



The SpringDale Messenger

September 2022
Volume 32 Issue 8



ABN 21 404 220 267

Compiled & Published by the SpringDale Neighbourhood Centre Inc.

SpringDale Artists



17th Annual

ART

Sat 17 Sept -
Sun 2 Oct 2022

Open Every Day
10am-4pm

- Original Paintings
- 12"x12" Display
- Small Works
- Greeting Cards

A Gold Coin on entry is requested

Exhibition & Sale

SpringDale
Neighbourhood Centre
17 High St, Drysdale



SEPTEMBER 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.

Sunday	28	Legacy Week (till 3rd Sept)
Thursday	1	Jigsaw Group 10am - 12noon at SpringDale Footy Colours Day - Raising Funds to support kids with cancer
Saturday	3	Harvest Basket Produce Swap 9-10.30 am at SpringDale Free replacement of anti-theft number plates screws at SpringDale Car Park 9-11am (weather permitting) Felting Group 10am - 3pm at SpringDale Tom Jones & Engelbert Humperdinck Tribute - 8pm - Potato Shed
Sunday	4	Father's Day
Monday	5	Kinship Carers 10am - 1pm at SpringDale
Tuesday	6	Friendly cuppa and chat 10.30-11.30am at SpringDale I Guess It Doesn't Matter Anymore - 10.30am - Potato Shed
Thursday	8	Writing & Book Publishing Talk - 12-1pm. Join us for a light lunch and Talk at SpringDale
Friday	9	Dave Cosma & Charles Jenkins World Tour of Australia - 8pm - Potato Shed
Wednesday	14	Dining Group - Bruenzo's Italian Pizza - 6pm 163 Bellarine Highway Newcomb
Wednesday	21	Lunch Bunch - Ocean Grove Bowling Club at 12 noon 18 The Terrace Ocean Grove BOOKINGS REQUIRED International Day of Peace World Alzheimer's Awareness Day World Gratitude Day
Friday	23	International Day of Sign Language Grand Final Public Holiday (Centre Closed)
Saturday	24	AFL Grand Final
Sunday	25	Bellarine Vintage Machinery - Vintage Rally
Tue-Fri	27-30	The Submarine Adventure - By Alysha Jane / Music by The Beatles - 10.30am & 1.30pm - Potato Shed
Thursday	29	World Heart Day

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



SpringDale Messenger

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

COPY DEADLINE OCTOBER 2022
Bookings/copy required by 1 September.
Dist: 29 September 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, 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



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.



Coordinator's News



Anne Brackley

Dear Friends and Friends I am yet to meet

One of my favourite things to do is to guide a person around SpringDale for the first time. I can never tell which part of SpringDale is going to be the highlight of the tour. Every time I feel so energized, so happy to have introduced another person to SpringDale, and its plethora of activities and services.

We usually start at the Art room and depending upon weather conditions, determines whether we wander out and see the room from the inside or outside. I also list the other things that the Art Room is used for, Ukulele, Banjo, Bellarine Singers, Business on Bellarine meetings, Drysdale Guide Meetings, Felting and War Hammer.

We then wander to, or speak about the Recreation Room, and talk about the group / class that are in there at the time - Scrabble, Cards, Mahjong, Toy Library, Book Club, Craft, Decoupage, First Aid, French, Astrology and our Kinship Carers' meeting, or something else.

Then into the foyer again that seems to be a bit of a transfer area, at the moment, we have the bins for the collection of blankets and warm clothes for the homeless, its where our volunteers pick up Messengers for delivery and where the empty boxes come back to for recycling. We have books for sale - new and preloved. We have many other items including lots of teddies at the moment, ready for a Teddy Bears' picnic later in the year, or for sale and adoption. There is still room in the foyer for some more meetings, for those brave enough.

On to the commercial kitchen where 3 men's cooking groups meet regularly - weekly or fortnightly, we hold cooking classes, Korean Cooking, Sri Lankan Cooking, Cheese Making, Sour Dough Bread Making and many many more. We also use the kitchen for a large variety of other activities.

Then onto the small kitchens - one has a commercial barista machine and we run coffee making and coffee appreciation classes. We have two computers for the use of the public and a small kitchen for use by those who hire the hall.

Then onto our 109 (almost 110) year old hall, with models of Anne Drysdale and Caroline

Newcomb presiding over the stage, and all that happens in the hall. Harvest Basket vege swap, Yoga, Tai Chi, Bellarine Woodies meetings, Bellarine Camera Club meetings, some Girl Guide activities in between other activities, our SpringDale Ukulele Group called Spruke, Line Dancing, Scottish Dancing, Ballroom Dancing, public meetings, weddings, funerals, wakes, wedding anniversaries, children's parties, art shows, expos, garage sales, and so much more including 3 pianos at the moment.

We are now about half way through - onto the Jigsaw library room, in which we curate about 5,000 jigsaw puzzles - about 1,000 out at any one time. The other front room, which is set up as office space and can be used for other activities when not used in that way.

Around the hall to the Training / Music room, where we have a set of drums and a key board, this is where we are running the Girls' Shed craft group, Asprey study with Monash Uni, Tax Help and many groups meet in this room DCSCA, Footpaths for Health, etc.

Then the computer room where we hold Introduction to computer, introduction to iPads/iPhones/android etc, with more advanced computing classes held, Digital Photography, Photoshop and video editing classes. The Bellarine Family History Group meets and runs Genealogy classes. We also house a volunteer JP signing service, on a Wednesday morning 10am -12noon.

Back to the office, where we welcome approximately 20 volunteers each week to help us keep the administration of the Centre rolling. We photocopy, print, shred, bind, and help people with a variety of documents and tasks. We hand out welcome kits that probably prompted this guided tour! Our office also helps people with MyGov etc.

Hope you enjoyed it. Hope I made SpringDale come to life. This isn't what I thought I was going to write for this month, but it feels like the right thing to write today! It is my favourite thing to do!

Keep well - hope to see you at SpringDale soon, and I'll tell you about all our offsite activities too!

Kindest regards

Anne Brackley for Team SpringDale

Course News

SpringDale Writers

Each month, the group members are given a sentence to write a short story or poem around, using their own creative magic.

New members always welcome, all ages, all genders, no judgement, and no experience necessary. First Friday of the month 9:30-11am.

Come along and join the fun - \$2 per attendance and you do need to be a member of SpringDale.

Express Yourself through Creative Arts

Do you feel you have used up your remaining resilience, and coping strategies trying to make sense of our currently chaotic world? Do you feel you can't find the words to express how you feel? This 4-week (2 hour per session) workshop will provide you with a 'sampler' of different workshops I hope to offer in 2023. The focus is on self-expression through various Creative Art mediums.

Instructor: Peta Henshelwood

Dates/times: Sat 29 Oct - 19 Nov 10am-12noon

Fee: \$160 conc \$90



Friendly Cuppa & Chat

Morning Tea at SpringDale Tuesday 6 10.30am



The SpringDale Lunch Bunch are going to Ocean Grove Bowling Club 18 The Terrace Ocean Grove on Wednesday 21st Sept. meeting at 12pm. **BOOKINGS ARE ESSENTIAL**, so everyone gets a seat, please phone Margaret 0418 370 857.



SpringDale Dining group are going to Bruenzo's Italian Pizza 5/163 Bellarine Highway Newcomb (near Foodbiz Geelong & Subway) 6pm on Wed. 14th Sept. Please call SpringDale on 5253 1960 to reserve your spot.

