



# The SpringDale Messenger

June 2021  
Volume 31 Issue 5



ABN 21 404 220 267

Compiled & Published by the SpringDale Neighbourhood Centre Inc.



We devote this cover to foster understanding and further reconciliation with Aboriginal and Torres Strait Islander peoples Australia wide. I consider myself so fortunate to live in a country that has a history of 60,000 years of continuous culture - the oldest living culture on the planet. I pay my sincere respects to the Traditional Owners Elders past, present and emerging.

I give thanks for this representation of 60,000 years of continuous culture in the form of 60 leaves all of the same colour and 1/4 of one of the leaves representing the last almost 250 years of European influence.

This is part of SpringDale's Reconciliation Action Plan.

**Anne Brackley** OAM  
Coordinator SpringDale  
Neighbourhood Centre Inc



RECONCILIATION  
AUSTRALIA

20 years of  
Reconciliation  
Australia

MORE THAN A WORD



# JUNE 2021

## 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.

Tuesday	1	Friendly cuppa and chat 10.30-11.30 at SpringDale
Thursday	3	Jigsaw Group 10-12noon at SpringDale Maybo Day (Indigenous Australians) Reconciliation Week (started end May finishing today) World Bicycle Day
Friday	4	The Maes - 8pm - Potato Shed
Saturday	5	Harvest Basket Produce Swap 9-10.30 at SpringDale SpringDale felt & Textile Artists 10-3pm at SpringDale Free replacement anti-theft number plates screws at SpringDale Car Park 9-11am World Environment Day
Monday	7	Kinship Carers 10-1pm at SpringDale
Tuesday	8	World Oceans Day Dining Group - Drysdale Hotel at 6pm Strength & Grace - Strong women who helped shape Geelong - 10.30am - Potato Shed
Thursday	10	Days for Girls Sewing 9am - 1 pm at SpringDale
Sunday	13	International Albinism Awareness Day
Monday	14	Queen's Birthday (centre closed) World Blood Donor Day International Men's Health Week (till Sun 20)
Tuesday	15	Global Wind Day
Wednesday	16	Lunch Bunch - meet midday at Leopold Sportsman Club
Thursday		WEAAD - Morning Tea at SpringDale 10am-12.30pm WEAAD - Crafternoon Tea 2-4pm
Fri-Sat	18-19	Winter Solstice One Act Plays - Potato Shed
Saturday	19	Talking about Autism - 10.30am-12noon at SpringDale Korean Cooking 10am - 1pm at SpringDale
Sunday	20	Refugee Week (till Sun 26)
Monday	21	International Day of Yoga World Music Day
Friday	25	Bus Trip around the Bellarine
Saturday	26	International Day against Drug Abuse and Illicit Trafficking Mr Issi Dye - Hits of the 60's 70's and 80's - 8pm - Potato Shed

**Reminder**  
Bookings &  
copy required by  
1 June for the  
July 2021  
issue



**SpringDale  
Messenger**

Compiled & Published by the SpringDale Neighbourhood Centre Inc. A0024916V.  
17-21 High Street, Drysdale Vic 3222.  
Postal Address PO Box 80 Drysdale

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

**Editing of Contributors Material:**

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

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

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

**Art & Design by Jo Aspland Graphic Design 0438 055 679**

**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:



## SpringDale Messenger Website

We now have a website devoted to all the SpringDale Messengers from the last 30 years. Thousands of hours have been invested in helping this website come to life. We are still seeking a couple of copies of old SpringDale Messengers to help us make this website the best it can be - April 1992 and May 2007.

Please let Springdale know if we can borrow these phone 5253 1960.

**<https://www.messenger.springdale.org.au/>**

**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



I'm not sure how I can thank everyone for their words of support. The monthly SpringDale Messenger is a core service of SpringDale Neighbourhood Centre and tries to lift the spirits of our community, no matter where you live. So many people loved the flowers on our May Messenger and I hope our cover this time is equally as moving.

Putting information in context, I believe, is so important for good thinking and good decision making and I know the concept of our cover has moved my thinking. A wonderfully generous historic researcher, Heather Arnold, used a concept at a school talk that she gave. Heather put 60 pieces of same coloured paper around the wall and a quarter of the last page was a different colour (representing 60,000 years of continuous Aboriginal and Torres Strait Islander culture and 243 years of European culture - a very small part of the history of culture in Australia).

Heather shared this powerful idea with me and I morphed the idea into a living tree with the help of family and friends. Thanks to everyone who helped bring this cover to life including my daughter Courtney, who drew on her knowledge of her Aboriginal heritage.

The way the idea for the cover of this issue evolved demonstrates one of my strategies for success. I get an idea, I research it, I ask for help, I share the idea and ask for feedback, I test the concept and listen for more feedback, the idea might evolve or it might become firmer and eventually we'll do - hopefully together if there has been sufficient *buy in*.

An example of this was the *Herbs to Help* project last year - we had an idea, it was shared, it was started, it grew, it morphed and people helped even through lockdowns and then 11 cars took 200 baskets of living

herbs to Bruthen, Sarsfield, Clifton Creek and Buchan. Hundreds of people helped to bring this project to fruition - growing seedlings, donating baskets, buying potting mix, nurturing plants and planted baskets, topping up baskets of plants, driving the baskets to East Gippsland and delivering the baskets and sharing time with residents.

Because of your support, we build on successes and you may be interested to know, in the last 3 months we have offered 357 classes and 302 group gatherings - these could be considered to be 659 small events. This total includes only SpringDale activities and on top of this total are the extra sessions offered by external groups - Drysdale Guides, Bellarine Woodworkers, Bellarine Camera Club, Bellarine Aged Care Association, Drysdale Clifton Springs Curlewis Association, Clifton Springs Garden Club, North Bellarine Aquatic Centre Advocacy Group and the list goes on. There is a lot on offer at SpringDale because of your support.

If there is something that you would like to offer or would like us to offer please let us know, this is the way the offering continues to grow.

Anne Brackley OAM for team SpringDale

## Term 3 Courses

Grab a Course Guide & get learning. Guide available to download or book on the website. Pop in a pick up a copy or we can post or email you.

<https://home.springdale.org.au/learning-master-guide/>  
E: office@springdale.org.au or P: 5253 1960



## Community Development Timeline

Help us to build the timeline to show our history - from thousands of years of Aboriginal life on the peninsula to 140 years Drysdale Football Club and Bellarine Peninsula Railway on to the Roulettes flying over the Bunyip Festival...



... help us to bring the timeline to life

Please email [messenger@springdale.org.au](mailto:messenger@springdale.org.au), or phone 5253 1960, or drop something into SpringDale 17-21 High St, Drysdale

The SpringDale Messenger June 2021

## Course News

### Korean Cookery - Kimchi

Kimchi is a well-known Korean dish and often referred to as a superfood.

This session is designed for anyone who loves healthy food and wants to learn about fermenting processes.

You will learn how to make basic Kimchi which will teach you the skills to make many different types of Kimchi. Also as a highlight participants will taste Kimchi with rice at the end of the session.

**Instructor: Jasmine Hong**

**Dates/times: Sat 19 June 10am - 1pm**

**Fee: \$50**

### Cheese Making - Halloumi Sour Cream and Ricotta

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 26 Jun**

**Fee: \$160 or Conc \$100**

### Astrology Introduction

During this free info session about the 8-week astrology course at the Springdale neighbourhood Centre Peter Burns will discuss the course outline and what you can expect by attending the course.

**Instructor: Peter Burns**

**Dates/times: Tues 29 June 9.30 - 10.30am**

**Fee: Free**



The SpringDale Lunch Bunch are going to Leopold Sportsman Club on Wednesday 16th June at 12pm. Bookings are essential, please phone Margaret 0418 370 857



SpringDale Dining group are going to the Drysdale Hotel on Tuesday 8th June at 6pm. Please call SpringDale on 5253 1960 to reserve your spot.

## QUOTE OF THE MONTH

“We judge ourselves by our intentions and others by their behaviour.”

- Stephen M.R. Covey

Anne Brackley - Quote curator

[www.springdale.org.au](http://www.springdale.org.au)





## News from Lisa Neville MP

*Member for Bellarine*

### Funding for new Drysdale Library.

As local MP, Lisa has always supported libraries and their services here on the Bellarine. It was therefore pleasing to recently announce that the State Government, through its Living Libraries Program, has contributed \$1 million towards the new Drysdale Library.

The funding will significantly help deliver the \$9.15 million project, providing a facility that will be more than four times bigger than the current library and hold more than an additional 8000 items.

When complete, the library will include an exclusive childrens area, youth space, IT room and space for programs like children's story time, community meetings and events.

Despite being one of the smallest libraries in the region, Drysdale's current library is one of the most popular. The construction of the new facility will give even more local people access to all its great services.

This is especially important given the growing population, with many of these new residents being older people or young families, all who are strong users of local libraries.

