



LET'S CONTROL SOMETHING WE CAN CONTROL

In the past few decades giving diet information seems to have become a competitive sport. How many diets have you heard of, the Paleo, Atkins, Mediterranean, the Total Wellbeing diet, 5:2. There are celebrity diets, TV doctor diets and even anti-diet diets. What happened to plain old no frills helpful information? You know, the sort that talks about the real world and doesn't promise to either save us from some awful fate or alternatively, make us into truly better people in some way. Me, I like tried and true information - a basic toolkit of choices to meet nutritional needs. Here's the old fashioned basic food groups toolkit for good nutrition. Eating from all the food groups on most days, is likely to result in a diet containing sufficient amounts of all nutrients essential for health. To meet kilojoule (energy) needs, those who are not above their healthy weight, and are more active or taller than others will need extra food over the amounts in this recommended basic food groups toolkit for adults.

Fruit: 2 Serves

Vegetables: 5 to 6 Serves

Very few of us meet this recommendation - so every day, do the very best you can here!

Cereal foods about 3 Serves

Meat, Fish, Eggs, Vege Sources
Like Lentils Or Chick Peas

- Adults 2 to 3 Serves

Milk Cheese Yogurt 2-3 Serves

Pat Crotty

Retired Lecturer Deakin University



Australian Government
National Health and Medical Research Council
Department of Health and Ageing
www.eatforhealth.gov.au

Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.
Drink plenty of water.

Use small amounts

Only sometimes and in small amounts

FEBRUARY 2022

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 10.30-11.30am at SpringDale |
| Wednesday | 2 | Potato Shed Season Launch - 7pm - Potato Shed
World Wetlands Day |
| Thursday | 3 | Jigsaw Group 10am-12noon at SpringDale |
| Friday | 4 | World Cancer Day |
| Saturday | 5 | Harvest Basket Produce Swap 9-10.30am at SpringDale
Free replacement anti-theft number plates screws at SpringDale Car Park 9-11am
Felting Group 10am-3pm at SpringDale |
| Sunday | 6 | Sing a Song of Sixpence - 2pm - Potato Shed |
| Monday | 7 | Kinship Carers 10am-1pm at SpringDale |
| Tuesday | 8 | Dining Group to Leopold Sportsman Club, Kensington Rd meet at 6pm |
| Thursday | 10 | Days for Girls Sewing 9am-1pm at SpringDale |
| Saturday | 12 | Richard Stubbs CACHINNATION - 8pm - Potato Shed |
| Wednesday | 16 | Lunch Bunch - Drysdale Hotel - 12 noon Bookings Essential |
| Friday | 18 | International Asperger's Day |
| Saturday | 19 | DANCE HALL February - 8pm - Potato Shed |
| Sunday | 20 | World Day of Social Justice |
| Tuesday | 22 | World Thinking Day |
| Thur-Fri | 25-26 | North Bellarine Film Festival 2021 - Potato Shed |

Reminder
Bookings &
copy required by
1 February for the
March 2022
issue



SpringDale Messenger

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

COPY DEADLINE MARCH 2022

Bookings/copy required by 1 Feb.

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Circ: up to 20,000

Connecting Your Business with our Community

For all Advertising enquiries:

Email: office@springdale.org.au

Phone: (03) 5253 1960

Online: Book an advertisement online.

Advertisements: Must be supplied with all text outlined. All requirements are listed at springdale.org.au

For all Editorial enquiries:

Email: messenger@springdale.org.au

Phone: (03) 5253 1960

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

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

Editing of Contributors Material:

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

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

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

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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:



2022 festival of glass Incorporated

POSTPONED
to a date to be announced
Ph 0418 899 863

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 onwards. 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 Elders past and present, and emerging leaders.



Coordinator's News

Anne Brackley



Hoping 2022 has started well for you - last year ended in a bit of a flurry for us at SpringDale. Having helped 176 people set up a MyGov account and download their vaccine certificates, then helping 4 people gain border passes to Queensland, creating more than 1000 Christmas decorations for our community and friends and then our inaugural Community Christmas Breakfast we were ready for a rest.

We had no idea that Carol's short note, in the October Messenger saying that SpringDale was happy to help people download and print out vaccine certificates, would bring so many people to our doorstep - many for the first time.

That's how new things start at SpringDale. An idea, a conversation, and then a story in the Messenger and off we go! During September - December last year the new SpringDale walking group started, it is meeting weekly and is now called the Bellarine Wanderers. Our new German Speaking group has started, met a couple of times and is bringing a range of people together. The Scottish Country Dancing group is gaining numbers and will meet for the first time soon.

Our newest idea for a group is Sprukers (SpringDale Ukuleles) for those who have learnt or are learning ukulele and want to get together to play. This starts after more than 8 years of enjoying ukulele classes at SpringDale. I remember after watching the Sunday Arts program in 2013, suggesting uke classes - they look fun. Within days of advertising our classes started. We are still providing 3 levels of Ukulele Classes and this group is an extra.

Our classes can start in a similar way. A person has a skill to share and people in our

community are interested in gaining that skill and off we go. Last year we started running Korean Cooking, Sri Lankan Cooking and Astrology when people came forward who wanted to share their skills. We highlight the new classes in our Course and Opportunity Guide by giving them red headings.

There's a number of new classes on offer this term and there is always something new being suggested and then it's up to the community to show their interest - I wonder what else will begin this year.

Thank you to all the people that support us and our community. Special thanks to those of you who have subscribed to receive our emails - I love being able to let people know about opportunities via emails in between our conversations via the SpringDale Messenger. Subscribe via our website www.springdale.org.au or please let me know if you need help subscribing.

Hope to see you at SpringDale in the near future - keep well

Regards **Anne Brackley** for Team SpringDale



International Asperger's Awareness Day
Friday 18 February

Course News



Sprukers (SpringDale Ukuleles)

Commencing on February 1st

Scottish Country Dancing

Call for expression of interest
Contact SpringDale on 5253 1960

You will find the full Term 1 Course Guide on pages 11-14



Renewal due by 14 Feb

SpringDale Membership is \$12 per year or \$100 for whole of life.

Be eligible to be part of and participate fully in our SpringDale Groups.

JP Signing Service Recommences

Wednesday 2 February 10am till 12 noon, no appointments needed



The SpringDale Lunch Bunch are going to the Drysdale Hotel on Wednesday 16th February at 12pm. **BOOKINGS ARE ESSENTIAL**, so everyone gets a seat, please phone Margaret 0418 370 857.

We have to meet the current Covid requirements of the venue.

On the Bellarine Business Directory

We are preparing to publish the 2022 On the Bellarine Business and Services Directory. Looking for Businesses or Community Groups who may like to be included. Pricing the same as 2020-2021 edition.

We are also offering a more interactive and useful online version of the Directory.

Visit <https://directory.onthebellarine.com.au/directory-advertising-options/> to see examples of the online listings and relevant fees.



15th Edition
Businesses & Services On The Bellarine
2022 DIRECTORY
It's all about connecting people
Proudly presented by SpringDale Neighbourhood Centre
Keeping the Community Connected



SpringDale Dining group are going to Leopold Sportsman Club on Tuesday 8th February at 6pm. Please call SpringDale on 5253 1960 to reserve your spot.

QUOTE OF THE MONTH

Many of life's failures are people who did not realize how close they were to success when they gave up.
Thomas A. Edison

Anne Brackley - Quote curator

www.springdale.org.au



News from *Lisa Neville MP*

Member for Bellarine

New Youth Mental Health Facility for Region

As local member, a high priority for me is the mental health and well-being of our youth. I know in talking to schools on the Bellarine the mental health of students is of likewise priority.

Across Victoria the State Government funds the employment of a qualified mental health practitioner in every secondary school. Importantly, both Bellarine Secondary College and St Ignatius College have effective teams of health and well-being staff engaged on campus.

In further addressing this important issue, late last year the State Government announced that a dedicated youth mental health facility will be built in the Geelong region.

It will be one of five new youth mental health facilities to be built across Victoria, with a State Government investment of \$141 million.

