



## Fibre Exhibition

Queens Birthday Weekend  
SpringDale Hall High St Drysdale

**Sat 11 & Sun 12 June**

**10am - 4pm**

*Felt & Textile Artists*

Our talented Felt and Textile Artists have been busy creating scarves, hats, bags, jackets and lots more. Come in and have a look, there will be demonstrations throughout the weekend.

Gold coin entry.



# JUNE 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.

Thursday	2	Jigsaw Group 10-12noon at SpringDale
Friday	3	Mabo Day (Indigenous Australians) World Bicycle Day
Saturday	4	Harvest Basket Produce Swap 9-10.30 am at SpringDale Felting Group 10-3pm at SpringDale Club Soda - 8pm - Potato Shed
Sunday	5	World Environment Day
Monday	6	Kinship Carers 10am-1pm at SpringDale
Tuesday	7	Friendly cuppa and chat 10.30-11.30 at SpringDale With The Beatles - 10.30am - Potato Shed
Wednesday	8	World Environment Day
Thursday	9	Days for Girls Sewing 9am-1pm at SpringDale
Saturday	11	Felting and Textile Show at SpringDale - 10am-4pm
Sunday	12	Felting and Textile Show at SpringDale - 10am-4pm
Monday	13	Queen's Birthday (Centre closed) Men's Health Week (till Sun 19)
Tuesday	14	Dining Group to Portarlington Grand Hotel 6pm World Blood Donor Day
Wednesday	15	Lunch Bunch The Bungalow Drysdale meet at noon Global Wind Day
Fri-Sat	17-18	Winter Solstice One Act Plays - Potato Shed
Saturday	18	Talking about Autism 10.30-12noon at SpringDale
Sunday	19	Armchair Birding at SpringDale - 2-3pm Refugee Week (till Sat 25)
Monday	20	Refugee Day
Tuesday	21	International Day of Yoga World Music Day
Friday	24	Last day of School Term 2
Saturday	25	Rebel - 8pm - Potato Shed
Sunday	26	International Day against Drug Abuse and Illicit Trafficking

Reminder  
Bookings &  
copy required by  
1 June for the  
July 2022  
issue



## SpringDale Messenger

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

**COPY DEADLINE JULY 2022**

**Bookings/copy required by 1 June.**

**Dist: 29 June 2022**

**Circ: up to 20,000**

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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 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

Dear friends and friends I am yet to meet

Everyday there are relationships to improve, to nurture, to appreciate or to celebrate. My role is all about relationships and that is what I love about it. We hope to improve and create stronger relationships with our community that we can.

I have talked about this before but when I heard the CEO of Neighbourhood Houses Victoria, Nicole Battle, speak of the work at Neighbourhood Houses being relational not transactional, rang true to me. I had been talking about relationship building for so long but Nicole eloquently defined it.

People do matter to us. Someone might come in to have a document scanned and emailed somewhere. We try to go another step, and offer to email it to the person as well. Someone might want a certificate copied, we might offer to laminate the copy or even reduce the document and then laminate it at business card size. We try to go a little further to build the relationship.

People might see something on offer in the foyer, a mask, a welcome kit, a book written by a local author, the battery recycling container, fliers about events, a course guide or our award winning monthly magazine. We have so much on offer and even if you come in for something, you'll never know what you will find.

One of our goals is to reduce isolation and loneliness. We provide safe spaces for activities to happen and safe spaces for relationships to grow between people in our groups, classes or activities. Friendships emerge, people want to ensure others are

well. At the start of the pandemic one of the Men's Cooking people wanted to see all his friends each week and so we set up a Zoom meeting for that group.

Confidence building is another goal - helping people to recognize their achievements, celebrate them and hopefully gain confidence. I love building my confidence at home by finishing a task and doing a little fist pump. Sometimes I find a correct spot for a jigsaw piece and that gives me a lift, or I might be creating a new system - that works. All of these activities and so many more give me a lift.

I celebrate so many small things. Yesterday I completed my whole list of tasks, so I celebrated (just to myself but I acknowledged the achievement). Today I have a list-writing this article will give me another "tick" for the day. Yeah!

Looking forward to seeing you at SpringDale and hopefully we can improve our relationship with you.

Yours sincerely

Anne Brackley for Team SpringDale.



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

# Course News

## Korean BBQ & Kimchi Fried Rice

Date/time: Sat 4 Jun 10am – 1pm

Fee: \$60 or conc \$50

## Crispy Chicken

Date/time: Sat 4 Jun 2pm – 6pm

Fee: \$100 or conc \$80

## Buying and Selling on eBay

Date/time: Fri 3 & 24 Jun 10am – 12noon

Fee: \$55 or conc \$25

## Manuscript to Publishing

Date/time: Fri 17 Jun 10am – 12noon

Fee: \$30 or conc \$25

## Write, produce & distribute your feature film

Date/time: Sat 2 & 9 Jul 10am – 12noon

Fee: \$55 or conc \$45

All classes held at SpringDale Neighbourhood Centre, 17-21 High Street Drysdale. Book via our online booking system or ring 5253 1960.



The SpringDale Lunch Bunch are going to the Bungalow High St Drysdale on Wednesday 15th June meeting 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.



SpringDale Dining group are going to the Portarlington Grand Hotel on Tuesday 14th June at 6pm. Please call SpringDale on 5253 1960 to reserve your spot.

## QUOTE OF THE MONTH



Building trust is a process. Trust results from consistent and predictable interaction over time.

Barbara M. White

Anne Brackley - Quote curator

# SpringDale is here to help



Over the last six months SpringDale has helped hundreds of people create MyGov accounts, link their Medicare card to their MyGov, help them download their vaccine certificate and attach the vaccine certificate to their smart phone if they have one. We have also helped to print, reduce and laminate vaccine certificates to carry in wallets/bags. If you need assistance with these services we are here to help.

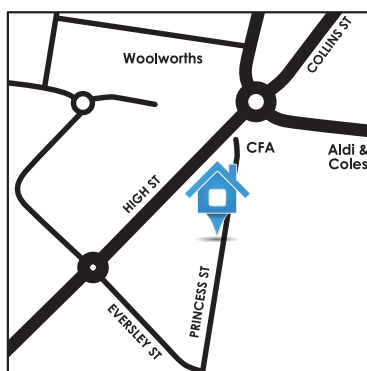
Email or ring SpringDale to arrange an appointment - office@springdale.org.au or 03 5253 1960.



So pleased to be able to help our community.



SpringDale  
17-21 High Street, Drysdale





## News from Lisa Neville MP

Member for Bellarine

### Showcasing Art on the Drysdale Bypass

Locals using the pedestrian tunnel under the Drysdale Bypass are now being treated to a touch of art on their travels.

A series of mosaic glass art letters, created by a local artist Diane Schofield, have been etched into the underpass walls, with a series of inspirational words, including 'dream', 'inspire' and 'believe and achieve' which were selected by local school students.

The installation of the glass art letters is the finishing touch on the Drysdale pedestrian underpass and comes as part of the Festival of Glass.

It is really pleasing to note that the Drysdale Bypass has made life easier and safer for all road users in the area since its opening, including pedestrians and cyclists who use the underpass.