QUOTE OF THE MONTH

Change will not come if we wait for some other person or if we wait for some other time. We are the ones we've been waiting for. We are the change that we seek.
Barack Obama

Anne Brackley - Quote curator

Connect with Learning

ADULT LEARNERS WEEK | 1-8 SEPT 2022

For aspiring writers meet Denise Main and hear her story

Thursday 8 September 12-1pm.
Join us for a light lunch and Talk at SpringDale
Book 5253 1960

1300LEARN | adultlearnersweek.org | @adultlearnerswk | #ALW2022

Subscribe to our webmail to receive updates



News from

**Lisa
Neville MP**

STATE MEMBER
FOR BELLARINE



I recently visited Bellarine Secondary College to officially open the school's Later Years Centre and to celebrate the installation of solar panels at the school. It has been great to have worked with the school on securing State Government funding of \$8.9 million to build the education centre, providing fantastic facilities for students completing their secondary education.

The Later Years Centre known as 'the Yani iny ngitj Centre, meaning 'walk to the future' is a beautiful new space, including state of the art seminar rooms, a quiet study space and communal kitchen for all to enjoy.

Bellarine senior students can now look forward to studying in a modern purpose-built centre, ensuring they have amazing

surroundings and the very best facilities in which to undertake their important senior years studies.

I also commend the school on having solar panels installed on their Drysdale Campus Technology Building through the state Government Greener Government Schools Building Program.



I recently turned the sod on the Clifton Springs Primary School upgrade works. The \$15.6 million project will deliver a totally refurbished school and include new junior and senior student learning centres, incorporating general classrooms and specialist facilities. The works will also incorporate a new administration and resource centre.

Clifton Springs was built in the 1980s and has served the community well, but with the school ageing and the community growing the State Government has recognised the need to modernise the school.

The school and families have done an incredible job in supporting students over the last few years and with these new facilities we are ensuring students will have the modern state of the art facilities they so deserve.

Extra Breast Screening Services for Geelong

The State Government recently funded extra breast screening services across Victoria, including an extra service for the Geelong region, giving locals easier and more ready access to vital preventative breast scans and specialist treatment.

While breast cancer mortality rates have decreased by almost 2 per cent since 1994, in 2020 alone 4,575 Victorian women were diagnosed with breast cancer and tragically 766 died.

When it comes to breast cancer early detection is vital and therefore having regular screening is so important.

As such Breast Screen Victoria provides free two-yearly breast screening to eligible Victorians without symptoms.

So please, if you are due to be screened book an appointment through Breast Screen Victoria by calling 13 20 50 or visiting www.breastscreen.org.au

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.

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](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

This month at the Potato Shed features a world tour (of Australia), a celebration of the legends of rock n' roll and a journey under the sea.

September Morning Showtime, 10:30am Tuesday 6 September charts the lives, loves, tragedies and music of legendary musicians Buddy Holly, Roy Orbison, Ricky Nelson and more. **I Guess it Doesn't Matter Anymore** is the latest exploration of the history of rock n' roll, written, researched and presented by local Geelong historian Colin Mockett. Soundtrack provided by All Shook Up.

Join seasoned entertainer Eddie James, 8pm Saturday 3 September when James pays tribute to two of music's biggest icons, **Tom Jones** and **Engelbert Humperdinck**.

Classic crooner James will have you swinging and swaying the night away with such classics as: Delilah, You're My World, She's a Lady, Sex Bomb, What's New Pussycat along with Spanish Eyes, Release Me, Quando Quondo Quando, My World, The Last Waltz and many, many more.

Legendary Melbourne independent singer-songwriters Charles Jenkins and David Cosma bring their **World Tour of Australia** to the Potato Shed, 8pm Friday 9 September.

Jenkins and Cosma perform a set each, giving the audience an intimate insight into two of Australia's finest independent singer songwriters. Original songs inspired by the land we walk on, the water that surrounds us, flora and fauna which inspires us, events which shape us and the people who are the fabric.

Theatre 3triple2 4 Kids return to the Potato Shed Tuesday 27 September to Friday 29 September with the brand-new show, **The Submarine Adventures**.

Written by Alysha Jane with music by The Beatles (by special arrangement), young and young-at-heart will be captivated as they join in the underwater sea adventure from the safety of the Potato Shed black box theatre. This season will incorporate the 500th performance from this committed group! Come along and celebrate!

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

Be social with us at Facebook and Instagram/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



World tour of Australia by Jenkins and Cosma
Friday 9 September 8pm

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

Name: _____

Address _____

Phone No: (03) _____

COMPETITION CLOSSES 4PM MONDAY 5 SEPTEMBER



WHAT'S ON

POTATO SHED

CITY OF GREATER
GEELONG

EDDIE JAMES & GARRY JOHNS



Tribute to Tom Jones & Engelbert Humperdinck

SAT 3 SEPT 8PM

CABARET STYLE

TABLE SEATING: Adult \$34 Conc \$30
THEATRE: Adult \$30 Conc \$28

I GUESS IT DOESN'T MATTER ANYMORE



MORNING SHOWTIME

The lives, loves, tragedies and music of legends **Buddy Holly**, **Roy Orbison**, **Rick Nelson** and more. A look at rock music's 'live fast die young' period in the 1950s and 60s.

TUES 6 SEPT

10.30AM

All tickets \$17, Incl Morning Tea

JENKINS & COSMA



Jenkins and Cosma perform a set each giving the audience an intimate insight into two of Australia's best independent singer songwriters. Original songs inspired by the land we walk on, the water that surrounds us, flora and fauna which inspires us, events which shape us and the people who are the fabric.

FRI 9 SEPT

8PM

CABARET STYLE

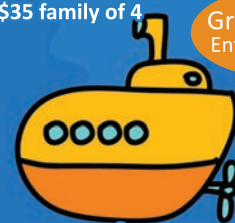
TABLE SEATING: Adult \$34 Conc \$30
THEATRE: Adult \$30 Conc \$28

SUBMARINE ADVENTURE

TUES 27, WED 28,
THURS 29, FRI 30 SEPT
10.30AM & 1.30PM

\$10.50 or \$35 family of 4

Great Family Entertainment



Come and Celebrate
500th SHOW

Featuring the music of 'The Beatles' (with permission).

500th Show

THURSDAY 29 SEPT 10.30AM

41 Peninsula Drive, Drysdale VIC 3222

www.geelongaustralia.com.au/potatoshed

Facebook: potatosheddrysdale

Instagram: potatosheddrysdale

BOOK ONLINE NOW AT

WWW.GEELONGAUSTRALIA.COM.AU/POTATOSHED

OR WITH YOUR CREDIT CARD ON 5251 1998.

By Deputy Mayor Trent Sullivan

It's hard to miss the progress of the new library on Wyndham Street, Drysdale - its unique shape is really taking shape!

With the circular frame of the two-storey building up, it's much easier to imagine the 'living green habitat' that's planned for the roof and surrounds.

The City has received enthusiastic feedback from the community on not just their sustainability values, but also how the outdoor space can bring people of all ages together.

And so, the team is working to integrate public art into the project to support this aspiration.

An expressions of interest process has been underway over the last few months for a suitable artist.

Creatives have been asked to consider the unique qualities of the site, of the Bellarine Peninsula and the culture of the region.

Our ward is strongly connected to the water, including Corio Bay and the Barwon, and is a place of cultural significance for our Traditional Owners, the Wadawurrung People.

Our stunning natural environment and contemporary local community, are also cause for reflection.

We have been on the hunt for artists who can

stimulate the imagination, and make us feel something special.

Submissions may be for a singular larger work, or a series of connected smaller scale works that encourage interactivity and invite the viewer through the space.

Public art really has the ability to connect a diverse range of people, and can play a role in making a new building part of the furniture.