The new Drysdale Library when opened will be an important facility for many years to come.

### Congratulations to SpringDale Neighbourhood Centre

The State Government recently recognised the important work being carried out by the SpringDale Neighbourhood Centre in providing Local learn and Life Style Classes to people.

In visiting the centre, Gayle Tierney MP, both in her role of representing Lisa, and as Minister for Training and Skills, congratulated centre coordinator Anne Brackley, and her team, including of course all volunteers, on their work and commitment to the community.

The Local Learn classes are focussed on providing opportunities and to assist adult students transition to employment or further training. The short courses range from literacy and numeracy to job related and information technology skills.

Importantly SpringDale Neighbourhood Centre works with local businesses to identify local training needs and job opportunities in delivering the courses.



The Centre's Life Style courses are also developed to meet the needs and requests of the local community and include popular classes like ukulele, yoga and tai chi.

These classes are not only fun but bring people together and are designed to help build confidence and wellbeing, especially in older residents.

Congratulations and thank you to the SpringDale Neighbourhood Centre.

### Lisa's Office Assistance.

If you feel that Lisa can provide you or your organisation with assistance please contact her office on 52 501987, email [lisa.neville@parliament.vic.gov.au](mailto:lisa.neville@parliament.vic.gov.au) or at Shop 66, Gateway Plaza Bellarine Highway, Leopold.

*(Please note that this column is written on behalf of Lisa in her absence, while she is on extended sick leave.)*

## De Facto Law Worries?

Come in for a *free* chat

**RISTEVSKI**  
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**1 High St., Drysdale**  
(old Post Office) Ph: 5251 3453

Advertising

# Lisa Neville MP

**Member for Bellarine**

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

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Funded from the Parliamentary Budget

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# POTATO SHED

What a great month was May, so many familiar faces back at the Potato Shed - and we are happy to say June's things are really warming up!! We even have a new little warming spot in the patio area, a nice place to sit after the show and talk about the experience... one day you'll be able to order a desert or a nice cocktail... but until we get to that point, we know you will love what we have on offer this month.



Kicking off the month we have a visit from **The Maes** - sisters Maggie and Elsie Rigby are two of Australian folk music's most respected songwriters, singers and instrumentalists. They have been touring the world for the past six years, playing some of the world's most prestigious roots music festivals, including the Telluride Bluegrass Festival in the USA, Edmonton Folk Festival in Canada and the Woodford Folk Festival and WOMADelaide in Australia. This band new tour is named after their new single Make a Bay - One show on Friday June 4th at 8pm.

On June 8th we have our **Morning Showtime** happening again - this month we feature the stories of our region's strong women and explaining their part in our history, presented by Colin Mockett and the Drop of A Hat Troup. From pioneers right up to the present. Included are Fanny Brownbill, Caroline Newcomb, Anne Drysdale, Carrie Moore, Elizabeth Austin, Louie Hitchcock and more. All the action starts at 10.30am on June 8th.

One of the highlights of the season is **The Winter Solstice** - One Act Plays - Two original plays presented as only Theatre 3222 can do - with some live music in the foyer, open fires to welcome you and the rather famous warm mulled wine. These plays are always well worth a viewing and this year is no exception **Oldie Locks** - A comic tragedy written by Jack Price is about a family affected by the onset of dementia. The effects of Bob's changing grip on reality sends ripples through the family. The other offering is a new work by Sindi Renea called **Introverts Outing** A group of "friends" meet in person for the first time after connecting via an online group for introverts. This funny and touching play looks at how we sometimes need to get out of our comfort zones in this modern environment to make real connections. It also explores themes of dating, cheating, loneliness and breaking down stereotypes in a relatable and thought-provoking manner. Three performances -Friday the 18th of June at 7pm and then Saturday the 19th of June at 2pm and 7pm.

Seeing out the month we are excited to have **Mr Issi Dye** back in the building!- Issi has proven to be one of the Shed favourites over the past few years and this time around he brings his show with all the **Hits of the 60's 70's and 80's**. Always a fun night cabaret seating so you can bring a basket supper and enjoy a drink from the bar!

# POTATO SHED

WIN DOUBLE PASS to



**Issi Dye Hits of the 60's 70's 80's**

**Saturday June 26th at 8pm**

To enter fill out the coupon, send or deliver to: Springdale Neighbourhood Centre High St Drysdale

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**COMPETITION CLOSING 4PM FRIDAY 18 JUNE**

To stay up to date with what we have on offer please continue to check : [www.geelongaustralia.com.au/potatoshed](http://www.geelongaustralia.com.au/potatoshed) or Facebook/Instagram /potatosheddrysdale

**We look forward to seeing you back at The Shed in 2021 !!!**

## WHAT'S ON

POTATO SHED

CITY OF GREATER GEELONG

### STRENGTH AND GRACE

MORNING SHOW



**TUESDAY 8 JUNE 10.30AM**  
**THEATRE STYLE** Tickets \$17

### THE MAES



**FRIDAY 4 JUNE**  
**8PM THEATRE STYLE**  
Tickets Adult \$33 Conc \$28

### WINTER SOLSTICE OLDIELOCKS & INTROVERTS OUTING



**FRIDAY 18 & SATURDAY 19 JUNE 7PM**  
**SATURDAY 19 JUNE 2PM**  
**THEATRE STYLE** Tickets \$24

### ISSI DYE GOLDEN HITS OF THE 60'S 70'S & 80'S



**SATURDAY 26 JUNE 8PM**  
**CABARET STYLE**  
Tickets Adult \$38 Conc \$34

41 Peninsula Drive, Drysdale VIC 3222  
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The unique character and diversity of the Bellarine Peninsula are why most of us have chosen to put down roots here.

Enhancing the things that make our ward special through initiatives and services, refreshing community facilities and encouraging economic growth have been my focus during the budget process.

I feel our Draft 2021-22 Budget, which has just wrapped up consultation, overwhelmingly reflects this great diversity, following months of negotiation and compromise between councillors.

Proposed funding for the Drysdale Library is a significant item, with a total of \$8.66 million set aside over four years.

The Drysdale Town Square project will take in the new library to create a civic heart and has been given a \$450,000 boost in 2021-22 following community consultation on the concept plans.

And don't forget the 50-metre outdoor pool for the north Bellarine, we've allocated a further \$4.25 million over 2021-23 to ensure this long-awaited project becomes a reality.

Council endorsed concept plans for the facility

last month, promising to work with all levels of government to pursue additional funding for a future stage two of the project.

The \$10 million provided by the federal government is an opportunity that must be taken and the Bellarine ward councillors' strong advocacy for this facility will continue.

We've budgeted for major investment and funding, in line with the strategic directions identified in Our Community Plan 2021-25.

The new plan will guide resources to sustainably deliver infrastructure, services and programs, and complements the community's 30-year clever and creative vision for the region.

We are privileged to live in a dynamic and resourceful region and with so much going for us here, including a rich natural environment and tourism economy, this plan goes a long way towards protecting and enhancing these elements.

Thanks to everyone who shared their thoughts on the Draft Budget and Our Community Plan last month!

Drysdale Town Square & new library



## Bus Trip around the Bellarine

Let's hop on a bus and see the wonderful sights of Drysdale and surrounds. Did you know that there are 78 bus services to or through Drysdale Monday to Friday or 39 return services.

Bus route 60 has twenty-one direct services to the Geelong Railway station and return (18 of those run from St Leonards to Geelong Railway return).

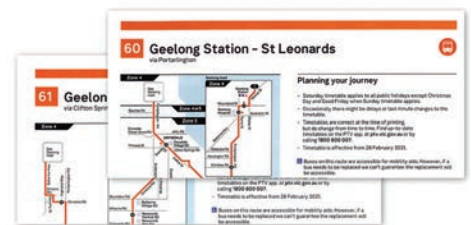
Bus route 61 has 18 return services Monday to Friday. The journey starts in Drysdale and wanders around Clifton Springs, Curlewis, Leopold and Newcomb before arriving at Geelong Railway Station and then returns.

Let's journey to Leopold on a route 61 bus, Friday 25 June and have a cuppa and then come back. It's a great

budget-friendly way to discover our local area.

Please book in with SpringDale to attend our escorted trip.

Copies of Public Transport Victoria's route 60 and route 61 timetables are available at SpringDale Neighbourhood Centre.



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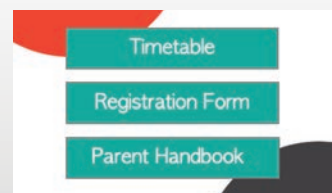


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## Taking 4YO and 3YO Enrolments Now

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# North Bellarine Aquatic Centre



The North Bellarine Aquatic Centre Advocacy Group continues to advocate for a warm water exercise pool to be part of stage one of the project and to also advocate strongly for the whole centre. We continue to believe that to achieve this goal of the whole centre not just stage 1 - a 50m heated covered year round pool and warm water exercise pool, but also the rest of the centre including a 25m indoor pool, a splash pool, a spa and sauna, a gym and café.

