

Living with a HEALTHY BRAIN

Now that life is returning to something resembling normalcy, this is a timely reminder to widen our focus back to other areas of our health that may have been neglected over the last two years, especially brain health.

I am a local author, provisional psychologist, and medical researcher, with a passion for researching ways to maintain brain health during ageing. Given the global ageing population and associated increase in cases of dementia, it is more important than ever to implement strategies which may improve cognitive and brain health, thereby decreasing risk for dementia and related conditions.

Maintaining brain health is a multifactorial and lifelong endeavour. Returning to annual check-ups with your doctor and asking about ways to maintain your brain health is a good place to start. Equally as important, be open with your doctor and family if you notice a change in your memory or your health- the earlier symptoms are investigated, the more successful strategies to treat or slow further decline, will be.

Get involved in community initiatives and groups which promote mental stimulation, and which provide means to achieve good brain health.

There are lots of great opportunities including arts and craft groups, vegetable groups run by SpringDale, educational classes teaching new activities/ hobbies as well as exercise groups. For more information, refer to the social activities advertised within this issue of the SpringDale Messenger.

Good brain health starts with healthy development from a young age and the earlier healthy behaviours are developed, the more likely they are to be lifelong. For those interested, my colleague Dr Roy Hardman and I have written several useful books on this important topic. We have published two children's books titled 'My brain is my best friend' and 'My brain has made friends with my guts' which may be useful for teaching young children about their brain and health. We have also written 'Recipe for a healthy brain' is an easy-to-read guide for adults which summarises current research on maintaining brain health.

Wishing everyone good brain health for many years to come.

Dr Melissa Formica
BPsych (Hons), MProfPsych, PhD

JULY 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.

Friday	1	National Pet De-Sexing Month JULIYE (Get your Eyes tested this Month)
Saturday	2	Harvest Basket Produce Swap 9-10.30 am at SpringDale Free replacement anti-theft number plates screws at SpringDale Car Park 9-11am (weather permitting) Felting Group 10am-3pm at SpringDale
Monday	4	Kinship Carers <i>(not this month due to school holidays)</i>
Tuesday	5	Friendly cuppa and chat 10.30-11.30am at SpringDale
Tue-Fri	5-8	Sleeping Beauty - 10:30 & 1:30 - Potato Shed tickets \$10.50 H or \$35 for a family of 4
Wednesday	6	World Zoo Noses Day
Thursday	7	Jigsaw Group 10am-12noon at SpringDale
Sunday	10	Diabetes Week (ends Sat 16th)
Monday	11	World Population Day Dining Group - Portarlinton Golf Club - 6pm - 130 Hood Rd Portarlinton
Thursday	14	Bastille Day
Saturday	16	Women of Wit (cabaret style) - 8pm - Potato Shed
Sunday	17	Five Elements - Ballet - 2pm - Potato Shed World Day for International Justice
Monday	18	International Nelson Mandela Day
Wednesday	20	Lunch Bunch - The Bungalow High St Drysdale - 12pm
Thursday	28	World Hepatitis Day
Friday	29	Free child car restraint fitting or safety check 10am - 2pm Bookings Essential
Saturday	30	Let's be Frank & Bobby Darin (cabaret style) - 8pm - Potato Shed

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



SpringDale Messenger

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17-21 High Street, Drysdale Vic 3222.

COPY DEADLINE AUGUST 2022
Bookings/copy required by 1 July.
Dist: 29 July 2022
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, Portarlinton, 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



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

Greetings to my friends I have already met, and those I am still yet to meet.

Thank you to the members of the community who have come to the rescue in the last month. Fifty wonderful people took on the challenge to deliver the June edition of the Messenger, and our 2022/23 On the Bellarine Directory, to more than 14,000 homes across North Bellarine from Leopold through to St Leonards and everywhere in between.

Due to us having difficulties with the delivery of the Messenger over the last few months, I turned to the community and asked for help and help we received. In the form of wonderful volunteers, who stepped forward to deliver our documents to your home.

Some people were happy to help because they love the Messenger and want it to continue. Some people helped because they wanted to help our community through service. Some people needed a reason to walk. I'd like to call this "Fitness with Purpose". Some people are new to the community, and wanted a reason to walk their neighbourhood, and are happy to do it in the future too. Most of the people who volunteered seem to be happy to help again, and that warms my heart.

Special thanks to a local Chris Crook for creating our maps in a very short amount of time. The maps are the secret to us being organized. Once we had maps, our office team created the charts needed to keep track of the areas and the walkers. Thanks so much Carol and Wendy. We gave the impression of being organized and this gave our walkers confidence.

Super thanks to those who walked so many streets, lanes, roads, mews, ways, avenues and boulevards to place the Messenger and the Directories in letterboxes and paper holders. Some people came back and offered to do an extra area. Some people came back a number of times and did many areas.

Most areas have between 100 and 200 homes

and take between 1 and 2 hours to walk. I found that the areas that had footpaths made the job easier and quicker. I also enjoyed delivering to the houses that are quite a distance apart - they probably rarely receive treats in their letterboxes and I wanted them to know that they are important in our community.

Once again thank you to everyone who walked the last issue around, and thank you to those who are walking this issue around - you are helping to keep our community connected. I think this monthly task would be best achieved if we had 150 volunteers who would like to be part of this team. We currently have 127 areas and perhaps a few of them need to be divided a little further.

I believe a team of approximately 150 people would give us the opportunity to walk one section each and have some people who could fill gaps when people are on holiday or not well. So I have approximately 100 vacancies - please consider helping us if you possibly can. Maybe have a trial and see if you like placing the Messenger in letterboxes.

Some people have visited SpringDale to let us know they have finished walking their area, and their faces glow with joy, pleasure and satisfaction that they have completed a selfless task. I love it. Some say "Thanks for letting me help".

Thanks to those who have read the Messenger and have responded to some of the calls to action - this makes walking the Messenger even more important. In the last few weeks of June we were able to help many eligible people get the Power Saving Bonus from the State Government, and now there is another opportunity for people to apply again.

Thank you thank you thank you to our very special community.

Yours very sincerely

Anne Brackley OAM

Coordinator and Chief Enthusiasm Officer
SpringDale Neighbourhood Centre



The Business & Services On The Bellarine 2022/23 Directory has now been delivered across the Bellarine.

Need a copy, you can pick one up from the SpringDale office.

The Directory can also be found online.

<https://directory.onthebellarine.com.au>

If you are Business that would like to be in the online directory please contact the SpringDale office for more info.

Course News

New Writing Group

Calling for expressions of interest in starting a writing group. We have had 3 or 4 writing groups over the years and I am hearing people might be interested again. Please register your interest email office@springdale.org.au or ph 5253 1960.

NEW Classes with Jo Atten Time Management

Get more out of your life! Never enough hours in the day? A fun workshop to help you analyse where your time goes. Leave with a workbook and an action plan.

Dates/times: Wed 13 Jul 12.15-1.15pm

Fee: \$20 or Conc \$15

Stress Management

A relaxing workshop where we will explore what causes your stress and many simple ways that you can help control it.

Dates/times: Wed 10 Aug 12.15-1.15pm

Fee: \$20 or Conc \$15

Meditation made Easy

There are many types of mediation for many different circumstances. Meditation has been proven to have so many physical and mental health benefits. Find out for yourself join me.

Dates/times: Wed 7 Sep 12.15-1.15pm

Fee: \$20 or Conc \$15



Sci Fi - I'll be back next month. Regards John



The SpringDale Lunch Bunch are going to the Bungalow High St Drysdale on Wednesday 20th July meeting at 12pm. **BOOKINGS ARE ESSENTIAL**, so everyone gets a seat, please phone Margaret 0418 370 857.



SpringDale Dining group are going to the Portarlington Golf Club, Monday 11th July 6pm, 130 Hood Rd Portarlington. Please call SpringDale on 5253 1960 to reserve your spot.

QUOTE OF THE MONTH

There is no power for change greater than a community discovering what it cares about.

Margaret J. Wheatley

Anne Brackley - Quote curator

www.springdale.org.au



News from

**Lisa
Neville MP**

STATE MEMBER
FOR BELLARINE

Bellarine Secondary VCE Centre Opens

I often rightly say that the Bellarine is blessed to have so many great schools right across the peninsula, both public and private. As local Member I have always enjoyed working with every one of these schools in ensuring they are funded and equipped with the first-class facilities they require and deserve.

Just in recent months the Bellarine Secondary College completed its new V.C.E Centre and I take the opportunity to congratulate the school on their achievement. The VCE Centre was the result of years of planning and hard work by the entire school community, led by Principal Wayne Johannesen, working in partnership with the State Government which contributed just on \$9 million in funding.

The VCE Centre is a state of the art facility that includes dedicated seminar rooms, student lounge and administration space. Bellarine Secondary College is a fine school and I know that their new centre will ensure students completing their most important year of schooling will now do so in A grade facility.