The City expects to commission the successful artist this month.

As both the chair of the Creative Communities and Culture portfolio at council, and a member of the Geelong Regional Library Corporation board, I find this is a thoroughly exciting project!

While I have you, I'll tell you about a regularly mown/slashed track that the City has created between the Drysdale Sporting Precinct and surrounding schools.

The track and new bollards now make it an easy walk between the facilities for students and addresses the issues that the schools have been raising.

As always, you're welcome to contact me at tsullivan@geelongcity.vic.gov.au. Here's to Spring!



The Bellarine Show is back for 2023, The Bellarine Agricultural Society have been busy, even though we weren't able to celebrate Agriculture on the Bellarine for the last two years.

Every year the Victorian Agricultural Shows (known as VAS) have standard competitions, which every show society has the opportunity to participate in and compete. For the 2022 Conference, which was held in Nagambie recently, the Bellarine show society sent some entries, one being, "Sew an Article from old Show Ribbons". Annie and Denise very cleverly made a crown and a Jesters hat, pictured here. Congratulations to you Annie and Denise for up cycling our old show ribbons.



ADVERTISEMENT

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 Queenscliff**, 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.

LOCAL. LISTENS. ACTS.

✉ 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.



The Festival of Glass was initiated in 2011 by the Drysdale, Clifton Springs, Curlewis Association. In July 2021, The Festival of Glass became an independent incorporated association, and continues as a not-for-profit enterprise, run entirely by volunteers. Earlier this year the United Nations endorsed 2022 as the **International Year of Glass**. We are so fortunate that The Festival of Glass Inc is formally a part of the celebrations across 85 countries.

Some of you may recall that the 12th Festival of Glass Expo normally held in February, had to be cancelled earlier this year due to COVID restrictions. Hence it is great to announce that we intend to hold our previously postponed Expo on Sunday the 11th of September.

The Expo showcases glass art exhibits, with sales and demonstrations. \$2.00 entry - children under 12 free. The venues are SpringDale Neighbourhood Centre & the Festival of Glass Studio in Eversley street. Both venues are in walking distance from each other, and will allow us to spread attendance and hence be as COVID safe as we can. The Expo will be open from 10.00am - 4.00pm.

Further information can be found on www.festivalofglass.net.au Queries to the festivalofglassdrysdale@gmail.com

Hope to see you there.

Mercedes Drummond - FoG Convenor

2022 festival of glass
INCORPORATED

Glass art exhibits, sales, demonstrations, raffle & more.

SUN 11 SEPT

EXPO
10AM-4PM
NEW VENUE

Eversley Street Community Hub
17-19 Eversley Street Drysdale

SpringDale Neighbourhood Centre
17-21 High Street Drysdale

\$2 Includes entry to this event.
Children under 12 FREE

Online

Staying Covid-Safe* - Staying Covid-safe Wearing of masks and social distancing required. Further restrictions as prescribed by current Victorian government guidelines.

www.festivalofglass.net.au

LIBBY. BETTER TOGETHER Libby Cooker MP
GEELONG CITY OF GREATERS
Stockdale & Leggo
Lisa Neville MP YOUR STATE MEMBER FOR BELLARINE 5250 1987 lisa.neville@parliament.vic.gov.au
blue THE PRINT OUTLET
William Sheahan *Fruwala* 5231 3477

creative | flym | ingles | blue pencil publishing | 0429 911 880

bellarine b property
Rentals | Commercial | Sales | Projects

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

Call Lee Martin on 0400 957 839



Bellarine Quilters



The Bellarine Quilters are active members of the Drysdale and District Senior Citizens Club Inc.

Our group meets:

Every Monday - 10:00am - 3:00pm
and 1st, 3rd & 5th Thursday of each month -
7pm-8:30pm at the Drysdale Community Hub,
21 - 27 Eversley Street Drysdale.

Our meetings are relaxed and informal, and offer a social outlet enabling our members to meet in a safe and friendly environment with other ladies, who share a common interest. Members bring along their handywork and there is always 'Show & Tell', to inspire us. Our members are from all ages and backgrounds

who share a common love for all things' patchwork and quilting, embroidery, knitting and any other type of craft. We share our skills, experiences, ideas, techniques, projects and enthusiasm, with the occasional problem-solving discussions thrown in for good measure.

Our members are very generous and community minded. We make quilts for our loved ones, family and friends but also make quilts for others.

The quilts we make for others provide comfort and joy to children and families in need on the Bellarine Peninsula, especially children from

disadvantaged backgrounds.

During the year, we organize different events and, these can include charity projects, workshops, shopping trips and special lunches. Every two years we hold an exhibition of our work.

A UFO day is held on the 1st Saturday of every month, so members can come along and finish off that special project or just to sew and chat.

Members pay \$3.00 per meeting and there is no joining fee. Everyone is welcome.

For more information, please contact:
Anne Millward - 0438 044 860
Chris Fox - 0481 060 090

CLIFTON SPRINGS COMMUNITY MEN'S SHED INC.



The Clifton Springs Community Men's Shed were the grateful recipients of the CommBanks, July community donation of \$500. President Stuart Davies accepted the cheque from Linda Flapper and Monica Gangemi. Funds will go towards ongoing consumables enabling the Shed members to continue their work for and within the community. The Shed meets Mondays and Wednesdays from 10am until around 2.30 pm with men from all backgrounds gathering together to share their skills and company, keeping them active in their ageing years. The Shed have both a metal shed and a wood shed where they involve themselves in varied projects to raise funds to keep the Shed operational and assist the community as requested. Thanks to the CommBank for recognising and supporting the local community.

Further to the Men's Shed - They are having a **"Car Boot/Garage Sale"** at their grounds, 45 Central Road Clifton Springs, in conjunction with the Baptist Church.

Local residents are also welcome to set up a stall on the day.

Saturday 10th September 9am-1pm.

Stuart Davies President - CSCMS.



William Sheahan Funerals

Phone: 5251 3477
Available for 24 hr assistance

Caring and experienced staff to meet individual funeral service needs

- ❖ Locally owned and operated family business
- ❖ Pre-paid and Pre-arranged funerals
- ❖ Chapel seating 150 plus
- ❖ Live-streaming service

www.sheahanfunerals.com.au
enquiries@sheahanfunerals.com.au
2-4 Murradoc Road, Drysdale Vic, 3223

Springdale Trivia 61st Edition by Drysdale Girl Guides

1. Which animal is the mascot for the Drysdale Football Club?
2. The Isle of Man is located in which body of water?
3. What does the word "dinosaur" mean?
4. Damascus is the capital City of which Country?
5. What shape is a stop sign in Australia?
6. What is the last letter of the Greek alphabet?
7. Eggplant is a vegetable, true or false?
8. Which line of latitude runs through Australia?
9. Who directed the movie Titanic?
10. Which was the first city to host the Modern Olympic Games more than once?

Turn to page 22 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

BELLARINE VINTAGE MACHINERY

• Sunday 25th September • 9am-3pm

VINTAGE RALLY

FEATURING THIS YEAR

- Classic Cars & Trucks
- Vintage Tractors & Engines
- Steam Traction Engines & Portables
- Classic Motorbikes
- Antique Tools
- Delicious Hot & Cold Food

WORKING DEMONSTRATIONS OF...

- Steam Powered Saw Mill & Thickerer
- Drag saws & Chain saws
- Blacksmith Shop
- Straw Press & Water Pumps

It's on again but it's at PORTARLINGTON

Bellarine Vintage Machinery Group is holding its Rally this year at Portarlington Recreation Reserve (Just follow the Signs). Display of Vintage machinery will be operating as they were in the past. As well as the usual demonstrations, there will be a display of rope making. Vintage cars, tractors, steam and trucks all on display. Hot (BBQ) and Cold food available. A good day for the whole family to enjoy.

