



The SpringDale Messenger

August 2022
Volume 32 Issue 7



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Compiled & Published by the SpringDale Neighbourhood Centre Inc.



PROTECTING OUR BEAUTIFUL BELLARINE

Over the last three years, since the State Government declared the Bellarine Peninsula to be a Distinctive Area and Landscape, (DAL) the Bellarine's community associations have been working hard to influence the Statement of Planning Policy (SPP) that lies at the DAL's heart. Why? The planning policy has a 50 year vision that should work to put the brake on excessive and inappropriate development, preserving our special environments and the distinctive characteristics of our settlements.

The draft SPP has been under challenge from developers and last month brought the end of six weeks of hearings where the Planning Minister's Advisory Committee explored the crucial, central issue - protected settlement boundaries for each Bellarine township.

Now we wait for the Committee's report to the new Planning Minister, Lizzie Blandthorn, and her all-important decision that will determine how much protection will actually be provided.

Until now, most of our townships have had a Structure Plan, reviewed about every 10-15 years. These identified future directions, including setting settlement boundaries, and appropriate planning controls. Drysdale-Clifton Springs is now out of date, so when Structure Plans are under review, it's very important that communities have their voice heard.

CoGG's Planning Department currently makes the key decisions on planning and building permits, with reference to the township Structure Plans, the CoGG Settlement Strategy and the Greater Geelong Planning Scheme (which establishes land use zones such as residential, rural living, farming, and industrial).

Once the DAL's Statement of Planning Policy is in place, all planning documents will require adjustment to reflect the key principles.

The Combined Bellarine Community Associations (CBCA) remain hopeful that the end of the DAL process will deliver on its promise to protect the special characteristics of the Bellarine, and preserve our beautiful peninsula for future generations.

For more information contact your local Community Association, **Chris Kelly** secretary CBCA.

Crested Tern Point Richards foreshore.

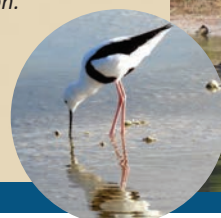
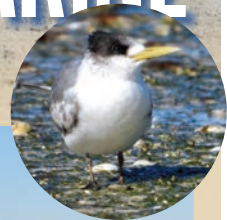
Point Richards in spring.

Egrets looking their best in their mating colours at Salt Water Lagoon.

Stilt feeding at Lake Victoria.

A bevy of ducks - chestnut teals amongst others at Lake Victoria.

Photos by Carole O'Neill



AUGUST 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.

- Monday 1 Homeless week (till 7th)
Dental Health Week (till 7th)
Kinship Carers 10am - 1pm at SpringDale
Tax Help starting at SpringDale
- Tuesday 2 Friendly cuppa and chat 10.30-11.30am at SpringDale
Strength and Grace - Strong Women Who Helped Shape Geelong - 10.30am \$17 includes Morning Tea - Potato Shed
- Thursday 4 Jigsaw Group 10am - 12noon at SpringDale
- Saturday 6 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
Lost in Venice - 8pm - Potato Shed
- Monday 8 Dining Group to Leopold Sportsman Club Kensington Rd
- Monday 15 National Science Week (till 19th)
- Wednesday 17 Lunch Bunch - The Zoo meeting at 12 noon
BOOKINGS REQUIRED
- Thursday 18 Vietnam Veterans Day (Long Tan Day)
- Friday 19 Photography Day
- Saturday 20 Talking Autism Day 10.30-12noon at SpringDale
- Sunday 21 Margaret Fulton: The Musical - 2pm or 7pm - Potato Shed
- Thursday 25 Daffodil Day
- Friday 26 Anne Drysdale's Birthday

Wear it Purple Day - supporting our LGBTI young people



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



SpringDale Messenger

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17-21 High Street, Drysdale Vic 3222.

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

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

Editing of Contributors Material:

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

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

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

Art & Design by Jo Aspland Graphic Design 0438 055 679

The SpringDale Messenger is a locally produced publication.



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



United Nations Association of Australia Victorian Division



SpringDale Neighbourhood Centre Inc. acknowledges the support of:



SpringDale Messenger Website

We now have a website devoted to all the SpringDale Messengers from the last 30 years. Thousands of hours have been invested in helping this website come to life.

<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.



Anne Brackley

Dear Friends or Friends I am yet to meet,

Thank you to everyone who continues to help SpringDale make great connections in our community. People who are delivering our monthly SpringDale Messenger, you are making such a difference in many people's lives. Those who talk about what they do at SpringDale and share their stories of connection and learning; and those who help us with advocacy or the one off events. Thank you thank you thank you.

Over this month I have been thinking about how important HOPE is to me. Hope seems to keep me going. Some people might hear the word Hope and think it might be part of an empty promise, but for me HOPE is a light that shines on a pathway. It might start as a weak candle light and get stronger as I see the pathway more clearly - or, it might be that HOPE gets stronger so I can see the pathway clearer. I just know that HOPE and floating the HOPE, whatever it is, into the universe, action seems to happen.

So many things that I have hoped, have come to be. Many things I almost didn't believe could really happen, but hoped they could, almost found lives of their own and have happened. I'm really not sure how it happens but I know HOPE is at the heart of it all.

Words from people in authority, who want to share a dose of reality can take hope away. I have watched people do this to people very close to me, and I have needed to pump hope back into the situation and lift the wave of depression that no hope seems to allow in.

I love HOPE. I love being hopeful. I love sharing hope, although I can read some faces that may not believe that my hope might be well founded, but most times those looks don't disturb me. I love it when we start to get

small wins and that helps build my hope and makes the path clearer.

When we started delivering the Messengers ourselves, I didn't really know if we could do it, but I hoped we could. Quickly, some of our regular volunteers stepped forward to help, but many more new volunteers have stepped forward to help us. Once we achieved the delivery of almost 15,000 copies the first month, I hoped that people might help again the second month and we printed an extra 1,000 copies. As I write this, we have delivered more than 15,000 copies and hopefully we'll get the last few copies out the door. Next month we might need to print more copies to share good stories with more people and give more people opportunities to help. Interested?

We hoped that people who had no junk mail stickers on their letterboxes might think that the SpringDale Messenger is not junk mail. We have received strong messages from many that no one sees it as junk mail and that is heart-warming.

Near the end of the financial year we helped hundreds of people receive the Victorian Power Saving Bonus which means an extra \$50,000 + into the pockets of locals and hopefully that will go round in our community a number of times. We can attribute this windfall to the wonderful people who helped deliver the SpringDale Messenger. The Power Saving Bonus is available to all Victorian households this financial year and SpringDale can help you apply.

Thank you again for your support - looking forward to seeing you soon

Warm regards **Anne Brackley** OAM

Chief Enthusiasm Officer and Coordinator
SpringDale Neighbourhood Centre Inc

Yoga

After 23 years of Yoga with Glenda at SpringDale, we now have a new Yoga teacher her name is Marta. We thank Glenda for her years of sharing her love of yoga and its benefits with our community. We also welcome Marta and look forward to her yoga guidance going forward.

Writers Group

New SpringDale Writer's Group inaugural meeting Friday 5 August 9.30am at SpringDale. Help us set the group up for success.

Make a Macrame Plant Hanger

Learn the basic knots of macramé and how to make your very own plant hanger. No previous knowledge required. All materials provided, register now to select which colour 100% cotton cord you would like to use to create your first macramé piece.

More info page 13.

Instructor: Tiffany Mattessich

Dates/times: Sat 13 or 27 Aug 10.30-12noon

Fee: \$55 or conc \$50

Decoupage

Learn the basics of decoupage and in two classes decoupage an exotic plate and a glasses case. Materials supplied.

More info page 10.

Instructor: Sue Trethowan-Jones

Dates/times: Fri 19 Aug & 3 Sep 1.30-3.30pm

Fee: \$55 or conc \$50



The SpringDale Lunch Bunch are going to The Zoo High St Drysdale on Wednesday 17th August meeting at 12pm. **BOOKINGS ARE ESSENTIAL**, so everyone gets a seat, please phone Margaret 0418 370 857.