As we know through the Festival of Glass, the peninsula has exceptionally talented artists and the inclusion of the glass art on the underpass is a wonderful mini exhibition of local creativity for our community to enjoy.

The festival is a much loved event that has been sadly missed over the last couple of years.

So it is great to have glass art featured as part of the underpass ensuring it can be viewed and enjoyed by the local community all year round.

Next time you are out for a walk or bike ride, ensure you head for the underpass to have a look at some of our local quality art work.

### Support for Vulnerable Owners of Pets

I am pleased to report that the State Government recently provided \$465,000 funding to the Bellarine based animal welfare organisation Cherished Pets.

Cherished Pets provides specialist pet care services for pets whose owner may be experiencing family violence, living with a disability, mental illness or are frail.

The organisation allows those owners who are living in a vulnerable position the surety of mind that their beloved pet is in safe and experienced hands, while they focus on their own personal health or wellbeing.

Keeping vulnerable owners and their pets together can improve health outcomes for all involved and ensure pets are not forgotten during a time of crisis.

The funding will go toward pet boarding facilities that can be accessed at short notice as well as expanding the organisations vet services.

As all pet owners would appreciate, nobody should have to make the choice between their pet and their own health or safety. That's why the Government is investing in Cherished Pets, giving them the resources to care for animals of people in their time of need.

### 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](mailto:lisa.neville@parliament.vic.gov.au) or at Shop 66, Gateway Plaza Bellarine Highway, Leopold.

**Did you know your household could be eligible for \$250 off your power bill?**

### Power Saving Bonus

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Come in for a Free chat

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# Lisa Neville MP

Member for Bellarine

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

**T: 5250 1987**

**E:** [lisa.neville@parliament.vic.gov.au](mailto:lisa.neville@parliament.vic.gov.au)

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Funded from the Parliamentary Budget

**"DELIVERING for the BELLARINE"**

# POTATO SHED

So winter is definitely here, and it's getting mighty cold outside! so we're happy to warm you up at the Potato Shed with some sizzling entertainment for the month of June.

Kicking off the month we have a wonderful cabaret, **CLUB SODA** on the 4th of June at 8pm. This stunning presentation will have you tap dancing in the aisles, with a blend of vaudeville, some amazing magic, acrobatics and great audience participation.

Our **Morning Showtime** in June is **Adam Parsons** with the return of his tribute to The Beatles. This performance narrated by **Colin Mockett** it's called **With The Beatles** and will have you singing along with all the words from the famous songs of the 60s definitely will be a popular show so book in fast. One show at 10.30am on Tuesday June 7th.

**Theatre 3222** are back with their annual winter place. This year we'll see two plays written by local playwright Jack Price - **Corona Captives** being the first and **The Three Pears** is the second - two very different plays with different directors and different actors - and sure to delight audiences. This will be the 15th **Winter Solstice** play festival and will again be celebrated with open fires, live music and mulled wine. Three performances Friday the 17th and Saturday the 18th of June at 7pm with a special matinee at 2pm on the Saturday.

Seeing out the month is a show that was booked two years ago and now we're finally able to present **REBEL**. This amazing

production won a stack of awards at the Adelaide Fringe and Adelaide Cabaret Festival and is a blend of circus rock and roll. A tribute to Mr. David Bowie, this production has already sold lots of tickets, so if you'd like to see it please book now that's on Saturday June the 25th also at 8pm.

Did you know you can save 25% off any tickets purchased at the Potato Shed - simply spend over \$40 in one transaction and then go to the Government website and claim your rebate of 25%, <https://entertainment.business.vic.gov.au/> Please note this is only until funds have been expired.

**Have you ever thought about volunteering?** We are looking for extra volunteers to assist with ushering at the Potato Shed. You get to see the shows for no cost and help out the local community we are always on the lookout for volunteers and if you're interested, you can register here: (please note all volunteers must be fully vaccinated) <https://www.geelongaustralia.com.au/volunteer>

Ensure you check our website and see just what is on, the program is constantly changing so make sure you check what's on and when.

Book your tickets now at [www.geelongaustralia.com.au/potatoshed](http://www.geelongaustralia.com.au/potatoshed)

Be social with us at Facebook and Instagram/[potatosheddrysdale](https://www.instagram.com/potatosheddrysdale)

See you at the Shed.

# POTATO SHED

WIN DOUBLE PASS to



to any of the shows Friday 17 - 7pm or Saturday 18 June - 2pm or 7pm

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 10 JUNE.**



## WHAT'S ON

POTATO SHED

CITY OF GREATER GEELONG

### CLUB SODA



Club Soda is a refreshing and effervescent production infused with cabaret, dance and vaudeville, and served with a slice of magic, a twist of circus and a heady mix of comedy.

SAT 4 JUNE 8PM

CABARET:

Adult \$38 Conc \$34

THEATRE:

Adult \$34 Conc \$32

### WITH THE BEATLES



Remember our wonderful All-singalong last year?

This is the follow-up.

Research and narration from Colin the hits are sung by Adam - and yes, the words are on our big screen.

**MORNING SHOWTIME**

Bring a friend

and enjoy the sing-a-long.

TUES 7 JUNE 10.30AM

All Tickets \$17

Includes Morning Tea

### WINTER SOLSTICE

Theatre 3Triple2



**ONE ACT PLAYS**

Written by Jack Price  
CORONA CAPTIVES  
and THE THREE PEARS

FRI 17 JUNE 7PM

SAT 18 JUNE 2PM, 7PM

All Tickets \$25

### REBEL



Live circus rock tribute to the original rebel, David Bowie.

SAT 25 JUNE 8PM

CABARET:

Adult \$40 Conc \$36

THEATRE:

Adult \$36 Conc \$32

41 Peninsula Drive, Drysdale VIC 3222

[www.geelongaustralia.com.au/potatoshed](http://www.geelongaustralia.com.au/potatoshed)

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OR WITH YOUR CREDIT CARD ON 5251 1998.

By Deputy Mayor Trent Sullivan

After years of planning, it was an amazing feeling to see shovels in the ground and work underway on stage one of the North Bellarine Aquatic Centre. The eight-lane heated outdoor swimming pool is a priority project for Council and is funded with \$10 million from the Australian Government and \$5.5 million from the Council.

The pool will help create stronger swimmers who are less likely to find themselves in trouble in the water. It will offer water exercise classes and be used by more than 35,000 students taking part in local and school swimming carnivals.

Over the coming months, a variety of skilled tradespeople will work together on site, including sparkies, industrial plumbers, engineers and many others. The benefits of the Council's investment will flow through the local community, with Kane Constructions using local subcontractors and sourcing a large proportion of goods and services from The Bellarine and Greater Geelong. This is not a small construction project. Crews will excavate 2,200 cubic metres of soil for the pool and around 17,000 cubic metres of soil to build the whole facility.

We want our investment to last for generations, so the buildings will be constructed using 32 tonnes of structural steel. Along with all our other aquatic

facilities, the pool will be powered entirely by electricity from renewable sources and we're cutting our power bills by installing 38 solar panels. In terms of greenery, crews will plant more than 3,350 shrubs and trees and lay 10,000 square metres of grass.