Portarlington Recreation Reserve,

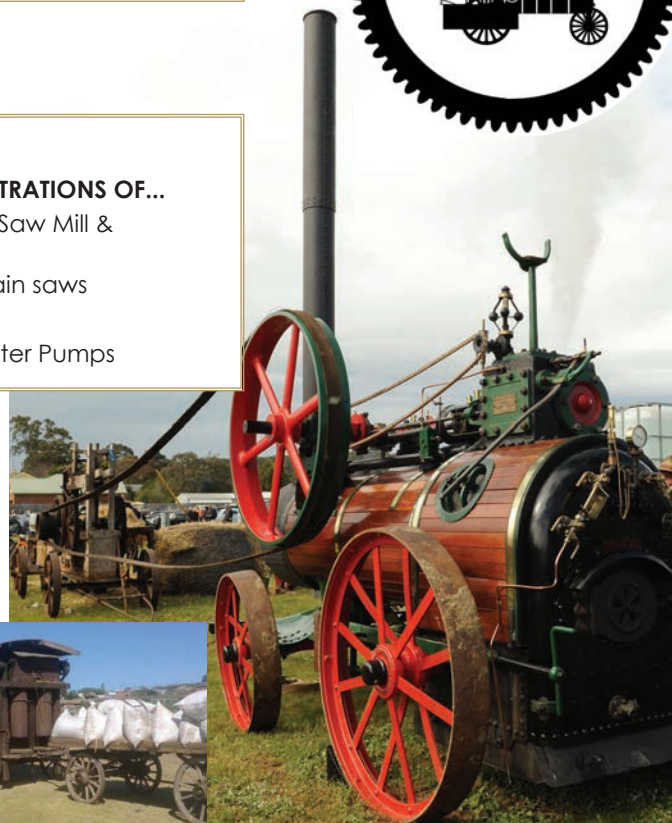
Enter via Point Richards & Boat Rd, Portarlington

ENTRY: Adults \$10, Family \$20, Kids under 14 Free

A free bottle of water will be provided upon entry

Additional Information - Graeme Brown 0408 524 067

Andrew Belfrage 0407 843 143



NEVILLE RICHARDS



5251 3857 • Property Management • Sales • Appraisals
NEVILLERICHARDS.COM.AU

A VISION OF YOU



The colder months are waving goodbye, and hopefully taking with them the sniffles, coughs, and “it’s too cold to be motivated” excuses with them!

Time for a spring-clean of your mind and vision, for the rest of the year. There are still 4 glorious months to fulfill! So I invite you to check in with the vision, desires and ideas you had in mind at the start of the year. Note the elements that have come to fruition, the ones that are ticking along and those you may have forgotten.

This year I have been facilitating some workshops to visually capture the hopes, dreams and goals that align with personal values and desires. I am always amazed at the power of planting a seed of intention. It is about now, that we look back at our boards, and notice with wonderful surprise, (even when the world has changed, the game or motivation had teetered) all we have achieved.

If you haven’t got a vision board, I encourage you to get out the old magazines, scissors and glue, and begin one today - or start combining those pinterest boards into a daily digital visual reminder!

Today’s little exercise is to consider your “location” in the following aspects of your life, and gently nudge your imagination to consider a vision of where you want to go. The next few months can launch you on a wonderful journey towards them.

ASPECT	NOW	VISION
Health	e.g. running 3 times a week	e.g. run the rip to river
Health		
Career		
Family/Legacy		
Wealth/abundance		
Love/Relationships		
Fame/Reputation		
Knowledge/Spirituality		
Creativity/Children		
Travel		



Try to choose really compelling visionary goals. Find a picture that captures the emotion and your imagination. Make no deadlines in this starting exercise, just allow your creative juices to flow, and be open to how wonderful the ride there could be. A vision board links your conscious and your subconscious; it can ignite a spark of excitement within to encourage its fruition.

When clarifying your vision, it is important to make sure that you only include the visions that are compelling for you. Try not to include those that just fulfill other peoples expectations of you. Get wild in your dreams, delete the resistance, doubt and disbelief from the “dreamsnatchers” around you. Make it your ideal future.

A vision board is a bit like a change room for your mind. You get to try on the images and see how they fit your life. Look at it regularly and imagine you are already the person that has achieved them (because you are!). And most of all, have fun doing it!

If you need some support to create your vision, gather some friends, attend a workshop, or try counselling or hypnotherapy to clarify your true vision.

Kim High, Clinical Hypnotherapist - Family Hypnotherapy.

Bellarine PC Repairs
 - not Apple sorry
 Monday - Friday • 10am to 4pm
 (\$70 hour)
MARTIN
 Mobile: 0411 472 360
 Workshop: 5251 5405
 11 Camberwarra Avenue
 Clifton Springs

DRYSDALE COMMUNITY CHURCH
 We invite you to join us for
 a contemporary and relevant Service
Sunday 10.00 am
 (Includes Children’s Program at 10:40)
 276 – 290 Jetty Rd Curlewis P: 5253 2241
Second Chance Shop
 40 Geelong Rd. Portarlington

Family HYPNOTHERAPY
New Location
 34-36 Hesse St,
 Queenscliff
 Face-to-face sessions
 Mon, Tue & Fri.
 Online sessions
 available Wed & Thur.
Kim High - Clinical Hypnotherapist
 • Reach your goals
 • Overcome your limiting beliefs
 • Strengthen your self-confidence
0439 330 919
 www.familyhypnotherapy.com.au
 Rebates available through some private health providers

Espionage and Memoirs

Wrestling words from a draft manuscript to a book.

Denise Main and Ian Chisholm

Laurent Boulanger, an experienced novelist and script writer, showed us how to tackle the challenge through group sessions and meetings at the SpringDale Neighbourhood Centre in Drysdale. He highlighted and demonstrated the process of choosing self publishing, or through a publisher.

Ian chose the self publishing route for his collection of stories and with guidance from Laurent and his technical skills, Ian produced a book with photos titled, **A Collection of Imperfect Memories, by Ian Chisholm.**

My draft manuscript was submitted to publisher FeatherKnight Books and after a time of crucial editing and living in the world of crafting a story for publication, the espionage/ love story Mission: Angela went into print. The pages and story finally were nestled between the cover which symbolised the tension and danger which existed in the Cold War period in East Berlin.

Mission: Angela can be obtained from FeatherKnight Books, Amazon, Queenscliff Book Shop and Gove Books Ocean Grove.

Denise Main

Join Denise for a talk about writing and book publishing on Thursday 8 September 12-1pm. Join us for a light lunch and talk at SpringDale Neighbourhood Centre - this is an Adult Learners' Week event. RSVP SpringDale 5253 1960.



Fathers' Day Gifts

Buy a copy of **Kel's Corner** for

Great local yarns & only \$20

On Sale now at SpringDale

or something for the garden



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.

ADVERTISEMENT

LIBBY COKER MP

FEDERAL MEMBER FOR CORANGAMITE



**HERE TO
HELP WITH
FEDERAL
GOVERNMENT
MATTERS.**

LIBBY.

BETTER
TOGETHER



☎ 03 5261 7683

✉ LIBBY.COKER.MP@APH.GOV.AU

🌐 LIBBYCOKER.COM.AU

👍 @LIBBYCOKERMP

Labor

AUTHORISED BY
LIBBY COKER, ALP
26/500-540 TORQUAY ROAD,
ARMSTRONG CREEK VIC 3217



READING IS MORE THAN RELEVANT

Reading is still relevant to enhancing our lives. We all need to be able to read, especially signage that warns us of danger, or instructions to follow in our daily lives.