The ten bed Geelong unit will be managed by Barwon Health and specifically focus on people between the ages of 16 and 25.

These new facilities are being designed to create a home like environment with private bedrooms and ensuites, communal kitchens, dining and living areas, outdoor gardens and

will encourage family visits for people during their recovery.

I look forward to the facility opening in 2023, because it will mean young people will get the right treatment and care close to their family, support networks and local community, which we know delivers better health outcomes as they recover.

Congratulatory Messages for Milestone Birthdays and Wedding Anniversaries.

If you or a member of your immediate family are about to celebrate a birthday or wedding anniversary, my office can arrange congratulatory messages for the following.

90th Birthday from Prime Minister & Premier.

100th Birthday, from the Queen, Governor General, Prime Minister, Victorian Governor & Premier.

50th Wedding Anniversary from Governor General, Prime Minister, Victorian Governor & Premier.

60th Wedding Anniversary, from the Queen, Governor General, Prime Minister, Victorian Governor and Premier.

You can also receive messages for 65th & 70th anniversaries and for all birthdays over 100.

My Assistance.

As always, where I can provide you or your organisation with assistance please don't hesitate to contact me through my office on 5250 1987, Email: lisa.neville@parliament.vic.gov.au or at Shop 66, Gateway Plaza Bellarine Highway, Leopold.



I would like to thank everyone that has Supported Lids4Kids over the past 2+ years and contributed to the massive amount of milk lids saved from landfill and waterways and helping towards creating a circular Economy. The Western Vic unit alone has saved over 10 million lids in the last 2.5 years of which the SpringDale contribution for our local community would be well in the proximity of 2 Million lids which have been shredded and turned into a lot of different useable products so that's a massive impact on our local environment alone

So thank you and even though my roll with Lids4Kids has come to an end and SpringDale is no longer a collection point the program is still very much running.

You can find a full list of all the collection points on the Lids4Kids western Victoria Facebook page as well as see lots of photos and video of some of the things being made from the Lids a full list of all our regions collection points can be found under the features tab on our Facebook page. But currently lids can be left at Drysdale Lifeline or any of the other Lifeline shops around Geelong.

Thanks again for all your support
Regards **Tegwen Vella**
Retired Regional Coordinator
Lids4kids Western Victoria

Advertising

Lisa Neville MP

Member for Bellarine

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

T: 5250 1987

E: lisa.neville@parliament.vic.gov.au

Shop G066, Gateway Plaza,
641-659 Bellarine Hwy, Leopold, 3224

Funded from the Parliamentary Budget

"DELIVERING for the BELLARINE"

POTATO SHED

So, February 2022 and we power on with the year ahead.... and what a year we have planned!!! it certainly wasn't what was expected some two years ago when we booked the 2020 season and then the 2021 season.... both of which suffered due to the COVID-19 outbreak

So now we are different place with the pandemic, and we hope that throughout the forthcoming year we will be able to re-establish and re-present some of the wonderful productions we lost over the past years! We will now have season launch on February 2 at 7pm - at this we will announce the shows for the rest of the year. Come along to the Potato Shed and find out what's in store for the rest of the year.

Also coming up in February we have **Sing a Song of Sixpence** with some of Melbourne's most experienced singer/ songwriters. Experience and learn what makes some of the best music just that – the best! What makes a good song and the meaning behind the music written, a unique insight into behind the scenes of the artist – in a relaxed informal setting - on Sunday, February 6 at 2pm.

Richard Stubbs finally makes his way to the stage after two postponements ... we are happy to say Richard will be present his show **CACHINATION** on Saturday, February 12 at

8pm. One very funny guy and his very first appearance at the Potato Shed.

We also welcome back to the Potato Shed - Moira Finucane and her troop with the return season performance of **DANCE HALL**. After touring Australia Dance Hall makes its way back to where it all began - come celebrate with Moira and the gang on Saturday, 19 February at 8pm.

Seeing out that the month we have the **North Bellarine Film Festival 2021** offering - this is the postponed event from last November and will be a shortened Film Festival will highlight some very special short films along with the very interesting and intriguing **The Lobster** with Colin Farrell as the exclusive opening film. NBFF is on the 25th and 26th of February with full details on the website – www.northbellarinefilmfestival.org

Don't forget to pick up your booklet with all the shows listed after February 2nd they will be around at various cafes, customer service and community centres and at the Shed!!!

We look forward to seeing you back at the Shed in 2022 - catch up on all the latest at our social medias - facebook and Instagram - [potatosheddrysdale](https://www.facebook.com/potatosheddrysdale) and at our webpage www.geelongaustralia.com.au/potatoshed

POTATO SHED WIN FAMILY PASS to



DANCE HALL

Saturday 19 February 2022

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

Name: _____

Address _____

Phone No: (03) _____

COMPETITION CLOSSES 4PM FRIDAY 11 FEBRUARY.



WHAT'S ON

POTATO SHED

CITY OF GREATER GEELONG

2022 SEASON LAUNCH 7PM WEDNESDAY 2 FEBRUARY
BOOKINGS ESSENTIAL 5251 1998

FREE ADMISSION

SING A SONG OF SIXPENCE



SUNDAY 6 FEBRUARY
2PM - Music
Cabaret Seating: Adult \$28 Conc \$24
Theatre Seating: Adult \$24 Conc \$22

RICHARD STUBBS - CACHINATION



SATURDAY 12 FEBRUARY
8PM - Comedy
Cabaret Seating: Adult \$38 Conc \$34
Theatre Seating: Adult \$34 Conc \$32

DANCE HALL



SATURDAY 19 FEBRUARY
8PM - Cabaret
Cabaret Seating: Adult \$38 Conc \$34
Theatre Seating: Adult \$34 Conc \$32

NORTH BELLARINE FILM FESTIVAL



FRIDAY 25, SATURDAY 26
FEBRUARY - Films
VARIOUS SCREENING TIMES
See website for details
www.northbellarinefilmfestival.org

41 Peninsula Drive, Drysdale VIC 3222
www.geelongaustralia.com.au/potatoshed
f potatosheddrysdale
@ potatosheddrysdale

BOOK ONLINE NOW AT
WWW.GEELONGAUSTRALIA.COM.AU/POTATOSHED
OR WITH YOUR CREDIT CARD ON 5251 1998.

By Deputy Mayor Trent Sullivan

It's been heartening to see all the Melbourne and interstate visitors returning to explore everything the Bellarine has to offer after restrictions prevented that for so long.

Our tourism operators in particular are savouring what has been a busy holiday season.

It's been busy over at Council too, with the Drysdale Library project running at full steam.

Mayor Stephanie Asher and Lisa Neville MP turned the first sod to mark construction getting underway, with the help of the Wadawurrung Traditional Owner Stephanie Skinner and the Geelong Regional Library Corporation's Vanessa Schernickau. It was a happy ceremony with stakeholders in attendance and we thank them and the broader community for informing the sustainable and accessible design.

The rooftop filled with biodiversity and circular building shape in the concept designs really catch the eye, ensuring it will be a real showpiece for the township. The building's five green star rating also honours our sustainability goals, and most of all, the books and technology will foster a love of learning in Drysdale, Clifton Springs and Curlewis for generations to come.

Council places huge significance on this sort of social infrastructure, so it was only natural for us to put \$8.156 million on the line to

make the project a reality. We appreciate the Victorian Government for believing in this project and contributing \$1 million. I'm enjoying watching the site's progress and can't wait to see the finished product!

Meanwhile, the feedback of Clifton Springs, Drysdale, Curlewis and Bellarine residents has been integral to shaping the Clifton Springs and Drysdale Flood Study. It aims to inform land use planning, flood preparedness and emergency response.

The community was asked to tell the team which areas are known for flooding and what their goals are. Opinions on proposed options such as waterway and habitat rehabilitation, stormwater harvesting and upgrades to the local stormwater network were also gathered. Contributions are being incorporated into the final flood study report, which will be available mid this year.

