ph: 0447 950 004, henshelwood.peta@gmail.com and facebook@TIME2Active8

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GEELONG COUNCIL ELECTIONS 2020

KEY DATES

Friday 23 October: Post your vote by 6.00pm

Friday 13 November: Results declared

geelongaustralia.com.au/elections



For better, for worse, for richer, for poorer, in sickness and in health...

I said this to Leanne more than 30 years ago; I meant it then and I mean it now.

Leanne asked me to write an article for her, providing some insights and perspectives from a carer's point of view, so here it is, with the facts, the feelings; the dark and the light. And it will seem grim for a bit...but not all! Our life changes have brought us back to Drysdale and The Bellarine – our favourite place in the world. So – there is always a silver lining!

Plenty of us have said the words above in our vows, and I bet few of us really thought about what they meant. Few of us really could.

And, plenty who have had to confront the realities behind these promises simply decide that they really didn't mean it at all, or that they couldn't actually live to the promises.

I'm not judging them necessarily, just saying that it is so. Because when a disability happens, everything changes – almost. What doesn't and shouldn't anyway, if you are really the partnership you wanted to be, is how you see one another.

I didn't really identify as a carer - just as Leanne's supporter, or helper, although it is a privilege to be able to provide necessary care for people who need it – especially when that person is the one you love the most.

Certainly, no vows prepare you for giving or receiving support in so many aspects of life – from simple things like cutting up food, turning over in bed or scratching an itch (stuff that able bodied people don't even think about – these things are simply unconscious actions) to assisting very personal functions.

Disability is a thief – if we let it be. It takes what it can - independent lives, careers, financial security and choice. It makes everything harder and can crush optimism and hope – and not just for those with the disability. It certainly tries to anyway, and it takes a lot of fight to keep it at bay. So – where is the light?

Disability should not define a person, any more than age, race, gender, sexual orientation or any other unchosen aspect of your being. Leanne is still the person that I fell in love with and convinced (against all odds) to marry me. And we are equal in every way that counts.

Many carers – myself included – identify many aspects of being a carer that are very rewarding. Leanne has made me the person that I am. I admire everything about her, and we get to spend a lot more time together this way! And, while we thought we were a great team before, we are an unbeatable one now.

So there you go. I will leave you with this thought; one that I have expressed often to Leanne and one that is shared by many carers. Simply, that I would rather be with her as we are than with anyone else under any other circumstances. For better, that's for sure.

Gary Watson



Are Financial Struggles Getting You Down?

In a survey which was offered to clients of the Drysdale Family Support Foodbank, I asked a number of questions about how the relentless, daily struggle of trying to make financial ends meet was affecting them on a personal level.

"I cannot hope..." "I just accept..."

"I just live day by day..."

"Just getting through day by day"

If you are feeling isolated, unable to allow yourself to hope, just getting through one day at a time, I would love to talk with you. Even though we can't actually meet for a chat, sometimes just speaking to someone who wants to listen to your story can bring some light into your day.

Once we get through this time, I'm hoping there will be many opportunities to connect over a cuppa or lunch and share our stories and encourage each other, and even dare to hope that tomorrow can be a better day.

Perhaps we could ask some questions like *"If you could change one thing about your life, what would it be?"* or *"Do you ever think about what you could change?"* Perhaps we need to allow ourselves to dream a little and hope for something better. It all starts with small steps, and they need to lead in the right direction.

Even though it's a necessary coping mechanism sometimes, instead of just accepting that life is this way forever, perhaps we could try reaching out. I've met a number of women who were brave enough to phone or email me, and we are looking forward to the time when we can meet together and start to dream about what life could actually look like in the future.

I'm looking forward to talking with you.

Dianne Bennett. Phone: 0422 146 604
Email: diannebennett4@hotmail.com

bch Bellarine Community Health

The Bellarine Community Health GP Clinic is open Monday to Friday 9:00am - 5:00pm

Allied Health services also available

Online Bookings:
www.bch.org.au/bchgp

1800 007 224

39 Fenwick Street
Portarlington


Dr Alison Sinadinos

 I cannot speak more highly enough of Dr Sinadinos. She is professional, knowledgeable, personable, kind and caring. She is just lovely.

 Dr Vilé is great and very thorough. She provides amazing support, particularly her nurture and care.


Dr Melissa Vilé

 **DRYSDALE COMMUNITY CHURCH**

We invite you to join us for a contemporary and relevant Service

Sunday 10.00 am
(Includes Children's Program at 10:40)

276 – 290 Jetty Rd Curlew P: 5253 2241

Second Chance Shop
40 Geelong Rd. Portarlington



Improve your skills - Expand your mind

COURSES

@SpringDale

We are an Autism Friendly Organisation

SpringDale is offering as many of its usual services on-line or at a distance as we can. Our classes for Term 4 will be a mixture of face to face and via zoom. I will work with you to help you achieve your goals and may be able to help connect you up if you need it. Please apply even if the class has started we may be able to connect you in. Please book online if you can <https://home.springdale.org.au/learning-master-guide/>
Email: office@springdale.org.au or Phone: 5253 1960. Anne Brackley Coordinator

Term 4
Oct-Dec
2020



Course and Opportunity Guide.

SpringDale Neighbourhood Centre offers classes as part of our mission and the purpose of our organisation. We do this in conjunction with many partners including all our Instructors, a number of businesses and some Registered Training Organisations.

I believe all our activities include a brain training component, an interpersonal component, and even a practical component. We would appreciate any feedback you have at any time to help us improve our offerings and the experience we offer to our community.

Anne Brackley - Coordinator SpringDale Neighbourhood Centre Inc

New

From Manuscript to Publishing

Is your manuscript ready to turn into a published book? In this course, you will learn how to self-publish or have your manuscript ready for publication. The focus is on using print-on-demand and Ebooks-available technology to make your book available to friends, family or the world from the comfort of your own home or office. Taught by Dr Laurent Boulanger, multi-award-winning author, university academic and official Writers Victoria mentor.

Expression of interest - in person when restrictions permit.

Instructor: Dr Laurent Boulanger

Dates/times: 2 sessions x 2 hours

Fee: \$50

Beginners Guitar Playing

Have you found yourself always wanting to learn the guitar? If you have the time and dedication, you can learn basic guitar chords to play most popular songs or write your own songs. You will learn basic chords theory, strumming, finger picking and basic singing techniques. Advice on what instrument to buy will also be included. Taught by Laurent Boulanger, former musician in residence in Barwon Heads and St Kilda

Expression of interest - in person when restrictions permit.