We know community members on The Bellarine are keen to take a dip as soon as the pool opens next year, and we will manage the construction process to minimise any delays. It's all about delivering on what we've promised, so that next year locals can roll out their towels and make a splash.

The new pool is just one of many infrastructure projects outlined in Council's Draft 2022-23 Budget and I thank everyone who shared their views on it.



## Calling for walkers

Do you need a reason to walk? Would you like to help deliver our well-loved and read SpringDale Messenger? Perhaps you could share it in your Street?

Please let SpringDale office know if you would like to help us out in this time of need.

Email [office@springdale.org.au](mailto:office@springdale.org.au) or phone 5253 1960.



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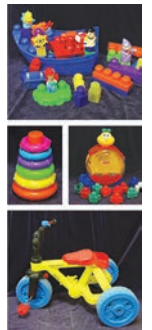
Neighbourhood Centre

**9am to 5pm**

17-21 High St., Drysdale

Ph: 52531960

<https://toys.springdale.org.au>



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## St James Anglican Church turns 150

The committee is continuing with the arrangements for the 150th anniversary. The new date for our celebrations is Saturday 10th and Sunday 11th September, when it is hoped that key people from the diocese of Melbourne will be able to join us.

Meanwhile the design of a new stained glass window is in its final stages. This is very exciting for our church community. The new window will face Collins Street for all to see. Thank you to all our members who have donated to this throughout our Parish and the community through our Op shop. Fund-raising still continues for the celebrations and we have in our Op shop some exquisite ceramic crosses designed, produced and donated by Helen at Artisans of Australia in Murradoc Road. Each one is unique and numbered.

At the event week-end a new Church History book will be launched and a banner consisting of approximately 14 sections each individually hand crafted to depict the Church's history from 1872 to now. Many people far and wide have supplied Photographs which will be on display over the week-end along with conducted tours.



Pat Marks and Sheilah Meikle for the 150th committee.  
e-mail: bellarineparish3222@gmail.com



# Cottage by the Sea

Queenscliff

*inspiration · fun · opportunity*

## Enhancing the lives of children for over 130 years

For just over 130 years, Cottage by the Sea has provided a safe space for children to be young, have fun and access new opportunities. The children who attend are referred by schools, welfare and health agencies. They take part in a number of tailored programs with an emphasis on building self-esteem, confidence and resilience to promote positive engagement with their community.

Children come to Cottage by the Sea from all over Victoria. As part of a long-term commitment to support communities impacted by the bushfires of 2019/20, children have been coming from as far away as Gippsland, even Mallacoota.

Through epidemics, pandemics, wars and social change, Cottage by the Sea has not relied on funding from government. The rich history of the Cottage has been able to continue thanks to the support of individual philanthropists just like you.



# Pure joy?

# Priceless

## \$22,192\*

For 40 children for 4 days

\*Actual costs vary with children's needs

# 40



## \$555

Cost to fund one child

Any donation you  
can afford will  
go a long way to  
bringing more joy  
to more children  
in our community.



Cottage by the Sea  
*inspiration · fun · opportunity* Queenscliff

Ph: 5258 1663

# SPRUKERS

The SpringDale Ukulele playing group formed earlier this year and from week one it was a success. SpringDale Hall continues to bring great joy to people singing on Tuesday afternoons once again, now there are also ukuleles in hand. This group compliments our Ukulele classes and gives many people an opportunity to play / practise together. Sprukers meet Tuesdays 2.30-4pm, cost is \$4 and you need to be a member of SpringDale.

If you would enjoy sharing some songs while playing your ukulele on a Tuesday afternoon please come and try this group. You will see we are still practising social distancing to try to keep everyone safe but also encourage people to meet up again.



## Portarlington Police Report

Victoria Police has released its Victoria Police Neighbourhood Policing program. The program is about listening to our communities and identifying what issues you may have and trying to address them. An example of this is our increased patrols and fines issued to speeding motorists on Princess Street, Drysdale. We could only achieve this with concerned residents reporting the matter to us.

We will be setting up a register of issues that matter most to the community and officers will be tasked to address these concerns and report back to residents on their progress.

Next month I will have more information and an update as to how it is working.

In the meantime please continue to contact us at Portarlington with any issues or concerns, but remember if you need police now - ring **000**.

If you are involved in a community group that may benefit from a talk, information session or just a get to know you session with your local police, please don't hesitate to contact me and I will see what we can achieve.

Have a great month.

Regards **Jane Arnold**

Sergeant - Portarlington Police Station  
8335 6900

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**"Use the force Luke..."**

Well, it worked on the movie but not so well for us as the "Star Wars". We did succeed in flying a couple of missions but it was a very low key event. Maybe "Star Wars" isn't the wildly popular cult phenomenon I thought it was. But I must say that we certainly had a technical success.

This was the first time I had been able to properly test the "X Wing" in its' completed form, fully assembled and with a ten year old at the controls. There wasn't room for anything like this at home. All the systems performed very well and I had no real problems with them. I had been a bit nervous about the rat trap rocket launcher and a few other things breaking down at the crucial moment. But it all worked smoothly.

The set-up, however was plagued with difficulties. Then on Friday it poured rain all afternoon. But it was fine "on the day" and my local G.P. (whom I have always thought should have been a Hollywood space captain) came in and helped run a mission. Thanks Doc!

And we "made" the Geelong Advertiser!  
**John.**




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# MOTHER'S & BABIES

Bellarine North  
**Rotary**



It's never too early to start reading to babies and children.

Mothers and babies, along with their partners and siblings form a major part of our society growth. So, for Bellarine North Rotary Club it was no brainer to be encouraging parents to read to their children. Hence the Program called "Books for Newborns".

For the last two years our club has supplied our local Child and Maternal Health Centre with hard cover books. "Diary of a Wombat" and "Where is the Green Sheep" have been received very well in our local community. The feedback has been amazing and we trust this develops a habit in families to prioritise reading to their children. It's never too early to start.

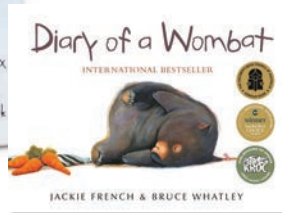
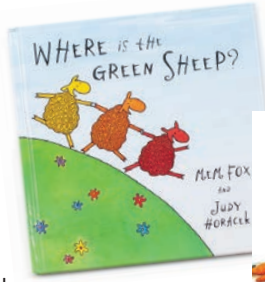
This is what we do for our local community but Rotary International plays a bigger part in the support of mothers and babies. Internationally we provide education, immunizations, birth kits, and mobile health clinics. Women are taught how to prevent mother-to-infant HIV transmission, how to breast-feed, and how to protect themselves and their children from disease.

This is the power of a worldwide membership of around 1.2 million members. We might think we are not making much of a difference but united all our small efforts bring about big results.

Explore Rotary International, <https://www.rotary.org/en/about-rotary> it might be for you to get involved and make that difference.

We are always here for a chat.