At a recent City of Greater Geelong Council Meeting the North Bellarine Aquatic Centre gained approval for the 50m heated year round pool to be designed and also gained extra support, through asking Council officers to seek more funding. Although it is not the whole of stage one that we were advocating for, it is a step closer to having the whole aquatic centre built.

We need your help to gain the other elements in the plan. You could write to our Councilors, you could write to our State Government parliamentarians, you could write to our Federal parliamentarians. You could join the North Bellarine Aquatic Centre Advocacy Group. You could complete our survey on what elements of the North Bellarine Aquatic Centre you would use and how often. You could help us with a garage sale on the Queen's Birthday Weekend, Saturday 12 - Monday 14 June 9am - 4pm daily (or until everything is sold - whichever comes first).

We will have our plans on show at SpringDale Neighbourhood Centre during the garage sale - drop in for a chat, to complete a survey, to donate an item or to hopefully buy something to help us gain some funds to help with our mission for a North Bellarine Aquatic Centre.

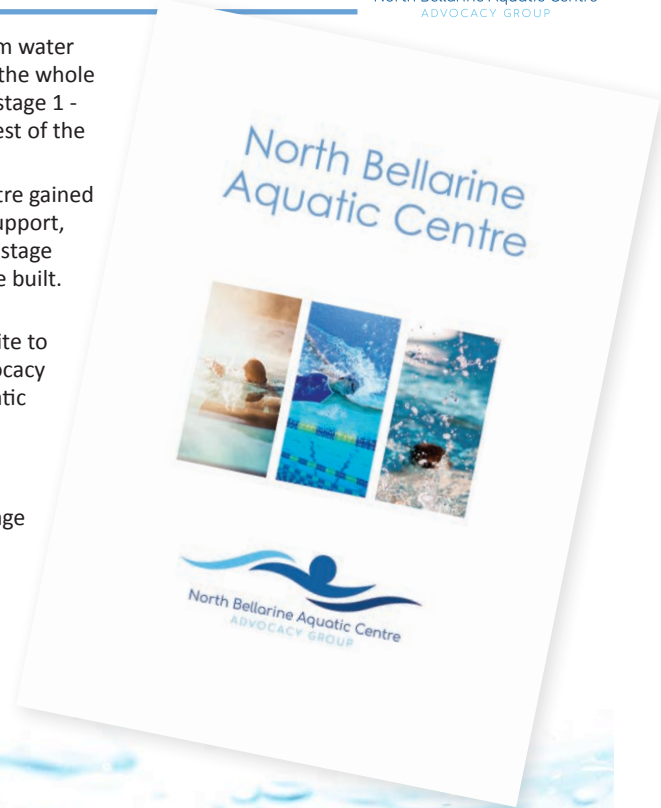
Our Position Paper is available

<https://docs.springdale.org.au/NBAC-AG-Position%20Paper-2021.pdf>

please email any questions/suggestions to [nbac@onthebellarine.com.au](mailto:nbac@onthebellarine.com.au)

**Anne Brackley** OAM Chair - North Bellarine Aquatic Centre Advocacy Group

[nbac@onthebellarine.com.au](mailto:nbac@onthebellarine.com.au) - 0407 529 205



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# World Elder Abuse Awareness Day Activities

at SpringDale Neighbourhood Centre

Join the Barwon Elder Abuse Primary Prevention (BEAPP) Network on Thursday 17th June at SpringDale Neighbourhood Centre to commemorate World Elder Abuse Awareness Day (WEAAD).

Elder Abuse is a social issue that affects the health, well-being, independence and human rights of millions of older people around the world, and an issue that deserves the attention of the entire community. Elder Abuse is defined as an act by someone an older person knows and trusts, which causes harm to the older person. The abuse may be financial, physical, social, psychological or sexual and can include mistreatment and neglect.

World Elder Abuse Awareness Day is commemorated each year to raise awareness of elder abuse and to highlight its silent but ubiquitous nature in communities.

WEAAD was first established in June 2006 and officially recognized by the UN General Assembly in December 2011.

Come down to SpringDale Neighbourhood Centre to support this important cause. See below for details of WEAAD Activities!

**Thursday 17th June  
10 - 12.30pm**

## Free Older Wiser Know Your Rights Volunteer training and Morning Tea

Are you a volunteer working alongside older people? Are you confused about what services are available in the community?

The BEAPP Network is running training for volunteers on how to support an older person who might be experiencing elder abuse in community - and how to connect them to services that can help.

**Thursday 17th June  
2 - 4pm**

## Free Warm Safe Home Information session and Crafternoon Tea

What does a warm safe home mean to you? What things can we do as a community to care for and increase the respect of older people?

Come join our Warm Safe Home information session for an afternoon of conversations, connections and craft, along with an opportunity to learn about how to find knowledge and support about your rights to make your own decisions and maintain independence.

The event will explore what we can do as a community to care for and increase the respect of older people, and will provide information on your rights to safety, respect and dignity as you age.

Places are limited due to COVID restrictions, so bookings are necessary. To contact please email: [education@barwoncls.org.au](mailto:education@barwoncls.org.au) or phone Alexandria Jones Community Development Manager at Barwon Community Legal Service on 1300 430 599



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# Timeline.... Eva Deearth - Girl Guide Days Drysdale Guides

The Mission of the Girl Guides is to empower girls and young women to become confident, self-respecting, responsible community members. They provide girls with opportunities to grow, learn and have fun in relevant and meaningful ways. Guiding is also about being part of a team.

The Drysdale Guide unit was opened in August 1957 by Mrs Catherine Wheatley. Eva Deearth became a Guide Leader, recruiting Mrs Merle Cant, Mrs Marian Stonehouse and Mrs Beryl Hickman as her helpers. Rayna and some of her school friends, Pam Wisbey, Wilma Hutchinson, Jeanette Williams and Lynette Nicholson became the first patrol of Drysdale Girl Guides and what fun they had. The women taught the girls, knot-tying, craft, sewing, camping, cooking, camp fire songs, survival techniques, First-aid etc.

Meetings were originally held in the Methodist Sunday School, (which is now SpringDale) then a hall was built behind the now Craft Shop opposite in the carpark. Eva took the patrols camping to many places in Victoria and one year, even took the girls on a trip to Sydney, Queensland and other exciting trips. Eva was inspirational and encouraged many people to try activities - I loved the fact she asked me to sing. Eva retired from Guiding in early 1970s. Denise Kent and Cheryl Morgan took on the Guide Leadership role over the following years until the unit went into recess in 1972.

Susan Taylor and I reopened the Drysdale Guide Unit in May 1976 and I've been a leader for more than 45 years. Over the years we have appreciated the skills and energy of many leaders and we now have a team of 5 - Kelly and Lisa Shearer, Claire Curran, Polly Munday and myself. Drysdale Guides meet at SpringDale weekly on Thursday evenings.

Anne Brackley OAM





**William Sheahan**

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# ARE YOU AT RISK?

In recent years there has been attention focused on faulty gas heaters. With cooler temperatures approaching, you and your family will want to stay warm. With hot water bottles, electric blankets, hearty foods and cosy socks, your heating system will be working overtime.

It is important to protect your family.

Carbon monoxide is an odourless, tasteless, colourless gas. A gas you cannot see or smell. Making this one of the most overlooked dangers in your home.

Your gas heater, wall unit, space heater and central heating unit should be tested at least every two years by a licensed gasfitter. Make it part of your usual home maintenance.

Carbon monoxide poisoning can be difficult to detect. The most common symptoms can include, but are not limited to, headaches, dizziness and vomiting.

A qualified gasfitter will conduct a series of tests on your heater. If the gasfitter identifies any carbon monoxide spillage it must be rectified immediately.

With Winter approaching you have time to arrange for this important test.

Trusting this advice brings you up to date for your family safety and comfort throughout Winter.

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## Talking About Autism

The Talking About Autism group met last month. While not a big group it contained quite a diversity of participants - parents and grandparents of people diagnosed with ASD, someone who is themselves 'on the spectrum' and professionals who work in the field of ASD.

Our guest speaker, Mary Gornik, a very experienced Speech pathologist of many years, informed us of the scope of speech pathology:-

- Actual speech.
- Comprehensive and receptive language.
- Social Language, including social/emotional skills.
- Swallowing disorders.
- Non-verbal clients & using assisted communication.
- Literacy Issues.

Many of these areas are relevant to people with ASD.

She also shared with us what she sees as missing from the services available/provided for the ASD community - support for the parents/ care givers, especially in their capacity/ skills to cope with all that is involved with being a parent/care giver of someone with ASD. Many families are over-whelmed and in need of support.