Instructor: Dr Laurent Boulanger

Dates/times: 5 sessions x 2 hours

Fee: \$110 or **Conc** \$100

Intermediate Guitar Playing

Do you now basic chords but are stuck in a rut with your technique? Learn how to progress your playing down the neck, including bar chords and hacks to improve your playing and widen your pallet of creative possibilities. Learn how to mix chords progressions with melodies. Taught by Laurent Boulanger, former musician in residence in Barwon Heads and St Kilda

Expression of interest - in person when restrictions permit.

Instructor: Dr Laurent Boulanger

Dates/times: 5 sessions x 2 hours

Fee: \$110 or **Conc** \$100

Electric Guitar Playing

You bought an electric guitar but have no idea how to make it work? In this course, learn how electric guitar playing differs from acoustic guitar playing. Learn hacks to use the whole neck of the guitar. Advice on which guitar to buy within your budget. Learn rhythm and lead guitar techniques and how to combine them and how effects can enhance your sound. Taught by Laurent Boulanger, former musician in residence in Barwon Heads & St Kilda

Expression of interest - in person when restrictions permit.

Instructor: Dr Laurent Boulanger

Dates/times: 5 sessions x 2 hours

Fee: \$110 or **Conc** \$100

Edit Your Fiction

Have you finished your novel or short story and wish to make it better but have no idea how to accomplish this? Learn techniques to bring your current draft to a publishable draft, including mastering the five senses, dialogue and specific details. You must bring your own fiction to class to discuss and receive advice on how to bring it to the next level. Taught by Dr Laurent Boulanger, multi-award-winning author, university academic and official Writers Victoria mentor.

Expression of interest - in person when restrictions permit.

Instructor: Dr Laurent Boulanger

Dates/times: 5 sessions x 2 hours

Fee: \$110 or **Conc** \$100

Write, produce, & distribute your feature film

With digital technology, anyone can make their own feature film and find distribution. In this class, you will learn what it take to write, produce, direct and distribute your film idea, including how to assemble a team and get the project moving forward on a shoe-string budget. You will learn about film festivals and how to become an award-winning filmmaker. Taught by Dr Laurent Boulanger, actor-write-director-producer and recipient of over 100 international and national film and screenwriting awards.

Expression of interest - in person when restrictions permit.

Instructor: Dr Laurent Boulanger

Dates/times: 5 sessions x 2 hours

Fee: \$110 or **Conc** \$100

Manipulate images using Photoshop Elements™

We all have thousands of photos on our phones, computers, and cameras that are very important to us. So why not get creative with them?

PhotoShop Elements™ is a simpler version of PhotoShop™, and you can use it to manipulate your images and wow your friends and family. Turn your photos into just about anything - calendars, greeting cards, pictures on mugs and T-shirts, photo books, and collages. You'll get started straight away, and learn valuable short cuts. Your tutor George Stawicki is a professional photographer.

Instructor: George Stawicki

Dates/times: Mon 9 Nov - 30 Nov 2-4pm

Fee: \$110 or **Conc** \$100

Edit videos using Adobe Premiere Elements™

Use your home videos to immortalise your family's favourite stories, make exciting short films, or create how-to clips that you can post on YouTube or Vimeo.

Using Adobe Premiere Elements™, you'll learn how to edit, splice, colour correct, create special effects, trim, add text, titles, sound, and more. Your tutor George Stawicki is a professional photographer and videographer.

Expression of interest - to start in 2021

Using Zoom for the first time

Ready to leap into the Zoom world on your computer, tablet or phone and want some support - this could be the session for you. We have helped hundreds of people get started using Zoom maybe we can help you!

Instructor: Anne Brackley

Dates/times: By appointment

Fee: Free

Mask Making on Zoom

Instructor: Brenda Richardson

Dates/times: To be confirmed

Fee: Free

Ken & the Art of Motorcycle Maintenance

A conversation about motorbikes and their care. SpringDale has been asked about this topic and this is a starting point - there maybe others out there who might like to help or at least be part of the discussion.

Instructor: Ken Brackley

Dates/times: to be confirmed

Fee: Free

Being Creative

Foundation Art Course

Discover the Artist Within - Level 1

Art course using drawing media for adults. This is an introductory or refresher course with no previous experience required. Improve your skills learning to see as an artist "sees" through drawing exercises.

Instructor: Annette Playsted

Dates/times: Tues 13 Oct - 1 Dec 1-3pm

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

Media Art Course

Discover the Artist Within - Level 2

To help you develop further as a potential artist this course is designed for those who have completed the level 1 course. Learn about Painting and Drawing methods. Increase your media knowledge in the techniques and processes of painting and drawing.

Instructor: Annette Playsted

Dates/times: Mon 12 Oct - 30 Nov 10-12.30pm

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

Advanced Art Workshop

Develop the Artist Within - Level 3

How to further develop your knowledge and broaden skills and perceptions. Designed for hobbyists or art students who have studied at the intermediate level of discover the artist within. Challenges are set to encourage the building of ideas to improve conceptual development and encourage the experimental use of media to broaden & develop unique approaches to media.

Instructor: Annette Playsted

Dates/times: Mon 12 Oct - 30 Nov 1-3pm or

Dates/times: Tues 13 Oct - 1 Dec 10-12.30pm

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

All Abilities Art

A studio based program for people of all abilities to explore their creative self using a wide variety of art materials. Discover your creative language to express yourself in a safe, supported and relaxed environment.

Instructor: Celia Adams

Dates/times: Fri 9 Oct - 11 Dec 10am-12pm

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

Digital Photography - Sculpting with Light

How to get great results from a qualified teacher and professional photographer. You will learn and understand composition, using colour, posing, lighting techniques using shutter speeds, aperture ISO, Different file formats, downloading images from camera, phone or tablet.

Instructor: George Stawicki

Dates/times: Tues 10 Nov - 1 Dec 7-9pm

Fee: \$110 or Conc \$100

Have you always wanted to play the Harp? Now you can

Join us for a fun, 6 week Introduction to the Harp program for complete beginners, exploring and playing this beautiful, ancient and mystical instrument (no prior musical skills required). Harps available for hire at extra cost of \$15 per week if required.

Instructor: Christine Middleton

Dates/times: Thurs 22 Oct - 26 Nov 2-3pm

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

Ukulele Beginners

Learn to play the ukulele for the beginner or a refresher if you already started. Support and guidance is offered during the sessions to assist with your skills.

Note: Your own ukulele is required

Instructor: Helen Brown

Dates/times: Thurs 15 Oct - 3 Dec 9-10am

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

Ukulele Intermediate

Having completed the beginner course, you are now ready for continued learning of the ukulele.

Note: Your own ukulele is required.