SpringDale Dining group are going to the Leopold Sportsman Club Kensington Rd on 8th August. Please call SpringDale on 5253 1960 to reserve your spot.

QUOTE OF THE MONTH

Alone we can do so little; together, we can do so much.
Helen Keller

Anne Brackley - Quote curator

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?

Join a team of almost 70 people helping to deliver the SpringDale Messenger across the North Bellarine. Could you spare one or two hours a month?

Join our Fitness with Purpose activity.

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.





News from

**Lisa
Neville MP**

STATE MEMBER
FOR BELLARINE

Announcing My Retirement

In what is one of the hardest decisions I have had to make, and only after consulting with doctors, family and my friends, I have decided to not re-contest the seat of Bellarine at the November state election.

Many locals know that last year I was hospitalised after a long and ongoing battle with Crohns disease, including a period in ICU. My gradual recovery has allowed me to return to work.

But I know as a person who invests every ounce of energy into my job, I could not give another four years.

Since first being elected in 2002 it has been an honour to have served residents of the Bellarine in Parliament. In that time, I have been privileged to have worked with so many great people and organisations.

Every town is blessed to have passionate locals prepared to spend much of their time and effort in working for the betterment of their community. This is highlighted by the various Community Associations that so effectively represent their respective towns.

In addition, many contribute through their service club, business association, emergency service organisation, church, school, and of course sporting club.

All volunteers and who are the life blood of their community. I thank them for their work.

Each town is also fortunate to have their own community newspaper, all of which genuinely do report without fear nor favour. I have always been pleased to contribute my monthly column to these papers and support them wherever possible.

Outside of the Bellarine I have been privileged to serve our state as a Minister across numerous portfolios including Police, Emergency Services, Water and Mental Health. These positions have given me the opportunity to work directly with our dedicated first responders and in doing so I have developed the utmost respect for our local police, firefighters, para medics, SES and coast guard.

But of course there is still more to be done before November and as such I am looking forward to continuing to my work here on the Bellarine until that time.

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 & 70th** anniversaries & 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.

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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](https://www.facebook.com/lisanevillemp) @LisanevilleMP

lisanevillemp.com.au

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

POTATO SHED

July was a busy month packed full of shows and people everywhere! It really is so great to have all these people back in the venue and performers doing what they love!

Our **Morning Showtime** series in 2022 it's proving to be very popular with the number of events selling out weeks before the performance. In August we have **The Women Who Shaped Geelong** - also known as **Strength and Grace**, this performance will highlight some of the strong and powerful women who made Geelong the place it is today. Local historian **Colin Mockett** looks back many years, delving deep into the history books as well as honouring some more recent local legends. One show at 10.30am on Tuesday August 2nd

We welcome back the talented crew from **Paris Underground** and **Club Soda** when they present **Lost in Venice**. The true Australian story of a film maker, Ron Vincent, a man with a vision of pastry and then an ill-fated trip to Italy in 1965. Billed as... *when Wake in Fright meets Mad Men meets Twin Peaks...* **Lost in Venice** is a unique work and combines drama, comedy, burlesque and music - along with true historical insight - One not to miss on Saturday August the 6th at 8pm.

Seeing out the month it's a show that was booked two years ago and now we're finally able to see the fantastic show- all the way from sunny Queensland. **Margaret Fulton the Musical** - will hit the stage for two special shows on Sunday the 21st of August at 2pm and 7pm. Everyone has a Margaret Fulton Cookbook in their kitchen - or at least handed down from their mother... and all those years in the Women's Weekly - come celebrate a life lived to the very fullest!

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

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

Book your tickets now at www.geelongaustralia.com.au/potatoshed

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

See you at the Shed.

POTATO SHED

WIN DOUBLE PASS to



to MARGARET FULTON THE MUSICAL

7pm SHOW SUNDAY 21st AUGUST (Valued at \$90)

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 12 AUGUST.



WHAT'S ON

POTATO SHED

CITY OF GREATER GEELONG

STRENGTH AND GRACE Women Who Helped Shape Geelong



MORNING SHOWTIME

Researched and narrated by **Colin Mockett**, this show presents the stories of our region's women, from pioneers to the present, and explains their part in our history. Louie Hitchcock and more.
Starring: Jocelyn Mackay, Reyna Hudgell and Shirley Power.

TUESDAY 2 AUGUST 10.30AM
All tickets \$17 – Includes Morning Tea

LOST IN VENICE



Shortly before his death, retired businessman and former amateur filmmaker Ron Vincent handed his box of super 8 films to his young granddaughter, with instructions to look after them. He could never have imagined that, fifty years after they were created, some of his films would be preserved by the National Film and Sound Archives in Canberra. His granddaughter wrote his ill-fated trip to Italy with a mysterious businessman of an iconic Australian company.

SATURDAY 6 AUGUST 8PM
CABARET STYLE
TABLE SEATING: Adult \$38 Conc \$34
THEATRE: Adult \$34 Conc \$32

MARGARET FULTON THE MUSICAL



Great Family Entertainment

A musical biography of a true Aussie legend based on her bestselling autobiography. Margaret Fulton reigned supreme on our country's cooking scene, awarded an OAM in 1983 and later identified as a National Living Treasure. The 'Margaret Fulton Cookbook' encouraged Australian housewives to experiment with more interesting ingredients. This delightful musical follows her journey from humble beginnings to super-stardom.

SUNDAY 21 AUGUST
2PM & 7PM
CABARET STYLE
TABLE SEATING: Adult \$45 Conc \$40
THEATRE: Adult \$40 Conc \$35

JALY ENTERTAINMENT



41 Peninsula Drive, Drysdale VIC 3222
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By Cr Jim Mason

It is amazing to think that we are now more than halfway through the year. As always, the work we do in the community continues despite the cooler months being upon us.

In Clifton Springs, Drysdale, Curlewis and surrounding communities, Council is getting on with starting and completing projects that matter to our residents.

We are currently undertaking dredging works at the Clifton Springs boat harbour. This will help to deepen the harbour entrance and allow vessel users to enjoy the best that Corio Bay and Port Phillip Bay has to offer. We are also working with all relevant stakeholders to develop a long-term dredging plan. This plan will help us to better manage this facility in the future including our understanding of maintenance dredging requirements.

As many of you would know, the Clifton Springs boat harbour is relatively shallow, particularly after winter storms when sand and seagrass are naturally deposited in the area.

Since mid-2021, even more sand and seagrass than usual has washed into the harbour, which has increased the requirement for maintenance dredging. Last year we carried out one of our largest ever maintenance dredging operations at the harbour and

followed it with further dredging in December. Another dredge to deepen the boat harbour entrance began in June this year.

As a result of this process, I encourage and urge vessel users to take extra care when using this entrance. At tide levels below 0.4 metres, it may be difficult for vessels with deeper drafts to enter or leave the harbour without grounding. We have placed the necessary signage for mariners at multiple locations at the harbour to warn of the shallow depth at low tide and provided the locations of alternative facilities to consider.

In addition, vessel operators have been notified of the change in conditions via the Boating Vic website. Following the current dredging process, we will closely monitor the harbour in case we need to dredge again.

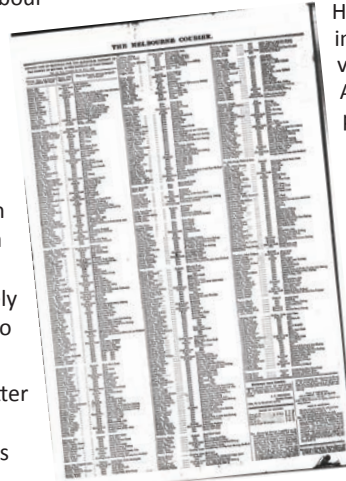
The City has received funding from Better Boating Victoria to undertake a major review of future dredging requirements for the harbour, to ensure its optimal management over coming years. It is expected that this review will be completed later this year.