The team couldn't have done it without residents' local insights, so thank you.



Portarlington Police Report

Hi All

I write this from home as I am in isolation until my COVID test comes back, my son has COVID. I know it's a frustrating time but as a community we all need to look after each other and be kind. Be assured you still have police looking after you.

We had a great Christmas and New Year in our Police service area (Portarlington, St Leonards, Clifton Springs, Drysdale & surrounding areas). We thank everyone for helping make it a safe and enjoyable time. I worked on New Years Eve and New Years Day and was so grateful to all the people that said hi and the children that looked over the police car.

I'd like to remind people to keep their personal property secure. We have had a few theft of bikes in the caravan parks and surrounding area, many haven't been secured. A reminder also to avoid opportunistic thefts by leaving cars unlocked or valuables visible.

At this busy time, please remember to call 000 in an emergency, if your matter is not an emergency and you don't require immediate police attendance please call the Police Assistance Line (PAL) on 131 444. They will even take a report for you.

Please stay safe and patient especially with our local businesses.

Regards **Jane**

Portarlington Police Sergeant



bellarine  **property**
Rentals | Commercial | Sales | Projects

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

Call Lee Martin on 0400 957 839

Independent Contractor

If you are feeling exhausted to the core after a solidly social and commitment heavy holiday season, or you have set your heights high this year and are trying to build a new balance; here is a fun contract to commit to a change that will help protect you from exhaustion, overwhelm... or burnout.

Most contracts we make with ourselves are about career, financial, health or fitness goals, but what about a contract with your wellness and your stress levels?

This contract is for people pleasers, boundary testers, limit pushers, perfection strivers and life jugglers.

How to Make your Contract Work

Step 1: Decide how you'd like to feel.

(i.e. Calm in your days, easy about your work/life commitments, with energy to use for yourself)

Step 2: Think of all the times you override your needs for others. Lets call these your 'excuses' not to prioritise yourself.

(i.e. It's a busy time at work, the kids are moody, I'm behind on my bookwork)

Step 3: Clearly identify what looking after you involves.

(i.e. Agreeing to a little less at work, taking a break in your day to meditate, passing on some social engagements, taking time to get outdoors)

Step 4: Sign, and if possible, get a witness. Someone who you can discuss the challenges and merits of your changes with.

Step 5: Cut it out and put it where you can see it. The responsibility to yourself is now "out there", your commitment to you is less negotiable when it is in world view.

If you are having a difficult time managing your life commitments or feel that you are taking too much on; mentally or emotionally, hypnotherapy can help to change perspectives and ease the pressure you may be putting on yourself.

Wishing you calm and happiness.

Kim High

Clinical Hypnotherapist - Family Hypnotherapy



family hypnotherapy

- Reach your goals
- Overcome your limiting beliefs
- Strengthen your self-confidence

Online sessions still available

Kim High - Clinical Hypnotherapist
14 Knowles Grove, Point Lonsdale
0439 330 919
www.familyhypnotherapy.com.au
Rebates available through some private health providers

A contract with me

I, _____ hereby commit to listen to my body & my mind, to take heed of the signs of overwhelm and increase my mental ease & clarity.

1. I will commit to being assertive on behalf of myself.
2. I will stand up for my needs while being considerate to those around me.
3. I can be a good person with a kind heart and still say no.
4. I will say no if;
 - a. I don't want to do it
 - b. I am already overscheduled
 - c. I don't have the time
 - d. I am feeling forced to say 'yes'
 - e. It doesn't make me happy
 - f. I'd rather relax
5. I commit to only giving to others within my means; this will maintain my mental and emotional health, develop my autonomy and identity, positively influence the behaviour of others, and avoid the chance of burnout.
6. I will identify and prioritise these three things that bring me calm and joy;

1 _____
2 _____
3 _____

I commit to looking after myself so that I will have the capacity to be what I want to be.

Signed: _____ Date: / /

Witness: _____ Date: / /



Business on the Bellarine

BOB provides like-minded business people with opportunities to connect with and support each other, the local economy & community.

- We help & support our members.
- We pursue growth and learning.
- We support the local community.

Meeting Tuesday's @ 7.50am
Visitors welcome.

Contact Jo Aspland on
0438 055 679 for more details.



www.businessonbellarine.com.au



LOCK IN - Saturday 30th April & Sunday May 1st in you diaries

Hi everyone, its John back again in 2022 hoping you all had a peaceful Christmas break. I was recovering from a tough few months building and then displaying the "Star Wars" "X Wing" module, so took it pretty quietly over the festive season.

I felt a bit sad at having to say "goodbye" to the "Unclaimed" M.A.R.S but enjoying the new adventure.

Constructing the "X Wing" took me all of winter and spring of last year and then displayed it outdoors at the "Business on the Bellarine. I thought that if we could include the space pod (which doubled as the aerial unit in "Unclaimed") as well as a central reception "booth" we would have a "Sci fi park," a sort of miniature "Disneyland" type display, which is something I have always wanted to attempt.

This would double as a simultaneous farewell to "Unclaimed" and welcome to the SpringDale "Star Wars" weekend, our first big 2022 Sci fi project.

The "X Wing" mock up should mean great fun for all aspiring "Luke Skywalkers" on our "Star Wars" weekend.

Watch this "Space !"

John



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stephanieasher.com.au

Authorised by S.McQuestin, Liberal Party of Australia (Victorian Division), L12 257 Collins Street, Melbourne VIC 3000.

Women Living Well - On the Bellarine

I'm really looking forward to this new year of 2022. Even though last year seemed to repeat the challenges that we thought we had left behind, I believe we've had more time to reassess and continue to learn from the past two years.

I think there is something energizing about a fresh start, and I hope we can bring some of that energy into this project of helping women on The Bellarine to find better ways to live their lives with meaning, confidence and hope.

While we continue to seek out ways of accessing safer, long-term, affordable housing for women over 55, we will also continue to draw on the experience, skills, acquired knowledge and genuine desire that these same women have to help themselves and to help others.

This project is not just about the women who are struggling at this present time, it's also very much about finding solutions and answers to the disadvantage that future generations of older women (and men) will face as they age.

The wider community is becoming more aware of the issue and we need to continue the conversation, but history shows that it's those who are affected by the problem who are best placed to drive the change.

If you would like to talk further about how you can contribute to the solution, please contact me.

Dianne Bennett

Phone: 0422 146 604 or
Email: diannebennett4@hotmail.com

TREE OF EDUCATION



Drysdale VIEW Club member, Ethel Gibb, last month presented her Learning for Life banner to President, Diane Irons. Each gumnut represents one of the twenty-one students the Club has sponsored since 2001, including the five present students.

VIEW Clubs throughout Australia sponsor more than 800 disadvantaged students through The Smith Family's Learning for Life program.

VIEW Club members are passionate about actively contributing to their community while building a network of friendships and having fun at the same time. If you are looking for a friendly women's group, come join us, make new friends, enjoy social activities, and have fun while at the same time making a difference in the life of young Australians.

For more information, please phone our secretary Margaret MacKenzie on 0431 636 090.



beyond
pink

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

Beyond Pink Metastatic (Advanced) Breast Cancer Support Group is delighted to welcome members to SpringDale in 2022, our fourth year of providing support, information and resources to people living with metastatic breast cancer (MBC) in Geelong and the Bellarine.

All Beyond Pink members have MBC, so they can truly share the lived experience of this treatable, but incurable, disease.

We meet at SpringDale monthly (Covid permitting) and also connect on Zoom, Facebook, by phone and email. Our partners get together monthly in their own support group, as well as joining us for occasional social gatherings.

The diagnosis of MBC can be devastating, but there is life yet to be lived.

Sharing the experience with others in the same situation can provide reassurance and encouragement. Sometimes there are tears, but often laughter, as together we face the challenges and uncertainties of terminal illness.

For more information please contact support@beyondpink.com.au.



Subscribe to our webmail and stay up to date with Course, Group, Event and COVID Safe information.



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William Sheahan

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

Bringing the light, love & hope of Jesus to our local & greater community.