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



# SpringDale Trivia 58th Edition

by Drysdale Girl Guides

1. In Greek Mythology, who is the Queen of the Underworld and wife of Hades?
2. In which ocean is the Bermuda Triangle located?
3. Which fictional city is the home of Batman?
4. Where is the Oval Office located in the White House?
5. Who wrote the classic horror book It?
6. The fear referred to as arachnophobia indicates a fear of what?
7. Which company owns Bugatti, Lamborghini, Audi, Porsche, and Ducati?
8. Which kind of flower bulbs were once exchanged as a form of currency?
9. Name the Spanish artist, sculptor, and draughtsman famous for co-founding the Cubist movement.
10. How many hearts does an octopus have?

Turn to page 22 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



## SpringDale Jigsaw Library

SpringDale has approximately 5000 jigsaws to borrow. You might like to have the challenge of completing a jigsaw or two over winter – they are 40c to hire (you also need to be a member of SpringDale). This is a WASJIG I have on the go – I love the extra challenge that WASJIGs give. SpringDale also sells boards for making your Jigsaws on. I love my board.

Regards, Anne Brackley



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Wow, June already, how time flies only seems like yesterday we were celebrating Christmas. With the June school holidays to start on the 24th June last day of term 2, 2022 is definitely slipping by very fast.

The children in our group range from newborn babies (our youngest member being just a few months of age) to young people looking to pursue their education at either University or TAFE. Statistics have in the past shown, that those young people in kinship care do not pursue further education in any shape or form.

With the 96 children/young people in our group, a majority of those children being in primary school, a large number of our young people aged from 15years to over 18years of age have set their goals for their future.

Most of our young people wish to pursue a TAFE course to fulfil their goal to be granted an apprenticeship in their chosen field. We have so many future motor mechanics, electricians, and builders in our group.

We also have young people who wish to attend University to achieve their goal in the following fields - medicine, education, scientists, lawyers and social workers.

But on the other hand our young people, are aware of the costs involved in both TAFE and University fees. That is where I come in, I

assist our young people to pursue their dream job in whatever field they select.

I have sourced all sorts of benefits that are offered to young people in kinship care to assist them in their chosen field to attend TAFE or University. These scholarships are offered by the TAFE and Universities to assist young people living in out of home care.

Most of the Carers in our group, with young people in their care were not aware how they as a family were going to afford the costs involved for the young person in their care.

I would like to thank all the wonderful people for their donations to our group.

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

We meet 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.

**Jeannette Hanley Heath** 0414 308 257

## TOWN



We invite you to come along for a 'free morning' any Monday to see if the group is right for you.

The TOWN Clubs of Victoria have recently finished its weight loss year. We at The Springs have done really well even though COVID interfered for a part of 2021. Some of us did gain in the lockdowns but thankfully all of us have shed that weight and look forward to shedding more in the coming months.

Annually we celebrate with those members who have taken off the most weight for the year and we celebrate with a night out with the other TOWN Clubs in Victoria. Hopefully we will have some photos to share in our next article. TOWN (Take Off Weight Naturally) Clubs have been active in Victoria since 1968.

The Springs group has been helping people of all ages for the past 20 years in Drysdale. Members are encouraged to slowly and successfully shed their unwanted kilos.

We meet Mondays 9am-10.30am at Drysdale Hub, Eversley Street, Drysdale

Contact: **Jan Bell**

bellsbythebeach@bigpond.com  
or 0403 221 737

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Pre-election, Prime Minister Scott Morrison made his now infamous and controversial 'blessed to have non-disabled children' statement.

I am disabled yet I think I understand why he said it.

Despite his education and exalted position, I believe that Scott is just as much a victim of our deplorable ableist culture as are many of us. We have been conditioned to see psychosocial and physical disabilities as a blight, a burden, a problem-but not to recognise the barriers we build to make them so.

Before Limb Girdle Muscular Dystrophy progressively forced many physical limitations on my life, I was not aware of having any association with a person with disability. Of course, that was untrue. We now know that there are plenty of ability types and spectrums, many of them, and the associated struggles are invisible.

For Scott and many of the rest of us to fully understand that disability need not be burdensome and problematic, but a positive diverse contributor to Australia, we need education and change in three core areas that also overlap and inform another.



## ATTITUDES

We all thrive when we have secure housing, food, and feel valued for who we are. We all need to have ownership of our lives and the option to participate and contribute. None of us enjoy being pitied and condescended to, nor do we enjoy being simultaneously ostracised from work and social settings, while being lauded for simply living.

### Australians need to:

- End media language associated with disability discussions such as afflicted, wheelchair bound, tragic and unfortunate.
- Represent disability in advertising, movies, books and government.
- Have more story sharing and education.

## SYSTEM

### Australian workplaces need to:

- Innovate to employ diversely.
- Stop hiring based on 'this is how we've always done it', we are missing out on so much talent.

- Use the Social Model of disability, that is to see disability as being created by a discriminatory society and therefore a whole of society issue, to look at what the person can offer and remunerate fairly.
- To see people with disability in leadership positions in industry and government.

### Education institutions need to:

- Assist children with disability as required individually.
- Educate their peers and teachers to enable human diversity acceptance from an early age.

## STRUCTURES/ENVIRONMENT

### Governments need to:

- Adopt universal design standards in town planning, public and private building, quantity and quality of accessible parking, mandated accessible access in all schools and early learning centres.
- Provide genuine appropriate individual support through an improved NDIS.

Australia has a large, intelligent, and diverse cohort of people with disability who need to be listened to and valued.

Disability is a societal responsibility. When we realise that, maybe a future leader will be more likely to reply that they are blessed to be governing a country where all children have a genuine, equal opportunity to thrive.

Leanne

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## Women Living Well – On the Bellarine

Two questions were posed at our last Women Living Well Workshop, “What is homelessness?” and “What is a home?”

They’re not easy to define.

The answer may be different for many of us.

In answer to the first question, the stereotype of someone with their few possessions in a shopping trolley sleeping rough on a park bench or under a bridge came to mind.

The second question was difficult. Is it a place where we belong; a safe place; a place we own?

The answer to both of these questions is far more complex than most of us realise.

Not having a place to call my own would perhaps define homeless for some, but we heard of one woman who lived in her car and because this was “her place” she didn’t consider herself homeless. I’ve heard of women who are couch-surfing with obliging friends who also don’t consider themselves homeless. Yet are these acceptable circumstances for older women to be living in? Would you consider someone else’s couch in someone else’s living room your home?

Respect and Dignity. A society should treat everyone with respect and give opportunity for all to maintain their dignity and surely that would start with providing an acceptable, affordable, long-term “home” even for those who can’t manage that for themselves. It’s something most of us take for granted every day.

If you would like to share your story, or perhaps you have found some solutions-please talk to us.

**Dianne Bennett** 0402 146 604 or [diannebennett4@hotmail.com](mailto:diannebennett4@hotmail.com)  
or call in and chat with

**Anne Brackley** at the SpringDale office 5253 1960

## CLIFTON SPRINGS COMMUNITY MEN’S SHED INC.

The Clifton Springs Community Men’s Shed tends to cater mainly for older retired gents, although we do welcome younger men who work shift work as members, from time to time.

Our shed is a not for profit, with all funds raised going back into support the Shed or the community.

We provide both a metal work shed and woodwork shed activities, where members make or repair a wide range of items. Items made in the sheds are sold at regular summer markets to help our funding.