Instructor: Helen Brown

Dates/times: Thurs 15 Oct - 3 Dec 11.30-12.30pm

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

Ukulele Advanced

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

Note: Your own ukulele is required

Instructor: Helen Brown

Dates/times: Thurs 15 Oct - 3 Dec 10.15 -11.15am

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

Cheese Making

Ever wanted to make your own cheese but was unsure of how to do it....well this class will cover all the questions you ever wanted to know. This is a hands on workshop where you make your own cheese and get to take it home. There will also be lactic curd cheese to produce and we will finish off make traditional ricotta. Requirement list closer to the date but will just be a couple of containers to take your cheeses home in.

Instructor: Charlene Bancroft

Dates/times: Sat 17 Oct - Fetta

Sat 14 Nov - Camembert 10am-3pm

Fee: \$100

Sourdough Bread Making Workshop

Learn how to make a sourdough Starter, how to look after and feed it, and then make a delicious boule style sourdough loaf as well as some currant buns, crumpets and sourdough pancakes. Hands on class with lots of info and fun to be had.

Instructor: Charlene Bancroft

Dates/times: Sun 1 Nov or Sat 5 Dec 10am-2pm

Fee: \$65

Fermenting Workshop

Come to a day of learning how to ferment..we will make Kimchi, Kombucha and depending on what's in season..you never know. Perfect for beginners or anyone just wanting a day in the kitchen. Bring some jars, a sense of adventure and humour and anything you may have growing in the garden that we can ferment. Course requirement list TBA.

Instructor: Charlene Bancroft

Dates/times: Sat 31 Oct or 28 Nov 10am-2pm

Fee: \$65

Espresso Coffee Making

How to make your coffee taste like a café using your home or work machine. You will also learn how to get the most out of your coffee machine.

Instructor: Sam Chait

Dates/times: Sat 3 Oct or 7 Nov 10am-12pm

Fee: \$40

Teenage Sewing Classes

Learn to sew. Learn how to complete small projects with new and different techniques in each class. Learn to make your own personalised gift. Short projects you can take home on the same day. Utilise sewing machines, accessories, and haberdashery. Sewing machine provided or if you prefer to bring along your own.

Instructor: Denise Kent

Dates/times: Sat 10, 24 Oct, 14, 28 Nov 10am-12noon

Fee: \$20 per session

Things I wish my Grandmother taught me

Instructor: Denise Kent

Dates/times: to be advised

Fee:

Sustainable Wardrobe Workshop

Learn how to update or upcycle a garment. Update something you found at a recycle shop or blend with something from your wardrobe. Upcycle or re-purpose items you already possess. You will learn how to replace a button, to mend a 'worn spot', to repair fallen hems, shorten (or lengthen) a garment or even a sleeve, to enjoy more wear from a favourite garment.

Instructor: Denise Kent

Dates/times: Expressions of interest

Writing for a Special Purpose

Expressions of interest

Creativity Workshop

Activate your creativity, via a variety of different techniques - fine art, sand play, painting, movement meditations, autobiographical comic making, music, drama and narrative therapy. Everyone is creative, no matter your background, and through creativity, your life can become more vibrant.

Instructor: Courtney Brackley B.A.

Dates/times: Expressions of interest

Fee: Free

Languages

Latin

The language of Catullus and Cicero for the beginner or for someone who has some previous Latin learning. A range of internet resources are used in the course.

Instructor: Neil Bell

Dates/times: Fridays 2-3.30pm

Fee: \$50 for 10 weeks

Intermediate French

Designed for enthusiasts of the French language. The course focuses on vocabulary, comprehension, pronunciation and some grammar. This course is designed for those with an intermediate level of knowledge of the French language. Join a friendly and supportive group with ongoing lessons.

Instructor: Serge Botans

Dates/times: Tues 6 Oct - 8 Dec (10 weeks) 11.30am - 12.45pm

Fee: \$135 or Conc \$120 or Single sessions \$20

Wellbeing

Mindfulness in the Age of Uncertainty - for those already on a Mindfulness path

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

Instructor: Dr Max Simmons

Dates/times: Thurs 8 Oct - 26 Nov 10-11am

Fee: Free

Laughter Yoga on a Chair

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

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

Instructor: Agata Commisso

Dates/times: Thurs 1, Fri 2, Mon 5, Wed 7, then Mon and or Wed 2-3pm for all of October

Fee: \$100 or Conc Free

Massage - With Frank

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

Join Frank each month to learn new skills.

Massage - Neck Muscles & Fascia Tissue

Dates/times: Sat 24 Oct 9-10am **Fee:** Free

Massage - Arm Muscles & Elbow

Dates/times: Sat 21 Nov 9-10am **Fee:** Free

Instructor: Frank Prskalo

Yoga

Hatha yoga promotes wellbeing by bringing the body, mind and spirit back into harmony. Yoga classes enable people of all abilities and ages to gently work at their own level to improve their movement and bodily awareness through a range of yoga techniques. These include moving through various stretches, breathing exercises, meditation and relaxation.

Instructor: Glenda Breedveld

Materials: Bring your own mat & blanket if required.

Venue: SpringDale and Zoom

Dates/times: Mon 12 Oct - 7 Dec 9.15-10.45am

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

Dates/times: Thur 15 Oct - 10 Dec 6-7.30pm

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

\$20 per session if paying for single sessions

Tai Chi (Beijing 24 Form)

Tai Chi is the ancient practice of combining slow deliberate movements, meditation and breathing exercises. You will learn a sequence of moves to enhance balance between Ying and Yang. Learn this in a fun and supportive environment. Suitable for all levels.

Instructor: Kathy Lanthois

Dates/times: Tues 13 Oct - 1 Dec 7.15-8.15pm

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

Dates/times: Fri 16 Oct - 4 Dec 9-10am

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

\$15 per session if paying for single sessions

Chi Gong

Chi Gong has been described as moving meditation. Learn some simple energy (Chi) exercises (Gong) which you can integrate easily into daily life. A combination of slow stretches, gentle flowing movement and static postures, they can deliver a range of physical and mental health benefits. Can be done in a seated or standing position. Suitable for all levels.

Instructor: Kathy Lanthois

Dates/times: Tues 13 Oct - 1 Dec 6-7pm

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

Dates/times: Fri 16 Oct - 4 Dec 10.30-11.30am

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

\$15 per session if paying for single sessions

Book online if you can

<https://home.springdale.org.au/learning-master-guide/>

Email: office@springdale.org.au or

Phone: 5253 1960

Autism Plus

Talking about Autism

A time for sharing helpful and practical information for people interested in the Autism spectrum.

Facilitator: Anne Brackley

Dates/times: Fri 6 Nov 1pm
Bookings essential Fee: Free



All Abilities Art

A studio based program for people of all abilities to explore their creative self using a wide variety of art materials. Discover your creative language to express yourself in a safe, supported and relaxed environment.