45 Central Rd, Clifton Springs
office@central-baptist.com.au
centralbaptist.com.au
(03) 5253 1833 / 0478616719

SpringDale Singer Final Report

For twenty five years many people have been gathering each week to sing, to enjoy a wide variety of songs and choral works sung in full harmony, for the immense satisfaction of trying and frequently succeeding in making great music. SpringDale Singers, an unusual choir in that it did not prepare for public performance, and easily accepted both experienced singers and those who doubted that they could sing at all. We believed that everyone who can talk can sing.

In 1996 SpringDale Neighbourhood Centre accepted a suggestion, provided accommodation (initially on kindergarten chairs in the old house), and started one of its longest operating activities.

Leaders emerged from within the group and with the support of SpringDale's Coordinator, volunteers and facilities it has been a happy smooth running operation.

After struggling in recent times without regular accompanists and Covid-19 the members met and reluctantly but unanimously decided to wind up the choir, and thank the parent organization for such a long and wholly satisfactory relationship.

Gerald Edgar

Bellarine Community Singers

The Bellarine Community Choir has performed across the Bellarine for the past ten years and after several changes will now be known as the Bellarine Community Singers.

We are a friendly group who meet each Thursday throughout school terms 1.30pm -3.30pm at the SpringDale Neighbourhood Centre.

We sing a variety of popular songs, show songs and golden oldies. Some of our current members play guitar, harmonica and ukulele and we often combine them in our performances.

We will still perform at Aged Care facilities and community events across the Bellarine and sing the anthems at Anzac Day and Remembrance Day ceremonies.

We always welcome new members and if you would like to join us, please contact Tina on 0421 278 886 or Alison on 0419 504 216.

Advertise in the Messenger

Over 30 years in the community.

Contact SpringDale to find out how.



SpringDale Trivia 54th Edition

by Drysdale Girl Guides

1. The name of which African animal means "river horse"?
2. What is the hottest planet in the solar system?
3. Which Australian States or territories do not share a border with South Australia?
4. Which animal can be seen on the Porsche logo?
5. What geometric shape is generally used for stop signs?
6. The cities of Berlin, Munich and Dresden can be found in which Country?
7. Which land animal has the longest gestation period?
8. Trumpets, French horns and tubas belong to which family of musical instruments?
9. Which iconic Australian landmark is the world's largest war memorial?
10. Which iconic Aussie song starts with the lyrics: "Baby! You were always gonna be the one"?

Turn to page 20 to find the answers.



Drysdale Guides Meet on Thursdays during the school term 6:30-8:00pm.

If you are interested or have any questions please contact Anne Brackley on 0407 529 205



TREE OF EDUCATION

OVERLAND & THE GHAN RAIL JOURNEY

with Northern Territory Highlights

Fully escorted group tour

10 DAYS - Departing Monday 11 July, 2022

HIGHLIGHTS & INCLUSIONS:

- Overland train from North Shore Geelong to Adelaide
- Day tour of Hahndorf and Barossa Valley
- 2 nights/3 days aboard The Ghan
- Tour of Litchfield Waterfalls
- Jumping Crocs Tour
- 1 night/2 days Kakadu Tour
- Darwin Harbour Dinner Cruise
- Return transfer from Bellarine Peninsula
- Flight from Darwin to Melbourne

CANBERRA FLORIADA TOUR

Join us for Australia's biggest celebration of Spring!

Fully escorted group tour

7 DAYS - Departing Monday 2 October, 2022

HIGHLIGHTS & INCLUSIONS:

- Return Bellarine - Melbourne - Canberra
- 6 nights accommodation & 14 meals
- Canberra City tour • Visit to Australian War Memorial including observing the Last Post
- Entry to Floriade, Tulip Top Gardens & Cockington Green • Visit to National Portrait Gallery and National Museum of Australia • Tours of Royal Australian Mint, National Arboretum and Parliament House
- Tasting and lunch at Murrembateman Winery
- Tour and lunch at Lanyon Homestead

TASMANIA MARIA ISLAND

Ladies Walking Tour

Fully escorted group tour

7 DAYS - Departing Thursday 10 November, 2022

HIGHLIGHTS & INCLUSIONS:

- Return Melbourne - Hobart
- 3 Nights Hobart
- Peppermint Bay Cruise
- 4 days/3 nights Maria Island walking tour (pack free) with glamping accommodation
- Meals and wine provided
- Transfer from hotel to Maria Island and then back to airport

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COURSES @SpringDale

We are an Autism Friendly Organisation

SpringDale is offering a number of new classes this term. The new classes have **Red Headings**.

More information and bookings can be made via our website <https://home.springdale.org.au/learning-master-guide/> or email office@springdale.org.au or phone 5253 1960.

Term 1
Feb-April
2022



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

Banjo classes and Tai Chi classes will hopefully return in term 2 - please let us know if you are interested in these classes.

Being Creative

NEW Preparing for Harmony Day

Calling for assistance with Harmony Day 2022
Harmony Day falls on March 21 and we are celebrating it on Sunday 20 March for lunch more details to follow. Looking for people who might like to help with ideas and to help in preparation and on the day. Contact SpringDale to volunteer.

NEW Preparing Crafts for ANZAC Day

Make a Lantern for your driveway on ANZAC Day
Book in for a single session to create a lantern with poppies to help light up the dawn on ANZAC Day.

Instructor: Lizzy Free

Dates/times: Wed 13 Apr 1.30-3.30pm **Fee:** \$5

From Manuscript to Publishing

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 & official Writers Victoria mentor.

Instructor: Dr Laurent Boulanger

Dates/times: Sat 5 Mar 10am-12 noon

Fee: \$30 or **Conc** \$25

Edit Your Fiction

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.

Instructor: Dr Laurent Boulanger

Dates/times: Fri 4 & 25 Mar 10am-12 noon (2 sessions)

Fee: \$50 or **Conc** \$45

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-writer-director-producer and recipient of over 100 international & national film and screenwriting awards.

Instructor: Dr Laurent Boulanger

Dates/times: Fri 25 Feb & 18 Mar 10am-12 noon (2 sessions)

Fee: \$50 or **Conc** \$45

Discover the Artist Within, Foundation Art Course

An Introductory or Refresher Art Course using Drawing media for adults.

No previous knowledge required. This is a great starter course. It is also an excellent course for returning artists, as it awakens and sharpens art perceptions, increasing the skills of seeing as the artist sees and approaches to drawing. It also introduces concepts of colour awareness, surface texture and composition.

Instructor: Annette Playsted

Dates/times: Mon Feb 7 - Apr 4 1-3pm weekly (except for public hol. March 14)

Fee: \$150 or **Conc** \$85 (8 sessions)

Intermediate Media Art Courses

Media Course with a focus on Painting and Drawing media

An Intermediate Level Art Course with a focus on Painting and Drawing for Adults who have completed a foundation art course.

This course aims to develop media knowledge in the techniques and processes of painting and drawing, improving skills and confidence.

Instructor: Annette Playsted

Dates/times: Mon 7 Feb - 4 Apr 10am-12.30pm weekly (except for public hol. March 14)

Fee: \$150 or **Conc** \$85 (8 sessions)

Develop the Artist Within - Advanced Workshop program

This program is for hobbyist artists or art students who have studied at the intermediate level and want to further develop their knowledge and broaden skills and perceptions.

Challenges are introduced each term. These cover experiential media broadening, and new approaches to two- and three-dimensional media. The course aims to encourage self-expression, idea development, and colour and tonal awareness. Students prepare for exhibiting and are encouraged to develop a small art business.

Instructor: Annette Playsted

Dates/times: Tue 8 Feb - 29 Mar 10am-12.30pm

Fee: \$150 or **Conc** \$85 (8 sessions)

NEW Media Course with a focus on Printmaking and/or Sculpture media

An Intermediate Level Art Course with a focus on Printmaking and Sculpture for Adults who have completed a foundation art course.

This course aims to increase media knowledge in the techniques and processes of printmaking and sculpture, improving skills and confidence.