**Hopefully, this is where our group can be of some help:-**

- Providing the opportunity for people to come together in a safe and non-judgmental environment with people who have a common understanding.
- Sharing experience, knowledge and resources.
- Providing emotional support for each other.
- Giving people with ASD the opportunity to voice their perspectives and needs.

All those present agreed this had been a valuable experience and a good starting point for providing them with a sense of support as well as additional knowledge/information and that it would be of value to meet more often. Our next meeting is

Saturday 19th June, 10.30am - 12noon at SpringDale

Jane Schmidt



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## "UNCLAIMED" Part 5.

*Last month, you will recall, an unauthorized "junkie" to the Rec Room found the "No. 38" kids in trouble. Now read on...*

"Quiet down you little idiot!"

George grabs her arm.

"Listen..."

Again that rattle. Some distance in front of them now. But before Derrick can align the beam the "soft" lights in the ceiling self-activate.

With the room now bathed in a dim red light they see a movement in the far corner.

"What on earth...?"

With one accord the children tiptoe across the wide expanse of deck. In the corner of the room something resembling a small spidery weasel is engaged in rolling about with a tennis size ball.

"What is it?" quavers Haylie

George shakes his head.

"I've never seen anything like it."

"Well it certainly seems to like playing ball."

Derrick leans closer. "In fact, if I'm not mistaken, that's your ball Haylie."

"Mine?"

"Yes, see the red dot..."

Haylie comes to life.

"It is my ball! Well I want it back!"

Bending down she reaches out and snatches the ball away.

The creature stops its movement at once. A short pause, then it squeals, rears up like a snake and then launches itself through the air to land on Haylie's shoulder. Tiny teeth fasten themselves into the nape of her neck. She screams, staggers and falls onto her left side, dropping the ball and trying unavailingly to pull the creature away.

George plunges towards her but Derrick shoulders him aside.

"No! Stand clear..."

Grasping the torch at its back end he brings the lens guard down viciously onto the creature's back where it crosses the girl's shoulder. She screams again as the guard strikes her collar bone but the creature is also hit and instantly releases its hold.

Next month...pseudo rescue... John.

## 5 TIPS FOR LIVING WELL

### 1. Sleep, are you a night owl or an early bird?

Sleep is essential for rejuvenation and repair. To function at your optimally you need to make sure you are getting the right amount of sleep at the right time.

Are you aware some of us are wired to function better in the morning and for others their energy and productivity is better in the afternoon? Working your natural rhythm can create huge changes in energy and focus.

### 2. Eating at the right time

We are all built differently and that is only what you see on the outside!

The inside is just as individual; the length of your digestive system and size of your organs indicate WHEN is most appropriate for you to eat. Understanding this you could help your energy and a feeling of vitality as you get into balance.

### 3. Eating the right foods

In the same sense that we are all different our food needs are different also, and this may change overtime. Just think - we would not eat baby food for our entire lives, so as we get older and into different stages of life our nutritional needs will also change - so eat what is right for you right now.



### 4. Environment

Having a home environment that is not relaxing, calming and inviting can have a major effect on your well-being. Clearing up the clutter, scrubbing that shower and doing a bit of gardening can help you feel more at ease.

### 5. Move

Our bodies are amazing creations and we were built to move, not all exercise is ideal for us, so finding some form of movement that you enjoy is important. Gain a basic understanding of your body mechanics to help you stay active for longer. You are never too old, too injured or too deconditioned to learn how to move properly and enhance your life.

At the end of the day, making choices to feel better, do better and perform at your best is the most important thing you can do for yourself.

Jade Irving - Health Coach @ Healthy Society

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# If it ain't broke - please keep fixing it!

It is quite easy to be reactive in the way we care for ourselves - body and mind. I think most of us are guilty of only doing the physio exercises, or stretches when our back pain flares up, or taking the holiday when we are actually so stressed out that we are starting to lose health and mind, we stick to a strict diet when our weight has ballooned, we take the supplements when things are uncomfortable and even start meditating when anxiety or racing thoughts creep in.


**But then things recover.**

**And we forget the uncomfortable.**

**And we stop.**

Just as with keeping your house clean, health and happiness of the mind is far more achievable with a consistent effort to stay in control of things, and that often means putting in the work... even (and especially) when you feel comfortable, happy and healthy!

Here is a list of the daily practices that could keep stress conditions, anxiety and burnout away from your door. How many do you maintain?



## Daily Checklist

### TO SHORT CIRCUIT STRESS

- ☐ Visualise
- ☐ Raise your heart rate
- ☐ Pause to Breathe
- ☐ Eat kindly
- ☐ Connect to others
- ☐ Connect to you
- ☐ Affection
- ☐ Gratitude
- ☐ Laugh

**Visualise;** your day, your calm, a still place (some may call this meditation).

**Raise your heart rate;** run, ride, dance!

**Breathe;** in for 7 seconds, out for 11 seconds.

**Eat kindly;** consider healthy habits, less caffeine, control alcohol, eat foods that sustain your health.

**Connect to others;** friends, family, make conversation with the people you encounter in your day.

**Connect to you;** something that makes you happy, brings you joy, something you may have forgotten that you enjoy - do it daily (this could be meditation, or spiritual practice)

**Affection;** hug your love ones, hold hands with your children, spend some time patting and cuddling your pet.

**Gratitude;** take a moment every day to consider the blessing you have, in yourself, your circumstance your efforts or your connections.

**Laugh;** find something or someone that knows how to make you laugh and enjoy that uncontrollable release when you can.

**How did you score?** It is unreasonable to expect to do all of these daily, but you can enjoy working towards achieving 4-5 a day. Feel well as much as you can by addressing stress before it becomes a problem. You may find it quite enjoyable!

If you are struggling with managing your daily stress, you can consider meditation training, guidance through yoga, hypnotherapy, counselling or seek medical advice.

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## SpringDale Trivia 47th Edition by Drysdale Girl Guides

1. There are five countries who have participated in every Summer Olympic Games. Which countries are they?
2. In which Australian state or territory would you find the municipality of Birdsville?
3. What is the name of the classic 1972 arcade game based on table tennis?
4. What is the hardest substance in the human body?
5. Which is the largest Sea on Earth?
6. Vindaloo, Rogan Josh and Korma Curry are all examples of dishes from what country?
7. The lemur is native to which country in the Indian Ocean?
8. To which author would you attribute Atticus Finch?
9. Which annual sporting event attracts the most live spectators?
10. How many of Snow White's seven dwarfs have names ending in the letter Y, according to the Disney film?

Turn to  
page 22  
to find the  
answers.



Drysdale Guides Meet on  
Thursdays during the school  
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# Leanne's wheel life



You cannot make a genuine connection without vulnerability...and I am physically vulnerable with a capital V. I make myself emotionally vulnerable by sharing my journey with Limb-Girdle Muscular Dystrophy (LGMD).

I share my stories because feeling understood is a compelling force for me. As it is for you.

I do it in the hope that learning about others journeys can encourage those with no previous knowledge or experience of living with a disability to be empathetic, considerate and reflective of their own situation.

I make myself vulnerable to play my small part in the disability movement that is gaining momentum, changing laws and statutes, building standards, employee training, town and infrastructure planning, and creating leaders and entrepreneurs.

I share because I need connection - just as much as you.

I have questioned the value of my existence in a culture that openly admires, and is inspired by youthful physical beauty, material wealth and physical wholeness.

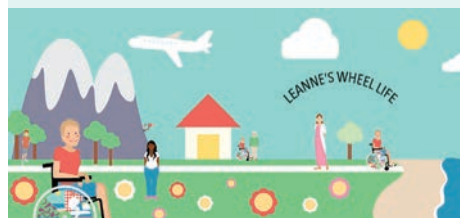
I think we all recognise that this cultural commodification of the human body is one that we all are swept up in. Making it almost impossible to be accepting and satisfied with our individual selves - quirks and all. We should be honouring and celebrating ageing, ethnicity, disability, death and gender with humility and a desire to learn, help and grow.

There is a philosophy in baby information that describes each stage in development as a leap. I describe each stage of LGMD as a plunge. Each day involves challenges such as waking up physically and mentally flat, organising compatible support workers, putting up with an itch, tenuously navigating my chair over angles or bumps or finding the most effortless way of eating independently.

Because I have mostly let go of the 'chin up', 'stiff upper lip' ingrained tenets, I can talk openly to my support network and receive the assistance I need to live my life as perfectly as possible.

I love learning about others stories, and I've concluded that by sharing vulnerably, I too can contribute to our community from a disability lens. I hope that you are and will continue to connect on this journey with me.

Leanne



# Let's Stay Connected!

Extended family relationships during 2020 and 2021 have never been more crucial! When children feel socially and emotionally connected with family, friends and others within the community, they cope more confidently with the stresses and pressure of everyday life. They are able to thrive as individuals and learners.