Last year we extended our lunch meeting room to meet the needs of our growing membership. Some members do not get involved in the workshops but enjoy the comradeship while attending the Shed for a cuppa and chat. The Shed is open two days a week, Monday and Wednesday 10am-2pm and is located at 45 Central Road Clifton Springs.

Our organisation provides worthwhile services by assisting the local community as well as benefiting Men’s Health in general.

Our Shed raised money for Riding for the Disabled over the last few months and recently presented the \$1,200 cheque to assist. This is the third time we have supported Riding for the Disabled and this is one of many local charities that we have supported.

**John Murphy** - Treasurer - Clifton Springs Community Men’s Shed



*Members of the Clifton Springs Community Men’s Shed and Riding for the Disabled receiving a \$1,200 cheque.*

# embrace the space

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# WINTER WARMERS

## Fennel & Tomato Soup

450ml vegetable stock  
1 tablespoon extra-virgin olive oil  
4 cups passata or 2 cans x 425g tomatoes  
1 cup of diced onion or leek  
1 tsp fennel seed, ground  
4 garlic cloves, chopped finely  
2 carrots, diced  
2 medium-sized fresh fennel, sliced  
½ cup white wine or water  
salt and pepper as required

- Make the stock & keep it warm over low heat.
  - Heat the olive oil in a soup pot and add the onions and the ground fennel seed.
  - Sauté over medium heat until the onions are soft, then add the garlic, carrots, and sliced fennel.
  - Cover the pan and cook the vegetables until tender, about 5 min.
  - Remove the lid, add the wine, and cook for 1 or 2 minutes, stirring.
  - Add the passata or tomatoes, stock and check for salt.
  - Blend at this stage (if required).
  - Cover and cook over low heat for 30 minutes.
  - Season to taste with salt and pepper.
  - Prepare stale bread in a bowl and pour this soup over it or add cooked noodles or small shaped pasta to make this more substantial (instead of bread).
  - Use this as a base for a wholesome vegetable soup just add the old favourites eg celery, parsnip etc sliced or diced and a can of beans or lentils.
  - To make a rich soup - add barley
- To make it go further - add potatoes - may need to cook a little longer



## Baked Potato Soup

Serves 6 or about 8 cups  
Preheat oven to 180C

4-5 baking potatoes (about 1kg)  
½ cup extra virgin olive oil  
¾ cup chopped spring onions  
6 bacon slices, cut into small bits  
¾ cup plain flour  
6 cups milk  
1 cup tasty grated cheese  
Salt & black pepper  
1 cup sour cream  
½ cup of grated cheese (Parmesan)

- Cut potatoes into small pieces, roll them in olive oil and place in a baking dish.
  - Bake for about half an hour.
  - Add the onions and bacon to the potatoes and continue to bake for about another half an hour or until the potatoes are tender.
  - Coarsely mash the potatoes; leave the bacon/onion bits to the side to sprinkle on top.
  - Prepare a pot with the flour.
  - Gradually add milk, stirring with a whisk until blended.
  - Cook over medium heat, stirring, until thick and bubbly (about 8-10 minutes).
  - Add the mashed potatoes, tasty cheese, salt & pepper.
  - Stir until cheese melts. Remove from heat.
  - Stir in the sour cream.
  - Allow to simmer on low heat for about 10 minutes or until it's thoroughly heated.
  - Sprinkle each serving with extra cheese, onions and bacon bits.
- Serve hot! Enjoy!!

Agata

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## Did you know?

Australian females spend between \$500 and \$5000 a year on clothes. We only wear roughly 33% of our clothes. Around 20% of clothes stay in the wardrobe with the tags on until they finally get given away. Approximately 6000kg of clothes get thrown away every 10 minutes in Australia.

If we are honest, we all fall for buying it because it's a bargain or on sale. How can we get around this and change our mindset?

Simply do not make impulse buys. If you see something try it on, put it back and if you find yourself thinking about it after the shopping trip then yes look at buying it. How many of us have fallen in love with an item but felt it's just too expensive? Yes, all of us. If you are buying less, you can buy better quality.

### Tip to start sorting your wardrobe.

A very simple task – During the next week turn every hanger the opposite way on the rail. Whilst doing this look at each item and if it's too big or too small but you don't want to part with it then remove it from the wardrobe and pop it into storage. If you look at it and think that you will never wear it - pop it in a pile to give away.

When you wear an item and return it to the wardrobe, hang the hanger the correct way around and in 12 months' time, take out everything that is on a hanger the other way around that hasn't been worn – pop it in storage. If in the next 12 months, you haven't fetched it out of storage it goes.... Then repeat this every 12 months.

This information and many more tools were covered in the first class I presented at SpringDale – The Capsule Wardrobe.

If you are interested in this sort of information, you might be interested in the other classes I am scheduled to present. Time Management Wednesday 1 June 1.30-2.30pm, Live Your Best Life Wednesday 22 June 1.30-2.30pm each class is \$20 or \$15 concession.

Jo Atten

WOH Coaching



## A holiday for your busy mind

In your mind's eye-take yourself away on holiday now. Maybe one you have been on before, that you have done regularly, or perhaps one that you've always wanted to go on.

Imagine it all-how it looks, feels, sounds, how the sunlight falls on your skin, and your feet feel on the ground-almost as though you are there now.

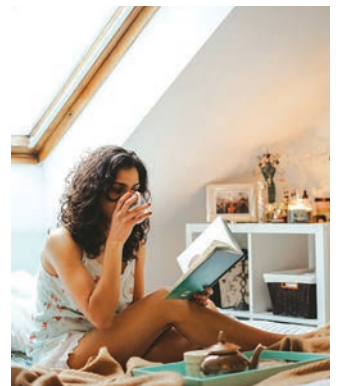
You see, when you go on holiday, you leave some things behind (obligations, chores, to-do's), and you change your way of thinking (seeking fun, relaxation, beauty, calm, joy). The life you leave behind manages in your absence, and you get your fill of change. You return restored and rejuvenated.

We tend to go on holiday when we need a break; work feels too much, chores are never-ending, or the people around are demanding your time and attention. The mental load gets heavy, and we need to get away. But wait... that sounds like every day!!!

You can learn to take a conscious break far more regularly and without booking the flight to Tahiti (although Tahiti sounds nice). Making time for you regularly should not be a luxury, but a necessity. A break can engage the parasympathetic nervous system, offering calm, relaxation, repair and increase energy. Stepping away can give fresh perspective, seeing the situation from the outside looking in and opening the mind to consider change. Consider taking an effective "mind holiday" as often as you can!

The reason we tend not to take the break and do something for ourselves, is often due to feeling guilty, being unable to say "no", or from having poor boundaries in our lives. These limiting thoughts needn't stay that way; practice time with yourself as a new habit and the benefits will fast change them.

- Block out the time: try 30 minutes every day to go for a walk, book in lunch for yourself at your favourite café every fortnight, have a regular massage - once a month.
- Make it a ritual, and non-negotiable: every lunch get away from the team and get some fresh air without distraction (don't call your mum- just be free)
- Book in a date with yourself: it doesn't have to be fancy, a morning on the beach reading your book or booking a ticket to see an art exhibition would be lovely date items.
- Do nothing: clear your mind and clear the expectation for your time to be filled with anything more than "nothing". There is quite a beautiful art to doing nothing-give it a go!
- Enjoy the immediate feelings and the flow on effects of a clearer and refreshed mind.