Anne Drysdale

ANNE DRYSDALE, 1815-1880
Dredging, 1815-1880
Drysdale, Ann
Drouhan, Patrick
LINDA DITTO
DITTO
ANDY VILLAGE, 1 mile ft
Corio and Karatina-stree
Drouhan, Patrick

Anne Drysdale, after whom Drysdale was named, was born 230 years ago on 26 August 1792. Anne Drysdale was the first woman to be eligible to vote in Australia perhaps the world. She was listed as an elector on the County of Bourke in the District of Port Phillip. She was one of 469 listed - Anne being the only woman. Unfortunately, she didn't last long on the list as it was realized she wasn't a man.



Having been a farmer in Scotland before venturing to Australia, Anne continued her pursuit in the Geelong region and eventually in Indented Head (as much of the Bellarine was then known). It is her strength, courage and character that I admire and it is so good to have an effigy of Anne and Caroline Newcomb overseeing all events at SpringDale.

Please join us for afternoon tea in honour of Anne's birthday on Friday 26 August 2.30pm at SpringDale Neighbourhood Centre - feel free to bring a plate to share.

Anne Brackley



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COMMUNITY DEVELOPMENT TIMELINE

Swimming - Drysdale, Clifton Springs and Curlewis

We would love to hear from you if you have any extra information to add to our website and information of offer to help our community.

Swimming and aquatic activities have been an important cultural activity in the Drysdale / Clifton Springs area for centuries.

The Dell was the former entrance to a popular mineral springs and spa resort, which operated between the early 1870s -1920s and gave Clifton Springs its name. The interpretive signs take visitors on a journey through the history of the spa bath house, Clifton Springs Hotel and bottling of mineral water.

1950'S In the 1950's a pool was built as part of the Clifton Springs development and this was enjoyed by residents and community members from the greater Bellarine area.

2002 Clifton Springs community pool (the only one in the area) was closed in July 2002 due to an irreparable leakage possibly causing further landslips nearby.

2005 Petition to COGG from residents for a 50 metre indoor pool complex on the site at the Potato Shed Drysdale. Councillor Tom O'Connor stated he would build a 25 metre privatised pool.

2006 Community members, over the decades have been consistent in their request for aquatic facilities leading to the Bellarine Strategic Plan 2006 - 2016 stated to increase the Aquatic facilities in Drysdale/Clifton Springs and other local communities.

2012 The SpringDale Community summit in 2012 recognised the need for a warm water exercise pool in Drysdale.

2017 Portarlinton pool closed in October 2017.

2019 Public meeting with Sarah Henderson MP to discuss a new pool for the Bellarine, hundreds of people had signed a petition for Ms Henderson showing enormous community support. Sarah Henderson committed \$10 million of Federal government money to build a pool in Northern Bellarine site to be determined. The pool would be an outdoor facility 50 metres in size and a membrane roof, change rooms and a kiosk.

Northern Bellarine Aquatic Centre Advocacy Group (NBACAG) was established in November 2019 following a public forum held in Drysdale with MP Libby Coker surrounding the need for an indoor pool to service the community needs of all abilities, swimming lessons, exercise classes and swimmers.

2020 March- Scoping study conducted by COGG into aquatic needs. COGG committed \$750,000 for design alongside \$10 million from the Federal Government.

2021 COGG accepted recommendation to place the Northern Bellarine Aquatic Centre (NBAC) in Peninsula Drive Drysdale adjacent to the schools of St Ignatius College, Bellarine Secondary College and St Thomas' Primary School.

NBACAG writes a Position Paper which is given or sent to all levels of Government.

COGG April Council Meeting agrees to an outdoor 50 metre heated pool with a further 5.15 million to be added to the \$10million from the Federal Government and moves that additional funds be sought to enable the construction of NBAC Stage 2.

2022 Construction of Stage 1 NBAC commences.

www.onthebellarine.org.au



G. G. M., photographer. Source State Library Victoria



NBAC Stage 1 artist's view.

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.

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Connecting Business & Community

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St James turns 150



This will be the last article before our celebratory week-end on the 10th and 11th of September. We are happy to report that key elements for our open day on the Saturday are now in place.

The memorial banner with 14 panels illustrating historical events of the last 150 years will be on show. Tour guides are practicing their briefs and preparing their costumes. The quiz is ready for the children and the new updated history of the Church is almost completed. A substantial collection of photos and other memorabilia will be on display. A big thank you to the community for their generosity in assisting us with that. Souvenirs will be on sale on the Saturday along with delicious Devonshire teas.

The jewel in our crown the new stained-glass window of St. James the Apostle is being crafted by Wesley Vine Glass Craftsman Pty Ltd and will be dedicated on Sunday 11th by the Archbishop of Melbourne. However, the window will be available for all to view on the Saturday. Shown above is a photo of the work in progress.

We hope to have the opportunity of sharing all events with you on Saturday 10th between 10.30am and 4pm. The morning Church service on Sunday will emphasize our thanks to God for his faithfulness in the past, in the present and for the future.

Sheilah Meikle and Pat Marks - For St. James 150th committee
Parish e-mail: bellarineparish3222@gmail.com Mob: 0406403745

Welcome Activities

If you are new to our beautiful part of the Bellarine or just new to having time during the day, you might be interested in one of our Welcoming activities.

Morning Tea is on the first Tuesday of the month 10.30am to 11.30am, at SpringDale - come and have a cuppa and a chat. New volunteer Lorraine will welcome you and help you feel at home. Phone 5253 1960.

Lunch Bunch holds a regular lunch at a local café or restaurant on the third Wednesday of each month. Margaret would love to hear from you so she can make sure you get a seat. Her number is 0418 370 857.

Dining Group dines at local clubs and hotels on usually the second Monday or Tuesday each month. Pam or Elaine would love to welcome you and Fran will make sure you have a name tag to help people get to know you. Please ring SpringDale 5253 1960 to reserve your space.

We love people to receive our **Welcome Kit** - please come to SpringDale to pick one up or perhaps pick one up for a new neighbour.

Looking forward to seeing you at SpringDale soon.



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THE CHANCE TO SERVE OUR COMMUNITY

We have had an exciting time at Bellarine North Rotary Club lately. Our forty seventh Annual Changeover Dinner has been held and we have passed the baton from Past President Terry Baker to incoming President Andrew Jeffrey. PP Terry was thanked for his work during another tricky year.

Despite some interruptions by Covid forcing meetings on Zoom we continued to grow our membership by six. Our membership is now up to thirty-seven from the lowest number of twelve 7 years ago. Good effort PP Terry, the Board and members.

President Andrew although a recent member four years ago, he is not new to Rotary International and the difference it makes. Andrew's father Athol was an active member of the Drysdale Rotary Club when he relocated here in 2000.

We have had the privilege to deliver another forty books to our local Maternal Child Health Centre to be distributed to parents of newborns to encourage reading to their child from an early age. Our books on offer are "Where is the Green Sheep" and "Diary of a Wombat", both Australian hard cover books. Early reading to children develops lots of other skills that link their learning on many fronts. This is one of the many community services, projects and international involvement our members have participated.

We know we will be continuing this Club with the same fun and supporting of our community here and overseas. We will continue to look for projects to support and I know that President Andrew, the Board and members are excited and focused on the Rotary year ahead.

If you are new to the area, looking for a way to give back, to making new friends then why not call, come along to a meeting Monday nights Portarlington Golf Club 6pm for a 6.30pm start.

Publicity Officer - Bellarine North Rotary Club

Caroline Rickard - 0408 989 221

Bellarine North
Rotary



Photo Left to Right: Colin Harding, Past President Terry Baker, Suzanne Harrold, Dr Geoffrey Ross, Leila Stecher, President Andrew Jeffrey, Glenn Faulks, David Anderson



Phone: 5251 3477
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At SpringDale *this Month*

This is a new column, which was suggested by one of our newest volunteers Sue Knight. Sue has helped deliver the last two SpringDale Messengers and is a fairly new resident, and thought people might like to know what SpringDale has been up to and doing. Happy to have your feedback.