Instructor: Celia Adams

Dates/times: Fri 9 Oct - 11 Dec 10am-12pm
Fee: \$200 or **Conc** \$100 Bookings essential

Digital Technology

Introduction to Computers

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

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

Instructor: Brenda Richardson, literacy

Skill Level: Beginner

Dates/times: Expressions of interest
Fee: \$170 or **Conc** \$80

Computers - Beyond the Basics

Expressions of interest

Smart phones, iPhones, tablets, iPads

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

Instructor: Brenda Richardson, literacy

Skill Level: Beginner

Dates/times: Expressions of interest
Fee: \$170 or **Conc** \$80

Buying and Selling on eBay

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

Instructor: Ken Brackley.

Dates/times: Tues 10 Nov and 24 Nov 4-6pm
Fee: \$50

Future Direction

Confidence Through Cookery

Expressions of interest

Focusing on the Future

This course is designed to give you a sample of a number of classes running at SpringDale to help you decide on your future direction. Come along and share your ideas, experience and dreams. Then we will select a range of classes to suit your skills, ambitions & desires.

Instructor: Agata Commisso

Dates/times: Expressions of interest
Fee: \$20 or **Conc** Free

Joy of Volunteering

The joys of volunteering include giving back to the community, using your unique skill set. Many organisations and clubs rely on volunteers to survive. This course looks into all aspects of volunteering. **Instructor:** Anne Brackley

Dates/times: Expressions of interest
Fee: Free

Introduction to Event Management

This course will expose you to all facets of planning and running an event. Areas covered include, where to start, what roles need to be fulfilled, budget required, people needed. Also covering debriefing and follow up.

Instructor: Anne Brackley

Dates/times: Expressions of interest
Fee: \$120 or **Conc** Free

Returning to Learning

If it has been a while since you did any studying, this course is designed to assist you. The course will help with issues like you feel as though you have been left behind or feeling that you may not be able to keep up. You will also develop a career portfolio.

Instructor: Anne Brackley

Dates/times: Expressions of interest
Fee: \$16 conc Free

Introduction to Community Services

Expressions of interest

Returning to Learning

Expressions of interest

Help SpringDale help yourself

Helping people find jobs for many years and we'd love to help you. Perhaps you would like to know what we do at a Neighbourhood House? Perhaps you would like to help and build your confidence? We'd like to help.

Instructor: Anne Brackley

Dates/times: Expressions of interest
Fee: Free

Accredited Courses

Provide CPR Code HLTAID001

Pre-course work is required please contact Mirelle to reserve your place on 0412 247 849

Instructor: Stayin' Alive First Aid

Dates/times: Sat 17 Oct or Thur 26 Nov
9.30am-12noon

Fee: \$60

Provide First Aid Code HLTAID003

Pre-course work is required and you will be contacted before the course with the details.

Instructor: Stayin' Alive First Aid

Dates/times: Sat 17 Oct or Thur 26 Nov
9.30am-3pm

Fee: \$120

Provide an emergency first aid response in an education and care setting

Code HLTAID004

The unit of competency applies to educators and support staff working within an education and care setting and will contribute towards approved first aid, asthma and anaphylaxis training under the Education and Care Services National Law, and the Education and Care Services National Regulation (2011).

Instructor: Stayin' Alive First Aid

Dates/times: Sat 17 Oct or Thur 26 Nov
9.30am-4pm

Fee: \$160

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

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



SpringDale Groups

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

5D Diamond Painting group

Combining mosaic beading and colour by numbers to make a gorgeous picture that you create yourself. Kits provided at cost price. Second Saturday each month 11am-4pm \$4.

Badminton

Wednesdays 1-3.30pm weekly at The Scout Hall Drysdale. New Members welcome.

Bellarine Community Choir

Peninsula residents are welcome to join this choir. We sing 4 part harmony to perform at functions on the Bellarine and Geelong. All welcome.

Thurs 1.30-3.30pm

Bowling on the Spectrum

Lawn Bowling group meets at Drysdale Bowling Club 2nd and 4th Wednesdays 10am-12noon

Business on Bellarine

Business network group meets weekly Tuesday mornings 8-9am

Card Games

Enjoy playing cards? Come and play Canasta & Bolivia. Monday afternoons 12.30-3pm.

Cryptic Crosswords Group

This group meets Fridays 10am at Zoo Cafe and solves crosswords from the Guardian. This group is for seasoned cryptic crossword solvers. We may provide workshops for beginners if there is a need.

Dining Club

Monthly dinner for new residents and people interested in meeting new people and trying local dining experiences. Dates and venues are published monthly in the SpringDale Messenger. Register your interest by emailing office@springdale.org.au or phoning 5253 1960

Drama

Ever wanted to learn how to Act and Perform? Or just have some fun and grow your confidence? Don't want to be on stage? Fine, come and help behind the scenes, or just join in off stage.. There is a small group of wonderful, talented and supportive people who have already tried and loved it and will be in the group already. So you won't be on your own.

Dates/times: 12.30-2pm Wednesdays

Felting

This is not a class but people coming together to enjoy felting. If you're not sure what felting is, just pop in for a look. For further information you can contact Julie 0409 368 290 or Jill 0435 499 820 for info.

Date/time: 1st Saturday each month. 10am-3pm

Friendly Cuppa and Chat Group

Call in for a cup of coffee and a chat on the first Tuesday of the month between 10.30-11.30am.

Fun Volleyball

We play with a soft beach ball, and the aim is exercise. Other session times possible, register your interest. Mondays from 9-10.30am

Venue: Drysdale Scout Hall

Genealogy

People interested in researching family history come together weekly and share tips and tricks. Thursdays 9am-12 noon

Girls' Shed / Craft Group

A great activity for all year. Keep your hands busy and be creative. Bring your UFOs (Un Finished Objects) Tuesday weekly from 1-3pm.

Harmony Group

Building a better world we meet as needed to bring an annual Harmony Day together - please let us know you would like to help.

Harvest Basket Produce Swap & Edible Gardening Group

Meets 1st Saturday of every month in the SpringDale Hall. You do not need to have anything to swap to come along and forge friendships and share veggie gardening skills.

Date/time: 9-10.30am

Herstory Group

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

can continue to add to our community even today. Bring a plate to share. Last Wednesdays each month 2-3.30pm.

Jigsaw Club

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

Kinship Carers

Meets monthly Monday - 6 July, 3 Aug, 7 Sep 10am-1pm

Let's Talk about Death and Dying

First Wednesday each month 10am-12noon

Line Dancing

Join our group. Every Wednesday 10am-12noon.

Lunch Bunch

We meet on 3rd Wednesday each month to enjoy lunch together at a local café.

Mahjong Club

This group meets Wednesday from 9am-12noon.