I personally love reading and during the course of my life it has educated me, helped me with my spelling and been used for relaxation.

I recently babysat my grandchildren who were excited to read their school readers to me. It was a time to explore their books and chat about the content. I learnt a lot about Wolves.

Look at the smiles on the faces of the children in these photos. They were very excited to receive these books donated to the Clifton Springs Primary School to be used in their library as well as in the classroom libraries.

One of our Rotary members picked up 13 boxes of books for the school, identified as a school that would benefit from receiving these books from the charity 123readtime. Check out, 123read2me.org.au

Books were separated into 3 types:

1. Story Books, containing a short story with text and pictures.
2. Chapter Books, with text separated into chapters.
3. Picture Books. for the younger children.

The response from Principal Megan Parker from Clifton Springs Primary School:

"At CSPS reading is really important! A big thankyou from students and staff at the school for the generous donation of fabulous books from 123Read2Me and the coordination by Bellarine North Rotary. The children are excited and really enjoying the new books in their library."

Life has gotten busy. Parents are often both working and don't get the time to spend reading with their children.

Some of our Rotary Club members are involved in volunteering with the schools Literacy Program which identifies the students at risk who need extra support for the basics of life such as reading for survival.

This is another area that Rotary can volunteer our time to make a difference to the formative lives of our future generations. Imagine a different life for the young children where we can support the parents who are time poor due to trying to make ends meet.

Would you like to explore what other areas Rotary gets involved with? Call for more information.

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



Wow I cannot believe that 7 years ago, in September 2015.

I established Bellarine Support Group for Kinship Carers.

I clearly remember the first informal meeting I had with Anne, she listened to everything I was saying, with such heartache and eager to learn more about kinship care.

She believed in my dream and wanted so badly to help in any way she could - which she did, and is still doing.

To Anne and the wonderful team at SpringDale on behalf of Bellarine Support Group for Kinship Carers we thank you for assisting us to become the group we are today.

I clearly remember at our first meeting I was sitting waiting, all prepared, then I questioned myself, what have I done - but I was totally amazed and shocked, so many kinship carers wanted to join our newly formed Kinship support group.

Some of those Carers who turned up at that first meeting were new to kinship care, on the other hand some Carers had known each other for years and came along for support. We started our new group with 2 families and now sadly we have 59 families and over 100 children.

All our kinship journeys are the same, but different. We all care for the children in our care, we love each child with all our heart, we support each child with everything they do and we guide the children in our care to become the best they can be in whatever they do.

The struggles at times are hard, but we manage the best way we can. At times we take 10 steps forward then we are forced by the circumstances thrown at us to take 9 steps back, but we always remember it is not about the 9 steps back we took, it is about the ONE step forward we achieved.

I would personally like to thank each and every person in our wonderful community who have donated so much to our kinship group.

Your awesome donations have made so many children in our community so happy, from the beautiful pink cardigan to the spider man pyjamas, the many bikes, games, books, new clothing including new underwear the list just goes on and on - a huge thank you to everyone.

If you are a kinship carer sitting at home, feeling isolated and lonely and totally confused about your kinship journey please come join our group. We laugh a lot, we sometimes cry, we talk too much but we support each other in our kinship family.

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

Stockdale & Leggo

Real Estate Rentals

Your most valuable asset deserves the highest level of care.
Our experienced management team offers service excellence and commitment to the growth of your property.

Call Barb today to learn why Stockdale and Leggo is the best choice for your rental needs.

Barb Thompson

Business Development Manager
5259 1315
92B Newcombe St, Portarlington





**Women
Living Well**
- On the Bellarine

www.wlw.onthebellarine.org.au

Women Living Well - History

It is said there are four stages to making a real change in a life situation:

Alertness, Interest, Desire and Action.

Some four years ago I came across some staggering information: - **one in three women over the age of 55 is living in financial poverty.** This cohort of women is the most likely to find themselves homeless in the future. And most of these women have never experienced homelessness before. These are facts.

I confirmed them time and again as I read and researched all the data and statistics I could find.

I had become **alerted** to the problem, and then like many others, I became **interested** in what was being done and how this tragedy had happened.

For women over 55, their most urgent need is safe, affordable, long-term housing. It's so basic; such common sense. The statistics and data prove that providing women with security of housing will decrease the ever growing need for many government and community funded services such as mental health, declining physical health due to malnutrition and poor diet, crime and domestic violence and emergency housing and food relief.

I quickly moved into the **desire** stage; the desire to do something, to see things change, to alert others to this shameful situation.

Through articles in the SpringDale Messenger I put out an invitation to the women in our area who were in this situation to share their stories and experiences. We had women from all walks of life and backgrounds bravely opening up about their journeys. We also had women who wanted to help and support in whatever way they could.

And so our team, Women Living Well (WLW) on The Bellarine began.
We moved into the ACTION stage.

What will we be able to achieve? That will depend upon the ones who step up and get involved and offer their skills, experiences, knowledge and wisdom.

I would say at the moment we have all the information we need and there is hardly a day goes by where this problem is not discussed and dissected by the media and in conversations all over the country. We are **alert**, we are **interested**, and many now have the **desire** for **ACTION**.

Will you join us?



Dianne's Vision

Every woman deserves a safe, affordable, secure and permanent home. Every woman deserves the chance to connect with a local community, to put down roots, to join in activities with family and friends, to enjoy some little luxuries and to spend her retirement years in a state of good health and well-being.

Imagine the sense of relief when, after years of being shunted from one house or room to the next with little time to get packed and organised, you are now "home". It's hard to believe.

No more having to pay exorbitant increases for rent and moving costs for a house or room that you know will only be yours until the landlord changes his/her mind. No more stressful months wondering where or whether you will find a place next time. No more couch surfing or house sitting. Not wanting to unpack your belongings anymore because you know you'll only be packing them up again in a few months. No more leaving behind the few friends you've made and the support services you've finally established. No more uncertainty, no more financial stress, no more going without food, heating/cooling, new clothes, medicines, social activities with friends, treating your grandchildren, or running a car.

At last - this is "home" and this is permanent.

CALL TO ACTION

Our group - **WOMEN LIVING WELL on The Bellarine** has decided it's time to take **ACTION**. We're doing what we can, and we're looking for ways to connect with support and services that can help to house the growing number of women on The Bellarine who are struggling with this housing crisis.

We need your help. This is a problem that is affecting our community and we need our community to rise to the challenge.

Please ask yourself -

What could I do to help?

Could I help to advocate for fairness?

Could I donate or rent out a house or some land?

Could I rent out a room?

Do I have knowledge or skills I could share that could help?

Do I have connections or know someone who could help?

Do you want to know more?

Please contact **Dianne**

0422 146 604

diannebennett4@hotmail.com

or talk to **Anne** at SpringDale Neighbourhood Centre

5253 1960

coordinator@springdale.org.au

www.wlw.onthebellarine.org.au

Women Living Well is auspiced by SpringDale Neighbourhood Centre, and is a team of like-minded women on The Bellarine who are passionate about improving the life and well-being of Women over 55 who are living in financial stress.