Clifton Springs Primary Upgrade

Another great local school is Clifton Springs Primary led by Principal Meg Parker.

Like Bellarine Secondary College, after much planning and work the school has finally commenced construction on its \$15.6 million upgrade. The upgrade works will include new classrooms, specialist facilities and amenities. Clifton Springs was built in the 1980s and has served the community well. But with upgrade works now underway the school will be well prepared for the future. Congratulations to all connected with Clifton Springs Primary, a school - locals can be very proud of.

Recycled Water Pipe completed

In my role as both local member and Minister for Water, I was recently pleased to mark the completion of the \$2 million recycled water pipeline extension on the north Bellarine.

The extended pipeline means recycled water can now be supplied to more local agricultural and horticultural businesses between Church and Scotchman's roads. The increased use of recycled water will boost and secure agriculture production, especially in the face of climate change, in doing so create local jobs and importantly reduce reliance on drinking water.

I thank all those local businesses and organisations who have worked with Barwon Water in advocating for the pipeline and then working with the authority during its installation.

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 and Premier.
100th Birthday, from the Queen, Governor General, Prime Minister, Victorian Governor and Premier.
50th Wedding Anniversary from Governor General, Prime Minister, Victorian Governor and Premier.
60th Wedding Anniversary, from the Queen, Governor General, Prime Minister, Victorian Governor and Premier.
You can also receive messages for 65th and 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.



Safe Seats, Safe Kids Program

29th July in the carpark adjacent to Springdale Neighbourhood Centre
Time 10am to 3pm Bookings Required
<https://safeseatssafekids.com.au/venues-mec/>

ADVERTISEMENT

Lisa Neville MP

STATE MEMBER FOR BELLARINE

For help with State Government matters, please contact my office on **5250 1987**

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

☎ 5250 1987 ✉ lisa.neville@parliament.vic.gov.au

📘 [lisanevillemp](#) 🐦 [@LisanevilleMP](#)

🌐 lisanevillemp.com.au

Authorised by L Neville, Shop G066, Gateway Plaza, 641-659 Bellarine Hwy, Leopold, 3224

POTATO SHED

Winter has certainly hit! We had a fantastic June with full houses and sell out shows... How great it is to see people back enjoying live performance. July kicks off with the school holidays and Theatre 3222 for kids is back to present the classic tale of **Sleeping Beauty** two shows daily from Tuesday the 5th to Friday the 8th of July at 10:30 and 1:30 daily. Great family entertainments at a very affordable price.

Our Morning Showtime **The Seekers Songbook** has already sold out so keep an eye out for future morning show times I say are filling up very fast. We will certainly have another seekers tribute in the 2023 season. Halfway through the month we have a very special treat when **Women of Wit** brings a host of hilarious female comedians to Drysdale! Get ready for a stellar line-up of acts from Comedy Festival Gala's and stages across Australia. Featuring **Sonia Di Iorio, Grace Jarvis, Jude Perl, Stevie Stix, Alysha Jane, Linda Batson and Kirsty Webeck**. Sold out shows elsewhere around the state so now it's time for the Potato Shed to laugh out loud. One show only on Saturday the 16th of July at 8pm.

We also play host to the very talented troupe from Dancebourne Arts who will present **Five Elements**, a successful programme of original and new independent dance choreographies. Works will include **Earth** - inspired by the

magnitude of gravity. **Water** - connects ideas of emotion, defensiveness, and adaptability. **Fire** - counterpoints forms of passion and energy. **Air** - challenges ideas of willingness and **Void** - a work that experiments with concepts of power, spontaneity, and creativity. Dancebourne Arts is a company of professional artists and choreographers focused on promoting knowledge and art through classical and contemporary dance, based in Melbourne, Australia. Enjoy an afternoon of stimulating delight on Sunday the 17th of July at 2pm

Seeing out the month we have **Let's Be Frank & Bobby Darin Tribute** - this great cabaret show will play all the hits from Frank Sinatra along with Bobby Darin. Stephen Zammit from Young Talent Time will be belting out the Frank Sinatra tunes with all the classics that you know and love. Then join Mr Issi Dye who will give you a special insight into the music of Bobby Darin Just the one show on July the 30th at 8:00pm book now.

Tickets to all shows are available at www.geelongaustralia.com.au/potatoshed

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

Subscribe to Spud News to keep up-to-date with ticket releases and new show details via our website.

We look forward to welcoming you to the Shed.

POTATO SHED

WIN DOUBLE PASS to



to Five Elements - Ballet
Sunday 17th July 2pm



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 8 JULY.



WHAT'S ON

POTATO SHED

CITY OF GREATER
GEELONG

SLEEPING BEAUTY

Great Family Entertainment

The King and Queen of the land finally have a daughter who they love and adore - although not all the fairies in the land are so happy to see a new princess. One not so nice fairy, some may even call her a witch, casts a spell on the young princess that she will prick her finger ...

TUES 5 to FRI 8 JULY
10.30AM & 1.30PM
Adult \$10.50 or \$35 family of 4

TOUR 2022

WOMEN of WIT

Jude Perl
Sonia Di Iorio
Kirsty Webeck
Stevie Stix
Grace Jarvis

SAT 16 JULY 8PM
CABARET Adult \$30 Conc \$27

THE SEEKERS SONGBOOK
MORNING SHOWTIME **SOLD OUT**
TUES 12 JULY 10.30AM

FIVE ELEMENTS - BALLET

Five Elements explores with classical and contemporary dance responses the five great universal elements: earth, water, fire, air and void.

Dancebourne Arts aims to promote knowledge and understanding of performing arts using classically based dance as a canvas for multidisciplinary collaborations.

SUN 17 JULY 2PM
Adult \$34 Conc \$32 Student \$25

LET'S BE FRANK & BOBBY DARIN

Steven Zammit

Issi Dye

TRIBUTE SHOW

SAT 30 JULY 8PM
CABARET STYLE
TABLE SEATING
Adult \$34 Conc \$30
THEATRE:
Adult \$30 Conc \$28

41 Peninsula Drive, Drysdale VIC 3222
www.geelongaustralia.com.au/potatoshed
f [potatosheddrysdale](https://www.facebook.com/potatosheddrysdale)
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WWW.GEELONGAUSTRALIA.COM.AU/POTATOSHED
OR WITH YOUR CREDIT CARD ON 5251 1998.

By Cr Jim Mason

The best and most interesting part of being a councillor is hearing from the community about their ideas for the region, and the projects that they're completing.

Recently I met with members of the Batesford, Stonehaven, Fyansford Landcare Group who received a 2021-22 Environmental Sustainability grant from council.

The \$8,580 grant will allow the group to continue weed control works and revegetation of indigenous plants with community members at the Moorabool River Reserve.

I'm proud to say that local groups were also recipients and will share in \$43,530 of that round two funding.

The Springdale Neighbourhood Centre plans to use its \$2,000 to build Bokashi gardens beds and educate and empower community members to recycle their food waste.

The centre will have Bokashi buckets available for loan and will also run workshops on how to use the system.

With food organics making up about 33 per cent of the waste in our region's red bins, the centre is doing its bit to help reduce carbon emissions from this source.

The Springdale Community Garden is also doing great work on the Bellarine, getting locals involved in gardening and providing a portion of its output to Foodbank for distribution to needy families.

Some older members struggle to use manual hand tools to trim and prune, so in order to help them stay included, the group received a \$1,100 grant to buy lightweight, battery-powered tools.

Not only will the group be more effective, its preference to avoid petrol driven tools for environmental reasons will minimise emissions and pollution.

I commend these community groups for their passion to enhance our natural environment and drive the environmental sustainability goals of both council and the community.

There's more funding out there for community groups to consider, in fact we have 13 different grant streams open as part of council's \$4.46 million 2022-23 Community Grants program.

Grants include up to \$350,000 to help shovel-ready community infrastructure projects, a funding pool of \$100,000 for First Nations Cultural Heritage and up to \$10,000 for Arts Projects.

There are various closing dates (the latest being 25 August), so be sure to visit www.geelongaustralia.com.au/grants soon, to try get your community project off the ground.



St James turns 150

Countdown to our anniversary celebrations is now on. The date of the week end September 10th and 11th has been set and the committee has been working very hard to finalise arrangements.

Tours of the Church buildings and garden at 45-55 Collins St., are arranged for Saturday 10th September.

The tours will run between 10am - 12.30pm and 1.30pm - 4pm.

Children are very welcome and a quiz sheet is being designed especially for them. Tour guides will be stationed strategically to give information on: the foundation and building of the Church, its role in World War 1, the history of music at the Church, the stained glass windows, the new Church buildings, the hall and its history and the Memorial garden and surrounds.

Photographs both old and new will be on display. Tables around the hall will showcase the many Church and community activities that are current.