- Power Saving Bonus support for 53 people
- Working with Children renewals 2 people
- Passport renewals 4 people
- International Vaccine Certificate downloads 2 people
- Connected devices to new modem
- Printed and bound 3 booklets
- Welcomed 72 new volunteers to help deliver the monthly SpringDale Messengers
- Distributed more than 15,000 SpringDale Messengers
- Delivered 15 stickers to homes that have No Junk Mail stickers but want to receive the SpringDale Messenger, because like so many, they do not consider it to be Junk Mail
- Thanked Glenda for 23 years of Yoga teaching
- Employed a new Yoga teacher
- Increased our class offering to include Macrame and Decoupage
- Held a Garage sale to help cycle items through our community
- Purchased Air Purifiers for each room to help keep people safe
- Persian Carpet Gallery hired the hall for a weekend
- Gathering Names for new Writers Group - it's about to start

This was on top of all our classes and groups that we present - thanks to the whole team who make this possible.

Anne Brackley

Come in for a Free chat

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I am so encouraged as each month goes by that there is more and more attention being drawn to the ever growing issue of housing and financial stress for women over 55 years of age.

At our last WLW Workshop we watched a promo video of a new Australian documentary called "Under Cover" which will be released during the Melbourne Film Festival this month. The film reveals the hidden faces of homelessness.

"Narrated by Margot Robbie and sharing the lives of an eclectic group of women throughout Australia. Under Cover shines a light on a devastating reality - women over 50 being the fastest growing cohort experiencing homelessness in Australia. These moving but optimistic portraits, reveal the struggles these women face, and lay bare the flaws in our society, as well as our economic fragility in the modern world."

(from the webpage <https://documentaryaustralia.com.au/project/undercover/>)

You can watch the promo at the above link or just Google "Under Cover with Margo Robbie".

If you would like to join our group and become part of the conversation, please contact me on 0422 146 604 diannebennett4@hotmail.com or contact Anne Brackley at SpringDale.

Dianne Bennett
for *Women Living Well*.

• Decoupage •

Author/Designer Sue Trethowan-Jones is teaching modern decoupage. In two sessions you will decorate an exotic plate and a case for a pair of glasses. Sue provides everything needed but invites you to bring an apron if you like. Other items that you might like to decoupage could be teapots and other more complicated pieces. Furniture and a variety of surfaces can be embellished to provide glamour and give your home a touch of artistic warmth.

Decoupage needs no talent and you will be amazed at what you will create when you join in this French inspired art.

Decoupage

Learn the basics of decoupage and in two classes decoupage an exotic plate and a glasses case. Materials supplied.

Instructor: Sue Trethowan-Jones

Dates/times: Fri 19 Aug & 3 Sep 1.30-3.30pm @ SpringDale

Fee: \$55 or conc \$50



New - Indented Head Community Group-VOICE Inc.

Is OPEN for MEMBERSHIP. \$5.00 p.a.

established in Feb. 2022 after community consultations.

The Group's membership comprises of people from all walks of life, and from a variety of social and diverse backgrounds, and experiences. We all have one thing in common - whether we came to Indented Head decades ago or have just arrived - we have all found a great place to live.

The Group champions conversation and a flow of information from Govt., entities, service providers and others to everyone in our community.

Come join the conversation, social activities, and to share your vision for Indented Head's FUTURE with **'INDENTED HEAD COMMUNITY GROUP-VOICE Inc.'**

Membership forms on request Ph.: (03) 4202 0214 or email: indentedheadcommunitygroup3223@yahoo.com

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"I've finished" with some help



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- Sunday Family Service **10am**
- Children's Ministry
- Play Group
- Youth Group
- Home Groups



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SPRING IS IN THE AIR

Slow Cook Apricot Lamb

Preheat oven to 200°C.

- 1kg lamb shoulder, excess fat removed and cut into pieces
- 1 large onion, finely chopped (or leek)
- 2 cloves garlic, chopped
- 20 dried apricots, chopped
- 1 cup almonds, flaked or chopped
- salt & pepper to taste
- 2 bay leaves
- 3 cups vegetable stock
- 1 cup chopped parsley or coriander
- 4 tbs olive oil

- In a large terracotta pot (or any large, heavy casserole dish) place some of the onion, garlic, apricots, almonds and a layer of lamb pieces.
- Add salt, pepper, bay leaf.
- Repeat process layering until all the lamb is used.
- Pour in the vegetable stock.
- Add the olive oil and place the parsley/coriander on top.
- Cover with a tight lid or foil, making sure the pot is well sealed.
- Cook for approximately 45 minutes.
- Then reduce heat 180°C and cook for an hour or so.
- Remove the lid or foil.
- Stir through and serve hot with mash potatoes or rice and green vegetables.

SPRINGDALE CLASSES FOR YOUR TASTE BUDS

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 & Jing Levinson

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

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

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

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

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 1 Sept 10am-12noon **Fee:** \$50 or **Conc** \$20

Donnie GRIGAU FOR BELLARINE

I'm Donnie Grigau.

The Bellarine is my home.

I own a local restaurant. I love employing people and supporting my beloved Queenscliff.

Like so many small businesses, my restaurant struggled through the **Covid-19 lockdowns**. But after 20 years in the retail sector, I was battle ready.

Challenging days are what shape us.

It's why I'm ready to take on the challenge of change - to seek and achieve more for the Bellarine. I want to put people first.

That means when you call 000, an ambulance arrives. It means bad roads are fixed so your family can get home safely. And it means you can get surgical needs attended to now, not in the never never.

As a **Councillor** on the **Borough of Queenscliffe**, I understand good governance and accountability. Taxpayers must get value for money.

Good Government must also provide hope.

That positive direction is what I bring.

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✉ Donnie.Grigau@vic.liberal.org.au **f** [DonnieGrigauBellarine](https://www.facebook.com/DonnieGrigauBellarine)

🌐 DonnieGrigau.com.au 📞 0483 872 403



Authorised by C McQuestin, L 12, 257 Collins Street, Melbourne 3000.

DRYSDALE AND DISTRICT SENIORS GROUP INC



It is hard to believe it has been 6 months since we left our old building in Wyndham Street to go to our beautiful new home at the Drysdale Community Hub (25 Eversley Street Drysdale.)

The new venue has been well used with over 2000 users through the doors since we opened. Our memberships have increased threefold and we have attracted new activity groups along with old favourites such as Wine and Cheese Appreciation and Bellarine Quilters.

Bingo is going well with big prizes and good crowds on a Tuesday. Friday is carpet bowls day come and join for a great afternoon.

Seniors are introducing exercise and dance groups to keep members healthy. We will also have trips around Geelong venues when they are available.

Our new Facebook page at Drysdale & District Senior Citizens Club inc. | Facebook has been well received.

Come along and see what seniors can do for you. We are like a big family where everyone is welcome

For more information, please call Paul Taylor Secretary Drysdale Seniors on 0407 502 071.



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The Queen's Gambit on the Bellarine

The Netflix series The Queen's Gambit, which follows the life of an orphan chess prodigy during her quest to become the world's greatest chess player, has inspired many viewers to dust off their old chess boards and play a game or two with family, friends, or, even better, to join their local chess group.

I'm Stan Rusiniak, and am actively involved with all three chess groups on the Bellarine, including being the facilitator at Portarlington. The show has reinvigorated interest in the game. Friends have contacted me, or my fellow chess mates, with a newfound enthusiasm and many questions about chess and the chess group's activities.

Hugh Peters of the St Leonards Chess group says, "Even expressing an interest in the game can be beneficial to people young and old. Chess is a wonderful way to improve your concentration, patience, memory, and creativity."

"We have all been delighted by the show's success," says Ralph Wright of the Ocean Grove Chess group. "And the best thing is, win, lose or draw - chess is tremendous fun! So, come in and give it a go"

The Queen's Gambit, which refers to a centuries-old opening move of the game, has been internationally credited with elevating chess board sales and drawing people online to play, particularly during the pandemic.

Google Trends data reveals people searching for "chess" doubled after the series was released in 2020 and leading online playing platform www.chess.com reported daily active players jumped from 1.3 million in March 2020 to more than 3.1 million in under a year.

All the Bellarine chess clubs are open and welcoming new members, giving them the opportunity to gain experience more about the game that has been played in various forms for more than 1,000 years.