HOMELESSNESS SERVICES

SalvoConnect Barwon South West Region

35 Myers Street GEELONG VIC 3220

Ph: (03) 5223 5400

www.salvoconnect.com.au

Crisis & Supported Accommodation

SalvoConnect Barwon South West Region (Women's Services)

Settlement Road BELMONT 3216

Ph: (03) 5244 9560

www.salvoconnect.com.au

Crisis Accommodation - un-partnered women 18 years or over with or without children, Family violence packages, Family Violence Private Rental Access Program

Community Support Services - Doorways (SalvoConnect)

26-28 Bellerine Street GEELONG 3220

Ph: (03) 5223 9200

Emergency Relief, Financial Counselling and Counselling

Opening Doors - 1800 825 555

For those experiencing or at risk of homelessness, this is the entry point which will refer you to the closest help for you.

Barwon Housing and Homeless Support Services

If you are homeless or at risk of homelessness call 1800 825 955

Department of Families, Fairness and Housing

www.dffh.vic.gov.au/housing-and-homelessness

Phone 1300 650 172

WIRE

Ph: 1300 134 130

A state wide, free support information and referral service for Women, non-binary and gender diverse people www.wire.org.au

Haven: Home Safe

15 Yarra St, Geelong Vic 3220

Ph: 1300 428 364 After Hours 1800 627 727

Email: erclient@hhs.org.au

Housing support, Case Coordination, Financial Assistance (Emergency Relief only).

HAAG (Housing for the Aged Action Group)

Home at Last program.

Housing related enquiries: 1300 765 178

Email intake@oldertenants.org.au

Bethany Community Support Geelong West Office

1/2 Waratah St, Geelong West, VIC 3218

Ph: (03) 5247 2111

Email: info@bethany.org.au

Support for Families, Family and Relationship Counselling, Emergency Relief, Housing Services, Financial Help

FINANCIAL SERVICES

Community Support Services - Doorways (SalvoConnect)

26-28 Bellerine Street GEELONG 3220

Ph: (03) 5223 9200

Emergency Relief, Financial Counselling and Counselling

Diversitat: Financial Wellbeing for Women

Ph: (03) 5246 9600

Haven: Home Safe

15 Yarra St, Geelong Vic 3220

Ph: 1300 428 364 After Hours 1800 627 727

Email: erclient@hhs.org.au

Housing support, Case Coordination, Financial Assistance (Emergency Relief only).

FOOD RELIEF

Drysdale Family Support Food Bank

Ph: 5253 2099. 276-290 Jetty Rd., Curlewis.

Portarlington Food Assistance

Ph: 5258 6140. Bellarine Community Health.

39 Fenwick St. Portarlington

Ocean Grove - Loaves and Fishes

Uniting Church. Cnr Eggleston Street and The Parade, Ocean Grove.

Open Friday evenings 6.00 - 6.45p.m.

Ocean Grove - Feed Me Bellarine

Ph: 0422 798 791

Planning for the Future:

Let's be realistic about what lies ahead.

Have you registered with :

- **My Aged Care.** Apply for an assessment online at www.myagedcare.gov.au or phone 1800 200 422. You need to be over 65 and unable to perform certain tasks for yourself.
- **Department of Fairness, Families and Housing** (You may be eligible for Public Housing)
Ph: 4243 5111. Level 2, State Govt. Offices, 30-38 Lt. Malop St. (Cnr Fenwick & Lt. Malop St.) Geelong.
- **Other community and/or aged care services which provide housing for seniors.**

COMMUNITY DEVELOPMENT TIMELINE



Drysdale Clifton Springs Curlewis Association

The first moves to establish the present DRYSDALE/CLIFTON SPRINGS COMMUNITY ASSOCIATION took place in June 1997.

The then SpringDale Community Cottage Committee of Management made its usual call for community ideas on activities to pursue in the coming year. The aim being to develop better communication between members of the local area, and meet any needs community members felt were lacking, in the newly amalgamated City of Greater Geelong.

Three people came up with the suggestion of the need for a combined community action group now that the Rural City of Bellarine no longer existed, and the growing area of Drysdale/Clifton Springs was very much on the outer fringe of City centred ideas and events.

SpringDale was delighted to be part of the exercise and agreed to auspice the set up, and provide the necessary support. A meeting was called in November 1997 to start the ball rolling. A working group was established, and the first Community Meeting was held in June 1998.



Wayne Elliot (Chairman Drysdale/Clifton Springs Community Association) handing over more than 2000 signatures to Heather Wellington protesting the closure of the Customer Service Centre at Drysdale.

Nearly seventy-five people attended, forty-two representing local businesses or organisations.

A committee was elected and projects were selected. It was planned at this time, that The Association would be incorporated in its own right, within twelve months. Sadly, this did not occur.

Over the next twelve months The Association continued to work hard and tackled projects ranging from Christmas Town, establishment of the skate park and lobbying for a 24 hour police station and to keeping the Council Customer Service Centre open and active. (This effort first started with letters dating back to July 1998).

The Association seemed to go into semi recess between 2001 and 2004, and was eventually incorporated in November 2004.

From that point on, the Committee has met monthly, basic administration matters have been put into place, and contact made with other local organisations, Government - both Local and State (and officers of those governments) and Issues and Concerns of the community noted, and listed for action.

Over the years DCSCA has advocated for and created many opportunities for our community - creating the Festival of Glass in 2011, advocated for many local aspirations and in March 2018, changed its name to incorporate Curlewis, becoming the Drysdale Clifton Springs Curlewis Association.

Our Presidents have included: Wayne Elliott, Roger Lavingdale, Doug Carson, Rick Paradise, Mercedes Drummond and Lynne Sutton.

DCSCA is holding its Annual General Meeting on
Tuesday 13 September 7pm
at SpringDale Neighbourhood Centre
- all welcome.

RSVP Secretary **Anne Brackley** phone/text: 0407 529 205

Automated External Defibrillator (AED) at SpringDale



An Automated External Defibrillator (AED) for public use is now located at SpringDale 24 hours a day 7 days a week, this has been donated by the Lions Club Portarlington Drysdale. You can find the defibrillator on the outside wall to the right of the main entrance to reception.

Dial 000 and stay on the phone.

State that you want to access an AED at SpringDale Drysdale.

Ambulance Victoria will issue you with a code to open the front of the defibrillator.

Follow the advice from Ambulance Victoria accordingly.

Further information and links to videos, apps and education on AED's can be found on the Ambulance Victoria website: www.ambulance.vic.gov.au



A recent peaceful Bellarine rally at Edwards Point, St Leonards.

For more information www.protectthebellarine.com DCSCA is committed and active in the Combined Bellarine Community Associations.



Extraordinary people.

Extraordinary care.

Are you in need of support at home?

At Prestige Inhome Care, we're committed to helping people stay in the comfort their own home. Whether you need some help with arranging appointments or household tasks, or full-time nursing care, we can tailor a range of services to meet your needs.

Personal care, dementia care, palliative care, 24-hour and disability support services available across the Bellarine Peninsula and Surf Coast.

Contact:

Alex Birrell - Relationship Manager/Nurse
alex@prestigeinhomecare.com.au
1300 10 30 10





**Safe Seats
Safe Kids**
**IS YOUR CHILD
TRAVELLING SAFELY?**
**FREE CHILD CAR RESTRAINT
FITTINGS & SAFETY CHECKS**

**Safe Seats,
Safe Kids
Program**

30th September - Time 10am to 2pm
in the carpark adjacent
to SpringDale Neighbourhood Centre
Bookings Required: <https://safeseatssafekids.com.au/venues-mec/>

Portarlington Police Report

I am currently filling in for Sergeant Jane ARNOLD whilst she is enjoying the warmth up north. I have been at Portarlington for approximately three weeks and am settling in well, with some much appreciated support from local members and also members from the greater Geelong area. I am usually based over in Ocean Grove and very much enjoy my role over there, but am very much enjoying the change of scenery being at Portarlington.