It is the pleasure of the Parish to share this important celebration with our community. So when that one day in September comes, please drop in for a chat, stay for a tour or maybe watch a slide show marking the historic moments of the life of St. James' Church. A delicious Devonshire tea will be available throughout the day.

Pat Marks and Sheilah Meikle

For St. James 150th Committee Parish
email:bellarineparish3222@gmail.com

Office: 0406 403 745



Thank you to all that came and enjoyed the **Feltabulous Fibre Exhibition** over the Queen's Birthday Weekend.

The feedback from all that attended was a very positive.

A very big thank you to all the talented creators and the organisers. Also to Springdale community members and Steve for delivering the June Messenger, featuring the event on the cover.

Save the Date
8 & 9 June 2024

NEW MEMBERS & VISITORS WELCOMED



Business on the Bellarine

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

We meet Tuesday's @ 7.45am
Contact Jo Aspland on
0438 055 679 for more details.

Follow us on @BusinessOnBellarine

Connecting Business & Community

www.businessonbellarine.com.au



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Women Living Well – On the Bellarine

Since my last article, we have had a fourth Design Living Workshop with Nicole Prowse, our wonderful facilitator, and we are connecting and forming relationships with a number of women who are really keen to contribute to finding some solutions to the challenge that women over 55 are facing, in regard to finding affordable, safe and secure housing in our area.

Last month I wrote about finding definitions around homelessness and “What is a home?” In the meantime, a friend put me on to a 2020 report by Barwon South West Homelessness Network which is available through our local libraries.

This report addresses those two definitions, and also presents the findings of this Network of Agencies around their knowledge, experience, and research into Homelessness in South West Barwon, an area which covers the Bellarine, and reaches as far west as Warrnambool.

You might be surprised at some of the findings which show that the problem in the Greater Geelong area is far worse than you would think.

We are really thankful that the City Council is very much aware of this problem and have been showing their interest in our project since its beginning.

You can pick up a copy of this report from the Library, or you might prefer to access it online at <https://bswhn.org.au/wp-content/uploads/2020/07/barwon-south-west-homelessness-report-2020.pdf>. There may also be some copies at SpringDale Neighbourhood Centre. It is interesting reading, but challenging to see how this problem is growing, as the latest figures from last year’s Census are yet to be included.

It’s not too late to get involved in this project. Please feel free to contact me on 0422146604 or diannebennett4@hotmail.com or call in and chat with Anne at SpringDale.

Dianne Bennett for *Women Living Well*.

HOUSE
gallery



Interpretations 2-31 July 2022

Prue Plowman, Dee Clements, Bron Daddo, Bridget Gubbins, Angela Langley and Lou Stinson's *Interpretations: paintings in acrylic, watercolour, gouache, pen and ink and pastel.*
At the Queenscliffe Neighbourhood house 2-31 July 2022



HOUSEGALLERY.QUEENSLIFF

QNH House Gallery

3 Tobin Drive, Queenscliffe
Sat 11-3.30, Sun 12-3.30pm



bellarine **b** property

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Portarlington Police Report

I hope everyone is staying well, now the colder weather seems to have set in. I am recovering from a bout of the flu, which is frustrating, however I have family who have been checking in.

This prompted me to highlight and ensure all community members are aware of the Bellarine Community Register. The Register is run by volunteers out of the Bellarine Police Station (Ocean Grove). Its purpose is to enhance the feeling of safety and security, confidence, and sense of wellbeing of those in need of support living on the Bellarine Peninsula. If registered, your information can be held so in an emergency Victoria Police can access it. We would access it in situations such as if you fall at home, and we need access to the key safe at the front door to help you, or we need to contact your next of kin to inform them of your fall. By registering you receive a member card and window sticker so services attending to assist are aware your details are held, and accessible to police if required. The member card can be handy if you have a fall or become unresponsive in the street. The service can also provide a phone check with vulnerable people.

Please take the time to have a look at the website Bellarineregister.org.au or email bpsupportregister@bigpond.com or call 0480 228 674. Or drop into Portarlington or Ocean Grove police stations and we will happily provide you with a brochure.

I am heading up north for an 8 week holiday, Acting Sergeant Rebecca Wilson from Bellarine will be filling in for me, and she is really looking forward to it and will do a tremendous job while I'm away. Stay safe and please call us if you need us.

Regards Sergeant **Jane Arnold**
Portarlington Police 52592606.
(000 in emergencies)



LEANNE'S WHEEL LIFE
Sharing inclusivity and accessibility

Happy Winter to you all, this my birthday month. A month in which I've been desiring to celebrate a warm birthday for the last few years. Continuous changes to my condition, moving house, and a global pandemic are a few of my excuses to not have made the July journey north. The more profound or physically limiting my disability (Limb Girdle Muscular Dystrophy) becomes, the more time and complexity is involved in planning and organising equipment, venues and holiday experiences. But there are a few initiatives in Australia that ease this burden.

You may have heard of some but in case you haven't here's what I have found useful.

VICTORIAN COMPANION CARD

A state-wide scheme set up to align with anti-discrimination legislation in providing equitable support and access to all. An eligible Companion Card holder receives free entry for their companion to a participating organisation such as Public Transport, Melbourne Zoo, NGV, GPAC and AFL venues.

Accepted in participating businesses Australia wide. No cost.

<https://www.companioncard.vic.gov.au/what-companion-card>



ACCESS TRAVEL PASS

Issued to an eligible person who has a significant disability and can travel independently but can't tap.

The ATP holder can travel free on various modes of transport owned by Metro, V/Line and many regional services.

Check with operators before going interstate. No cost.

<https://www.ptv.vic.gov.au/tickets/myki/concessions-and-free-travel/access-travel-pass/>

SCOOTER and WHEELCHAIR TRAVEL PASS

This gives the same benefits as the Access Travel Pass, if you use a wheelchair or scooter for mobility.

Check with operators before going interstate. No cost.

<https://www.ptv.vic.gov.au/tickets/myki/concessions-and-free-travel/scooter-and-wheelchair-travel-pass/>

MULTI PURPOSE TAXI PROGRAM

Eligible people who have restricted access and mobility are subsidised for 50% of a trip using a Taxi, Oiii (Melbourne based) or Uber service. The maximum subsidy is \$60 per trip and \$2180 per year unless exempted (details of exemption criteria are listed) and there are some further restrictions including Uber not having accessible vehicles yet. And this is part of a big public transport problem for disabled residents of City of Greater Geelong.

Check with operators before going interstate. No cost.

<https://cpv.vic.gov.au/passengers/mptp>

QANTAS CARER CONCESSION CARD

For those with significant support requirements that necessitates one-on-one support in each stage of flying. The cardholder receives 10% to 50%, and their companion 50% discount on the pre fees and taxes rack rate (not the shown online rate). The discount for cardholders is greater for Business Class bookings. I have found this very cost effective but do your calculations. Cost of card \$49.50.

<https://cpv.vic.gov.au/passengers/mptp>

VILLAGE CINEMAS

As I discussed above, Village Cinemas are also members of the Companion Card Scheme. And now they go one step further where you can book online for yourself and a companion, and collect those V Rewards. The ability to book online and not have to call, is slow in coming, and to my knowledge, Village remain the only cinema or entertainment booking organisation, offering such an equitable service here.

Accepted Australia wide. No cost.

<https://villagecinemas.com.au/companion-card>

If you would like to share any of your travel experiences and assistance discoveries, I'd love to hear from you so that I can pass it on to my facebook group, Leanne's Wheel Life. Or you may wish to join in and post directly. Either way I hope you're staying warm, dry and happy.

Yours in equity and inclusion

Leanne



Phone: 5251 3477
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SERVICE EXCELLENCE AT ITS BEST

One of the Bellarine North Rotary Clubs most significant events of the year, was held at the Portarlington Golf Club. Now in its ninth year, the Service Excellence Awards acknowledges amazing local businesses, and the service they provide from all types and styles of business. The energy and the fun in the room was tangible.

Members of the public submitted their feedback on many types of businesses on the northern Bellarine - milk bars, cafes, computer shops, vehicle services, plus many other businesses. All were recognised. All in all, the Bellarine North Rotary Club presented 27 certificates with the aim to encourage excellence in customer service.

This year's overall winner was Bay View Milk Bar, in Clifton Springs. They received a plaque, certificate, and a cheque for \$200 while the winning nominator, Val Penfold, also received \$200. The night ran very well and feedback from attendees was very positive. There was much conversation and laughter.

You have 10 months to start noticing the business or person who impacts you as being on target for providing Exceptional Service. We look forward to your nominations next March.

The attendees learned what our Club of

volunteers has done, both here and overseas, and on chatting to a couple of business owners they commented on how impressed they were to find out about the extensive list of what the Bellarine North Rotary Club has achieved. Not only have we done 18 BBQs at markets and Bunnings this season, but we have also supplied Books for Newborns, volunteered to assist with Rotary Youth Driver Awareness (RYDA), Dismantled Playgrounds to be sent overseas for kids in developing countries, built sheds for churches and community gardens, Donated funds to Kinship Carers, Wombats Wish and many other organisations.