Dates/times: Tue 8 Feb - 29 Mar 1-3.30pm

Fee: \$150 or **Conc** \$85 (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 4 Feb - 8 Apr 10am-12noon
10 weeks Bookings essential

Fee: \$300 or **Conc** \$210

Cards with Lizzy

Let's get crafty with cards. Perfect for beginners. Come along and have a go.

Instructor: Lizzy Free

Dates/times: Wed 2 Feb - 6 Apr 1.30-3.30pm

Fee: \$5 or \$45 for 10 weeks

Manipulate images using PhotoShop Elements™

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. George Stawicki is a professional photographer.

Instructor: George Stawicki

Dates/times: Mon 7 Mar - 4 Apr 7-9pm

Fee: \$115 or **Conc** \$105

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.

Instructor: George Stawicki

Dates/times: Expressions of interest

Fee: \$115 or **Conc** \$105

Digital Photography - Sculpting with Light

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

Instructor: George Stawicki

Dates/times: Mon 7 - 28 Feb 7-9pm

Fee: \$115 or **Conc** \$105

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: Expressions of interest

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: Jenny Gore

Dates/times: Thur 3 Feb - 24 Mar 9-10am

Fee: \$100 or **Conc** \$90 (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: Jenny Gore

Dates/times: Thur 3 Feb - 24 Mar 11.30am-12.30pm

Fee: \$100 or **Conc** \$90 (8 sessions)
or Single sessions \$15

Ukulele Advanced

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

Note: Your own ukulele is required

Instructor: Jenny Gore

Dates/times: Thur 3 Feb - 24 Mar 10.15-11.15am

Fee: \$100 or **Conc** \$90 (8 sessions)
or Single sessions \$15

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 12 Feb, 26 Feb, 12 Mar, 26 Mar 10am-12noon
Fee: \$20 per session

The Language of Sewing Patterns

Learn to enjoy it. All brands of sewing patterns include a great deal of useful, mostly vital, info. Plan ahead of actually cutting/sewing - sit with a cuppa and read the inclusions, as if it were a book or magazine. Let's have a look at this together.

Instructor: Denise Kent
Dates/times: Thurs 10 Mar 10-11.30am
Fee: \$10 - Bookings essential

Things I wish my Grandmother taught me

Draping my hankies and tea towels over the lavender bushes to dry in the sun, having Distilled lavender water in the steam iron. Sewing buttons on-with a thread 'shank' when needed, darning a hole, rather than tossing it out - All these and many more hints and tricks to discuss and make life easier and better.

Instructor: Denise Kent
Dates/times: Thurs 10 Feb 9.30-11.30am
Fee: \$60 or **Conc** \$40 - Booking essential

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: Thurs 17 Feb, 24 Feb, 3 Mar 9.30-11.30am
Fee: \$60 per session Bookings essential



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. Enquiries to Neil email: neilbell@ozemail.com.au or phone 0419 037 147

Instructor: Neil Bell
Dates/times: by arrangement
Fee: \$20 per term

French for Beginners

Many people have asked for a class to start or renew their love of the French language and start to prepare them for our Intermediate class or for travel to France and / or French speaking countries (in the future).

Instructor: Dr Laurent Boulanger
Dates/times: Thur 3 Feb - 7 Apr 12noon-1pm
Fee: \$120 or **Conc** \$110 or single session \$15

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 1 Feb - 5 Apr 11.30am-1pm
Fee: \$155 or **Conc** \$140 or single session \$20

Book online if you can
<https://home.springdale.org.au/learning-master-guide/>

Wellbeing

Women Living Well

Continuing to progress discussing on what we can achieve together, how we can help and support each other and what does Living Well mean to you. For more information contact Dianne Bennett diannebennett4@hotmail.com or ph: 0422 146 604

Instructor: Dianne Bennett
Dates/times: Fri 25 Feb & 25 Mar 2pm **Fee:** Free
Massage - With Frank

Do you sit at a desk way too long being on the computer with shoulders and back hunched over or are a tradesperson who needs to do heavy lifting, bending sideways to pick up or put down heavy items. Or doing too much in one weekend can cause aches and stress and the body not being able to cope.

Come to the 'back presentation' and learn how to prevent injury and how to listen to your body.
Instructor: Frank Prskalo

Dates/times: Sat 19 Feb & 19 Mar 9-10am
Fee: \$10

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

Dates/times: Mon 7 Feb - 4 Apr 9.15-10.45am
Fee: \$155 or **Conc** \$140 8 weeks
OR Thurs 10 Feb - 7 Apr 6-7.30pm
Fee: \$170 or **Conc** \$155 9 weeks
\$25 per session if paying for single sessions

Autism Plus

Talking about Autism

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

Instructor: Jane Schmidt
Dates/times: Sat 19 Feb & 19 Mar 10.30-11.30am
Bookings essential
Fee: \$5 per session

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 4 Feb - 8 Apr 10am-12noon
10 weeks Bookings essential
Fee: \$300 or **Conc** \$210

Digital Technology

NEW Building Confidence in using your new Smart Phone

Gaining and understanding your new phone through investigation. This is not a structured session but time allowed for people to use their phone with some supervision if required.

Instructor: Anne Brackley
Dates/times: Mon 31 Jan, Tues 1, Wed 2 Feb - Wed 6 Apr 10am-12noon **Fee:** \$25 or **Conc** Free

NEW Building Confidence in using your new MyGov Login

Gaining and understanding your new MyGov Account through investigation. This is not a structured session but time allowed for people to use their MyGov account with some supervision if required.

Instructor: Anne Brackley
Dates/times: Mon 31 Jan, Tues 1, Wed 2 Feb - Wed 6 Apr 10am-12noon
Fee: \$25 or **Conc** Free

NEW Building Confidence now you have an email address

Gaining and understanding your new email address through investigation. This is not a structured session but time allowed for people to use their email with some supervision if required.

Instructor: Anne Brackley
Dates/times: Mon 31 Jan, Tues 1, Wed 2 Feb - Wed 6 Apr 10am-12noon
Fee: \$25 or **Conc** Free

NEW Building Confidence with Social Media

Gaining and understanding your Social Media through investigation. This is not a structured session but time allowed for people to use their Facebook account with some supervision if required.

Instructor: Carol Tozer
Dates/times: By Appointment **Fee:** \$5

Setting up your new Smart Phone

Needing to buy a phone to be able to sign into shops and businesses in this new COVID safe world - we will help you set up your phone, download the app and give you the confidence to sign in quickly and easily.

Ring SpringDale to book an appointment.
Ph 5253 1960

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:** \$5

Introduction to Computers

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

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

Instructor: Brenda Richardson, Iteracy
Skill Level: Beginner
Dates/times: Tues 8 Feb - 29 Mar 1-3.30pm (8 weeks)
Fee: \$165 or **Conc** \$85

Computers - Beyond the Basics

This is a continuance course from the introduction to Computers. This course is designed for those who have used a computer before and now want to move to more advanced learning such as how to search the internet for information, create more than just a basic document, as well as set up a computer to your preferences and likes.

Instructor: Brenda Richardson, Iteracy
Skill Level: Intermediate
Dates/times: By appointment

Smart phones, iPhones, tablets, iPads

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

Instructor: Brenda Richardson, Iteracy
Skill Level: Beginner
Dates/times: Thur 10 Feb - 31 Mar 1-3.30pm (8 weeks)
Fee: \$165 or **Conc** \$85

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 15 Mar & 29 Mar 4.30-6.30pm
Fee: \$55 or **Conc** \$25



Wow 2022 already, only seems like yesterday, that I started this group. Actually it was in September 2015, the group started with just 2 kinship families (my granddaughter and I being one of those families). Our numbers stand at 53 kinship families and 95 children/young people. I often wonder where we as a group will be in say another five years' time. Sadly our numbers increase almost every week or so.

As I am writing this article, many of our kinship families are looking at the prospect of the children in their care, returning to school. Many of our kinship families are restarting school for the second time.