Men's Kitchen - Tuesday Mornings

Tuesday morning 10am-1pm

Location: St Leonards Recreation Reserve

Fee: Price depends on menu

Men's Kitchen - Wed/Thurs/Fri Morning

Wed/Thurs/Fri 10am-2pm

Fee: Price depends on menu

Wed morning kitchen – wait list applies

Men's Kitchen - Wednesday Evening

We will be running a Men's Kitchen every second Wednesday evening from 5pm-8pm.

New members welcome

Fee: Price depends on menu

Pole Walking Group

Enhanced walking where the arms are used to push. The movements of your arms, feet, pelvic area and the entire body are similar to those employed during a vigorous walk. Weekly Mondays 8.50-10am (Contact SpringDale for meeting points)

Sci Fi Group

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

Scrabble Club

Held on Tuesday afternoon, 1pm-3pm and caters for players of all abilities and new players welcome.

Scrapbooking & Card Making Group

Organise your precious memories by scrapbooking your photos or cardmaking for all occasions.

Scrapbooking solutions, products & use of tools.

Date/Time: 2nd Thurs each month, 1-4pm (exception 17 Sept not 10 Sept)

Instructor: Lyn Clough

Fee: \$10 per session Ph 5251 3008

SpringDale Artists

The SpringDale Artists meet each Wednesday. Activities include working sessions, discussions, demonstrations and gallery visits. Wed 9am-12noon or Wed 1-4pm.

SpringDale Reads

Our book group meets first Thursday each month 7.30-9pm

SpringDale Singers

In recess until October 2020

SpringDale Singers meets at SpringDale Neighbourhood Centre on Tuesday.

We sing in harmony (4 parts) a wide range of music and song; enjoying good fellowship and the joy of singing. Several conductors (from the group) strive to enhance performance over the year. We are not a performing choir although we do have an end-of-year performance at SpringDale Centre. We welcome any interested singers to join us; the ability to read music is not essential, we learn as we go.

Talking about Autism

Meets quarterly to talk about Autism strategies

Tech and Talk

As a result of community requests Brenda will be hosting a monthly Tech and Talk group to help ex-students keep up to date with their computing and information systems journey of learning journey. Wed 29 Jul, 26 Aug 1-2.30pm

Toy Library - Drysdale

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

Toy Library - Portarlington

By appointment

Wednesday Morning Craft

Patchwork, candle wicking, machine piercing, or whatever 9.30am-12noon 1st and 3rd Wednesdays

Wheelie Riders

SpringDale membership is all you require. Would you like to get involved in cycling again? Rides vary in difficulty and start from SpringDale at 8am. New riders welcomed and shorter rides are graded to suit individual needs.

Rides Mon, Wed, Fri.

Write About

A group of committed Writers ranging from Biographers, Poets, Storytellers, Song and Report Writers meet on the 1st Thursday of the Month from 2.30-4.30pm.

Potential New Group

Outdoor sketching group

Outdoor sketching group has been suggested it could run once a month alternating between Saturdays and Sundays please register your interest with SpringDale 5253 1960

Non SpringDale Activities

Drysdale Guides

Our Mission is to enable girls and young women to grow into confident, self respecting, responsible community members. We meet on Thursday evenings at SpringDale Neighbourhood Centre. Jr Guides girls aged 5 - 11 years meet from 4-5.30pm and Senior Guides girls 11 to 18 years meet from 6.30-8pm. Contact Anne Brackley for more details 0407 529 205.

Bellarine Woodworkers Inc.

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

Bellarine Camera Club

We are a friendly group of amateur photographers, enjoying the challenge of improving our photography by actively taking photos, learning by entering competitions and talking to other members and judges about our photography. Bellarine Camera Club meets at SpringDale Neighbourhood Centre, Drysdale, at 7.30pm on the first and third Monday of the month. For further details call in to a meeting, or go to our website www.bellarinecameraclub.org.au

Days for Girls Sewing

Meet at SpringDale on the second Wednesday each month 9am-3pm



Interested in reading The Buloke Times?
SpringDale has many copies that may be of interest. Feel free to pop into the office and borrow a copy or two.

The SpringDale Messenger October 2020

Enrolment & Payment Conditions

Scheduled Fees:

Courses at nominated rates.

Single Sessions:

Incur a \$5 Administration Fee.

ENROLMENT

5 ways to book into a class -

Phone: (03) 5253 1960

Text: 0416 450 534

In person, at SpringDale Neighbourhood Centre, 17-21 High Street, Drysdale

Online: courses.springdale.org.au

Email: office@springdale.org.au

- Your enrolment is confirmed when payment is received.
- Classes must be paid for no later than ONE week prior to the commencement of class. You will not be permitted to participate in classes until full payment is made.

PAYMENT/ REFUNDS

- We accept cash, cheque or credit card. Facilities are available for payment in person or via mail, please see below course booking slip.

If there are not enough enrolments to successfully run a course, it will be cancelled.

- If a course is cancelled due to lack of enrolments or other reason, you will be notified, and your fees will be refunded in full.
- Should you wish to withdraw from a course you must do so prior to commencement of the course. Where fees have been paid, in those circumstances they will be refunded to you less an \$8 administrative fee.
- If you withdraw from a course after it has commenced no refund will be issued. An opportunity to transfer to another course may however be available in certain instances.

PRIVACY

The SpringDale Neighbourhood Centre respects your right to information privacy. Information collected and held on participants, is kept in accordance with information privacy laws.

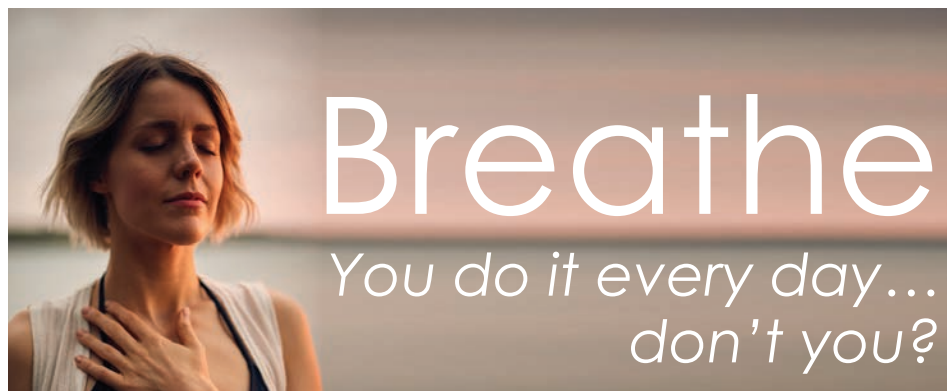
Please sign up for course updates via webmail, texting or a phone call.



SpringDale Neighbourhood Centre Inc. acknowledges the support of:



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Check in with your breath right now - Are you breathing or are you holding your breath? Are you holding breath when you are distracted, nervous, anxious, fatigued, overwhelmed...? It is a primal response that we hold our breath when we are under stress or threat. We can also hold our breath when we are anticipating something ("don't hold your breath!"). Our bodies are mimicking a very necessary primal response to very real threats.