Are you looking to give something back to your community, whilst forming lifelong friendships, and having a lot of fun on the way, then, we need you.

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

Bellarine North
Rotary



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Blissfully Immune

Cold and Flu season is running through our households thick and fast. We have learnt to isolate, wash hands, and cover our mouths when we sneeze and cough, but we can also find some mindful ways to build resistance to the dreaded lurgy.

The relationship between stress and the immune system is clearly known. Increased stress may:

- raise cortisol levels
- elevate inflammation
- decrease white blood cells

Over time these effects will negatively impact the body's immunity to cold and flu. So the reverse, feeling calm and balanced, could function as a mind "booster" to your immunity. A study in the US showed that both the practice of meditation and exercise may enhance health, thereby protecting from infectious illness*. Mindfulness, meditation, calming or relaxation techniques will lower heart rate, lower blood pressure, and reduce cortisol. It is in deep relaxation that the body repairs and regenerates. So it is important to make this a priority to remain healthy.

There is also evidence that people with a positive attitude are less likely to catch colds**. Feeling happy and relaxed may reduce the risk of developing a cold, whereas negative emotions such as hostility, anxiousness and



depression will not. Putting a smile on your dial may be the super booster that carries you healthily through this flu season! (Much more beautiful than a mask too).

If improving attitude and reducing stress can increase resistance to colds and flu. I wonder if believing you won't catch the "thing that's going around" would also boost your chances? Add to your routine a dose of "Blissful Immunity" and let's see what effect it has.



The Recipe for Blissful Immunity:

1. Make time at the start of your day to ground yourself. When you wake in bed or sitting in a chair with your feet grounded.
2. Imagine a wave of blissful calm, confidence and joy moving through from the top of your head, carrying away any stress you hold (tension in your body and thoughts in your mind). Clearing away down through the body. Any stress, doubt or negative feelings pour into the ground through the feet.
3. Now tune into your body and appreciate the way in which it has supported and protected you from many infections, illnesses, and discomforts without any conscious thought. Take time to notice strengths, comfort, and the ways in which you body moves into health every day.
4. Remember how delightful and easy good health, and confidence in that health, really is. If it was a colour, or a glow, or temperature, let it fill your body and soothe you, that colour supporting your body systems into the day, and every day ahead.

If you feel you need support in managing stress, or negative thought patterns, counselling or hypnotherapy may help. If your health or worries are making your daily life difficult to manage, please seek medical advice or free support, such as Lifeline 13 11 14.

Kim High

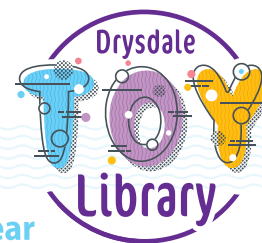
* <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0197778>

** Cohen, S., Doyle, W., Turner, R.B., Alper, C.M. and Skoner D.P. (2003). Emotional Style and Susceptibility to the Common Cold. Psychosomatic Medicine. 65(4), 652-657



Click & Collect

\$10 per term or \$35 for the year



Tuesday & Thursdays
during school term
9.15 to 10.15am
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(enter via the preschool gate)
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Weekdays SpringDale
Neighbourhood Centre
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COURSES

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We are an Autism Friendly Organisation

Term 3
July-Sept
2022

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.



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

Being Creative

NEW Creative Writing for Teens

This course is designed for students in Years 7-12, who have an interest in creative writing. Over ten weeks students will develop their main characters, give their characters a dilemma to solve, and create character and story arcs. They'll practise writing description and dialogue, and learn to give and receive constructive criticism. (Taking expressions of interest for ½ day workshops during school holidays.)

Materials: Bring pen and paper, or your laptop. Students with different needs are encouraged to bring and make use of any assistive technology they require.

Instructor: Wendy Allott

Dates/times: Wed 13 Jul - 14 Sep 7.30-8.30pm

Fee: Free

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 3 Sept 10am-12 noon

Fee: \$35 or **Conc** \$30

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 29 Jul & 26 Aug 10am-12 noon (2 sessions)

Fee: \$55 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 takes 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: Sat 2 & 9 Jul or Fri 2 Sept & 9 Sept 10am-12 noon (2 sessions)

Fee: \$55 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: Tue 19 Jul - 6 Sept 1-3pm

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 18 Jul - 5 Sept 10am-12.30pm

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 19 Jul - 6 Sept 10am-12.30pm

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

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: Mon 18 Jul - 5 Sept 1-3pm

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 15 Jul - 16 Sept 10am-12noon

10 weeks Bookings essential

Fee: \$300 or **Conc** \$200

Cards with Lizzy

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

Instructor: Lizzy Free

Dates/times: Wed 13 Jul - 31 Aug 1.30-3.30pm

Fee: \$40 for 8 session

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: Tues 23 Aug - 13 Sept 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: Tues 26 Jul - 16 Aug 7-9pm

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

Have you always wanted to play the Harp?

Fun, 6 week Introduction to the Harp program for complete beginners (no prior musical skills required). Harps available for hire at extra cost of \$15 per week.

Instructor: Christine Middleton

Dates/times: Express your interest for 2023

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

Banjo Level 1

This is an introduction to playing the five-string banjo and it is suitable for complete beginners. We will be using the 'Scruggs' or three-finger picking style which is the basis of bluegrass banjo. This style can also be easily adapted to country, pop, folk and blues styles.

Instructor: Steve Williams

Dates/times: Tues 19 Jul - 6 Sept

Expressions of interest

Banjo Level 2

This is an elementary course in playing the five-string banjo. It is suitable for novice players with a few months' experience. We will be using the 'Scruggs' or three-finger picking style which is the basis of bluegrass banjo. This style can also be easily adapted to country, pop, folk and blues genres.

Instructor: Steve Williams

Dates/times: Tues 19 Jul - 6 Sept

Expressions of interest

Beginners Guitar Playing

Beginners can learn basic guitar chords to play most popular songs or write your own songs. You will learn basic chords theory, strumming, finger picking and basic singing techniques.

Instructor: Dr Laurent Boulanger

Dates/times: Thur 21 Jul - 8 Sept 1.30-2.20pm

Fee: \$90 or **Conc** \$85

Intermediate Guitar Playing

Intermediates will learn how to progress your playing down the neck, including bar chords and hacks to improve your playing and widen your pallet of creative possibilities.

Instructor: Dr Laurent Boulanger

Dates/times: Thur 21 Jul - 8 Sept 2.30-3.20pm

Fee: \$90 or **Conc** \$85

Electric Guitar Playing

Electric Guitar players in this course, learn how electric guitar playing differs from acoustic guitar playing. Learn hacks to use the whole guitar neck.

Instructor: Dr Laurent Boulanger

Dates/times: Thur 21 Jul - 8 Sept 3.30-4.20pm

Fee: \$90 or **Conc** \$85

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: Jan Paradise

Dates/times: Thur 21 Jul - 8 Sept 9.30-10.30am

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: Jan Paradise

Dates/times: Thur 21 Jul - 8 Sept 10.30-11.30am

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 9 Jul, 23 Jul, 27 Aug, 10 Sept, 24 Sept 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 1 Sept 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 4 Aug 9.30-11.30am

Fee: \$20 or **Conc** \$10 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 25 Aug 9.30-11.30am

Fee: \$20 or **Conc** \$10 Booking 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 21 Jul - 8 Sept 12noon-1pm

Fee: \$100 or **Conc** \$90 or single session \$15

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 12 Jul - 13 Sept 11.30am-1pm

Fee: \$145 or **Conc** \$130 or single session \$20

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

Fee: Free

Tai Chi for Health

Learn basic Tai Chi principles and exercises. Tai chi consists of exercises equally balanced between yin and yang, which is why it is so remarkably effective. Suitable for all levels.

Instructor: Emilia Zukek

Dates/times: Fri 15 Jul - 16 Sept 1pm - 2pm

Fee: \$3 per session

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: Thanks Glenda for 20+ years. New tutor to be advised

Materials: Bring your own mat & blanket if required.

Venue: SpringDale

Dates/times: Mon 18 Jul - 12 Sept 9.15-10.45am

Fee: \$155 or **Conc** \$140 9 weeks

OR Thurs 21 Jul - 15 Sept 6-7.30pm

Fee: \$155 or **Conc** \$140 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 16 Jul & 20 Aug 10.30am-12noon

Bookings essential **Fee:** \$2 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 15 Jul - 16 Sept 10am-12noon

10 weeks Bookings essential

Fee: \$300 or **Conc** \$200

Digital Technology

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 11, Tues 12, Wed 13 Jul - Wed

14 Sept 10am-12noon **Fee:** \$25 or **Conc** Free

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 11, Tues 12, Wed 13 Jul - Wed

14 Sept 10am-12noon

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

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 11, Tues 12, Wed 13 Jul - Wed

14 Sept 10am-12noon

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

Social Media made Simple

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: On Wednesdays by appointment

Fee: \$5

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: Thur 28 Jul - 15 Sept 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: Tues 26 Jul - 13 Sept 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 2 Aug & 16 Aug 10am-12noon

Fee: \$55 or **Conc** \$25

Gaining Skills

NEW Time Management

Get more out of your life! Never enough hours in the day? Join me for a fun workshop to help you analyse where your time goes. Leave with a workbook and an action plan. We all get the same 24 hours - so why do some people seem to achieve more with their time than others?