I would like to give an update regarding the increase in property damage in the Curlewis, Clifton Springs, Drysdale and Portarlington areas. In particular, the increase in graffiti, which I'm sure the community has noticed. Portarlington and Bellarine Police, in conjunction with the COGG, have been investigating these incidents over the last few months, under Operation RISILE. I am pleased to advise that an offender was identified and has been arrested and charged with 87 counts of criminal damage, and we are anticipating that there will be more charges in due course. As police, we recognise that not only does graffiti make areas look untidy, it can also contribute to members of the community feeling unsafe and we will continue to investigate these incidents.

Given we are in the middle of the cold winter months at the moment, generally our crime rates are low on the Bellarine during this time. However, we continue to have incidents of thefts from vehicles. I would like to remind everyone to ensure they lock their vehicles, whether your vehicle is in the driveway, street or garage. Also, please don't leave any valuable items on display in the vehicle, or spare vehicle/house keys or garage remotes. Don't give opportunistic thieves any reason to attempt to or to gain entry to your vehicle. Prevention is better than the cure. We also need your assistance with reporting any suspicious persons, behaviour or vehicles. This can be done by calling your local police station or crime stoppers on 1800 333 000. You can remain anonymous if you chose. As our eyes and ears in the community, you may just be able to provide a piece to the puzzle and enable us to progress investigations and continue to provide a safe community. If you know, see or hear something, say something. I was at Portarlington until the end of August and have enjoyed saying hello to you out in the street. If you need any assistance, please don't hesitate to call us. Stay safe and look after one another.

Bec WILSON | Acting Sergeant 35126



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

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

ADVERTISEMENT



**Alison
Marchant**
Labor
for
Bellarine

Born and raised on the Bellarine, I understand it's the unique charm of each township, the natural landscapes and our community spirit that make this a wonderful place to live, work and play.

“**Lisa Neville** has been an incredible local State Member. I will continue that work, by putting the Bellarine community first.”

0480 366 453
alison.marchant@vic.alp.org.au
Follow me on @alisonmarchantlabor

Victorian
Labor

Authorised by Chris Ford, Australian Labor Party, Victorian Branch, 438 Docklands Drive, Docklands 3008.



**JUST REALTY
BELLARINE**

A Fresh Approach
to Real Estate

- Property Sales
- Property Management
- Holiday Rentals

100% Local Family Owned & Operated Business
4B Brown Street, Portarlington

5259 1103

www.jrbellarine.com.au

**NEW MEMBERS &
VISITORS WELCOMED**



BOB
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



BACON

Bacon & Cheese Bread Puddings

- Serves 8 (oven at 180C)
- 8 bacon rashers, chopped - fry until golden
 - 10-12 slices bread
 - ½ cup chives, chopped
 - ½ cup parsley, chopped
 - 3 spring onions, chopped finely
 - ½ cup ricotta or creamy cheese
 - ½ cup tasty cheese
 - ½ cup Parmesan
 - 800ml milk
 - 8 eggs, lightly beaten
 - salt & pepper to taste
 - Spray 8 ramekins with cooking oil.
 - Roughly cut the bread and place in cups.
 - Combine herbs, onion together and bacon and cheeses together.
 - Scatter on top of bread and repeat.
 - Beat milk and eggs together with salt & pepper.
 - Pour over the bread and allow to stand for about an hour or so.
 - May need to top with egg mix, bake for 20-30 minutes.

The Bacon Salsa

- 10 rashers bacon, roughly chopped
 - Roast or Grill the bits of bacon on a tray.
 - 1 can of chopped tomatoes
 - 2 tablespoons honey
 - 10 chives, finely chopped
 - 2-4 pickled Jalapeno chillies, chopped
 - Juice of 1/2 lemon
 - Drizzle Extra Virgin Olive Oil
 - Oven on 180C
 - Prepare a baking dish to roast the tomatoes with a drizzle of honey.
 - After 20 minutes add the chives and pickled chillies and bits of bacon.
 - Stir well and place back in the oven for another 30 minutes.
 - Remove from the oven.
 - Add the lemon juice and a drizzle of extra virgin olive oil.
 - Store in a jar to ready to use.
- Serve on toast with eggs or cheese or any other favourite foods.



At SpringDale *this Month*

122 Power Saving Bonuses applied for which will bring \$30,500 to homes on the Bellarine and beyond.

Started 35 courses (equating to 171 sessions) to help skill people in a variety of subjects.

Helped a volunteer get a job.

Helped set up MyGov for 2 people wishing to have Tax Help.

71 volunteers delivered 15,200 SpringDale Messengers across the Bellarine.

Handed out 146 SpringDale Messenger Welcome stickers.

Welcomed a new Dance teacher, who is hiring the hall weekly.

Helped set up MyGov for 2 people wishing to use our Tax Help service.

RT Edgar

BELLARINE

Thinking about selling?

Or would you just like to know the current value of your property?

Get in touch with me today to book a 15 minute, no-obligation appraisal.

Aaron Jones

0403 664 428

 aaronjones_rtedgarbellarine

rtedgar.com

SALES | RENTALS | PROJECTS | COMMERCIAL



SCAN HERE TO BOOK
A FREE APPRAISAL

BELLARINE CAMERA CLUB

A recent competition was 'Autumn'. Thank you to Peter Marin who came out into the cold night to join us and critique our work.

Prints

A Grade: 1st Rendezvous - Lynne Pearce 2nd Autumn Roadmap - Alex Vaulkenburg 3rd Leaf Alone - Robin Curtis Merit: Softly Falling - Jenny Warren

Electronic Digital Images

A Grade: 1st Orb Spider - Lynne Bryant: 2nd Autumn Gare - Darren Henry 3rd Last Leaf - Sheridan La Peyre.

B Grade 1st Shedding Leaves - Gordon Barfield 2nd Maple Walk - Gordon Barfield 3rd Added Colour - Gordon Barfield.

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



Lounges
Dining
Barstools
Buffets & TV Units
Bedroom Furniture
Robe Inserts
Mattresses
and much more...



FREE delivery
FREE Set-up
FREE Removal of old*
*excludes Council Tip Fee

9 Marine Parade, Ocean Grove
T: 5255 2288

www.bellarinefurniture.com.au

16 www.springdale.org.au



FURNITURE & BEDDING

Family | Service | Quality | Experience

The Springdale Messenger September 2022



BELLARINE
BGS
GLASS & SCREENS

- Security Doors • Shower Screens
- Wardrobe Doors • Mirrors • Flyscreens
- Glass Repairs • Balustrading

7 Days A Week **Fast Glass Repairs ✓**
Same Day Service ✓
Ph: (03) 5253 2301
38 Murradoc Road Drysdale 3222
D Ward Facsimile 03 5251 3905

Disability Inclusivity - you too, can take the lead

Inclusive leadership is more than a current buzzword. Inclusive leadership is also not just a set of skills available to workplace employers or managers, it is something we can **ALL** provide. The attributes that make a great inclusive leader can only be harnessed by listening to understand the perspectives, needs, challenges and skills that others possess. But it doesn't stop there – we need to put that acquired knowledge into inclusive action.

At every level of life, we should all be practising and displaying inclusionary behaviour. Diversity Council Australia defines inclusive leadership as the mindsets, knowledge, skills, and behaviours that ensure a diversity of employee perspectives shape and improve an organisation's strategy, work, systems, values, and norms for success. How does that look to those of us that are not in a business setting? How can we shape and improve our local school, playground, restaurant, or gym? How can we improve the lives of our friend, dad, or golf mate and in the process, ourselves?