The problem lies in the times when our mind and body are overreacting. These responses are better reserved for acutely threatening situations. They can be a valuable warning signal that you may not be handling your cumulative stress. A call for attention, help or support.

The practice of **not** breathing can physically mimic and magnify the very feeling that you may be trying to move through. The good news is, that you too can play at this game. Your mind is leading your body to believe that the threat is far greater than it truly is, and the feedback loop keeps you in a "holding-breath-state-of-stress". But you can cut it off at the pass! You can consciously breathe when you notice you are not. Breathing effective breaths will increase the supply of oxygen to your brain. This will activate the parasympathetic nervous system and promote feelings of calm. Choose instead to breathe **through** this.

Breathing this way changes everything. It can take you "out of your head", into your body, quietening a busy mind so you can see clearly again. It can reel you back in from thoughts of the past and worries of the future. Breath can connect you to the present moment; shifting you away from unhelpful thoughts.

There are many ways to "breathe".

Here are some to try:

- Breathe quietly, smoothly and gently like you are hiding in a game of hide and seek
- Breathe away from your chest and into your belly
- Breathe mindfully - notice how it **actually feels** to breathe
- Breathe in to a count of 7 and out to a count of 11

Enjoy noticing your breath again. Notice how it feels for a short cycle of 5 breaths. Find the breath technique that feels calm for you.

If you need help with 'breathing', yoga, guided breathing meditations, or hypnotherapy can help. If your breathing is a signal that you are struggling with managing the stress in your life, please seek help from family, friends or a mental health professional.

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The Seven Rules of *Chocolate*

1. If you have melted chocolate on your hands, you are eating it too slowly.
2. Chocolate covered dried fruit, strawberries etc. all count as fruit, so eat as much as you want. Fruit is healthy.
3. Eat a chocolate bar before every meal, it will take the edge off your appetite and you will eat less.
4. If you eat an equal amount of both milk and dark chocolate it's considered a balanced meal.
5. Problem: How to get a block of chocolate home without it melting in the car. Eat it in the parking lot!!!
6. Put "Eat Chocolate" at the top of your "To Do" list each day and you will at least get one thing done.
7. For your convenience a block of chocolate can provide your total calorie needs in one day and in one sitting

Why didn't I know this all before

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Bird Count is Back

October is a big month for bird lovers around Australia as we are encouraged to count, within a twenty minute period, all birds that come into view. Participants can count birds in their own backyard, their Local Park, beach, oval, in fact any outside area. If you wish you can decide whether to go into nature or perhaps sit near a window and do your count in comfort. Families can join together or perhaps you might want to wander off into quiet isolation.

All you need to do is download the Aussie Backyard Bird Count app or fill in a form on Birdlife Australia's website and record all the types of birds you see and how many. There is a field guide that comes with the app so you do receive assistance. You can do as many counts as you wish - one a day for the week or just a single count. The count is held between the 19th and 25th of October 2020.

The event is most popular. In 2018 76,918 Australians took part and in 2019 numbers were surpassed as 88,270 individuals participated. Over 3,381,768 birds were counted. Many local schools and/or councils are also connected to the count. All data provides valuable information to Birdlife groups as well as councils for on-ground management in local areas, examining urban impact and also in identifying key birding sites and as part of future eco tourism.

I must admit my first Bird Count was an experience to remember. First of all I was new to birding so I spent many hours reading bird books and getting to know the unfamiliar fluffy forms found around my new retirement house by the sea-side. The birds here were so different to those I had experienced previously in the northeast country bush lands. A steep learning curve was ahead of me but I was full of enthusiasm and willing to meet the challenge.

My mind was alert though not all bird names made sense to me, a beginner. For instance why is a Pacific Black Duck called a black duck when there's more brown in the colouring than black? The same with the Black Bird. I felt that it was very unfair that half of the Black Bird species females, were brown yet still called a Black Bird. Why were birds always named after the male? Maybe I should start a protest on behalf of the female bird population? Equality for female birds? Then of course was the difficulty of identifying juvenile birds who always seem to look totally different from their adult parents and as explained previously, who were very different from each other.



These birds all stood kindly together in order for me to photograph the years of development and change. All one species but look how different. The adult Pacific Gull is the black and white bird at the right back. The very youngest gull is the fully brown bird front right, whilst older juveniles are to the left. These birds scan four years of growth and show different feathering as well as beak colouring for each year.

I thought my safest bet would be a seat in the grass by St Leonards Lake. Surely I could recognise the birds there. I sat with app ready and binoculars poised, at first it went very well with appearances of swans, coots, sparrows, swamp hens and a magpie or two. I was actually feeling most proud of myself, entering all birds methodically. The birds were behaving perfectly only appearing now and again so I had plenty of time to count and enter. Alas the harmony was over when a huge flock of gulls arrived in a flurry as did a mob of noisy, boisterous corollas. Bedlam. Counting was impossible. Also to my horror, sailing around the bend came a motley flotilla of geese and ducks. Not the pure bred wonders of my bird book but a mixture of species who had intermingled and interbred for years in someone's farm yard. I stared in awe and profound wonder, how does one describe such a gathering? As time ticked by I was luckily saved. My app very appropriately showed time was up - whew!!!! Identification not needed.

Carole O'Neill

19th to 25th of October
aussiebirdcount.org.au
 for all your information
 on the count this year.



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SpringDale Trivia

40th Edition

by Drysdale Girl Guides

1. What is the name of the original Yellow Wiggle?
2. "Is this the real life, or is this just fantasy?" is the opening line from which song?
3. The writer Geoffrey Chaucer appears in which Heath Ledger film?
4. Who was the first female head of Government in an Australian State or Territory?
5. Which animal is featured on the flag of Sri Lanka?
6. The Kevin Sheedy medal is the best and fairest award for which AFL club?
7. During its fated maiden voyage, where was the Titanic's intended destination?
8. In the wild, Polar bears live in which hemisphere?
9. Which South American country has the Southern cross on its flag?
10. Animals that eat both plants and meat are called what?

Turn to page 22 to find the answers.



GIRL GUIDES

Drysdale Guides meet at SpringDale - Thursday evenings.

Ring Anne Brackley for details 0407 529 205



Business on the Bellarine

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

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

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 Kelleher-Jones on 0431 160 905 for more information.

ZUCCHINI

Mid spring already! Everyone will notice lots of fresh herbs and zucchini growing in gardens. All the herbs have little edible flowers to add colour and flavour. Zucchini flowers has become more popular lately and they will go well in this recipe!