Instructor: Jo Atten

Dates/times: Wed 13 Jul 12.15-1.15pm

Fee: \$20 or **Conc** \$15

NEW Stress Management

Join me for a relaxing workshop where we will explore what causes your stress and many simple ways that you can help control it.

It has been reported that 1 in 5 people in Australia suffer with some form of stress or anxiety.

Instructor: Jo Atten

Dates/times: Wed 10 Aug 12.15-1.15pm

Fee: \$20 or **Conc** \$15

NEW Meditation made Easy

Join me for a relaxing workshop where we cover the basics of meditation.

There are many types of mediation for many different circumstances.

Many people have incorrect preconceived ideas as to what mediation is. It can be anything you want it to be.

Meditation has been proven to have so many physical and mental health benefits. Find out for yourself join me.

Instructor: Jo Atten

Dates/times: Wed 7 Sep 12.15-1.15pm

Fee: \$20 or **Conc** \$15

Setting up a Bokashi bucket and a Bokashi garden bed

Many people have purchased or are thinking about purchasing a Bokashi Bucket - but - When do I empty the bucket? How should I dilute the Bokashi bucket juice? What do I do with the fermented food once the bucket is full?

Instructor: Anne Brackley

Dates/times: Fri 26 Aug 10am-12noon

Fee: \$5 or **Conc** Free

Cheese Making

This is a hands on Workshop where you make your own cheese & get to take it home. There will also be lactic curd cheese to produce and we will finish off making a traditional ricotta. Requirement list closer to the date. But will need to bring a couple of containers to take your cheese home in.

Instructor: Charlene Bancroft

Dates/times: Expressions of interest

Fee: \$165 or **Conc** \$105

Sourdough Bread Making Workshop

Instructor: Charlene Bancroft

Dates/times: Expressions of interest

Fee: \$165 or **Conc** \$105

Confidence Through Cookery

This term we will be featuring cooking with a Wok, Japanese and other Asian recipes. Anna and Jing will share their love of Asian cooking with our participants. Taste the dishes and take some home for dinner.

Instructors: Anna Leong and Jing Levinson

Dates/times: Tues 26 Jul - 23 Aug 1-4pm 5 weeks

Fee: \$120 or **Conc** \$60

Espresso Coffee Making

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

Instructor: Sam Chait

Dates/times: Thur 14 Jul or 1 Sept 10am-12noon

Fee: \$50 or **Conc** \$20

Korean Cookery - Kimchi

Come along and help make Kimchi which is a traditional side dish of salted and fermented vegetables. There is growing evidence that fermented foods such as kimchi may improve intestinal health and as a result support the immune system and anti-inflammatory responses. Kimchi can also improve levels of good bacteria in the gut, and may support skin, brain and eye functions. Lunch included.

Instructor: Jasmine Hong

Dates/times: Sat 6 Aug 10am-1pm

Fee: \$60 or **Conc** \$50

Korean BBQ & Kimchi Fried Rice

Korean BBQ is the popular method of grilling meat right at the dining table. In this session, you will learn how to marinate meat (short rib, Galbi) and make Kimchi Fried Rice which is using Kimchi we made from the last session. You have a chance to taste the BBQ and Kimchi Fried Rice.

Instructor: Jasmine Hong

Dates/times: Sat 3 Sep 10am-1pm

Fee: \$60 or **Conc** \$50

Crispy Chicken

Come along and learn how to make a complete Crispy Chicken Bao Bun kit to take home and feed the family for dinner. Learn how easy it is to make the buns, crumb your chicken, create a delicious slaw and make your very own special sauce to compliment the meal. All hands on, will be a little learning with a delicious outcome.

Instructor: Charlene Bancroft

Dates/times: Sat 30 Jul 10am-1pm

Fee: \$100 or **Conc** \$80

Focusing on the Future

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

Instructor: Anne Brackley

Dates/times: By arrangement

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

Joy of Volunteering

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

Instructor: Anne Brackley

Dates/times: By arrangement **Fee:** Free

Introduction to Event Management

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

Instructor: Anne Brackley

Dates/times: By arrangement

Fee: \$20 or **Conc** Free

Returning to Learning

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

Instructor: Anne Brackley

Dates/times: Mon 11, Tues 12, Wed 13 Jul - Wed 14 Sept 10am-12noon

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

Returning to Earning

Been out of the workforce for a while and you may not know how to take the first step - then this is the course for you. We will map your skills and help you realise that your life skills are incredibly valuable. Everything that you have been doing has been preparing you for the next steps in your journey.

Instructor: Anne Brackley

Dates/times: By arrangement

Fee: \$40 or **Conc** Free

Help SpringDale help yourself

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

Instructor: Anne Brackley

Dates/times: By arrangement **Fee:** Free

Ken & the Art of Bicycle Maintenance

A conversation about bicycles and their care.

Instructor: Ken Brackley

Dates/times: Sat 6 Aug 9.30-11am **Fee:** \$10

Getting Started Cycling Again

After feedback from Ken's Bicycle Maintenance course, Ken decided to design a course to help people get back onto their bikes. Getting on and off your bike, taking the first push, getting the most through understanding the mechanics of the body working with your bicycle, using your gears & more.

Instructor: Ken Brackley

Dates/times: Sat 3 Sep 9.30-11am **Fee:** \$10

Astrology Foundation Course

8-week Introduction to Astrology Course with Peter Burns will introduce the basics of astrology, what a real horoscope looks like, the meanings of the zodiac signs, houses and planets.

Instructor: Peter Burns

Dates/times: Expressions of interest

Fee: \$120 or **Conc** \$110

Palmistry free info session

Instructor: Peter Burns

Dates/times: Expressions of interest **Fee:** Free

Introduction to Palmistry

Palmistry is an extraordinary tool for personality assessment and the analysis of psychological and physical health. On the hands are recorded the effects of the past, the present state of mind, and the future consequences of present behaviour.

Instructor: Peter Burns

Dates/times: Expressions of interest

Fee: \$120 or **Conc** \$110

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Accredited Courses

Provide CPR Code: HLTAID009

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

Instructor: Stayin' Alive First Aid

Dates/times: Fri 5 Aug 9-10am

Note: Pre-course work required.

Fee: \$65

Provide First Aid HLTAID011 (Including CPR)

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

Instructor: Stayin' Alive First Aid

Dates/times: Fri 5 Aug 10am - 12.30pm

Note: Pre-course work required.

Fee: \$130

Provide an emergency first aid response in an education and care setting Code HLTAID012

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

Instructor: Stayin' Alive First Aid

Dates/times: Fri 5 Aug 10am-12.30pm

Note: Pre-course work required.

Fee: \$160

Raelene Newton

Stayin' Alive First Aid

stayinalivefirstaid@gmail.com 0413513046

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



Non SpringDale Activities

Ballroom Dancing Lessons

Ballroom Dancing Lessons for anyone wanting to dance to amazing music Rumba, Cha Cha, Samba & Jive Waltz, Slow Foxtrot, Quickstep, Tango & Viennese Waltz New Vogue dancing incorporating all of the above. It's fun, it's easy, it's friendly, it's great for your mind, body and soul.

Instructor: Margot Louttit

Dates/times: Tues 13 Jul - 14 Sept 10am-12noon

Fee: \$10 per session

Please ring Margot to book in on 0414 942 079 Dancesport Australia trained in Level 0 & Level 1.

Bellarine Camera Club

We are a friendly group of amateur photographers, enjoying the challenge of improving our photography by actively taking photos, learning by entering competitions and talking to other members and judges about our photography. We meet at SpringDale, at 7:30pm on the first and third Monday of the month.

For further details call in to a meeting, or go to our website www.bellarinecameraclub.org.au

Days for Girls Sewing

Meet at SpringDale on the second Thursday each month 9am - 1pm

Drysdale Guides

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

Pilates

Open to all ages. Improve your fitness, core strength, posture, flexibility and sense of well being. Classes cater for clients of varying fitness levels, from beginners through to advanced. Small class sizes allow for individualised attention & direction.

Instructor: Monique MacLeod

Phone to book: (03) 5251 2958

Venue: Drysdale Physiotherapy & Sports Injury Clinic, 27-29 High Street, Drysdale

Dates/times - Term 2 will commence:

Ball class Tues 19 Jul 8.45am Beginner/ Intermediate floor classes Tues 19 Jul 10.30am or 11.40am & Thurs 21 Jul 5.45pm

Fee: \$125 8 sessions.