There are many ways to reframe the guilt you will inevitably have to face. Taking a conscious break makes you better equipped to be present for the ones that need you. Being mindful of your needs makes you a powerful role model to those around you. Define your self-care rules and boundaries; having these set can take away the guilt because it "just is that way", and the emotion can be taken out of choosing you first.

Taking a meaningful and fulfilling break is one of the best forms of self-care. Just do it for you (at least while you save for that trip to Tahiti!!!).

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**Image of the Comp:** 'Wine' By Stan Coath

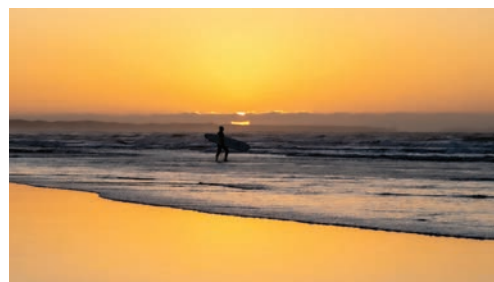


Last month was our 'Open' Competition. Our judge for the evening was David Rendle from the Geelong Camera Club. David's genre being Landscape and Black & White, he gave a very interesting talk on B&W processing, Film versus Digital.

**Prints - A Grade:** 1st Wine - Stan Coath  
2nd Painted - Lynne Pearce  
3rd Pulse - Kevin Robly  
Merit: A Mystery Door - Alex Valkenburg  
**B Grade:** 1st Killer at Rest - Geoff Evans

**Electronic Digital Images**

**A Grade:**  
1st Approaching Storm - Lynne Pearce  
2nd In My Hand - Helen Broeks  
3rd Luring It In - Wendy Thiedeman  
Merit: Morning Glow - Lynne Pearce  
**B Grade:** 1st Circular Flower - Geoff Evans  
2nd Two Old Mates - Geoff Evans



Bellarine Camera Club meet at SpringDale Neighborhood Centre, Drysdale at 7.30pm on the 1st and 3rd Monday of each month. For further details see our website [www.bellarinecameraclub.org.au](http://www.bellarinecameraclub.org.au)



# ROAST CARVERY

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# St Leonards Garden Club

At our recent Annual General Meeting, the Committee was returned for another year with the exception of our Secretary, Lois Richards, who has stepped down and Carla Ramseyer will take her place. Lois is still on our committee. President is Kaye Kelly, Treasurer is Jennifer Mee. I'm still Liaison officer. Thank you Lois for all your great work over the past years.

We would like to welcome our new member Josie. We hope you enjoyed our meeting and we look forward to seeing you at future meetings. As of April's meeting, membership is still \$10 but entry is now \$4.00

A very big thank you to Sharren Jeff's for being our guest speaker with her presentation on some hot stuff, namely chillies. Sharren and her husband produce chilli products from their home in Clifton Springs and sell their produce from the local markets.

Lorraine Phelan is to be our next guest presenter. I'm sure her presentation will be very interesting. We look forward to her presentation.

We have a trading table at our meetings where members are able to bring along excess plants or fruit and vegetables and donate them for other members to purchase, usually for a gold coin per purchase. We have decided to have a seed exchange were members might like to exchange some of their seeds from their fruit vegetables and florals. If you have an excess or an abundance of seeds you might like to exchange something from other members at no cost, please bring them along. Tomatoes, zucchini, cantaloupe, maybe something unusual. Please label them and include the date of the seeds.

Members bring along displays of fruit and veg and floral arrangements for our display table. We then vote as to our preference and a certificate is given for 1st, 2nd and 3rd. It's great to see what other members are growing and provides an interest for everyone. We

encourage your participation. Members bring a plate for afternoon tea to help cut down costs to the club.

Recently some members went to the International Flower and Garden Show, by train as an outing for the club. A lovely outing in the sunshine, although some say the show wasn't as big as previous years. I guess that is due to the COVID epidemic of the last 2 years.

An open garden week end is being planned but as yet details are to be finalised. A Show and Tell is also being organised for the different clubs using the Memorial Hall. Garden Club, Mens Shed, Progress Association, Craft and Produce Maker, Line Dancing and The Soul-Full Mind.

Details of these events will be published when finalised.

Our meetings are held on the 2nd Wednesday of each month at 1.00 pm for a 1.15pm start. Meetings are held at the Memorial Hall 1342 Murrodoc Rd St Leonards. We welcome new members and encourage you to bring a friend. We are a friendly bunch.

Until next month, stay well, enjoy your garden.

**Wilma McLaren**



Just found a beautifully formed capsicum growing – I love the garden.

I've picked the last of the cherry tomatoes, although they started to ripen later than expected, they then went on to produce for so many months. Putting Bokashi treated food scraps back into the soil ready for the winter season has been great fun. I love making sure that the garden beds are as ready as they can be for the next crop of veges.

A number of pea plants have grown successfully in channel and I have just moved them into a garden bed to continue to grow. It will be interesting to see which plants produce more-those grown in the garden bed or those grown in channel and transferred to the garden bed. Yes, another science experiment. I love science.

This month I understand it is time to sow your garlic and onions-I loved the garlic and onions I grew last year and hoping to have a win again this year.

Hope you are having fun in the garden

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# Clifton Springs Garden Club

How lucky are we to live in this part of Victoria? We have a wonderfully mild climate for our gardens, and I learnt recently from one of our guest speakers, Wayne Long, that the Bellarine is one of the best places in Victoria if you are interested in birds. Although, Wayne might be a bit biased because he has lived a lot of his life in this area.

Wayne spoke to our club recently on helping to attract birds into our gardens. This is what I gained from his talk. You need to provide 3 important things-water, a food source and habitat. **Water** is most important, if you put water out for the birds, make sure the water and the container are kept clean and filled up; you can also hang empty plastic bottles in trees with water and a little honey in them-the nectar eating birds love these. **Food**, birds like seed, insects or nectar. If you can supply any or all of these you will attract a variety of birds. This can be done by planting seeding grasses, plants/shrubs that flower, especially red flowers (birds see these best) and put aside an area to attract insects, eg old fruit. Commercial seed is OK as well, as long as you don't put it out too often. **Habitat**, birds like a variety of habitat as well, by putting a variety of trees/bushes that are different in height, density and flowering habits, in your garden, birds might be attracted to nest in the backyard.

My garden is surrounded by a variety of trees and shrubs, all shapes and sizes. I have tried to plant a mixture of flowers/shrubs that flower at different times and I have several water baths and a bird feeder. I am very lucky as I have a wide variety of birds constantly coming in and out of my garden.

Steve from Blue Gum Horticulture is our speaker for June, and in July we have a social dinner. If you would like further information, contact our Secretary Helen, on telephone 5257 2220 or email hma3152@gmail.com

Birds I see in my garden




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## Armchair Birding Sunday June 19th 2-3pm

Are you interested in birds? Perhaps you curious about the birdlife that shares your environment on the Bellarine Peninsula? Would you like to explore the numerous bush lands, parklands, marshes, wetlands, ocean and bay beaches of the Bellarine without getting wet, hot, muddy, tired or bitten?