This recipe is a great one to use up leftover roasted potatoes and/or zucchini (instead of boiled). It's easy to prepare it all ahead of time and a handy recipe for vegetarians and gluten free.

It looks nice in a fancy shaped baking dish or instead of one big cake it can be shaped into balls/patties for finger food or individual ramekins.

Then again anything cooked at home is made more delicious when stirred with love!

ZUCCHINI & POTATO CAKE

Baking dish approx. 22cm square or oval, makes 4 lunch serves

- 4-5 large potatoes (1kg)
- 2 zucchini (half Kg) and zucchini flowers if available
- 1 onion, chopped
- 200gr ricotta
- 1 egg
- 1 cup grated Parmesan or tasty cheese
- Fresh chopped herbs if possible - sage, rosemary, tarragon, thyme (some extra for decorating)
- extra virgin olive oil
- salt & pepper to taste



- Peel and cut the potatoes ready to boil then mash into a bowl.
- Prepare a pan with olive oil.
- Coarsely chop the onion and fry for about 10 minutes.
- Wash the zucchini, grate them with a coarse grater or slice thinly.
- Add the fried onion and grated zucchini to the mashed potatoes in the bowl.
- In a separate bowl mix the egg, ricotta, cheese and chopped herbs all together.
- Add the potato, onion zucchini mix well.
- Season with salt and pepper.
- Pour the potato mixture the baking dish or ramekins for individual serves. Alternatively make into balls/patties and place on a baking tray.
- Bake at 180C for 25-30 minutes until golden on top.

Allow to cool in the baking dish before serving. Serve warm or cold with a fresh salad.

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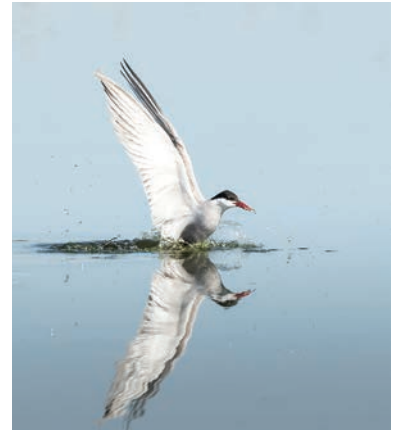


Contact Jeannette on 0407 726 260 or
E: jeannette@conveyancinggeelong.com.au

Bellarine Camera Club recently held their Annual General Meeting via Zoom, with our 2020-2021 committee now in place. We are still unable to hold physical meetings but members are actively entering competitions and keeping in touch on social media. Our members are a dedicated bunch and it has been amazing that our competition entries are still well supported given that we are not able to physically meet.



Top R: Old Lighter NI - Val Moss Top L: Foggy Morning – Geoff Wiffen



Go with the Flow - Stan Coath Breakfast Dive - Jim Den Ouden

Left: Venice 2707 - Michael Carne

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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Bromeliads



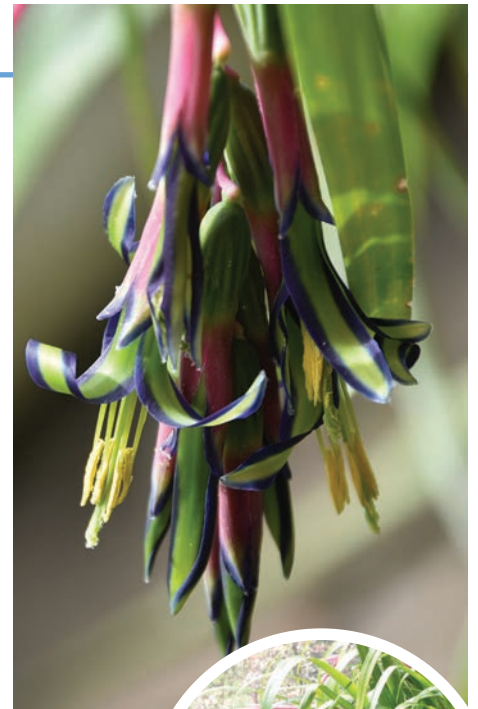
It has been six months since the Garden Club has been able to hold their monthly meeting.

So this month I thought I would write about a collection of plants that seems to be increasing in my garden. I am talking about Bromeliads. I always thought Bromeliads were a very colourful tropical plant that would not survive in Victoria without a hot house or green house, but I was wrong. I have successfully grown several varieties in my garden which has sandy soil and dry shady spots under large trees. I grow all my Bromeliads outside, in the ground or in pots and I have also tried a couple on a tree. When I plant them in pots I use an orchid mix, when they are in the ground, I just sit them on the ground and put a little bit of soil on them to "ground" them and forget about them until I am surprised by the array of different flowers that pop up.

The first bromeliad I bought was Bromeliad Gette, a plant with stunning grey leaves and a magnificent bright pink/purple flower. This plant appealed to me for two reasons, first was the colour and shape of the leaves, the second was the striking colour of the flower. Since then I have accumulated several varieties all with different foliage and flower shapes and colours. And once the stunning flowers have gone you still have the beautiful foliage.

Did you know that pineapples are from the Bromeliad family, I didn't until researching this article.

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 or you might like to go on our mailing list for our monthly Newsletter.



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Bellarine
Historical
Society

Pelaco at Moolap

PELACO is an iconic Australian textile brand famous for its shirts. Founded by owners James Pearson and James (Lindsay) Law in the 1910's in Richmond. The name is derived from the initials from the surnames of the owners. The famous Pelaco sign at Pelaco's head office in Richmond has been heritage listed and recently restored. It is a neon sign built by Claude Neon in 1939. At its peak in the early 1950's Pelaco had 10 factories one of which was at Moolap (opened in 1949) this factory specialised in collars for shirts according to newspaper reports Argus 7th January 1949).



Workers at the Pelaco Moolap factory in the early 1950's

New industry for Geelong

A new industry will begin in Geelong next Tuesday, when Pelaco Ltd will open a collar factory at Moolap. Between 100 and 150 operatives will be employed, and it is expected that they will be provided with transported and from the factory.



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Memories of Yesteryear

by the Older Generation of the Bellarine

Jack Butcher continues....

A reader asked if Dan Butcher was related to the Butcher family who ran the Brickworks in Anakie. The only information regarding the Drysdale brickworks is what my grandmother Elsie communicated to me during the 1960's and do not believe any family members made trips to Anakie or the family from there visiting my grandparents in Drysdale, so I have concluded that we are not related.

Another question was about Les Anderson and how he came to board with my grandparents. As it was mentioned in the last story it was after he returned from the war. I remember him as an extremely heavy smoker and hardly ever left his room, let alone the property. He was from a local farming family that Anderson Road was named after and as a younger man he played football for Drysdale and played in their 1928 premiers team alongside Dick Davis and Eddie Mannix as well as other well-known local names, Wisbey, Bennett, Lunn, Bryant and Bill Nicholas who was the local postmaster.