Drysdale Harvest Basket

Garden Produce Swap & 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

ENROLMENT - 5 ways to book into a class

Phone: (03) 5253 1960 **Text:** 0416 450 534

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

Online: <https://home.springdale.org.au/learning-master-guide/> **Email:** office@springdale.org.au



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Recently our kinship support group organised a social catch up, with over 20 people attending.

These social catch ups are a very important part of our group. Why? because they enable us as a group to talk about kinship issues we may have, in a very informal setting.

Every member of our group totally understands when a new Carer comes into the group, we understand how they feel, we offer our support in whatever the new Carer needs assistance with, we totally 'get' how a Carer feels isolated, lonely, and totally confused with the whole situation they find themselves in.

Our aim as a group is to support, care, guide and empower each and every Carer in their kinship journey. Each kinship journey is totally different, our stories are the same but our kinship journeys at times take a different direction. Which is most times out of our control, but we do our best to support the children in our care.

If you are kinship carer sitting at home, feeling isolated, lonely and totally confused please let us, a kinship group, support you on your kinship journey. We as a group laugh a lot, we talk too much and we support each other.

If any business or organisation would like to know more about kinship care, please feel free to contact me direct on the number listed below.

I would also like to thank the many people who have so kindly donated new clothing, toys and games for the children in our care.

Our meetings are held the first Monday of each month (not during school holidays) at Springdale Neighbourhood Centre from 10am to 12noon.

Stay safe everyone.

Jeanette Hanley Heath - 0414 308 257



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



Deb Trotman, a Geelong based EdConnect Australia Volunteer

A local Bellarine Peninsula volunteer for EdConnect Australia

Deb Trotman (65), a local Geelong EdConnect Australia volunteer, has been supporting students in schools for over a year. Deb volunteers in two local schools, in the Geelong region, one a primary school and the other, a high school, in a variety of roles. She is just one of over 1,500 skilled volunteers who gave up 2,506 hours to support an amazing 17,800+ students through EdConnect Australia in the last year alone.

Last year Deb started mentoring a Year 6 student, supporting him as he prepared to transition to secondary school. Deb assists in both a one-on-one capacity and classroom learning support. She even supports the senior performing arts classes around their musical production which she is most excited about.

"Volunteering in schools is part of my lifelong interest in helping young people aspire to achieve their dreams and goals, help them with direction in this crucial time of their development. It's nice to be part of the young people's learning journey and it's not always classroom learning, you can help in a garden, cooking, specialist classes or even help out around the school with maintenance or library work" says Deb.

Become an EdConnect volunteer and help make a difference in a young person's life.

Visit www.edconnect.org.au or contact edconnect@edconnect.org.au 1800 668 550.

For more information: **Sally Edgerton**
EdConnect Australia Geelong/Surf Coast Region Liaison Officer
sally.edgerton@edconnect.org.au
0498 015 323



TOWN

Local weight loss group, The Springs TOWN Club Drysdale, is a club with 33 members, weighing in each Monday from 9am to 10.30am, at the Drysdale Community Hub, 23 Eversley Street.

The Club notched up a successful weight loss year for 2021-2022, celebrating and recognizing all members at a special morning tea held recently.

Overall, The Springs recorded a total weight loss of **58.8kgs** with top loser Glenda, and runners-up Nola and Jackie among the club's success stories. The Clubs biggest loser, Gloria, could not attend due to ill health - we send Gloria our best wishes and congratulations on her weight loss success.

Jackie, and a few others, are part of a dedicated group who stay on or around their goal weight week after week. We acknowledge all members who attend regularly and support each other on their weight loss journey.

The Club is currently enjoying an influx of new members, who are doing extremely well losing their excess kilos. We always have space for more new members - we offer a 'free morning' to anyone who wants to see how the club works and how it can benefit them to keep healthy and active.

Annual membership is \$51 and weekly fees are affordable at \$5 per meeting.

For more information, contact Janice Bell, membership officer, on 0403 221 737.



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Our latest competition subject was 'A Touch of Red'. This will also be the subject for our inter club competition with Corio Bay and Colac in June/July this Year. A big thanks to our judge for the evening, Craig 'Watto' Watson.

Prints A Grade: 1st I think I Can - Helen Broeks
2nd On Watch- Kevin Robley 3rd Red Ribbon - Sheridan La Peyre

Electronic Digital Images A Grade: 1st Rock Pool Colour - Daryl Haywood 2nd Spinnaker - Robyn Curtis 3rd The Faraway Tree - Jenny Warren Merit: Egg Hunt - Sheridan La Peyre B Grade: 1st Spent - Lynn Cornell 2nd Two Fiery Redhead - Geoff Evans



Image of the Comp 'Rock Pool Colour'

Bellarine Camera Club meets 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

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Brussels Sprouts with Bells & Whistles Serves 8-10

1kg Brussels sprouts,
cleaned and cut in half if too big
250g piece pancetta, cut in cubes
250g chestnuts, cooked/cleaned (optional)
Fresh parsley, chopped, divided into 2 half cups
1 tablespoon extra-virgin olive oil
1/2 cup Marsala wine
Freshly ground black pepper

- Place the Brussels sprouts into a saucepan of salted boiling water. Bring to the boil and cook for about 10 minutes.
- Heat the oil in another pot.
- Add the pancetta cubes and cook until they are crispy and golden.
- Add the chestnuts to the pancetta.
- Once the chestnuts have been warmed through, turn the heat up and add the Marsala.
- Allow to bubble and reduce the heat to simmer with the lid off. Cook until the mixture has reduced and thickened slightly.
- Add the sprouts and half cup of parsley to the saucepan and mix well. Season the Brussels sprouts with freshly ground black pepper.
- Sprinkle the remaining chopped parsley over the top to serve.
- Instead of pancetta may use bacon, Chorizo or Calabrese salami.



It's ideal for us to use things that are in season, for example, Brussels Sprouts (don't be afraid) are in season here in winter.

They are young and delicious and don't have that bad odour they tend to have in summer (of course... Christmas time).

Oh and of course they are nutritious, good as any other cruciferous vegetable that help protect against cancer, improve blood pressure and cholesterol.

That's why they use them in those countries where it's freezing cold (and lucky for them, a white Christmas) and we get to have our best summer time!

If, for some reason, someone in the household is not keen on Brussels... they might be surprised to have them with bacon, a drizzle of thick balsamic vinegar and extra virgin olive oil.

Let us know how that goes!!

Agata



Spiced Pumpkin (serves lots!)

2 Medium Butternut Squash cut into small pieces
10 Medium Carrots cut into small pieces
1 Medium Onion, Chopped (optional)
3 Cloves Garlic, crushed
Spray of olive oil
4 Tablespoons Unsalted Butter
2 Tablespoons Spicy Mustard
1 Teaspoon Cinnamon
1/2 Cup Dark Brown Sugar and Extra 1/4 cup for the topping (optional)
Salt & Pepper

- 1 Cup chopped Walnuts/Almonds
- Place the pieces of pumpkin, onion and carrots on to a baking tray with the garlic.
- Spray with olive oil and Bake in 180C oven until tender (40 min).
- Once cooked, place it in a food processor or puree in batches.
- Add 1/2 cup of sugar, cinnamon, mustard, butter, salt & pepper and blend until smooth.
- Place this mixture in baking/pie dishes.
- Sprinkle the nuts around the outer edge and sprinkle the remaining 1/4 cup of sugar on top.
- Bake (at 200C) about 20 minutes.

Serve hot with roast dinner or cold with left overs.

Use it as a dip the next day served cold with vegetable sticks or crackers. Serve with feta or thick creamy yoghurt on toast.

Pumpkins grow in summer and then line up in Autumn to last all through winter.

Pumpkin goes well with so many other flavours, and is very good for health and nutrition, and is full of vitamins and minerals.

Dressed up, roasted goes well, with spices or simply fresh basil or sage, with a drizzle of olive oil used as a dip, or spread on top of goat's cheese or Feta.

Dressed down to make a thick, heart-warming soup with or without fresh, crusty bread or a toasted Turkish roll. The ideas are endless.

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This month has been devoted to preparing the garden beds for the upcoming seasons. I've left plants growing which seem to be happy and look forward to any produce they may develop.

Perhaps growing some vegetables to support our families will become more popular over the next few months and a Bokashi bucket might help.

We schedule a session every term but I am always happy to chat, mentor, assist anyone wanting to learn or trial using a Bokashi bucket.

Anne Brackley



Local Artist displays his artistic talents during July. Frank Prskalo, who maybe better known for other talents he has shared with our community, is also an artist.

Frank's exhibition is at The Space Gallery, 17d Rutland Street, Newton from Friday 1 July - Saturday 30 July.