If you want to learn and improve your chess skills, or play a game against new friends, you're invited to visit, grab a coffee (or tea), and join in at any one of the local Bellarine Chess Groups.

All the Bellarine Chess groups supply the equipment and opportunities for everyone in our community, no matter what their skill levels, age or gender are.



Ocean Grove Chess Group

Ocean Grove Senior Citizens Club
101 The Terrace, Ocean Grove VIC 3226
Tel: 5255 2996
Time & Date: Tuesdays 1.30pm
Facilitator: Ralph Wright



Portarlington Neighbourhood Chess Group

Portarlington Neighbourhood House
Bay View Room, Parks Hall,
87 Newcombe Street, Portarlington
Tel: 5259 2290 **Email:** enquiry@portnh.org.au
Time & Date: Mondays 10.00am
Facilitator: Stan Rusiniak



St Leonards Space Chess Group

St Leonards Community Space
3/1377 Murradoc Road St, St Leonards VIC 3223
(Entrance on Blanche St)
Tel: 5216 9255
Time & Date: Thursdays 9.30am
Facilitator: Hugh Peters

For these seeking further information on The Queen's Gambit:

The object of a game of chess is to checkmate the opponent's king, meaning there is no square on the chess board for it to escape without being "in check."

The Queen's Gambit is one of countless chess opening moves. It consists of three moves: White moves the queen's pawn two spaces forward. Black responds by moving her own queen pawn two spaces forward. Finally, white replies by bringing her queenside bishop's pawn forward two spaces. The goal of the Queen's Gambit is to temporarily sacrifice a pawn to gain control of the centre of the board.





Macramé



Tiffany is the creative hands behind Thread Sagely Designs specialising in fibre and macramé arts. After taking up macramé in 2020, she has created a number of custom fibre art pieces and bespoke patterns for clients worldwide. Based on the Bellarine Peninsula, she runs macramé workshops and sells cord and patterns for creatives looking to take up the craft.

Thread Sagely Designs began specialising in custom fibre art and flourished into a fully customisable experience: unique handcrafted designs and installations for any space or special event. Tiffany incorporates a variety of materials from natural and organic, to industrial and fabricated. Her handcrafted creations are recognized as custom accents for everyday spaces, to large scale works of art, available for hire for any event, wedding backdrops, and retail displays.

Tiffany uses texture, depth and color to turn a vision into your own fibre story.

Make a Macramé Plant Hanger

Learn the basic knots of macramé and how to make you very own plant hanger. No previous knowledge required. All materials provided, register now to select which colour 100% cotton cord you would like to use to create your first macramé piece.

Instructor: Tiffany Mattessich
Dates/times: Sat 13 or 27 Aug 10.30-12noon
Fee: \$55 or conc \$50 @ SpringDale



Attracting Birds to the Garden

Birds are vital to our ecosystem. Even the tiny sparrow adds to the quality of our lives. Birds control pests, pollinate flowers, spread seeds, even regenerate our forests and yes, I agree they dig up our garden. I do try to be positive in saying “they aerate our lawns and gardens”. If I am honest I must admit I do have a couple of black birds on my “nuisance list” as they love spreading my tanbark all over my beautifully swept and tidy paths. But I have to remind myself that in digging they are finding the small creatures, spiders and insects within the soil. In the scheme of things birds are a positive feature to our gardens and to our lives.

It is easy to encourage these little helpers to visit through ensuring a few small features around your yard. With a little planning and thought to what birds like to eat, where they can nest and hide, how to provide them with water and food, you are most likely to signal that birds are welcome. Your garden can and will benefit.

Firstly consider what birds like to eat - Next time you see a bird in your garden, look at their beak as it gives the biggest clue to what is eaten. Generally a small neat beak means a seed eater whereas a curved thinner beak allows the bird to enjoy the nectar of your plants. A Welcome Swallow soaring above your lawn with its small beak open wide, is usually devouring the flying insects, particularly those pesky mossies. A New Holland Honeyeater clinging to your grevillea is not only gaining food but pollinating your plants. A Willie Wagtail hopping across a cleared area wagging its tail is scaring the insects from hiding in the grass and gaining a prolific diet at the same time.

Where birds nest is also a clue to where they like to hide. Also observe what the nest is made of, you will be amazed. Spider webs will disappear from around the eaves when Eastern Yellow Robin is building. Small bushy plants low to the ground give shelter to those little birds such as the Superb Fairy Wren who delight in insects as well as berries. Australian robins are shy birds but what a delight to observe! The bigger birds such as Tawny Frogmouths and the parrots enjoy larger trees. My fruiting olive tree, is very popular with the rosellas at this time. Luckily I have enough fruit to share.

A range of indigenous plants is a great way to attract insects as well as birds to your garden, but remember that during our long hot summer, the greatest attraction is water. A bird bath attracts one and all. Cleaning it is vital for good health. Fresh clean water for drinking and bathing means that on a summer evening there is a queue. We have a large bath in the front garden where I watch ravens, magpies and magpie larks whilst the smaller birds enjoy the smaller bath around the back close to their hiding bush. It is important to have stones in the bottom of the bath so that the birds are secure as they splash around. I was devastated to find a dead Eastern Spine-bill floating in my bird bath. It could not get out of the deep water so now I always provide a big stone or two to assist a quick escape.

Please think about your garden and the delight it can bring when you encourage nature in. Habitat of birds is shrinking rapidly in the wild but we have the means to encourage a closer relationship by planning our gardens. Your local nursery and library will be able to help you on your way.

Carole O'Neill



Please register at SpringDale if you are interested in another Bird story afternoon of the birds in the area.



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Community Development & the SpringDale Messenger

Over the last 32 years, the SpringDale Messenger has been bringing our community together, mentally and physically. SpringDale partners with many groups and advertisers to bring all sorts of opportunities to our community.

We try to keep everything as local as we possibly can with both our graphic designer, Jo Aspland and our printer TAVIDS, living and working in our area. Our volunteers, who bring each issue to together are varied and many. Writers, editors, and now deliverers are all volunteers.

Over the last 6 months we had faced delivery issues, more so than during the pandemic over the previous 2 years. People started to ask if they could help deliver the Messenger as they deemed it to be such an important part of our delivery of information and so important to our community.

This is not a cost cutting measure but more a quantity and quality delivery of the SpringDale Messenger. I'd have to say I was very scared to go down this path as I realized the number of people we were going to need to help. As I wrote last month I believe we need at least 150 people ready to help for an hour or two each month.

So far we have almost 80 people now who are part of the team - so more than 1/2 way but there is still room for more help. So if you are sitting at home and thinking that you would love a reason to get outside and walk - this maybe the opportunity you have been looking for. It could be called Fitness with Purpose.

For the July Messenger we had instructions ready for each deliverer and I tried to better match people with areas near their homes. Because it was our people delivering, I could also ask them to deliver notes to people who have No Junk Mail stickers, asking if they might like the Messenger despite the sticker.

We have had a resounding reply of "Yes please deliver the Messenger - I do not believe it is junk mail".

This has given us the impetus to design a logo for those who wish to have the Messenger Delivered. I have spent a number of hours delivering the logos and had such fun placing them on or in the letterboxes. I've come up with the idea of everyone having such a sticker - imagine a community with such positive messages on each letterbox!

SpringDale Messengers Welcome stickers are available from SpringDale - feel free to come and pick one up or let us know and I'll bring one or arrange one for you. I'm so excited by this idea.

Thank you to everyone who is helping to get good information and opportunities to 16,000 homes over the North Bellarine and worldwide on our website.

Anne Brackley Messenger volunteer contributor and deliverer.

Wouldn't it be nice to have this logo on every letterbox?

Collect your sticker from SpringDale



PROCRASTINATION

The origin of the word in Latin *pro* -, meaning "forward" and *crastinus*, "of tomorrow."

Procrastination is delaying action on an important task, even when you know that you will be worse off for it. While it is sometimes said that procrastination is lazy; it is rare that the tasks we choose instead are easy ones (like reorganising the entire pantry). Our procrastination is more obvious when we are cramming in the final hours before a deadline, but it is also there in the life decisions we put off that would make tremendous improvement to our daily life (changing jobs, having an uncomfortable conversation with a loved one).