Throughout 2021, TIME2 Active8 is offering weekend and holiday workshops that promote:

- multi-sensory learning,
- self-empowerment,
- time to be 'present' in the moment,
- space to think, appreciate and reflect,
- personalised inquiry,
- the chance for self-expression.

The inquiry and creative based workshops will provide children with the opportunity to deepen their connects with extended family members, broaden their perspective, explore new skills or build on prior interests, then create, solve and share their thinking with others! Learning with and from others is so powerful!

Grandma's, Grandpa's, Aunt's or Uncle's are encouraged to come along with your Grandchild, Niece or Nephew to explore the following workshops:

- **'Wonder' Journaling Workshop:**  
A wondering journal is a visual record of words, colours, images, questions, reflections that show what you see, think, feel and 'wonder' about the world around you. It is part sketchbook, diary, journal, daily planner, dreams, wish list etc... Let's get creative!
- **Explore the Magic of Simple Machine:**  
Rube Goldberg's cartoon works have inspired millions of people using simple machines to carry out mundane tasks - like ringing a bell or popping a balloon. Explore the joy of being creative as you investigate, design and create together.

## Let's Be Mindful Workshop:

This workshop provides students with practical mindfulness experiences to relieve daily stress and promote joy through simple, engaging and fun activities.

## Zentangle - Mindfulness Drawing Workshop:

Zentangle drawing is a relaxing and fun art form that utilises repetitive patterns of curves, lines, dots and circles. These patterns enable you to develop beautiful designs while increasing your personal creativity within a calm, tranquil environment that encourages mindfulness. It is so simple anyone can do it!

TIME2 Active8 aims to provide creative solutions to improve educational wellbeing.

When we shift the focus back onto what students can do and celebrate their achievements,

"Nothing is impossible. The word itself says 'I'm possible'!"

**Peta Henshelwood (B.Ed)**

TIME2 Active8 - Your learning Potential

Registered teacher with (VIT) and (ATA)

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

*'Creative solutions to improve primary students educational wellbeing.'*



## HAVE YOU THOUGHT OF AN OUTBACK RAIL EXPERIENCE?



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# Portarlington Police

Coffee with a Cop was recently held in Drysdale, with thanks to Café Zoo for hosting. There was a great turn out and wonderful to meet some of the locals. The main theme of the day was 'hoon drivers'. It has been brought to our attention that hooners are becoming a nuisance in the area. We have gathered some intelligence and have already spoken to some whom we believe are responsible. The next phase is to run a targeted operation aimed at enforcement. This will be happening shortly and will be a joint effort with divisional resources. For all residents who may have information for us, please report to Crime Stoppers on 1800 333 000. For those who witness or hear any hoon driving, please call 000 and the nearest police unit will be dispatched.

The next Coffee with a Cop is still to be confirmed so keep a look out for flyers. Our Facebook page - Eyewatch Geelong Police Service Area will also have the details. Come along and just say hi, or let us know about your concerns.

My topic for this newsletter relates to online fraud. This is becoming a regular occurrence with offenders becoming quite clever and tricky, praying on the vulnerable. Ensure your passwords are complex and are not the same for every platform. In particular, make sure your banking passwords are different to any other password. If you receive an email or text message that does not seem quite right, do not open it, or click on any links. If it is from a bank/Paypal etc, you can be assured they will not be sending you anything where you have to click links to update your details or similar. If you are unsure, hit that delete button and call your bank. Fraudsters also call victims purporting to be from the Tax Office or financial institutions. Again, do not provide any information over the phone. It is your hard-earned money so keep it safe.

Lastly, I would like to provide you some information on great arrests. We had a call from the public relating to suspicious behaviour in St. Leonards. Police were patrolling close by and as a result, arrested a burglar inside a house. The offender was remanded in custody. We also received information regarding drug cultivation in Portarlington, with two search warrants being executed and drugs seized. This is just some of the great work my team are doing.

Remember, if you wish to report something that is happening and need police, call 000. If you wish to report a crime that has previously happened, you can report it to the Police Assistance Line on 131444. They will take a report on our behalf and send it to us to investigate.

Thanks for reading,

**Sergeant Dean Parrello**

Officer in Charge, Portarlington Police Station



**DATE • TIME • WHERE**

Check out the Facebook page - Eyewatch Geelong Police Service Area for the latest Coffee locations.

# Road Safety Needs Community Involvement

Bellarine North & Bayside Geelong Rotary Clubs hosted a dinner and presentation night to acknowledge the part played by members of Victoria Police on improving Road Safety in the Western region.

The Dr John Birrell Road Safety Practitioner of the Year award was initiated by a Rotary member and named after the Victorian Police Surgeon who fought against bureaucratic, political and public disinterest about the effects of alcohol of road accident victims, their families and the community in general. As a direct result of Dr John Birrell's work and subsequent changes in legislation, road and vehicle improvements and advertising, road death numbers have steadily dropped from a peak of 1034 in 1969 to 220 last year.

The Dr John Birrell Road Safety Practitioner of the Year award winner was Victoria Police Sergeant Jamie Kahle from Colac. He graciously accepted the award but was quick to state his work team in Colac district are all equally deserved. He was also keen to point out that even the 220 road deaths per year in Victoria is still 220 too many and that individual road users, VicPol, TAC, VicRoads, state and local governments must work together to reduce the toll.

Sergeant Jamie Kahle is working with town community groups to help reduce the lives lost on their local roads with amazing results. The residents report the drivers taking risks to the Police who respond and intervene early to avoid death or injury.

As winner of the Dr John Birrell Road Safety Practitioner of the Year award the two Rotary Clubs provided \$3000 to donate to the group of the winner's choice. Sergeant Jamie Kahle chose Road Trauma Support Services Victoria, a not-for-profit organisation contributing to the safety and wellbeing of road users by providing counselling and support to people affected by road trauma.

The group also heard from other members of Victoria Police about the high level of emergency service personnel who suffer PTSD due to what they see regularly at crash sites and supporting families who are affected by road trauma. The TAC called to action their "Towards Zero" campaign in 2016 to get the annual lives lost on our roads to zero because even one death is too many.



Photo: L to R; Luke Elliot (RTSS), President Graeme Wise (BNRC), Sergeant Jamie Kahle (recipient of award), Simon Birrell, President Jo White (BGRC)

A very successful evening. Very informative and thought provoking.

Thanks, for your ongoing support helping us to keep the local community up to date with our activities.

**Caroline Rickard** - Bellarine North Rotary Club - 0408 989 221

**Bellarine North Rotary Club**





**You are welcome to join us -**

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- Children's Ministry
- Play Group
- Youth Group
- Home Groups

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# Women Living Well

While there are many organisations which have long been working toward a solution for the challenge to provide safe, secure and affordable housing for women over 55, it is really encouraging to hear the conversation spreading to the media, our local Council and state and federal governments.

Conversations are good, and often solutions are discovered, but there has to come a point where action becomes the priority. SpringDale has named this issue as part of our Strategic Plan for the next 5 years and we are committed to finding a solution which fits with the needs of the women in our local community.

I believe we are well placed to listen to the stories, discover the needs and issues, and work with the women to find a way to provide this most basic need for a home in which to feel safe and secure.

It's an issue which has the potential to affect every one of us or our friends or family. Remember that statistic? One in three women over 55 are facing financial hardship and the number is growing each year.

I really believe it's concerned, compassionate and connected communities that are best placed to find solutions, so thank you to all the courageous women here on The Bellarine who are beginning to share their stories, and also to those women who have come forward to say they want to understand and they want to help wherever they can.

Please feel free to contact me.

**Dianne Bennett** - 0422 146 604  
Diannebennett4@hotmail.com

# Armchair Travel

with  
Jonathan  
Harris

## Circumnavigate Australian Mainland with Jonathan, Hussy, Rex & Millie.

At the start of 2019 - it was pre Covid19 and pre bushfires.

We headed off in February for our trip of a lifetime, which we had been planning for several years, with no end date. In fact we took 369 days and had a fantastic trip. From over 450 hours of dashcam footage plus thousands of photos and lots of editing, the best bits are now less than 2 hours.

We learnt so much, about stuff we had no idea that it even existed, and had a pile of fun doing it.

### You will see the...

The awesome lava tubes of Mount Surprise, highlights from the Darwin Festival including the reformed Yothu Yindi, Steep Point - the most Westerly point of Australia, the heroism of our Navy and Z force on the MV Krait, the amazing outback Nackerroos, the beautiful Bungle Bungle's - sometimes called the beehives, the scary Ivanhoe Crossing, the oasis that is Lake Argyle - home of Mary Durack's 'Kings in Grass Castles', Derby with 11.5m tides and the Old Aboriginal Derby Gaols, Ningaloo



coral reef viewed from a glass bottom boat, Mataranka Homestead with thermal pools and home of 'We of the Never Never', Cray fishing at Dongara, HMAS Sydney II Memorial in Geraldton, Swimming at Litchfield National Park with all its waterfalls, the Wolfe Creek crater - the second largest meteoric crater in the world, touring the beautiful Katherine Gorge, El Questro water playgrounds, Port Headland - the town that underpins Australia's economic, Fitzroy Crossing with Danggu Gorge, Broome and the fantastic Horizontal Falls, and the historic Mt Isa.