Those carers, with children returning to school, are on a steep learning curve. They are anxious for the children in their care: Do they have the right uniform? the right books? and more importantly, will the other children at the school accept that not everyone can or does live with their parents.

The children/young people in our group attend many schools across our region, all they want is to fit in. They want to be part of their school community. Sometimes the kinship carers in our group, are mistakenly assumed to be just picking up the children

after school while their parents are at work. Unfortunately the kinship families are very rarely involved in the social aspect of school pick up and I find this to be very sad.

On behalf of all the carers and children part of Bellarine Support Group for Kinship Carers, I would like to say a huge THANK YOU to the many people, organisations and businesses that reached out to assist us as kinship carers during the 2021 festive season. There are just so many wonderful, generous and caring people in our awesome community.

If any business or organisation would like to learn more about kinship care, please feel free to ring me directly.

If you are a kinship carer sitting at home, thinking that you are all alone in your kinship journey please come join our group. We laugh a lot, we talk too much and we support each other on our kinship journey.

Our meetings are held the first Monday of each month (not during school holidays) at SpringDale Neighbourhood Centre from 10am to 12noon. Hope to see any new kinship carers very soon.

Stay safe everyone.

Jeanette Hanley-Heath - 0414 308 257



Drysdale Harvest Basket

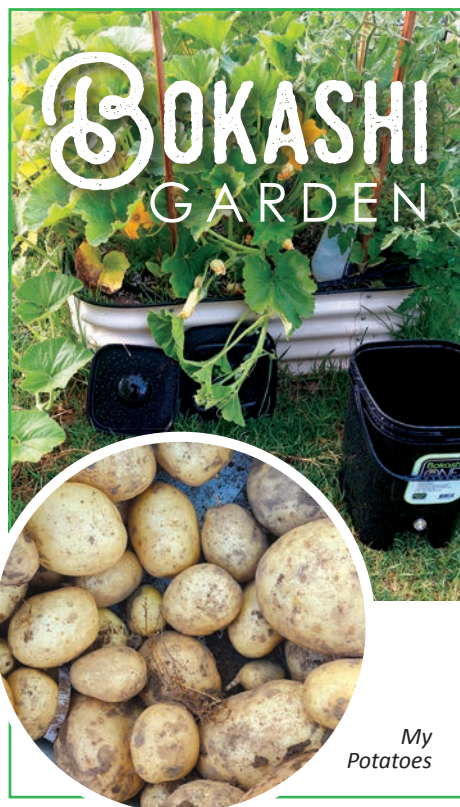
Garden Produce Swap and Edible Gardening Group

Forge Friendships and Share Skills

9-10.30am On the first Saturday of every month (except January)

Inside Hall at
SpringDale Neighbourhood Centre
17-21 High St Drysdale

Visit us on Facebook: www.facebook.com/drysdaleharvestbasket



My Potatoes

Last year I started to build raised garden beds and fill them and grow some veges. Yes I planted them later than is recommended, but as I kept explaining at the time - I couldn't grow anything until I had garden beds. Although the crop last year wasn't incredibly successful, I did grow enough pumpkin to last us all year.

If you have been following the Bokashi Column, you'll know I grew some potatoes and picked them in December ready for Christmas. I'd forgotten how tasty new potatoes were and from our small plot of 2 square metres, picked 7.5kg and am loving them. (That equates to 15 tonne to the acre, so I should be happy with that result).

On Melbourne Cup Day I planted tomatoes, zucchinis and pumpkins and am reaping the rewards of the zucchinis at a rate of .5 to 1kg per day. So far this week we have eaten zucchinis in 4 different ways - baked, fried with maple syrup, zucchini slice and last night as spirals with spaghetti sauce. I'm hoping to come up with 31 ways to eat zucchini - I'll keep you posted.

But my biggest success this summer has been to revive my finger lime tree. I planted 2 finger

lime trees last March and within a few weeks one was mown down and I feared it would never recover. In November, during my planting spree I decided to move both finger limes and try to nurse them along but with little success.

After research I decided to repot them into very good potting mix and after only a week in a pot and now in the shade the most tragic looking stalk that had 2 leaves on it since the mowing incident, now has 8 new leaves and they look so happy. You can't imagine how much happiness those beautiful new leaves are bringing. I thought I was seeing things to begin with - I was wishing them to grow and then they did. The other plant hasn't responded yet but I am sending it good vibes too!

Many other people might have ripped it out of the ground once it was mown. Many other people might have given up on it when it was replanted but didn't seem to respond. I'm not sure what I would have tried next but I now know where it is happy and hopefully we will continue to have a successful relationship - I can hardly wait til I can pick finger limes from the garden.

Anne Brackley

Bellarine PC Repairs

- not Apple sorry

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[03] 5251 3453
1 High Street
Drysdale

OCEAN GROVE
[03] 5255 4511
79 The Parade
Ocean Grove

Water was the topic of our latest competition. We thank Jack Jansen for his time with critiquing our photographs. With restrictions lifting, we are looking forward to a full year this year of, not only competitions and lectures, but of 'hands on' nights and outings. All are welcome, COVID rules will apply.



Above - Image of the Night - 'Wavesong' - Stan Coath

Below - Wild Water - Daryl Haywood

Left - Splish Splash - Kevin Robley



Bellarine Camera Club meet at Springdale Neighborhood Centre, Drysdale at 7.30pm on the 1st and 3rd Monday of each month, covid permitting. For further details see our website bellarinecameraclub.org.au

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Rotary don't just do BBQ's **Bellarine North Rotary**



When you hear the name Rotary International it is common for people to think and say, *They are the Service Club that do BBQ's*. Although this is true, I'm here to dispel the myth that is all we do.

Here at the Bellarine North Rotary Club, we have not only grown our membership from a not so long ago low of twelve members to currently a healthy thirty-seven with prospective members being interviewed as I write, but we have also been very active in our community.

Our Club collaborates with local groups and organisations with funds or our time. We have successfully run a Primary School Writing Competition with twenty-four entries and a very high standard of entries. Another local Primary School has been assisted by members supporting their Literacy Program, aimed at the younger age group ensuring they get a grasp of their reading ability which is the basis for them surviving in the world as they grow.

We raised funds for Bellarine Kinship Carers with a Melbourne Cup High Tea, where members gave their time and made sandwiches and yummy, sweet things that were then delivered to homes across the Bellarine. Kinship Carers benefitted \$2000 by this venture. We also made a donation to the Queenscliff Coast Guard to support the job they do rescuing people and vessels which get into trouble on the water.

We have acknowledged the contribution of a past member, where we as a club provided a seat in Memorial of Brian Knights installed at the Community Garden on Jetty Road in Clifton Springs which was one of his favourite places. Made from recycled material designed to last a very long time, this is another area our Club is passionate about, sustainability. This Community Garden has helped support many families with food before and over the course of this Covid time as the hands that toil the soil have used their green thumbs to produce this beautiful food.

Have you just recently moved to the area and are looking for something to do? Then why don't you give me a call to find out more about what Bellarine North Rotary Club does. Above is only a small indication of what we have and can achieve with more members.

This fun-loving Club would welcome you with open arms.

Caroline Rickard - Membership Director & Publicity Officer - 0408 989 221



St Thomas students receiving their certificate



Brian Knights Memorial Seat
Brian's wife Judy & family members

Lounges
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The Springdale Messenger February 2022

EASY MINI STEAK

Ingredients:

- 4 steaks (pork or beef)
- 5 cloves garlic, crushed
- 1 tablespoon paprika (mild/hot)
- 3 tablespoons olive oil
- 125ml Sherry or Marsala or Port
- Salt & pepper to taste
- Half cup finely chopped parsley
- Fresh bread to serve

Cut the steaks into bite size cubes. Add the garlic and paprika and mix together well. Cover and leave for about 2 hours. Prepare the pan with olive oil to heat 1-2 minutes. Add the cubes of steak, stir constantly for 2-3 minutes - brown to taste. Add the sherry and cook until it has evaporated slightly. Season to taste. Remove from the heat into a serving dish and sprinkle parsley on top.