Research has shown that procrastination can lead to poor mental health, causing distress, low satisfaction and adding to feelings of depression and anxiety. It can also impact physical health; causing headaches, insomnia, digestive problems, and compromised immunity (particularly if you are procrastinating in seeking medical advice!).

There are many different ways to procrastinate, and there are many different types of procrastinators. The core of the issue isn't *how* you do it, but *why*.

Procrastination can be the result of "present bias." Allowing short term needs to take precedence over long term ones. Dr Tim Pychyl of Carleton University in Canada explains that the inability to navigate and regulate negative emotions can lead to seeking short term pleasure. If the task that you are procrastinating over, offers you boredom, anxiety, insecurity, frustration, resentment, or self-doubt, and you are unable to feel these emotions and move through them, you will become stuck. Your feeling mind will kick in (the amygdala), seeing the situation as stressful and you will begin the avoidance. A short term "mood repair" will take high priority over the longer term pursuit of the current action.

This amygdala reaction will inhibit your ability to make decisions, making the task even more difficult. So the key to overcoming this procrastination cycle, is not to get harder on yourself, but to resolve the cause.

- **Are you unrealistically expecting perfection?**
- **Are you avoiding something bigger than the task that is taking you there?**
- **Are you overburdening yourself?**
- **Are you being too hard on yourself?**

Professor Fuschia Sirois of the University of Sheffield in the UK has explored the effects of self-compassion on procrastination, stress and well-being and has found the answer may be in self-kindness rather than self-deprecation.

You can instead try to:

- Focus on when you will start the task rather than when you need to have it finished by.
- Be accepting of the times when you don't and can't get there, and use them to prepare space for when you can.
- Remember: perfection is not as important as arriving where you want to be.
- Recharge your body and give your mind spaces of clarity, while working to achieve the task. (Go for a walk, meditate, take a long relaxing bath)
- Let yourself finish one task before beginning another.
- Remember times when you have overcome this discomfort, and the wonderful feeling of its completion.
- Take time to focus on how the end result will feel when you have reached that long-term success.

You will get there, and it will be wonderful to arrive there relaxed, calm, and ready for the next wonderful reward!

If you are looking for support in becoming more motivated or efficient hypnotherapy, or counselling may be able to help.

Kim High



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I must admit 2022 has gone very quickly August already.

Sadly the number of kinship carers in our group has increased beyond my wildest dreams.

Our numbers now stand at 59 families and close to 100 children.

Our group consists of mainly grandparents caring full time for their grandchildren, but we also have aunts and uncles, family friends, older siblings caring full time for younger siblings, cousins and the list goes on and on.

Every single member in our group has opened up their hearts to care for the children in their care. We are there when the children are crying at night, when the children are sick and we are there to support, guide and love the children in our care with all our might.

Some of the Carers in our group are not in the best of health, they worry about what will happen to the children they are caring for if the Carers can no longer look after them.

Lots of our members have appointed a 'Carer in waiting', which basically means they have appointed a person mostly a family member - to continue to care for the children, to keep the children safe.

But on the other hand, some Carers have no one they can appoint as a 'Carer in waiting' because the Carer's family has basically wiped their hands at the hard decision the Carer had to make - to keep the children safe.

So we as a group have to find a solution to the hard core decisions of a Carer having no one they trust to take care of the children if a decision has to be made. But believe me we will find the answer.

I would like to say a HUGE thank you to you, the local community who have supported us over the past few months with lots of donations of new clothing, new books and even games for the children in our group. If you are a kinship carer sitting at home, thinking that you are all alone in your kinship journey, please come join our group. We laugh a lot, we talk too much but we support each other.

We meet the first Monday of each month (not during school holidays) at Springdale Neighbourhood Centre 10am to 12noon.

Hope to see any new kinship carers very soon. Stay safe everyone.

Jeanette Hanley Heath

0414 308 257



Greetings Rebel Alliance,
"Oh everything's moving!"

...was one of our "Star Wars" day visitors' comments on my patent "live" background for the display. "Lost in Space" scenes were always rich in flashing light backgrounds and I was keen to try for something similar for our display. Flashing light key tags on the missile ends and a revolving radar scanner lent that futuristic touch I was looking for. The scanner was a tinsel baking dish...very glittery and inexpensive!

You may have noticed in last months' pics, that only one side of the mock-up had wings. It was in fact, a half model, which turned out to be a great space saving idea. I borrowed this concept from the Newell highway Solar System Drive.

It seems someone has had the idea of creating a scale model solar system to follow the course of the road. The website informs me that if you start at Dubbo, you can work your way from Pluto right back though "space" to the sun, calling in at billboards featuring half models of the planets on the way. The sizes of the planets and the distances in between are all of the correct relative scale.

Of course the spheres have been cut down the length of the North- South poles and attached flat side in so that only the front half of the planet is there. Very neat and practical and worked well for the "X Wing."

Of course what we really want, is for everyone to join our group. There's plenty of room at Springdale for enthusiastic sci-fi fans, so come in and add your ideas to the mix. The more the merrier!!

By the way, I see N.A.S.A. just has launched a rocket from Australia. They used a spaceport in the Northern territory. Looks like we're on our way!

John.



Springdale Trivia 60th Edition by Drysdale Girl Guides

1. In 2022 on what date did the Winter Solstice take place in Australia?
2. In the original Top Gun movie, what model of planes were flown by the majority of the characters?
3. Kiwifruit are originally from what country?
4. In what Australian State or Territory would you find the Big Lobster?
5. Who designed the Sydney Opera House?
6. Where in the world is the Great Pyramid of Giza located?
7. What is the name of the Greek goddess of victory?
8. Which country (including its territories) covers the most time zones?
9. In which year was Vegemite first sold in Australia - 1923, 1933 or 1943?
10. Who invented the telephone?

Turn to
page 22
to find the
answers.

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



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






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276 – 290 Jetty Rd Curlewis P: 5253 2099
- **Second Chance Clothing**
5 Mortimer St. Drysdale



Wondering if anyone would like to help to bring a Science event together for this year and or work towards an event for next year. This annual event seems to have caught us on the hop this year. Wondering if we could have a seed planting event to help people get started for Spring planting? Or you might have another idea?

Sometimes opportunities pop up in between monthly issues of the Messengers and I am able to contact some people via our webmail. Please sign up for webmail via our website or please ask the Springdale office to do it for you.

Over the last month we've had a Persian Rug sale and 2 weeks of garage sales at Springdale which I could only let people know about via webmail and signs on our windows and notice boards.

Anne Brackley office@springdale.org.au or phone 5253 1960.

www.scienceweek.net.au

Dignity

My concept of dignity and my experience of disability seem fundamentally opposed. What dignity is there in having my nose wiped or having my head thrown back violently into my headrest as I navigate yet another raised kerb? At times it feels that I have little to no dignity at all, which renders me either silently angry, miserable or accepting, depending on the circumstances. And sometimes a three-in-one combo.

My subconscious seems to be getting the idea of what it means to be 'dignified' wrong. The Cambridge Dictionary tells me that dignity is the quality of a person that makes them deserving of respect. The Macquarie Dictionary concurs, stating as two of several definitions, 'nobility of manner or style; stateliness; gravity' and 'nobleness or elevation of mind; worthiness'. Yet in my defence, it's not surprising that I should feel periodically undignified when our ability-centric world prizes physical beauty, elegance, strength, and prowess. We internalise these ideals as being the pinnacles of self-pride and feel unworthy by comparison. Well - this little gal does at times anyway.

Conceptually, dignity is closely related to grace. The definition of which has, according to the Cambridge Dictionary again, four categories, only one of which is about the quality of movement. So why does so much of my self-talk involve feeling terribly undignified? It's because retaining and maintaining decorum has never been more difficult.

In my pre-disabled days, I didn't give much thought to my dignity or grace. Dignity was the Queen, and grace was a prayer I was made to do as a child at meal times. I walked,



rushed and strolled through the world without a thought for my poise. I showered, toileted, and dressed without questioning my conduct. I cooked, ate and fed others with an innate adherence to the rules of etiquette with which I was raised.