Find out the mistakes we made and what we would do differently next time.

Wednesday June the 16th at 2:00pm - 4:30 with interval. At Springdale Neighbourhood Centre, 17-21 High St Drysdale. Please book your spot with the office by email: [office@springdale.org.au](mailto:office@springdale.org.au) or phone (03) 5253 1960.



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## beyond pink

Metastatic (Advanced)  
Breast Cancer Support Group  
across Bellarine & Geelong

Beyond Pink offers support, information and resources to people in Greater Geelong living with metastatic breast cancer (MBC). Formed in 2019, the group responded to the need for women to meet others sharing the experience of living with this treatable, but incurable, disease. Beyond Pink has grown in strength and resilience over that time, forging friendships and creating a space for open discussion of the deep challenges of living with terminal illness. We grieve together the death of three members in 2020, and we celebrate together our small wins as treatment slows cancer progression for a time.

2020 posed many challenges for us, as for everyone, but technology, and determination to continue supporting and caring for each other, brought us closer together despite the social restrictions. We embraced Zoom, doubled our meeting times to fortnightly and continued to stay in contact with each other on Facebook, by email and phone. Even so, the delight when we could gather together face to face again, and exchange a hug, was so heartening.

Metastatic breast cancer occurs when cancer spreads from a primary breast tumour to other parts of the body, commonly bone, lung, liver, sometimes brain, skin or other organs. People of any age are affected. Some are diagnosed months or years after early stage breast cancer, some are diagnosed "denovo" with metastasis found at the same time as the primary breast cancer.

As with any diagnosis of terminal illness, the support and care of others is crucial in helping us continue to live as satisfying and enjoyable life as possible for the time we have. Beyond Pink offers that support and care specifically for people with MBC. We are grateful to have the support of SpringDale in providing us with a quiet, private meeting space and the opportunity to be part of the SpringDale community.

If you or someone close to you has been diagnosed with metastatic breast cancer, please feel welcome to get in touch.

**Judy Margolis** - support@beyondpink.com.au - Tel. 0427052815

<http://www.beyondpink.com.au>

**Beyond Pink is a registered Cancer Support Group with Cancer Council Victoria and Breast Cancer Network Australia, and is part of the network of Geelong cancer services.**



## Ocean Grove Chess Club has moved...

The Ocean Grove Chess Group has moved to new premises. The chess club is now located at the Ocean Grove Senior Citizens Club, 101 The Terrace, Ocean Grove.

They meet as previously on every Tuesday, but now at 1.30pm.

The premises are fully wheelchair accessible.

The club provides all the necessary equipment needed to get you your chess fix for the day and as usual tea and coffee are available. Contact Ralph on 0431 458 100 or Stan on 0419 300 826 for further details.

Ocean Grove chess club is a friendly and sociable group focusing on and assisting beginners and the serious player and chess enthusiasts returning to the fun game. Players of all strengths attend regularly, so you're sure to find a competitive opponent or coach. For beginners they focus of on Chess piece moves via Mini Games and Demonstrations.

Stan Rusiniak the club's patron believes in making chess a fun, enjoyable and social experience, no matter the skill level, win, lose or draw - just have fun.



Enjoying a game of chess are some of the group's members. Starting at the front left are Ralph Wright, John Griffiths, Garry Bedennewitz, and at the end of the table is Stan Rusiniak, on the right rear is Kevin Dyson, then Harry Balmer and right front is Tom Nicholson.



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 9am visitors welcome.

Drysdale Cricket Clubroom  
Drysdale Recreation Reserve,  
Granville Street, Drysdale

Contact Jo Aspland on  
0438 055 679 for more information.

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# Agata's Welcome Winter with Heart Warming Soups

All the vegetable suggestions are optional! Capsicums are high in antioxidants and full of vitamin C - just in time for winter!!

Instead of chickpeas use any of your favourite legume instead.

Fresh, ripe tomatoes will be difficult to come by but there are some available and in this case it's ok to use cans of diced tomatoes.

They all get blitzed - creamy and smooth.

Pancetta or prosciutto are available at the local deli - ask to have it sliced thinly. Then it's great grilled or fried just like bacon!!

Oh and the heavy cream, I meant heavenly cream! You don't have to if you don't want to. Invite a friend and share a cup'o'soup!!



Fresh vegetables are best but frozen and locally sourced are just as good.

Home-made pancetta is delicious- lightly fried in soups... delicious!!



## Vegetable Soup

1L vegetable stock  
400g (1 can) chickpeas  
1 tablespoon olive oil  
2 spring onions, sliced  
250g pumpkin, diced small  
250g potatoes, diced small  
1 medium eggplant, diced small  
400g (1 can) diced tomatoes  
1 teaspoon paprika  
pinch saffron threads  
2 bay leaves  
salt and pepper  
250g green beans, thinly sliced  
fresh parsley, to garnish

- Bring stock and chickpeas to boil in a saucepan.
- Allow to simmer.
- Meanwhile, heat oil in a small frying pan.
- Add spring onions, pumpkin, potatoes and eggplant.
- Cook and stir until golden.
- Stir in tomatoes and sprinkle the paprika.
- Stir and simmer for a few minutes.
- Add the saffron and bay leaves.
- Add potato mixture to chickpeas.
- Season. Bring to a boil.
- Simmer uncovered, stirring occasionally, for about 30 minutes or until potatoes are tender.
- Stir in green beans and allow to cook for about 10 minutes.
- Turn off the heat and allow to stand for about 15 minutes.
- Garnish with parsley and don't forget to remove the bay leaves!

## Tomato & Capsicum Soup

2Kg ripe tomatoes, halved  
1 red onion, quartered  
1/4 cup olive oil  
1 large red capsicum, sliced  
Salt & pepper  
2 teaspoons minced garlic  
6 thin slices pancetta  
2 cups stock  
1 tablespoon honey  
1/2 cup heavy cream  
finely chopped basil leaves

- In a baking tray, toss the tomatoes and onions with 3 tablespoons of the oil.
- Add salt and pepper.
- Place the tray in the oven on 180C for about 30 minutes.
- Remove and allow to cool enough to blend together.
- Place the pancetta in a pan to stir fry, turning, until charred around the edges and cooked through. Set aside.
- In a large pot, heat the remaining oil and add the garlic and cook, stirring, until soft and fragrant, about a minute.
- Add the blended tomatoes and cook, stirring, for 2 minutes.
- Add the stock and honey and bring to a boil.
- Reduce the heat to a simmer and cook, stirring occasionally, for 30 minutes.
- Remove from the heat and puree with a hand-held blender. (Alternatively, transfer in batches to a food processor and puree, and return to the pot.)
- Add the cream and basil, return to a simmer, and heat gently, 2 - 3 minutes.
- Adjust the seasoning to taste.
- Ladle the soup into 6 shallow soup bowls and top each with a pancetta round. Serve immediately.



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## The SpringDale Felters & Textile Artists

The SpringDale Felters & Textile Artists would like to say a big thank you to everyone who came to see our exhibition during the Northern Bellarine Arts Trail. Over 200 people came during the weekend to see our work & we received many compliments which is very gratifying for any artist & makes all our efforts seem worthwhile. We'd also like to thank SpringDale for their support, in particular Anne, who is always on hand with help & advice.

So thanks once again to everyone who visited & enjoyed seeing our work. Jill



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# Bellarine Birdlife

## Tawny Frogmouth

I was hot, I was tired, I was grumpy and to make matters worse, I was seeing things. I had been tramping through the hot bush for a couple of hours and in sheer frustration leaned on a tall eucalyptus tree to rest before continuing my fruitless bird search. It seemed that I might be delirious as the branch just above my head seemed to be looking at me. True, it wasn't very obvious however it did seem to be giving me the once over. I moved cautiously away and slowly took a closer look.

The eye closed and then opened re-examining the nuisance who had just disturbed it, just a metre or two away. The birder and the Tawny Frogmouth both played the statue game, freeze and wait.

The Tawny Frogmouth is not an owl. It is a resident of both city, country town and bush. It can be found in the tropics, in the colds of Tasmania and the bushland of sea-scapes and inland Australia. The bird varies in size and colour according to its surroundings. I am persuaded that the environment helps evolve the bird as the bird staring at me in the Mallee was a grey morph like the surrounding tree trunks, whereas the brown birds I had seen in the St Leonards' school yard matched the chestnut branches of the branches in which they rested. The camouflage and the frozen posture is typical of a Tawny Frogmouth pose.