We would like to invite you to an

'Armchair Birding' experience on Sunday June 19th at SpringDale.

During the afternoon Carole O'Neill and Martin Griffith members of Bellarine Peninsula Birdlife Group will present an hour of birding and all you have to do is sit, relax and enjoy a journey into the life of birding.

Carole will stay in the Bellarine exploring the wonderful local birds that can be seen and heard around us throughout the year. Through photographs and discussion you can learn of the variety of environments that the various species enjoy and where to spot them. You may be surprised to know that we have bird tourists that visit us every year flying from as far afield as Alaska, Russia, Japan and the Arctic. Some visitors live in other parts of Victoria and join us for a few months, usually chasing food that is why you see the charming Welcome Swallows at certain times of the year not however all year round.

Martin will take you further afield into the exotic rainforests of Costa Rica. The surprising birdlife in this small central American country is amazing as avid birdwatchers have noted an incredible 903 species. Not only are there resident birds but the country is a resting place for migrants. Martin will show you birds of the most amazing vivid colours, astonishing abilities and of all shapes and sizes.

We invite all to a comfortable, relaxing afternoon of Armchair Birding.

Carole O'Neill



Autism Friendly  
COMMUNITY

## Autism @ SpringDale

Because I am the mother of a person on the Autism Spectrum, I have learnt firsthand about Autism. Because I am interested in learning about Autism, I have attended sessions all over Australia to learn and gain understanding about Autism. Stirling and I even went to the Asia Pacific Autism Conference in Singapore a few years ago.

One of the autism support groups that keeps popping up in my life is: I CAN Network is Australia's largest Autistic-led organisation. Over the years I have met a number of members of the I CAN Network at a Neighbourhood House Victoria dinner, at an order of Australia event and imagine my surprise when SpringDale was asked to print and laminate some I CAN Network certificates recently. Hoping we can build a relationship with this organisation.

When Stirling was going to school, I would get regular phone calls from people who might think Stirling was deviating from his usual path. Often he would be taking shopping trolleys back (He still rounds up shopping trolleys when they are left in unusual places.) A number of years ago, I had a hope that Drysdale could become an Autism Friendly town. Perhaps this is still worth pursuing.

Anne Brackley OAM

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## The Anzac spirit, what is it, and what does it mean to many Australians?

*A speech given by Alex Danischewski AM, Wing Commander (Ret'd), at the Drysdale Sub-Branch of the RSL, ANZAC Day, 2022.*

Mr Geoff Zanker, President of Drysdale RSL sub-branch, distinguished guests, returned servicemen and women, ladies and gentlemen, girls and boys.

On behalf of my wife and myself, we would like to express our appreciation for the kind invitation to participate in your Anzac Day ceremony. We are proud to play a part on such an occasion as it is like no other day of the year as many Australians will gather for one common purpose, to pay respect for those men and women who fought and died in wars to protect our homeland.

ANZAC Day is a special day for all Australians as it allows us to pause for a moment and reflect on all the good things we enjoy as a nation. A deeply personal reflection about Anzac Day is the special significance it has for past and current serving members, of which I was one, for migrants to Australia and their children, of which I was also one, and for those younger Australians that luckily have not been involved in armed conflict.

For each of these reflections I want to share with you what I think are the special meanings of the Anzac spirit.

Most Australians agree that the ANZAC spirit was forged from Australian serviceman and women's courage, sacrifice, endurance and comradeship. Clearly, this spirit has continued throughout the many military campaigns that Australian servicemen and women have participated in during the end of the last and in the beginning of this century.

I firmly believe that those who are currently in the Australian Defence Force still proudly cherish this spirit and acknowledge that it will be a heritage against which they will be judged. Furthermore, I believe that servicemen and women understand that if they are called upon to serve, there is an expectation that they will serve with that uniquely Australian blend of professionalism, courage, cunning and humour.

On ANZAC Day, we all acknowledge the sacrifice made by those who we honour today, and particularly we show our appreciation for how their actions have defended Australia's way of life. These efforts have produced significant and long-lasting dividends for all Australians, in that our homeland was



protected and that we also contributed to the defeat of powerful, harsh and oppressive foreign forces overseas and on our borders.

These personal sacrifices allowed Australians to be free and to live in peace in a safe country, and also provided a lifeline for those refugees affected by the ravages of war in overseas countries by giving them a chance to start a new life. During WW2, there were hundreds of thousands of refugees fleeing for their lives in the path of cruel dictators and fascist leaders.

At the end of WW2 my parents were living in Europe. My mother as a young German lady had previously fled the Russian troops that were advancing through Germany and my father, a young Polish man, had survived being a slave labourer for the Nazi regime.

Like many young people, my parents fell in love and got married. However, with the war recently ended, they were classified as displaced persons in Europe, and to put it simply, they had no safe place to call home.

**Harry Paterson** - Secretary - Drysdale RSL

*On April 25th, Drysdale came to a standstill for a minute of silence, at 11am, to commemorate the thousands of soldiers who bravely served Australia during World War I and World War II and subsequent theatres of war. During this year's celebrations the community was graced with seeing the Roulettes' PC-21 Aircraft fly over the cenotaph during the wreath laying ceremony. Overall, the Drysdale RSL was thrilled to see so many members of the community gather for such a momentous occasion.*



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The SpringDale Messenger June 2022

# Memories of Yesteryear

## THE BUTCHER FAMILY

Another Anzac Day has passed and as the last line of the Ode says - "We will remember them".

We remember those who fought in the first World War 1914-1918, the Second World War 1939-1945, and in Vietnam.

My grandparent's era were 19-20 year olds when they decided to enlist and my father was one of the men of a similar age who enlisted in 1940.

Those of us who were born at the end of WW2 went off to school not knowing what our parents and grandparents had endured so that we could enjoy the freedoms we have today. As a third generation student at Drysdale Primary, life for us was all about the three R's, Sport and the fruit trees and vegetable garden which we tended on Friday afternoons prior to going home for the weekend. Some students travelled to school on horseback or in horse drawn vehicles that were held in the paddock that has since become the tennis courts.

Little did we know during those innocent years that as in the case of our fathers and grandfathers we too were subjected to war as 19-20 years old, this time in the form of a Ballot. In 1964 the then Menzies Government introduced the "Birthday Ballot" or conscription for 18-20 year olds under the National Service Scheme. We were required to register for a bi-annual ballot and if your birth date was drawn out you were to commit to two years continuous service in the regular Army and as part of that were liable for overseas duty including combat service in Vietnam. Those who had their number drawn were advised by letter if they were required, but some of us who were completing apprenticeships were granted temporary deferments after the ballots were drawn. Men for whom no exemption applied were required to be as fit as those in the regular army.

The movie 'The Deer Hunter' with Robert Di Nero and Christopher Walken portrayed those who went and fought in Vietnam, while those that had no luck in the lottery stayed at home and continued on with their lives. This movie certainly highlighted our situation as one of those who continued going off to work, footy and sport on Saturdays and off to the dance on Saturday night. We were blindsided to what war was all about until our former school mates returned home from duty.