The development of a profound physical disability has brought to my consciousness this previously unexamined concept of what it means to be dignified, and in turn, brings along the need for me to intentionally redefine what dignity means to me. It's essential for my self-image, perhaps even self-worth. Shame and humiliation are the only other options, yet, they just don't sit well with me.

Because as humorously as I try to compare getting dressed to 'dressing a big bony toddler' I have to consciously tell myself that my dignity is not in the action, it's in my reaction. And I quip at times at my T-rex-style arms that can no longer get food into my mouth unless I'm hunched over my plate like a rabid dog over his prey. Yet I know that etiquette, as my culture knows it, needs to expand its definition to include me.

Self-identifying as someone who has any sense of dignity and grace, is a constantly worked focus on my mindset. My conduct and attitude define my worthiness. Not my posture, core strength or nose-wiping ability.

Leanne

Talking Autism

Living with and caring for someone with ASD can sometimes be challenging.

Winter weather, with extremely cold temperatures, raid and days of gloomy grey skies can be detrimental to people's mental health. Combine the two and life can be difficult, which brings us to: - How are you feeling? Are you OK? How are you looking after yourself and your own mental health while caring for someone else?

Thankfully, these days there are organisations that can assist with mental health issues (e.g. your family doctor; Mental Health Helpline; Better Health VIC; Lifeline; Beyond Blue)

There are also many things you can do yourself to help with your mental well-being, ("google" tip to boost your mental health).

A few that work for me are:-

- Do some colouring for about 20 minutes to help clear your mind. For the best effect, pick a geometric design that's a bit complicated.
- Put on some music and dance around while doing the housework.
- Take time to laugh – watch a comedy or hand out with a funny friend.

Another thing that may help is coming along to our monthly networking meetings. We meet on the 3rd Saturday of the month (the next is Aug 21st) at the SpringDale Community Centre between 10.30am and 12 noon.

Hope to see you soon.

Jane Schmidt

Talking about Autism

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

Instructor: Jane Schmidt

Dates/times: Sat 20 Aug 10.30am-12noon

Bookings essential

Fee: \$2 per session

All Abilities Art

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Clifton Springs Garden Club

Here we are in the last month of Winter with Spring to look forward to. The year is moving so quickly, it won't be long and we will be having our Annual Plant Sale at the end of October.

Steven Bate, Bluegum Horticulture & Garden Design, gave our Club a very interesting presentation in June. I know I learnt a lot, especially about the micro climates in our gardens and the climate around the Bellarine in general. We often miss out on rain that Drysdale/Clifton Springs gets & I now know why - it is all because of the Otways. Having come from the extremes of North East Victoria, I am still finding it strange that I sometimes have to water the garden in winter, especially under the large tree canopies because the rain doesn't penetrate the soil. I often use pots under the trees for this reason. If you are new to the area, dry soil in winter and the effect of the wind on your garden are both something to keep an eye on. Micro-climates, I know mine goes from a lot of shade to hot westerly sun, all in the one spot; or shade in summer to sun in winter or total shade. Consequently, in my garden, there has been a lot of experimenting and moving of plants over the years, but I am now beginning to understand my micro-climates better.

Steven talked about plant selection being very

important - think about what "look" you want for your garden, and make sure you select plants that are suitable to your environment, or try to create the right environment for your favourite plants. So much to think about when creating our gardens.

It was lovely to see many of our new members amongst the thirty five who enjoyed our July social evening at the Leopold Sportsman's Club. It is a tradition of the Club to have a dinner meeting each July, to enable Members to get to know each other better.

We have some great outings planned for the coming months, as well as more interesting speakers. If you would like to keep up to date with what the Club is doing, contact our Secretary Helen, on telephone 5257 2220 or email hma3152@gmail.com



Drysdale Day VIEW Club celebrated their 21st Birthday last month at Clifton Springs Golf Club.

It was a very happy day with visitors from various VIEW clubs joining the Drysdale ladies for a very special occasion.

Three of our founding members Christine, Ethel and Barb cut the cake. Ethel presented our president, Diane with a special "history" booklet and during lunch Vicki screened many of the fun photos recording the Club's 21 years' activities.

If you would like to enjoy fun and friendship whilst helping raise funds for assisting in providing education to worthy young people consider joining VIEW.

For more information, please phone **Margaret** on 0431 636 090.



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)

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St Leonards Garden Club

Hi everyone,

Hope everyone is keeping well in this winter weather. The sunshine gives us something to look forward to.

St Leonards Garden club is held at the Memorial Hall at 1342 Murradoc Rd, St Leonards. The hall is adjacent to the St Leonards Primary School. Our meetings are held on the 2nd Wednesday of each month, at 1.00pm for a 1.15pm start. Entry is \$4.00 and membership is \$10.00 per year. Members are asked to bring a plate of afternoon tea.

Since our meetings have resumed this year, member numbers attending has been very pleasing, so please come along, bring your friends. Men don't be shy, you're very welcome too. We have very interesting guest presenters who inform us on many and various topics.

Thank you to Wayne Long for being our guest presenter. A very generous person who always fills in at short notice. Your knowledge is endless. You are greatly appreciated for all you do.

All the autumn leaves have provided a ground cover for gardens giving our gardens a compost that will naturally breakdown, providing good bacteria for the plants. It's hard to imagine that we used to make piles of leaves and then burn them, creating pollution. It's better to make piles of leaves and let the children play in them.

Now is the time to prepare your fruit trees, spraying the peach, nectarine, plumb trees to prevent curly leaf. Spray with copper oxide, remembering to drench the branches to drip off. Spray around the base of the tree to kill the spores lying there.

I have just heard about a deterrent for Codling moth. It was suggested to use Vicks on the trunk and lower branches of your apple tree/s. I would imagine you could do this by spreading the Vicks on cardboard and then tying around the tree trunk attracting the Codling moth into the cardboard and then they can't get out. I guess Vaseline might do the same thing. Worth a try?

Our garden club is having an open garden event on the 29th October, (Melbourne cup weekend). We are hoping to have a dozen (12) gardens open for viewing. Club members are asked if they could assist us at the garden gates to take admission money Admission is only \$10 regardless of how many gardens you visit. NOT \$10 PER GARDEN. There will be Devonshire tea at one garden, cost to be decided. There will be various types of gardens to visit. Details will be announced when they have been finalised.

Still plenty to do in the garden. Time to plant garlic bulbs. Plant in a large circle so when the time comes, you're able to plant a tomato seedling inside the circle. Plant cabbages, cauliflower, broccoli. Try planting lettuce seeds.

Stay well and warm every one.

Until next month

Cheers **Wilma McLaren**



Environmental Sustainability

SpringDale Neighbourhood Centre has been successful in gaining a small City of Greater Geelong Environmental Sustainability grant. This will allow us to build and demonstrate how to set up a Bokashi Garden bed, how to feed and nurture it. SpringDale did have a community garden but that group split away but kept almost our name - Springdale Community Garden, which may and does confuse some people.

Perhaps these new garden beds could be the start of the NEW SpringDale Community Garden. Please let us know if you would like to help set up the beds and learn how to do it yourself.

Thank you to the City of Greater Geelong for this grant.

Register your interest with SpringDale office: email office@springdale.org.au or phone 5253 1960.

ON SALE @ SPRINGDALE



Bokashi One composting is an eco-friendly composting system designed to be used in the kitchen.



EnsoPet is an innovative inground composting system, specifically designed for composting pet waste easily and hygienically.

Memories of Yesteryear

THE BUTCHER FAMILY

In this year's February Edition of the Messenger, I mentioned that players and supporters of clubs associated with the Bellarine Football League would be keen to embrace the upcoming footy season. At the halfway mark of 2022 I am sure that the players, supporters, and volunteers associated with the successful and not so successful clubs in the region are truly enjoying the camaraderie that we all missed in previous years.