Most Tawny Frogmouths vary in size as well as colour. They appear to be a top heavy bird with a big head and a short tail. They are nocturnal and a silent hunter.

Don't be deceived by the frozen posture as they can be active as they use the perch and pounce method to successfully hunt arthropods and small vertebrates. Their strong silent flight carries them through the night covered bushland and their soft call echos the surrounds with a distinct 'oom oom'. I rather think that they are one of my favourite birds, especially the tiny feathered babes who bunch together and look like tiny, frozen, feather dusters. What a delight to see!

Carole O'Neill



## Bellarine Support Group for Kinship Carers

Can anyone believe it is June already and halfway through 2021

Winter is obviously cold, wet and can at times be very windy.

Recently one of the carers in our group, had a problem that they themselves could not work out a solution. They felt they had no one who would understand the situation they were in. They then asked the other carers for help, and within minutes the problem was solved.

That is what our group of kinship carers do, we support, guide, encourage, listen and assist where ever we can.

Being a kinship carer we fully understand the heartache that some kinship carers are going through.

The heartache could mean financial issues, Centrelink matters, education problems just to name a few.

Recently a large number of carers from our group, had an end of school term celebration.

We as a group with a few children in tow, were able to discuss lots of concerns we have experienced, with some new carers.

The new carers came into the catch-up

looking very worried and anxious about what they had agreed to do - take on the care of a very young family member.

Normally at these catch-ups, everyone is giving advice and encouraging the new carer that everything is going to be OK. When they come along and join I give them a homework sheet.

On which is a list of contacts - ranging from Centrelink issues, financial assistance available and a list of other kinship resources.

I put a very special message on that homework sheet - From little things BIG things grow - being a kinship carer you are never alone.

The new carer works through the homework sheet, when they are comfortable to do so and at their pace. When the new carer attends our next meeting, they just say 'thank you' for everyone being there for them when they felt so alone.

A huge thank you to all those wonderful people, business and organizations that have contacted me and donated everything from knit wear, handmade clothing, books, new toys and even a brand new bike. For the

children and carers part of our group.

Our group meets the first Monday of each month (not during school holidays) at SpringDale Neighbourhood Centre from 10am until 12noon.

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

Jeanette Hanley Heath - 0414 308 257



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# Clifton Springs Garden Club

What a difference a year makes, this time last year I was writing about isolation and disconnection. Although we are not totally out of the woods yet, most of us are getting back to some sort of COVID normal life and the Clifton Springs Garden Club is no exception.

Sadly, in March the Garden Club lost one of its long standing members Ken Deppeler. Ken was one of those members who turned up every month and went about doing what needed to be done, quietly and efficiently. Ken retired from the Garden Club a few years ago. At a recent meeting, Committee Member John Clarke presented a Life Membership to Ken's family Pam and Tony, in recognition of the contribution Ken had made over many years to the Club.

Ray Threadwell, Swan Bay Sustainable Gardens, gave the Garden Club a very interesting presentation on the business that he and his wife Deb are setting up in Wallington. They are constructing garden beds that you can rent to grow your vegetables, fruit trees, flowers or even keep chickens - a great idea if you have downsized to a smaller block or have just moved to the area and want to meet people who share your gardening interest.

We may have suspended outings until Spring, but our Outings Co-ordinator Keith is busily planning some great outings later in the year and we have plenty of interesting speakers lined up for the monthly meetings.

Our next meeting will be Tuesday 8 June, 7.30 pm at Uniting Church Hall Drysdale. Julie Muller will be our guest speaker and she is going to give a presentation on what plants are available to use in small gardens.

If you would like to keep up to date with what is happening at our monthly meetings, join our mailing list, or contact our Secretary Helen, on telephone 5257 2220 or email hma3152@gmail.com



*Photos from Swan Bay Sustainable Gardens*

*Presentation of Life Membership to Ken Deppeler's family by John Clarke.*



# St Leonards Garden Club

Hello Everyone, It was lovely to see that we had another well attended meeting at the garden club this month.

We welcome Tony, a new member to our group and hope he enjoys coming along to the meetings. We welcome new members, so come along men and women and enjoy our club and guest presenters. Bring a friend/partner or both.

A very big thank you to Wayne Long for being our guest presenter at short notice, as our guest Speaker was unable to attend.

**Our guest presenters over the next few months are:**

June 9th. Lorraine Phelan.  
Insects in the garden.

July 14th. Cheryl O'Kane.  
The Farmers Place. Recycling.

August 11th. Craig Castree.  
The Edible Garden.

For new residents who would like to come along, our meetings are held on the 2nd Wednesday of the month at 1.00pm for a 1.15pm start at the St Leonards Memorial Hall, 1324 Murradoc Rd St Leonards opposite the Primary School. Membership is \$10 and entry \$3.

COVID regulations require either a sign in by QR code or written. Hand sanitiser is provided in the foyer at sign in.

Members please remember to wear your

name tags if you have one. We are looking into getting new ones. It's nice to address people by name.

At our meetings we have a collection tub for donations for the children at Cottage by the Sea. Donations of toothpaste, tooth brushes, toilet paper, and new pyjamas for children aged between 6 and 12 years, both male and female. Maybe some knitted beanies and scarves, if you are a knitter. This would be great for the cold winter months ahead.

Our trading table was popular this month with a variety of plants being sold for a gold coin. Perhaps you have some excess fruit and vegetables, too much for your consumption that you'd like to donate.

Thank you John for all those bags of apples and pieces of pumpkin.

Members don't forget to bring along your home grown flowers and produce to be judged by the members. It's lovely to see what other people are growing in their gardens.

Some outings have been discussed and some suggestions were Van Loon's Nursery, Diarcos Nursery, Meno's Succulants Drysdale. These outing usually occur either side of the monthly meeting, usually on a Wednesday.

Wayne Long was telling us about using fertilisers and when to feed bulbs and now is the time to plant them. Fertilise when shoots first appear, when bulbs are flowering and

at die back. Fertilisers target certain plants. Nitrogen promotes leaf growth. Phosphorus promotes root development.

Potassium (potash) promotes fruit and flowers and resists disease.

Yellowing of lawns needs Urea.

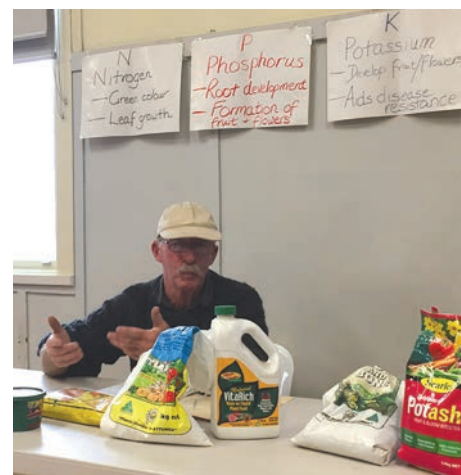
Thin out limes, lemons to promote better growth.

Thank you Wayne for this information.

We look forward to seeing everyone at our next meeting.

Cheers

**Wilma McLaren**







## Bellarine Historical Society

### Flying to Work (from CLIFTON SPRINGS)

I enjoyed the unusual experience this morning of flying to work, with Mr Frank Neale, chief pilot of the Australian Air Service Ltd. In charge, the Lyre Bird flew from the Clifton Springs Hotel to the Melbourne Aerodrome in 17 minutes. The Journey by car occupies about two and a-half hours. The Lyre Bird is a four passenger bi-plane which already has five years' safe service to its credit. It was the first of the Australian Aerial Services' fleet to undertake passenger transport and has contributed a handsome proportion of the 800,000 miles flown by the company's machines. Pilot Neale, who was one of the "Old Contemptibles" with the British Army, began flying in 1916. To date, he has spent 6.600 hours in the air, which represents something like half a million miles.

### Travel League Dinner

CLIFTON SPRINGS was chosen by the recently-formed Travel Promotion League for its monthly dinner. About 50 members and their friends assembled on Friday and Saturday at the hotel, which is built on the cliffs, and faces across the Bay to the You Yangs. Three parties went by air and decided that future week-end trips, not only to the Springs, but also to other resorts, must be by aeroplane if possible. The arrival of the machine was witnessed by an army of small boys from all parts of the Bellarine peninsula. Members went prepared for a holiday week-end, and golf - almost the universal game nowadays - was enjoyed by them on the hotel course, on which many improvements are about to be made. ....

*Herald (Melbourne, Vic.: 1861 - 1954),  
Monday 10 June 1929, page 6*



The plane involved was most likely a De Havilland DH 50 (see picture above) which was made under licence in Australia and used also by Qantas. The pilot sat at the rear of the plane and the four passengers were in a cabin constructed between the wings

This was a very early commercial flight in Australia about the time Kingsford Smith and Charles Ulm were making their historic flights.