The exhibition is open Wednesday to Saturday 10am - 4pm.

Frank has generously shared his other talents with our community over the years and we wish him success.

SpringDale Trivia 59th Edition by Drysdale Girl Guides

In July, Drysdale Guides will be going on our "Living in a Library Camp". In celebration of this, please enjoy our literature themed trivia for this edition.

1. In which language was Don Quixote originally written?
2. Which novel by Victor Hugo was adapted into a Disney animated movie in 1996?
3. "Jane Eyre" was written by which of the Bronte sisters?
4. Which classic book by J. M. Barrie opens with the line "All children, except one grew up"?
5. Dan Brown's "The Da Vinci Code" opens with a murder in which famous museum?
6. Which children's book series takes place in "an old house in Paris that was covered in vines" where there "lived twelve little girls in two straight lines" and is famous for having the closing line "That's all there is, there isn't any more"?
7. Who wrote "The Fellowship of the Ring", the first book in a popular fantasy trilogy?
8. What author wrote the colourful children's book, "The Very Hungry Caterpillar"?
9. One of Australia's most-loved children's books was written by May Gibbs. Her book described the world of the Australian bush with characters based on the flora and fauna and featuring two gumnut babies. What is the name of this Australian children's classic?
10. The Jack Ryan series of books, including the "Hunt for Red October", "Patriot Games" and "Clear and Present Danger" were written by whom?
11. How many novels are in Ian Fleming's "James Bond" Series that were written by Fleming himself?
12. Who wrote about Sherlock Holmes and Dr. Watson?
13. Which Tim Winton novel tells of the Pickles and Lamb families?
14. What is the name of the seventh Bridgerton sibling in the Julia Quinn Bridgerton novels?
15. Which Shakespearean play opens with the line 'If music be the food of love, play on'?
16. What is the name of the villain who commands a gang of boy pickpockets in Charles Dicken's "Oliver Twist"?
17. What was the colourful surname of the family who took in Paddington Bear?
18. Atticus Finch is the name of the narrator's father in which classic novel, first published in 1960?
19. Which F. Scott Fitzgerald novel follows the lives of characters living in the fictitious Long Island towns of West Egg and East Egg during the summer of 1922?
20. In Jane Austen's "Pride and Prejudice", what is the name of the clergyman who marries Elizabeth's friend Charlotte?

Turn to page 23 to find the answers.

Drysdale Guides Meet on Thursdays during the school term 6:30-8pm. If you are interested or have any questions please contact Anne Brackley on 0407 529 205



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Did you know that you could be endangering some of our most impressive and striking wildlife? We often take part in what we consider a most necessary event, and not have the understanding that this simple process can put our wildlife in danger. Now and again, we see tiny signs that our house-hold has an unwelcome intruder - a mouse, or even a rat (horror of horrors). In the case of a sighting like this we all race to the local store and stand in awe of all of the 'quick kill' baits that are lined up on the shelf or even shelves. Bringing our purchase home, it is easy to distribute the bait and hope for the desired outcome - dead mouse or dead rat.

It has now been proven that often the baited animal may disappear outside and die within the garden or in the bushland around. In many cases the little body can be in full view of a hunting bird of prey. It is like visiting McDonalds to the bird of prey; here is a perfect evening meal, just ready for the taking. Remember that these birds have outstanding eyesight and can spot prey from vast distances. It is said that raptors have eight times stronger eye sight than humans and also remember that the owl hunts in the dark with perfect vision, so these small dead bodies are easily found.

Unfortunately, the dangers of these quick kill baits are, they not only kill the rats and mice, but can have a devastating effect on the creature that dines. Sometimes it is instant, and we lose the diner but also it can enter the bird's body and future eggs of the birds are weakened, or the chicks die. If you think that research has discovered that owls alone could eat up to 5,000 rodents per year, it is pretty impressive. Also in a case like this the baits can be progressive building within the bird's body.

Last month I was fortunate to attend a Bellarine Land care evening when Martin Scuffing and Talia Barrett (from Leigh Valley Hawk and Owl Sanctuary), showed and demonstrated their passion for birds of prey and conservation. Nick Carter from Deakin University also spoke of his PhD research into these quick kill baits. To accompany our human speakers, were three impressive raptors, who behaved beautifully and enlivened the evening by their antics.



The consequences of quick kill baits are wide spread killing magnificent creatures like owls, hawks, falcons, eagles and other raptors. So please when shopping for poisons DO NOT BUY products that contain Brodifacoum, Bromadiolone, Difenacoum, Difethialone or Flocoumafen. There are baits that you can use that are not so toxic. Remember too, that these toxic chemicals could pose a risk to those about you - children, pets and other species that you may not wish to harm. If in doubt then ask your shop 'seller' to recommend the best and safest bait. Or why not use a trap?

May I add that during human occupation in the Bellarine we have also added other pressures that put our raptors in danger. It is not only baits, but land clearance, population growth, eradication of food that the creatures feed upon, plus climate change. However let me end on some good news. Recently I sighted a real delight - a huge juvenile Powerful Owl who stood protectively over the catch of the day. Luckily for the owl a bait free ring tail possum, not so lucky I guess for the possum.

Carole O'Neill


RT Edgar BELLARINE

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Memories of Yesteryear

THE BUTCHER FAMILY

Our family's Australian Heritage began when agricultural labourer Daniel Butcher's family arrived in the Port Phillip District from Somerset in 1848. His 15 year old son Alfred was my great great grandfather and along with many other English immigrants settled on the Bellarine Peninsula about the time of the Victorian Gold Rush in the 1850's.

As kids we read Robert Southey's story of Goldilocks and the Three Bears and now seems the ideal time for the story of the forebears. Yes, those pioneers and farmers who, in the mid-19th century developed what we know today as the Bellarine Peninsula. Headstones in local cemeteries tell their stories, and as industry, infrastructure and



housing estates reduce our farmland as more and more people gravitate to the BELLARINE, it is obvious that we need to preserve our local environment or it may not remain the utopia we grew up with. In a time of uncertainty both fiscally and economically, I loved this poem by an unknown writer.

Russell



When the shearing sheds are quiet and the stock camps fallen silent
 And the campfire coals no longer glow across the outback night
 When spirits fear to find a way beyond the beaten track
 And the bush is forced to hang a sign "gone broke and won't be back!"
 When harvesters stand derelict upon the windswept plains
 And brave hearts pin their hopes no more on chance of flooding rains.
 When a hundred outback settlements are ghost towns overnight.
 And we lost the drive and heart we once had to see us right
 Now 'PIONEER' is a music centre and 'DIGGER' a backhoe
 And Outback is behind the house, there's nowhere else to go.
 The ANZAC is a biscuit and probably foreign owned
 And education now means brainwashed and everybody's cloned
 When you need to have a loaf of bread to make a decent crust
 And our heritage once enshrined in gold is crumbling to dust
 Grey nomads pay their camping fees on land for which they fought
 And fishing is a great escape, unless you're getting caught
 When you see the kids with yankee caps and resentment in their eyes
 The soaring crime rate and hopeless hearts no longer a surprise
 When the name of R M Williams is just a clothing brand
 Not a product of our heritage that grew up on the land
 When offering a hand makes one think you'll amputate
 And two dogs meeting in the street is what you call a 'mate'
 When political correctness has replaced all common sense
 And you're forced to see it their way, no sitting on the fence
 One day you may just find yourself an outcast in this land
 Maybe then your heart will say 'I should've made a stand'
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Clifton Springs Garden Club

It only seemed like yesterday that I was writing the first article for 2022, now we have had Summer, Autumn and are in Winter.

There is always plenty to do in your garden during Winter in preparation for Spring: as was demonstrated by our Speaker in May - Dimitrij Betz. Dimitrij is a most entertaining speaker, who makes all work in the garden sound like fun. Pruning is always a big job for the winter, as is weeding, mulching, and preparing your garden for Spring. I love getting out into the garden on a dull cold day, I always find little surprises to brighten my spirits.

The Garden Club had a very busy May, with two outings. Drysdale Community Garden was the first outing, where 12 members enjoyed an interesting talk & tour, followed by lunch at the Clifton Springs Golf Club. The Garden Club gave the Community Gardens a donation when they were getting established, it was most interesting to see how far they have come.

Our second outing, saw 25 Members enjoying a glorious day out when they visited Graton Gardens Birregurra. Owner Andrew Ridd gave the group a talk about his 3 acre garden, whilst they toured the garden. The day finished with a luncheon provided by the Gardens. The garden was established 30

years ago, based on Edna Walling style, but had not been maintained for around 10 years until Andrew purchased it 4 years ago. Of the original 430 roses that were planted, only 130 remain. Along with the roses there are many species of oaks, eucalypts and some very rare trees. This now beautiful garden, with its meandering pathways, plenty of seats for you to sit on and enjoy your surroundings. The garden is open to the public, and is also used for weddings and funerals.