Laurie (Joe) Butcher at 19 with horse

Laurie (Joe) Butcher aged 20

4 of the class of 1954 were conscripted in 1965

Peter Hill



We will remember them and also Geoff Wisbey from Drysdale and Peter Hill from Batesford who met for the first time at Werribee, where they enlisted and fought in Darwin in 1942. They remained life-long friends and were the last of the "Darwin Defenders", in the 112th Light Anti-Aircraft Regiment. Geoff passing last year and Peter in April this year, both aged 97.

Russell



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## The Social Side of Ocean Grove Community Bingo

Bingo is one of the world's best-loved pastimes, providing millions of people with entertainment and a good laugh, as well as the chance to win a prize. Bingo players are a lot younger than you might think; this isn't your grandmother's game anymore!

Dianne Sapwell said the club is excited for the post Covid season ahead and is encouraging people to come along each Wednesday afternoon. "We're encouraging fresh players to come along, get on the bingo cards and position the marker chips. Inexperienced players or players that are unsure are welcome to come along and have a go," she said. "Not only are we encouraging players, but we are encouraging people to jump into having a go at being a "guest" Bingo Caller."

"Bingo requires concentration and luck, which collectively make a delightful experience," says Lyn Nurnaitis, who volunteers and aids Dianne. "Bingo is a natural social game for busy mums, working and retired people, men, and women. It offers many mental health benefits as well, encouraging socialisation, alleviating stress, and keeping the mind sharp and active. Unlike most games, Bingo isn't challenging; one can play inside their comfort zone."

Just now, the caller, Dianne, is calling, "Fifty and six, 56; three and two, 32; twenty and six, 26, on its own, number six ...". There is something entrancing about listening to the numbers. She certainly does not use the

ancient bingo lingo here like "legs eleven, fat ladies or little ducks", its straight numbers, loud and clear. It's just the way the group likes it, making it easier for all and to avoid confusion. "Bingo" shouts Velda yet again, winning a small packet of her favourite chocolates to put with her earlier win, a packet of potato chips.

"When someone wins, it goes a bit wild", says Lyn, its "as if they've won Tatts Lotto". "I just love how excitingly rowdy it gets," says Irene, who is here with her long-time friends and has just won a packet of lollies. Irene also enjoys Indoor Bowls playing in partnership with husband Jim, who is also great on the BBQ when the club has special luncheon days.

"So, its eyes down and get ready to play," says Dorothy. "Come join the party at the Ocean Grove Citizens Club every Wednesday at 1.30pm - It's fun, It's easy to play and best of all it is FREE to all club members with the craziest giveaway prizes!"

The annual fee is \$20 and gives members access to unlimited cuppas and other activities run at The Citizen Club.

The Citizen Club on, 101 The Terrace, Ocean Grove and supplies all the necessary equipment, prizes needed to get your Bingo fix for the day, and as usual tea and coffee are available.

Contact **Dianne** on 5255 2996 for further details.



L to R Dorothy Winstanley, Norma Hunt, Valerie Ryan, Dianne Sapwell (Caller & Club Secretary), Lyn Nurnaitis (Committee), Eileen Ilic, Velda Willis, Irene Coutts, and Ellen Collishaw.



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## Springdale Nordic Pole Walking Group

Are you wanting to get fit after Covid Lockdowns?

This is could be your answer.

We meet every Monday for Nordic Pole Walking. We walk between 9 to 10 am along various trails around the Bellarine.

Come and join our friendly walking group. We walk for a variety of reasons and abilities. All are welcome and all ages.

I began when I was waiting for a hip replacement. The more you can keep walking the better for your health.

We walk for 30 minutes and then return. This seemed a long way prior to the op but since the op I walk much better with the assistance of the poles providing me with balance and stability and proper posture, especially in the upper and lower back muscles.

At one stage I was walking approx. 6 kms there and back. I'm heading for a knee op now but when I walk with the poles I can go much further.

It is a great group to break free of isolation. We all do it for fun and the coffee at the end.

We provide poles and tuition for 5 walks and schedules. We have been Nordic Pole walking for 14 years from the Springdale Neighbourhood Centre.

If you are interested contact me. Details below or Springdale Neighbourhood Centre, 17-21 High St, Drysdale VIC 3222, phone 5253 1960.

**Brenda Hunter** - 0423 528 891

L to R - Howard, Lizzie, Eddie & new member Yvonne



## Trivia Answers

- |                   |                  |
|-------------------|------------------|
| 1. Persephone     | 6. Spiders       |
| 2. Atlantic Ocean | 7. Volkswagen    |
| 3. Gotham         | 8. Tulips        |
| 4. The West Wing  | 9. Pablo Picasso |
| 5. Stephen King   | 10. Three        |



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# Drysdale Senior Women's Football Team

## HAWKS CONTINUE TO GROW THE GAME

With season 2022 well underway, the Drysdale Women's Football team continues to introduce Australia's favourite game to a whole new generation of players. After two years of significant interruptions due to the Covid-19 pandemic and resulting lockdowns and restrictions, player numbers around the country have dropped dramatically. Drysdale, like many regional football clubs, saw a number of established players hang up the boots for a variety of reasons.

Senior Women's coach Stuart Craven was initially concerned, that after five successful seasons, Drysdale may not be able to field a team. "Yes there were certainly some nervous moments when training started back up in January. Covid had certainly taken its toll and for a while there the numbers just didn't add up" he said.

But the club got to work and after letter drops, clinics, 'Come and Try Days' and 'Meet the Coach Nights', a new crop of players have pulled on the boots, ready to test themselves on a whole new level.

In a big round one victory over St Albans, the Hawks fielded a team with ten players making their senior debut for the club. "The side has come together really well and it's just fantastic to see so many new players start their football journey. We have a really young exciting group now, they have brought amazing energy and

excitement to the team and we couldn't be happier."

It was a similar story in the Under 15 team with five members of their round one team never having played football before. "It's so important for young people to play team sport," says under 15 coach Glenn Smethurst. "Obviously there are all the physical benefits, but there are so many other benefits as well. A lot of kids felt really isolated during the lockdowns, it affected them socially, mentally and emotionally."

However, the reintroduction of community sport has allowed for the difficulties associated with the past two years to be thought of as a distant memory. "Footy's such a big game, there's a lot going on and a lot of people involved-It's just great for the girls to be a part of it again."

Despite the many obvious disruptions of the past two years, 2022 appears to be a fresh start for the female side of the Drysdale Football Club. Not even a pandemic has been able to drown out the community spirit and welcoming nature that the Hawks are renowned for.

**Erin Dodd**



## Footpaths for Health

Over the last few months we have been trying to bring people, who are interested in better footpaths on the Bellarine together. There are now almost 15 people interested in this project - from Leopold out to St Leonards and every township in between. We are about to have our first meeting and will have information to share next month. If you are interested in being part of this project please let me know ring SpringDale on 5253 1960 or email [office@springdale.org.au](mailto:office@springdale.org.au) and register your interest.

People have been talking about this issue for more than 30 years, but there have always been more pressing issues. Many of those pressing issues have been addressed and perhaps now its time to make walking on the Bellarine safe.

**Anne Brackley OAM**

 **St Leonards**  
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