*Galactic Stairwell by W. Thiedeman*

Bellarine Camera Club meet at the Springdale Neighbourhood Centre, Drysdale, at 7.30pm on the first and third Monday of the month. For further details, call into a meeting, or visit our website [www.bellarinecameraclub.org.au](http://www.bellarinecameraclub.org.au)

## BELLARINE CAMERA CLUB



Our Competition was 'Open', and, as usual, there was a good turnout of members present. Our Judge for the evening was Barry Feldman and we were fortunate to enjoy a slideshow of some of his work at the end of the night.

### Competition Results

Prints - A GRADE - 1st Two Apostles, Robyn Curtis; 2nd After The Rain, Lynne Bryant; 3rd Interesting Mantid, Martin Young. Merits - Beautiful Banksia & Dew on Leaves both by Martin Young.

Prints - B GRADE - 1st Just Hanging Around, Geoff Evans.

EDI's - A GRADE - 1st Sunflower Selfie, Lynne Pearce; 2nd Down and Out, Lynne Pearce; 3rd An Eerie Sunrise, Jim Den Ouden. Merits - Looking for Food, Lynne Bryant; Galactic Stairwell, Wendy Thiedeman. Merit - Sunflower, Kevin Robley.

EDI's - B GRADE - 1st Billy, Jed, Grace, Sliders, Michael Carne; 2nd Ishara, Geoff Evans; 3rd Billy Slider, Michael Carne. Merit - Jed Slider, Michael Carne.

Image of the Night - Sunflower Selfie by Lynne Pearce



*Two Apostles by Robyn Curtis*

*Billy, Jed, Grace, Sliders by Michael Carne*



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# Memories of Yesteryear

## THE BUTCHER FAMILY

Eagle eyed reader Rex noticed that the time of the collision between HMAS Voyager and HMAS Melbourne was actually 8.57p.m. not a.m. as suggested in the April ANZAC edition of the Messenger. The proof reader is now looking for another job!!!!

In last year's October issue of Memories of Yesteryear I mentioned that my grandfather's younger brother had married my grandmother's younger sister Lillian in 1922 and after residing in Drysdale for a short time, moved their house and themselves to East Geelong where they raised their three children Mavis (born 1923), Bruce (born 1927) and Shirley (born 1930).

Mavis and Shirley were always well groomed and loved to dress to impress so it was understandable that Mavis attracted the attention of Jim Richmond, a landowner and farmer who was playing football for Drysdale in the 1930's and 40's. He was also the father of Graeme Richmond the famed administrator and "Godfather" of the Richmond Tigers Football Club.

When Jim and Mavis married and settled in Highton they had three children, Bruce, Ross and Deane who was a fanatical Richmond supporter.

Younger sister Shirley Mae Butcher was always a loyal and interested party in family gatherings, remaining close to her relatives and was honoured to be asked by her cousin Norma Rodgers to be her bridesmaid when Norma married Alexander (Lex) Mortimer in the early 1950's.

When my aunt Vonda met and married her U.S. sailor husband and left Australia to reside in Texas Shirley missed Vonnies influence so much that she decided to travel to America to see what life was like there. She would have loved to have stayed forever but her older sister and mother convinced her to return to Oz where she had already made a name for herself singing and dancing in Geelong's Musical Comedy scene with Barry Crocker, her mother making all of her costumes and many for the rest of the cast in the late 1940's and 50's.

She married Keith Russell in the 1950's and continued to live in close proximity to her parents and her brother in Bourke Crescent where their two children Dale and Lorene were raised. Her brother Bruce and his wife Pat had four children, Wayne, Rae, Craig and Leigh. Bruce and Pat lost their son Craig in 1995 four years prior to his mother's death in 1999 and his father's passing in 2004. All are now survived by Craig's three siblings.

Sadly Jim and Mavis lost their youngest son Deane aged 34 in 1988, the year prior to Jim's passing in 1989 aged 79. Mavis died in 2011 and all are buried in the Highton Cemetery.

*Shirley Butcher, Lex & Norma Mortimer, Cliff Barrand*



*Jim Richmond*



*Shirley in the musical*



*Shirley & Terry Scalise in America*



*Shirley in America*

*Mavis(nee Butcher) & Jim Richmond*





# Drysdale RSL Allan Bliss - Commemorative Jersey

In 2008 the Drysdale and Portarlington Football Clubs played their first ANZAC Day football match thanks to the tireless efforts and persistence of Allan Bliss.

Allan wanted to ensure the significance of the day was known and shared among the younger generations and felt that a local football match between Drysdale and local rivals, Portarlington, would support this. Allan's efforts were rewarded and permission was received for the match to take place. It was the first football match to be held by any clubs outside of the AFL and has been well attended and enjoyed by the local community. In keeping with Allan's wishes for the significance of the day to be shared among the younger generations, a moving ANZAC Day Service is held prior to the commencement of the match, with the support of the local RSL, honouring those - past and present - who have served.

In 2017, the Drysdale Football Club had the privilege of wearing specially designed ANZAC Day commemorative jerseys during the match which added further significance to the day. Allan kindly had one of the commemorative jerseys framed and recently presented it to the Drysdale RSL Sub-branch. Geoff Zanker, Drysdale RSL Sub-branch President, was extremely honoured to receive this and accepted it on behalf of the club and members.



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## Trivia Answers

1. Australia, France, Great Britain, Greece, and Switzerland (Switzerland boycotted the Melbourne 1956 Olympics, however in June 1956 before the boycott took place, Switzerland were represented in the equestrian events, which took place in Sweden due to the quarantine requirements in Australia for horses.)
2. Queensland
3. Pong
4. Tooth Enamel
5. The Mediterranean Sea
6. India
7. Madagascar
8. Harper Lee
9. The Tour de France
10. Five: Dopey, Grumpy, Sneezzy, Sleepy and Happy

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## Drysdale Senior Women's Football Team



The Drysdale Senior Women's football season is well underway. With some strong results coming from our grading matches, the team is now in competitive mode as we fight for an opportunity to be a part of the 2021 grand final.

For those of you that have already had the opportunity to watch the team take to the field, you may have recognised some familiar faces that have returned for the season but you may have also noticed the new talent having a crack at the competition. One new player that the Drysdale community are extremely excited to have on board is former VFLW player, Steph Carroll, or as you may hear the team call her on the field 'Stiffy'. Steph has been playing competitive football for over 7 years and recently retired from Hawthorn's VFLW side.

During pre-season, the Drysdale Women's team were lucky enough to have the BFT team come down and run a training session. Besides giving the women an epic full body work out, we also managed to convince Steph to have a kick with the team. We were elated when Steph told management that she would love to be a part of the Drysdale Women's team. Having grown up in Bendigo, Steph has spent a lot of her time around local sports clubs and understands the big role these clubs can have in people's lives and was keen to be a part of that. When prompted a little more about her passion to support women's footy, Steph said, 'I am passionate about women's football because every kid, every person should be allowed to play football. It brings so much joy to a lot of people... I know how hard it can be to get teams together and find volunteers. It's taken a long time for the women's game to get the same opportunities as the men's and there's still a long way to

go but it's fantastic to see so many females of all ages playing and just really enjoying themselves.'

The Drysdale Women's team are excited to train and play alongside Steph as she brings her experience and knowledge of the game to the field. Steph has already seamlessly slotted into the team and we are excited to see what she is made of!

We hope that you come along and cheer Steph and the rest of the team on this season. Due to publishing timing, we were unable to provide you with a playing fixture at the time of print but encourage you to follow the Drysdale Hawks Football Club Facebook group for all upcoming games.

As always, if you are a female over the age of 15 and thinking about having a go at local footy, please contact our Women's Coordinator, Jess Case, on 0427 753 723.

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My Bokashi Garden continues to bring me joy. Over the last month we have eaten the green beans and one of our pumpkins - I can't believe how much we value the fact that these vegetables were grown on our property and only moved metres from planting to eating.

Our peas, broccoli, cauliflowers, cabbage and broad beans are growing beautifully and we are looking forward to the produce developing over the next month.

Improving the soil for future crops is high on our list and growing some seedlings ready for the next plant. Planning, planning, planning seems to be the key.

Being a potato farmer's daughter, I have also planted some certified potatoes. I remember when I used to help dad cut the seed potatoes for pocket money in my teen years.

So sorry I hadn't put my name to this column earlier, **Anne Brackley** happy gardener.



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\$2,327

CASH BACK \$200

**\$2,127\***

**7.1kW**

Fujitsu  
\$2,505

CASH BACK \$200

**\$2,305\***

**8.5kW**

Fujitsu  
\$3,056

CASH BACK \$250

**\$2,806\***

**All Warranty and Servicing by Eco Choice**

\* Terms and conditions apply on all Solar Rebate offers and all split system and cash back offers.  
LIC: Plumbing 49132 - Elec 20281 - Arclick AU38204 - Solar A8699184