Les' brother Frank also played locally and he was a member of the 1935 premier team and when he married and moved to Melbourne with his work, he would travel back to Drysdale to visit his brother as well as pulling on the boots for the local team.

Interesting Andersons Road has now been foreshortened at the Grubb Road end due to the development of the New Ring Road as far as Princess Street but then still extends as far east as Swan Bay.

To quote a report from the Geelong Advertiser on Wednesday 29th March, 1922

"The marriage of Lillian Rodgers to Ernest Butcher was to take place last Saturday but was postponed due to the suddenly developed symptoms of diphtheria. So serious was her condition that her medical adviser, Dr Stewart at once removed her to the Geelong Hospital in his car. The sincere hope that all will go well with her and enforced postponement of the wedding nuptials, only prove but a brief delay of very real happiness to both these young people, is shared by all who know them." (Don't you just love the journalism of the day.)

Obviously all did go well as the wedding photo shows, Ernie and Lil initially resided

in Drysdale until their move to Bourke Crescent in Geelong. They loved their home so much they had it relocated too and there they raised their three children, Mavis, Bruce and Shirley

Russell Butcher



Ernie Butcher and Lil Rodgers on their wedding day



Elsie Butcher, her mum Caroline Rodgers in middle and Helen Anderson (Frank's wife)



Frank Anderson



Elsie in front of Les Anderson's room

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St Leonards Garden Club

Hello Everyone.

Can you believe it? It's October already. Even with lockdown restrictions this year, it certainly has gone fast. The faster the better some might say with the hope that 2021 will bring a better year.

I hope you've all been coping with the restrictions, soon to be a little easier, fingers crossed.

In the garden, beds or pots watch out for the aphids on the roses that are now in leaf and just about to bud. Soon the roses will be cheering us up with beautiful flowers in a multitude of colours.

Fruit trees are starting to flower, so if you haven't sprayed at bud swell it is now too late for this season.

Time to start thinking about planting tomatoes if you haven't already planted some. Try planting seeds in seed raising mix in peat pots that can then be put in to the ground or pots. Keep the pots with seeds warm under cover. Use plastic milk bottle containers with each end cut off, creating a small hot house. When seedlings have begun to get larger, remove bottles and harden the seedlings. You can tell when they are hardened because the stems turn purple. Plant peat pots into the situation where you want to grow them. Ideally this will be around mid-October and November, depending on the weather.

Repot strawberries. Pull existing plant out of the ground, pot or basket. Cut plant in half, prune the roots and peel back the leaves to a small tuft. Replace in the ground, pot or basket with fresh potting mix and 1/2 a handful of fertiliser, then mulch water well.

Time for a tidy up of potted plants inside or out. Maybe replace those that didn't survive the cold, wind or rain.

Harvest broccoli, cauliflower and other

veggies. If you have an abundance, perhaps donate them to an organisation that can distribute them to those people who would like them. Blanch and freeze the rest for yourself.

I would like to mention an act of kindness that I received at the market in Geelong. I was talking to a lady in line waiting to pay for our purchases. She was before me. I mentioned to her about the daffodils that she was purchasing and told her of mine that had been blown about by the strong winds, not complaining, just conversation. She paid for her flowers and walked out of the shop. I was paying for my purchases and the young lady at the register handed me two bunches of daffodils and told me the lady I was talking to bought them for me. I was overwhelmed at such kindness. I turned round to see if the lady I was talking to was still there, but she had left. A Random Act of Kindness. Maybe we could all do this for someone we don't know to brighten their day. It certainly brightened mine. I will certainly play it forward to someone.

If you live in surrounding areas of St Leonards, for example, Leopold and feel you would like to come along to our garden club in Murradoc Rd at the Memorial Community Hall, why not come along when we resume hopefully early in 2021. We have a guest speaker at each meeting with tea, coffee and conversation after. We have outings to various places weather depending and generally car pool.

I will keep everyone up to date on the resumption of our meetings. We hope to see you there. Bring along your partner. The more the merrier.

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

Cheers, **Wilma McLaren**



Trivia Answers

1. Greg Page
2. Bohemian Rhapsody
3. A Knight's tale
4. Rosemary Follett (Inaugural Chief Minister of the ACT in 1989, and again 1991-1995)
5. Lion
6. Greater Western Sydney Giants
7. New York
8. Northern
9. Brazil
10. Omnivores

Courtesy Bus

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



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Aquatic Timeline

1870s - 1920s



The Dell was the former entrance to a popular mineral springs and spa resort which operated between the early 1870s -1920s and gave Clifton Springs its name. It comprised of a Spa Bath House, Clifton Springs Hotel and bottling of mineral water. As the Springs became popular, a range of facilities were constructed along the foreshore to provide visitors with the opportunity to bathe in the mineral waters. A well-appointed hotel was constructed above the Springs. It was destroyed by fire in 1921, and a second one was built in 1926.

1960s - 2000s

Remodelled as the Clifton Springs Country Club in about 1957, as part of a real estate development, and became the Clifton Springs Community Centre in 1977 when the building was purchased by the then Shire of Bellarine. Included a 12m x 30m swimming pool, which was opened Dec to Feb annually.



Drysdale Guides at the old pool.

Help us find out more about the years at the old pool. Please email your memories or even a picture to messenger@springdale.org.au



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The work of the group probably started in 2006 when the Clifton Springs Pool was removed, ever since then we have been working towards having a pool. Some activities have been more successful than others.

During 2019 Sarah Henderson MP committed the Federal Government to \$10,000,000 to a pool in North Bellarine. Later in 2019 Libby Coker MP brought the community together to discuss the pool for the North Bellarine.

Early 2020, City of Greater Geelong conducted a scoping study into aquatic needs and concluded that there was a need for more aquatic facilities on the Bellarine to ensure fairness of access for those especially on the North Bellarine.

In August this year, City of Greater Geelong accepted the recommendation to site the North Bellarine Aquatic Centre at the Drysdale Sports Precinct. City of Greater Geelong have committed \$750,000 to design the project but we may fall short of having sufficient funds to be able to achieve even stage 1 of the project.


To meet the needs of the community, Stage 1 must include a 50m year round pool and a warm water exercise pool, both of these will complement the facilities already on the Bellarine. We have a significant opportunity to encourage those standing for Council this month to commit to this project.

If you are a swimmer, if you enjoy water aerobics, if you believe that this facility is important for the physical and mental wellbeing of our community please write to all levels of government and ask for their support and please send a copy to the North Bellarine Aquatic Centre Advocacy Group to enable us to track community sentiment. Now is the time to act – please help us – help the community.

Lee Knight - Member North Bellarine Aquatic Centre Advocacy Group



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