At my local club a difference of opinion arose regarding the pros and cons of various beers (possibly common in most clubs) which prompted me to think that with so many breweries and boutique beers now available everywhere, such a discussion was futile. And of course, the only place that drinking and driving is acceptable is on the golf course.

Around the time of the changeover to decimal currency in 1966, closing time of hotel bars was altered from 6pm to 10pm to outlaw the "6 o'clock swill" where thirsty workers would only have an hour to quench their thirst at the local.

An interesting article in the DjiIang Advertiser regarding the temperance movement of the 1880's where Coffee Palaces flourished in Geelong, Ocean Grove and Barwon Heads for non-drinkers, made me think back to my grandparent's era when another thirst quencher was produced around the turn of the last century. Ginger Beer was a non-alcoholic brewed beverage made throughout Australia and many towns in Victoria had their own manufacturing plants. Geelong and Queenscliff provided the Bellarine Peninsula with a constant supply.

Ginger beer bottles were hand-made from clay on a potter's wheel and the black stamped label on the side and brown ochre top were applied, then fired with a salt glaze in a kiln. Early ginger beer brewers such as Schweppes in Abbotsford, Bickfords of Adelaide and Cascade Brewery in Tasmania, still survive today but Wildings who produced their brew in the Fort at Queenscliff and Priddles (also of that town) as well as the Geelong Aerated Waters and Chas Cole & B of Geelong have fallen by the wayside.

Like today's boutique brewers, once the recipe and knowledge of how to reproduce these beverages was out, people began the 3 step "home brewing" process.

My grandmother obviously had that knowledge and the recipe as she always had a constant supply of her brew in sterilised resealable bottles stored in her pantry. Before we were allowed to drink the cold one from the fridge it had to be replaced by one from the pantry, so that everyone could sample her brew.

The 3 Step Home Brewing process for Ginger Beer

1. Starting the Plant
2. Making Ginger Beer
- 3 Keeping the plant alive

If you would like a copy of Nana's Ginger Beer Recipe, please contact SpringDale.

Russell Butcher



These are the type of bottles that Nan used to store her ginger beer in and they didn't explode!!!!

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BELLARINE CAMERA CLUB

Our recent competition was an 'Open'. As usual, some brilliant images arose from our members. Sometimes it is difficult getting Speakers and Judges on a monthly basis. A huge thank you to Frank Kennedy who came through for us with only two days notice.

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



Right: 1st Boroka Mist - Kevin Robley. Above: 1st Peter Waltz. Below: 2nd Clifton Springs Old Jetty - Andrew Leece.



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Come and try Street Orienteering

Run or walk 45 mins with the family or individually.

Events held on Thursdays 7:00 pm arrive at 6:45pm for Registration & Briefing, \$5 for Adults & \$3 Juniors.

For more info call/text Jenny 0458 358 194

Download: **MapRun6** 'App' to participate, Bring a Head-Torch

Summer Series commences in October.



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- Symptoms of arthritis
- Infertility
- Pregnancy discomfort

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
0423 528 891



Footpaths for Health

A small but growing group of people are pulling together some back ground, legal and visionary information about footpaths in general, and footpaths on the North Bellarine more specifically. We are looking at: the health benefits of walking safely on paths, the history of the requests for footpaths over the years, the safety aspects of footpaths, the ways Councils may build footpaths etc.

If you have information about your quest for footpaths, your story because of footpaths or anything else that may help us along this journey, we'd love to hear from you. Please contact SpringDale via email on office@springdale.org.au or phone 5253 1960.

Anne Brackley
for the Footpaths for Health group



St Leonards Pier

St Leonards Pier is a popular spot for fishing snorkelling and diving. The pier has several branches from which people can fish or enjoy the views of the coast. As the population grows this piece of infrastructure will become more important. Please let Lisa Neville MP and Hon Melissa Horne MP, the Minister for Fishing and Boating know how important the Pier is to the community.

Email lisa.neville@parliament.vic.gov.au and melissa.horne@parliament.vic.gov.au with your views about the iconic St Leonards Pier. For more information contact St Leonards Progress Association, **Phil** on 0411 215 146.



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Trivia Answers

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|--------------------|---------------------------|
| 1. 21st June 2022 | 6. Egypt |
| 2. F-14 Tomcat | 7. Nike |
| 3. China | 8. France (12 time zones) |
| 4. South Australia | 9. 1923 |
| 5. Joern Utzon | 10. Alexander Graham Bell |



Drysedale Bands Together for Road Safety Round

The 2022 TAC & AFL Victoria Road Safety Round was held on the 15-17th of July, at the Drysedale Football Club, this was an important event that the whole community took part in.

Along with clubs state-wide, the Drysedale Football Club along with members of the community wore a blue arm band.

Paying homage to the black armbands traditionally worn on the field to honour a death in the community, this new armband is a reminder we all have someone to drive safely for. Whether it be your mother, your mate, your sister, your son or your entire team; whether it's someone who is here, or someone who is no longer with us.

This year marks 31 years of the TAC and AFL Victoria working together to speak to Victorians about road safety in order to eliminate deaths and serious injuries on the roads.

As of 20th June 2022, 124 lives had been lost on Victorian roads. 124 too many. Last year, even with state-wide lockdowns and a decrease in the number of drivers on the road, 232 lives were lost.

The band contains a QR code that can be scanned to see a number of videos from Victorians talking about their reason for wearing the band. Everyone wearing a band is invited to share their own story on their socials. The aim is to use these armbands to help create awareness and encourage community discussion about the need to eliminate deaths and serious injuries on the roads.

The Drysedale Football Club will also be hosting a road safety session. Families and young adults, especially between the ages of 16-21 years of age are invited to attend a heartfelt talk from a family impacted by a traffic accident. The family having featured in TAC advertising campaigns give a truly honest review of the real and raw impact of road trauma. Details on Drysedale Football Club Facebook page. @drysedalehawksfc

Kerry Bell

Media Contact
Drysedale Football Club

Drysedale Senior Women's Football Team

Pride Round

Pride Cup began as a powerful gesture of mateship in a country footy club, and has grown into a national movement for change that unites communities. The Annual Pride Cup for AFL Barwon's Senior Football Competition, has been running for three years, and this is year is our second year. Drysedale (Boronggook) Senior Women's Football Team has proudly been a part of the Cup, and on Sunday 26th June, we played against St Marys Division 2. It was a thrilling game at St Mary's Football Club (Dijlang).

This year we were vibrant, running out in our Drysedale Pride Jumpers. These were proudly sponsored by Body Fit Training (BFT) Ocean Grove, and SC Physiotherapy who understand how important it is for LGBTIQ+ people to feel included in fitness and sport. Meg Hutchins Co-Owner of BFT OG has been influential to Women's football, and as a member of our LGBTIQ+ community "wants people to know that BFT OG is a safe inclusive space. Football has traditionally not been an inclusive space, and we want to support clubs such as Drysedale as they get behind such an important round that's all about education and celebration."

Players had the opportunity to purchase their Pride Jumper with 100% of the money being donated to a very important charity, Minus18. This charity focuses on young LGBTIQ+ Australians through leading change, building social inclusion, and to ensure they are safe, empowered, and surrounded by people that support them. Well over \$1000.00 was donated.

Being a part of the Pride Cup was much more than just sunshine, colourful ribbons, and pretty rainbows. For many of us, sport has created a safe place, and a chosen family, who supports us no matter our sexuality or gender.



Drysedale (Boronggook) accepts and embraces those in our community, through creating an environment which is inclusive and celebrates diversity.

Many LGBTIQ+ people are disengaged from sport and recreation, as these environments have not kept up with societal change. Sport is at the heart of Australian culture, and the Pride Cup is challenging homophobia and transphobia, within sporting clubs; to create welcoming environments for LGBTIQ+ fans, players, and officials. Through Pride Cup events and education sessions, homophobic language in sporting clubs is reduced by up to 40%. These impacts ripple out into the wider community, making entire communities safer and more inclusive for its LGBTIQ+ members. Every-one is welcome.

If you'd like more information, call the Senior Women's coordinator: Jess 0492 224 413
Koling wada-ngal (let us walk together)

Sarah White

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