Serve hot with fresh bread!!

(10-15) for Tapas to share!

Agatta

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Clifton Springs Garden Club

It didn't seem that long ago I was sitting at my computer at the end of 2020, writing how we were all looking forward to a positive 2021 and getting back to some sort of normal routine. Sadly, this did not eventuate, with on and off again restrictions during the year, it was very hard to organise our normal monthly meetings or hold outings. Despite all this our membership stayed healthy, with several new members joining our ranks. We hope our new members will enjoy being in the Club in 2022.

Forever the optimist, I am looking forward to holding all our 2022 meetings, maybe with some restrictions on occasions. The new Committee will make sure that meetings will be interesting and Keith, our Outings Organiser, already has a list of fabulous places for us to visit.

I am sure Members are all looking forward to being able to enjoy the Show Bench again. This is a favourite part of our meetings and

I think Members will make the Show Bench bigger and better than normal after its absence. I would encourage everyone in the Club to bring something along, even if it is a few pansies in a vase, one rose or some nice foliage off one of your bushes. It is also a great way to show off your fruit, vegetables and pot plants. It all contributes to a great display and who knows, what you bring along might be unique.

Simon, our Meet & Greet person, is looking forward to meeting you all at our first meeting for 2022 on Tuesday 21 February, at the Uniting Church Hall Drysdale at 7.30 pm. As I write this article, anyone attending a Garden Club meeting must show proof of double vaccination. But this may change, if you would like to keep up to date on what the Club is doing, please do not hesitate to contact our Secretary Helen, on telephone 5257 2220 or email hma3152@gmail.com



Open Garden at "Gurra" Mt Wallace

Leanne's Wheelie Life



Cheers to 2022 being the continuation and expansion of a more enlightened, compassionate, and inclusive era. A necessary change to our pre-pandemic way of life. Hopefully, a change that makes us more aware of our personal, and importantly, others vulnerability.

Most of us willing to reflect would have had reason to recognise our personal physical, emotional, mental, and financial vulnerabilities since March 2020. On a macro level, the pandemic accentuated the low prioritisation in government jurisdictional areas such as health services, unemployment assistance, immigration, domestic violence protection and aid, the safety of our ageing and disabled. Notably, these inequities were shared by more of us during the pandemic

than ever before, and the consequences continue for many of us.

At the very least, on a personal level, most of us probably felt that we were languishing, a feeling familiar to many of us with disabilities. Once the sourdough had been mastered, the realities of home-schooling captive offspring had set in, and video calls became less a novelty and more agony, we began to languish (New York Times, There's a Name for the Blah You're Feeling: It's Called Languishing). We felt dull and directionless. It isn't depression, and it isn't simply boredom. Languishing replaces enthusiasm for listlessness or aimlessness.

Like most pre-pandemic Australians, before the progressive effects of Limb-Girdle Muscular Dystrophy manifested, I took for granted the ability to live my life as fully as I wished. Until my gradual deterioration forced such changes as giving away heeled shoes (including beautiful new navy sandals - that still smarts if you can't tell) to prolong walking, refusing invitations to homes and venues that weren't accessible, inability to drive, resigning from work due to stairs, increased discomfort, and lots of other big and little things. Each of these stages leaves Gaz and me grappling with a solution to continue living the best quality of life possible.

And while seeking these solutions, there is always a period of mourning my previous involvements, abilities and contributions and fighting the feelings of disinterest and lack of concentration. Why bother? When will this end? I hope that we never forget the parallel

of our pandemic experiences to what people with disabilities and other marginalised groups continue to live with.


I believe that almost every one of us wants to do good; we want to contribute and care. We need purpose. Even a short-term achievable goal can break that languishing feeling. I like to think that my experiences of inclusion and caring from existing and new friends, family and acquaintances has made me more aware of my vulnerability, and in turn, everyone's. I have learnt that stepping outside of myself to become involved in a small project such as Christmas decorating, calling someone, binge watching a series or volunteering are all powerfully restorative and fun.

Yet we can't always do this solo. I hope that I can lift others who may be languishing by being aware and respond accordingly. Listening, donating, volunteering or sharing my vulnerability. But I mostly hope that social policies, infrastructure design, and attitudinal changes within the workforce especially expand and start catering for us ALL so that people with disabilities have an equal chance to flourish.

Leanne



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St Leonards Garden Club

Hello everyone

I hope you have all had a very happy Christmas, now that we are able to be with our family and friends. We wish everyone a very happy, safe and healthy 2022.

What a year it was. Hopefully we are able to get back to normal this year. One of our meetings was well attended and our guest speaker was Carole O'Neill speaking to us about the many species of birds that call the Bellarine their home. Also telling us about the benefits of birds in our gardens.

2021 saw our club say happy retirement to Helen Bowtell who has moved away from St Leonards to be closer to her family. Helen was our previous president and was with the garden club for 15 years. Also Jenny Shinn our past treasurer has left us to move closer to her family as well. Thank you both very much for your work that you did.

Early December President Kaye and I went to an open garden in Queenscliff and Point Lonsdale. Two very different gardens, but very interesting all the same. Next spring our garden club is planning to have a few open gardens to showcase the different varieties of gardening. More news to follow as it gets closer.

In December, 25 of our club members attended our regular Christmas lunch held at the St Leonards Hotel. Thank you to Tonya and Greg for providing a very delicious roast lunch and desert of Plum pudding or Pavlova. We'll be back next year for sure. Everyone was enjoying themselves and no one was in a hurry to leave.

Our next meeting will be February 9th then on March 9th we will be celebrating our 40th Anniversary, so we have been busy planning this event. I have confirmed our guest presenter will be Craig Castree. He is always very popular and very generous with his time. There will be other guest speakers, yet to be confirmed. We are hoping to have photographic displays. We are still endeavouring to look for some past members that we'd like to invite. There will be an afternoon tea and some exhibits. Any memorabilia would be wonderful for us to display. If you know of any past garden club members please contact Kaye Kelly or Lois Richards.

Meetings are held on the 2nd Wednesday of each month at the Memorial Hall in Murradoc Rd St Leonards at 1.00 pm for a 1.15 pm start. In the foyer is the QR code to be scanned and double vaccination certificate is required. Entry cost is \$4.00. Bring along a share plate for after the meeting when we have a chat and a cuppa.

Stay safe and well.

Cheers **Wilma McLaren**



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St James Anglican Church turns 150

This year 2022 is a particularly important one for St James as it will be 150 years since the church was opened and dedicated.

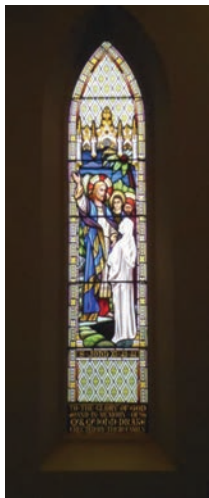
On entering St James, you will be struck by the splendid sanctuary windows. These were made and installed by Ferguson and Urie, Colonial Victoria's leading stained glass window firm at the time and were subscribed for by the parishioners and installed in 1872, when the church was opened. A second window, the single light memorial window depicting the raising of Lazarus, again by Fergus and Urie, was erected in 1892 in memory of John Drake and his wife Susannah, by their family. Neither window makes any reference to the dedication of our church to St James and there have been no additional windows for almost 130 years.

Now, as we prepare for the 150th celebration of St James Church, this is an opportunity to add to the beauty of the church by rectifying the absence of a memorial window to St James. Such a window will represent St James, one of the first apostles, and the scallop shell which is his emblem. We have started an appeal for the funding of this window by the parishioners and the community. The window will provide additional beauty to the Church and be a testament of the faith of the people to future generations.

The 150th anniversary committee has planned several celebration activities which will occur during the weekend of Saturday 23rd and Sunday 24th of July. The most significant of these will be the dedication of the new stained-glass window. The full list of activities will be published in due course.