Members will enjoy a social dinner on Tuesday 12 July. Stay tuned for information of more interesting speakers in August. If you would like further information, contact our Secretary Helen, on telephone 5257 2220 or email hma3152@gmail.com

Photos - Graton Garden Gordon Richardson



St Leonards Garden Club

Hello Everyone,

Firstly, I'd like to mention there is notification on Google that the hall is temporarily closed. This is incorrect, so please disregard. I suspect it was posted during the onset of Covid 19 and has not been deleted.

As yet the St Leonards Garden Club does not have a Face Book page. I find it easier to post on the St Leonards Community Pages and SpringDale Messenger.

The St Leonards Garden Club is located at 1342 Murradoc Rd St Leonards, adjacent to the Primary School.

We meet every 2nd Wednesday of each month at 1.00pm for a 1.15pm start. Entry is \$4.00. Membership is \$10.00 per year. Members are reminded to please bring along a plate of afternoon tea to share.

Our club had another large meeting of 28+ people which was wonderful to see. Everyone is welcome. The more the merrier. Come along, enjoy an afternoon, with our guest presenter, have a cuppa and some afternoon

tea, chatting with like-minded people. We are a great bunch of people.

A very big thank you to our latest guest presenter Lorraine Phelan. Her PowerPoint presentation was on 'I share my garden with'... birds, butterflies of many varieties, frogs and a variety of bugs. It was a very interesting and informative presentation which included plenty of questions and answers.

At our next meeting we are having a team from Leopold Bunnings visit us. A workshop presentation is going to be something to look forward to. Bunnings is always very generous to us.

David Cass, is to be the following month's guest presenter, but his topic is yet to be confirmed.

I would like to remind our members again, about our Trading Table and encourage them to bring along any excess fruit and veg, or plants or cuttings they would like to donate. Purchase is usually a gold coin with the proceeds going to the club.



We also have a display table where members bring along displays of fruit, vegetables or floral arrangements. These displays are then voted on by members with certificates given for 1st, 2nd, and 3rd. We encourage your participation. It's interesting to see what others grow in their gardens.

We look forward to seeing you at our next meeting. I can feel the cold creeping in. Always something to do in the garden though.

Cheers

Wilma McLaren

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Drysdale Senior Women's Football Team

From the very beginning...

Traditionally, when you say the words 'club legend' you tend to think of someone who has been around the club for decades, but when you are talking about women's football you could be corrected, and shift that timeline to someone who has been around since the beginning.

And for the Drysdale Football Club women's team, there is no greater legend than Mel Egan.

Mel's football skills were developed playing backyard footy with her brother when she was young. During her ever-growing 13 seasons of football, Mel has achieved a list of achievements, including: representing Victoria, winning AFL Barwon Division 2 Lead Goal Kicker in 2021 and making AFL Barwon's team of the year that same year.

Mel is now the highest games player for the Drysdale Hawks Senior Women's team with close to 60 games and heading into her 5th season for the club, it is safe to say she is a club legend!

Family is such an important part of football for Mel, with her Mum admitting being her greatest fan. Mel also had a very special moment this year, when she got to run out onto the ground on Mother's Day

with her own beautiful little daughter, Bella.

Mel also likens the Drysdale Women's team to a family. 'Each year I choose to go back and play to meet more amazing people, and your family grows - it's such a great club to be a part of.'

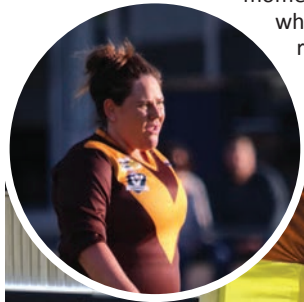
'This year is so exciting, we have such a young talented team, there is no ceiling on what we can achieve this year', says Mel. "Young talent such as Bianca Dekker who I love playing alongside, she is strong and smart, and has such a good footy brain, she loves a goal and I love celebrating with her."

When Mel was asked what keeps her playing each year, she said "unfortunately I have never been in a winning grand final, it wouldn't feel right to finish without one."

With the Drysdale Women's Senior team sitting on top of the ladder midway through the season, we really hope that Mel gets to fulfil her dream of playing in that winning grand final to top off an outstanding career, and cement her name into the Drysdale Football Club Hall of Fame!

Good luck for the season to Mel and the rest of the Drysdale Women's Senior football team, for season 2022.

It's never too late to join the team. If you are keen to give it a go, please contact Jess on 0492 224 413.



SpringDale Nordic Pole Walking Group

Are you wanting to get fit after Covid lockdowns??

This is your answer.

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

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

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 mins and then return. This seemed a long way prior to the operation, 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.

I'm heading for a knee operation 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.

If you are interested, please contact me. Details below or SpringDale Neighbourhood House, 17-21 High St, Drysdale Ph: 5243 1960.

Brenda Hunter for: Nordic Pole Walking Group
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North Bellarine Aquatic Centre ADVOCACY GROUP

Our group looks forward to working with the new Albanese government, to deliver on their commitment of \$20 million dollars for the indoor part of our North Bellarine Aquatic Centre. This commitment will hopefully enable parts of Stage 2 to be constructed and bring the operating costs for the centre into a more balanced bottom line. Our goal has always been to ensure that an indoor Warm Water Exercise Pool would be built with the operational income of this asset helping to balance the ongoing running costs of a 50m pool. The indoor portion of the centre would enable more surfaces for solar panels to reduce the running costs of the centre.

We look forward to working with all levels of government to bring this whole project to reality, and also look forward to keeping the community updated with information as it is gained. It will be interesting to understand the traffic management plan during the build once it has been shared with us.

For more information please contact **Carol Tozer**, our secretary via nbac@onthebellarine.com.au

Trivia Answers

- | | |
|---------------------------------|----------------------------|
| 1. Spanish | 10. Tom Clancy |
| 2. The Hunchback of Notre Dame | 11. 14 |
| 3. Charlotte | 12. Sir Arthur Conan Doyle |
| 4. Peter Pan | 13. Cloudstreet |
| 5. The Louvre | 14. Gregory Bridgerton |
| 6. Madeline by Ludwig Bemelmans | 15. Twelfth Night |
| 7. J.R.R. Tolkien | 16. Fagin |
| 8. Eric Carle | 17. Brown |
| 9. Snugglypot and Cuddlepie | 18. To Kill a Mockingbird |
| | 19. The Great Gatsby |
| | 20. Mr. Collins |



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- Asthma & allergies
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- Symptoms of menopause
- Tinnitus, sinus & jaw issues
- Symptoms of arthritis
- Infertility
- Pregnancy discomfort

The Bellarine Wanderers

The weather has been getting cooler, but touch wood, fortunately Thursday mornings have been reasonable, so recently we've ventured through the Ocean Grove Nature Reserve, along the beaches at Indented Head and a very quiet section at Curlewis, and a surprisingly quiet and bushy section along the Barwon. We've welcomed several new members this month.

We will continue throughout winter and pick our tracks to take in account of any adverse weather - and the coffee is always welcome afterwards.

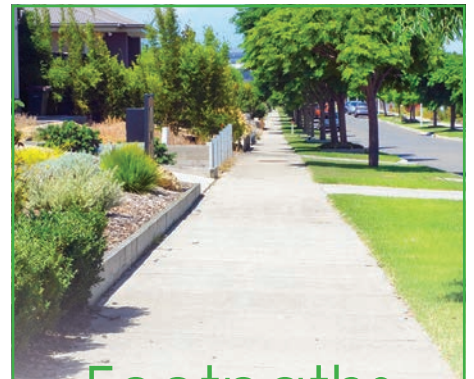
For more details please contact **Robin Gardner** on 0413 458 562

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 or phone 5253 1960.



Footpaths for Health

Lack of footpaths on the Bellarine has been an issue for many years. A number of people have formed an advocacy group, which is meeting regularly, to bring this issue to the attention of all levels of government.

We are researching the many City of Greater Geelong documents that have listed providing footpaths as a priority to many parts of the Bellarine. We are researching footpath options and looking into how footpaths are funded in other municipalities.

Many people have shared stories about the safety issues around footpaths and their experiences. With so many people walking for health footpaths are such an important piece of infrastructure.

If you are interested in being part of this enthusiastic, active team, who would like to work towards change - we'd love to hear from you.

Please email office@springdale.org.au or ring 5253 1960.

Anne Brackley - Chief Enthusiasm Officer
SpringDale Neighbourhood Centre



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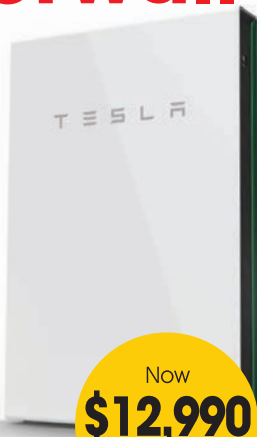
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