In addition, this year for the first time St James will be participating in the Festival of Glass between January and February. This will provide the opportunity for anyone to enter the church to find 'a little glass treasure'. The church will be open for this event and there will be someone to guide and answer any questions that you may have.

On behalf of the St. James 150th committee **Sheilah Meikel** 0456871752 and **Pat Marks** 0409549086



COMMUNITY DEVELOPMENT TIMELINE

Thanks to the Drysdale Seniors for discovering some important documents as they prepare to move into the new home. These are now added to information that had already been uncovered over the last 18 months of this project.

The community held a Public Meeting on Sunday 30 March 1969 and formed the Drysdale and District Senior Citizens Club with Pro-tem President Hector Peel and Pro-tem Secretary John Richardson.

The inaugural Members of the Club in 1969-70 include a wide range of old Drysdale names including my four grandparents (I was so surprised to see their four names amongst the 63 listed). The surnames listed are Taylor, Rodgers, Drake, Kingsbury, O'Keefe, Whitcombe, Smith, Martin, Butcher, Bryant, Turner, Thomas, Sinclair, Day, Darter, Richardson, Founds, Capon, Biggins, Gaylor, Barrand, Barbour, Sinclair, Gallop, Wisbey, Nash, Mortimer, Filbay, Whitehouse, Stewart, Doble, Miller, Nicholas, Campbell, Boyle, Bennett, Nicholas, Gallop, Lacy, Rogerson, Ofity, Littley and Judd.

The Trustees for the Club were Bernard John Crowe - Teacher, Stewart George Peel Farmer and David Alexander George Mortimer Contractor. The Seniors Club moves to its new home on the corner of Princess and Eversley Streets Drysdale and will feature a display of these historical documents.

Anne Brackley OAM

One of their songs - Theme Song

1. Our home is here at Drysdale,
The village we hold dear,
Our aim's to make you happy
Whenever you are here.
2. We play at cards and bingo
For mintees that appeal,
or trip around the country
With Archie at the wheel.

Chorus:

**We are the Seniors,
We are the Seniors,
We are the Seniors
of Drysdale.**

Chorus:

**3. Come sing with us at Drysdale,
The songs we love to hear,
The songs that make us happy,
In these our twilight years.**

Chorus:



Ann Capon, Hector Peel and Jack Davies the Bellarine Shire President at the Official Opening

Trivia Answers

1. Hippopotamus
2. Venus
3. ACT & Tasmania
4. Horse
5. Octagon
6. Germany
7. Elephant
8. Brass
9. Great Ocean Road
10. "Run to Paradise" by the Choirboys

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Memories of Yesteryear

THE BUTCHER FAMILY

Another Christmas dinner and New Year's Eve celebrations done and dusted and our intentions for the new year are already a month behind as we plan for the rest of 2022 with trepidation. My 2021 New Year resolution was to lose 10kg and thanks to last year's stay at home lockdowns I now only have 15kg to go.

Possibly the greatest positive for this year is the upcoming footy season, not just the excitement of the AFL season opener between last year's grand final combatants Melbourne and the Western Bulldogs on Wednesday 16 March at the M.C.G. but games in Geelong and Ballarat as well. 12 games of AFLW and A.F.L. across 10 days of "footy festival extravaganza" may require us to catch our collective breaths as we also usher in our own Bellarine Football League and for Leopold players and supporters, the Geelong Football League.

Apart from the player's interest in the new season, supporters of clubs across the Bellarine will be keen to resume the social connection that sporting clubs provide. As the presidents of local clubs pointed out after the previous disrupted seasons, volunteers are the essential ingredient for clubs to operate successfully, so let's hope we can return to what we had in 2019.

Primary and Secondary school students will be back in the classroom after the Christmas holidays, and as the new millennium has seen the demise of Geelong's manufacturing industries, school leavers may have a less positive employment outlook unless they continue into tertiary education. Secondary schools in the 1960's allowed students who had finished their final exams in December to leave early if they had arranged a part-time job during the Christmas holidays.

My first job at 14 was picking up potatoes for Cec Bennett and Sons. Dirty work but clean money. The following year I was asked by the Drysdale Post Master, Mr. Bill Nicholas, if I would like to assist in the delivery of the Christmas mail. Again clean money but a much cleaner job. In today's society Christmas cards are mainly a thing of the past and I can only imagine today's teenagers picking up potatoes at McDonalds or the local fish and chip shop, ready to tip them into the fryer. In the 1970's, Watson and Wild was a Drysdale manufacturing enterprise that produced pre-bagged potato chips ready for the fryers in local hotels throughout Geelong and the Bellarine and the memories of Bobby Watson in the "Mr. Chips" delivery van are still vivid today.

Russell



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Drysdale Senior Women's Football Team

From humble beginnings in 2017 with just two teams in the league, to now more than 20 teams. It's thanks to pioneers like Stu Craven for paving the way, and putting women's footy on the map in the Bellarine. "I just want more women to play footy", says the man, who has lived in Drysdale for over 20 years, played over 300 games of football himself, and has just signed on for his sixth year coaching the Senior Women's team at Drysdale.

Right from the get go Stu has had a great love of footy, "To me it's always been a bit magical and I couldn't understand why I enjoyed it so much, and why it was so important to me. It's because it's difficult, there's no truer example of, you get out what you put in." Over his playing career he was involved with a few different clubs, but Drysdale holds a special place, "it's just a big part of the town, it represents the town and community, and it's just a great feeling down there. It's Drysdale people representing Drysdale!"

His sixth season as head coach will make him the longest serving coach in the league, something which has been made easy by coaching an "extraordinary" team of women. Reflecting on what he loves about the team Stu said they are, "unique, nothing like it!" He went on to explain, "There is a real sense of family. They work hard, are very inclusive and welcoming. They really look out for each other and are very caring." Beyond that he says they

also "love playing footy!" This is something Stu feels extends beyond the field and beyond the game, and that the team enjoys playing for each other as much as themselves.

At the beginning of every season Stu asks each individual in the team one question, why do you play footy? When he was asked, why do you coach? He proudly stated, "I coach because I really want to grow the sport. I really want to share the passion and the love that I have for it, and hopefully introduce that to as many people as possible. I want to make Drysdale the best female football club in the world, and I want to make the experience of any one who plays footy at Drysdale the most enjoyable sporting experience they've ever had."

Drysdale is currently looking for new players for the 2022 season, and welcome anyone from any age, background, skill set or other to come on down. Be sure to follow the Drysdale Hawks Football Club socials to find out all about the pre-season dates and try outs. As always, you can also contact the women's football coordinator, Jess Case, on 0427 753 723.

Georgie Brown.



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Bellarine Birdlife

A Walk around Lake Lorne

There is so much birdlife activity around Lake Lorne and Carole has completed a very descriptive information collection for everyone to enjoy. There are many places one can find birds. Remember to look everywhere as some love the ground, others the safety of a thick bush and many prefer high in the foliage of a tall tree.

There are so many different species which may be seen from the 7 vantage points around the lake. Each spot is labelled on the map and birds, which are often seen from those points, are named and their photos are included, which may assist you in your bird watching list.

For example from:

Point A, White face & White necked Herons, plenty of ducks paddling, Eastern & Crimson Rosellas.
Point B, Red wattle bird, New Holland honey eaters, Red capped Plovers, and you may be lucky to see a Latham Snipe!!!! One has been seen. Grey Butcherbirds or Whistling Kite.

The inactive map and the complete details of the walk visit and access the information as you walk <https://birdwalks.springdale.org.au> or call into SpringDale and borrow a laminated set of sheets to use as you enjoy your journey around Lake Lorne.

Carole O'Neil has been writing about birdlife for us for a number of years and we have asked her to take us for a walk around Lake Lorne. Instead of Carole accompanying people, she has designed a self-paced walk for you to enjoy at your leisure. We welcome your feedback to SpringDale Office - email: office@springdale.org.au or phone 5253 1960.



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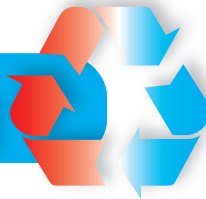
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