Inclusive leaders, whether they be friends, retailers, colleagues, or hospitality workers, are aware of the value of hiring, networking, catering to and befriending people with identities and perspectives, different from what is familiar to them. This awareness and genuine non-judgemental curiosity and empathy for another person's unique value to our conversations or hiring strategy or membership base makes a truly inclusive leader.

A disability-inclusive leader could be you or I. It could be an employer who sets quotas

and actively seeks to employ a person with a disability. A sports club proactively ensuring the participation of people with disability and being open to changing outdated rules by working with new skill sets and preferences. Diversity leadership is valuing feedback and hiring a person with a disability to speak to your group or workplace on inclusive practices.

Everyday leadership is simply taking the lead in being a disability ally. My wonderful local book club group make every effort to accommodate not just suitable times for all but venues that work for me. This flexibility also applies in taking a creative approach to a business owner adding a ramp to a venue entrance while maintaining the charm of a bygone (and socially exclusive) era. Inclusive leadership is also being courageous enough to admonish ableist behaviour, such as taunting or rudeness. And we all know how inclusively our inimitable Springdale Messenger Coordinator, Anne Brackley OAM leads.

Disability inclusive leadership is sharing our stories to normalise disability and create an equitable space in our society for every one of us. One of the best things about living in the 21st century, is that we have the education and communication tools to elevate our understanding of the fantastic and valuable diversity within our population. Inclusive leadership embraced by us all makes for a greater society in every way.

Leanne



Collective Nouns

I understand that a book was printed in 1477 with the title, "A Book of Courtesy". This was designed for the nobility of course, as they were the only ones to be able to read.

In the pages, we are able to read about hawking, hunting, heraldry and angling with the appropriate language given. What is so important to modern scholars, is that the books cover the first lists of collective nouns for use by the nobility. Many of the terms are still used today, and by many who aren't quite in that higher class.

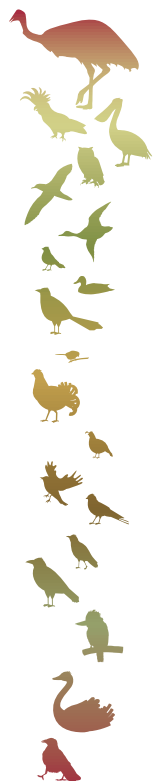
Stimulated by my reading as well as enjoying a book gifted to me recently, '101 Collective Nouns', by Jennifer Cousins, I thought that I would see how much knowledge the Springdale Messenger readers have remembering collective nouns of the English language, perhaps first formed in our school days long since gone. Remember some have formed centuries ago, some more recent.

So here is our competition for this month - Collective Nouns. If you know the nature of the birds it sometimes assists. Good luck one and all.

Carol

1. Name a group of emus
2. A group of cockatoos
3. A group of pelicans
4. A group of owls
5. A group of gulls
6. A group of geese (on the ground, in the air)
7. A group of starlings
8. A group of magpies
9. A group of wrens
10. A group of chickens
11. A group of sparrows
12. A group of quails
13. A group of swallows
14. A group of cuckoos
15. A group of ravens
16. A group of kookaburras
17. A group of coots
18. A group of rosellas
19. A group of swans
20. A group of crows

Answers on page 22



Heritage Cameo Conveyancing

'Your Local Conveyancer'

Services Include

- Free Pre-Purchase Advice
- Subdivisions
- Property Transfers
- Purchase Contracts
- Sale contracts – Section 32 preparation

Shannon Calder

Manager – Bellarine Office



Heritage Cameo Conveyancing

'Professional and Personal Service Guaranteed'

Bellarine Office:

8 Murradoc Road, Drysdale, Vic 3222

E: shannon@heritagecameo.com.au

T: 03 5251 3950



Contact your local friendly conveyancer Shannon for all your conveyancing needs and questions.

On Sale now at SpringDale



Have you seen the Bunyip Lately?

\$10 and available at SpringDale. Author is happy to sign the book.



"STAR WARS..."

"The trouble with the Rebel Alliance, is that they are trying to create a society where everyone is right."

A chap I met in Drysdale told me that the Empire Tie fighter was his favourite "Star Wars" creation. As the whole thrust of the story rests on the Empire being the so called "bad guys", I pointed out that he had adopted the wrong ship. But he said that he was on the side of the Empire and not the rebels.

Now, all the info. I used to mount the S. W. show, I obtained from a series of books, "The Art Of Star Wars", which I dragged out of an old suitcase full of S.W. literature, previously presented to me by the Springdale office. I have to admit that the S.W. Art books were invaluable in providing me with a badly needed brush up on all things "Star Wars" before planning out the show.

A feature of one of these books, is an imaginary discussion between Luke and Death Vader, about the differences between their respective cultures. During the course of this dialogue D.V. makes the above statement...

"...Create a society where everyone is right..."

Interesting...

Consider our current "Western" style of living. Are we, in our apparently unending endeavours to be totally inclusive, in a sense, "over licensing" some forms of antisocial conduct?

Graffiti for instance.

Food for thought.

John



THE SPRINGS TOWN CLUB Take Off Weight Naturally!



Hello everyone, how are you coping with winter? Are you sitting inside, snuggling up to the heater, or are you going outside in the garden, going for a walk or pursuing some sporting activity regardless of the weather?

Recently we read an article about people above the Arctic Circle where they don't have light for 3-4 months... it's very cold and snowy. Yet they don't suffer from S.A.D. (Seasonal Affective Disorder). It was found that people in the area go outside, dressed for cold conditions - perhaps we should do the same!

What's all this got to do with The Springs TOWN Club? Being active is the best way to feel good and not over-eat. Research tells us that active people feel well and not as hungry as those who usually sit indoors in the cold weather.

Physical activity also gives us endorphins that boost our feel-good feelings. TOWN Club likes to focus on the positive ideas of exercise and nutritious food.

Winter food needs to be nourishing and warming, with lots of vegetables and less carbohydrates. We don't need to end a

meal with a pudding - fresh fruit is a good alternative. Think about the type of food we need to live, and how you can manage that. At The Springs TOWN Club we use group therapy to discuss what food to eat, how much to eat and interesting ways to cook it.

The Springs TOWN Club is a supportive group for people of all ages where they can get help to take-off weight slowly and successfully. Group therapy is a big part of our philosophy. Sessions include sharing practical ideas to help with weight loss, chair exercises and relaxation time. Weekly & monthly awards, and competitions to encourage individual weight loss.

TOWN (Take Off Weight Naturally) Clubs have been active in Victoria since 1968.

The Springs group has helped people for 22 years. Weekly fees are \$5.00, annual membership is \$51.00.

We invite you to attend a 'free meeting' any Monday to see if the group is right for you.

The Springs TOWN Club meets Mondays 9am-10.30am at Drysdale Community Hub, 23 Eversley Street, Drysdale.

Contact: **Janice Bell** on 0403 221 737



Subscribe to our webmail



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

New Address

Unit 4, 82-84
Murradoc Rd
Drysdale



www.tavids.com.au

DESIGN • PRINT • FINISH • 5251 1735



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

You are welcome to join us -

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



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



Clifton Springs Garden Club

Gardening is about surprises, and Spring is certainly the time for surprises, with bulbs popping up in places that we can't remember planting them, and plants that were dormant in Winter coming to life, bringing colour where there was none.

Gardening is also about sharing ... Here is where I send a shout out to Mal, for sharing some of his beautiful hellebores with the Garden Club. Mal had been doing a tidy up in his garden and had some excess hellebores, so he thought the Garden Club might make use of them. He was right, we certainly will.

Spring is a good time to shake off the Winter blues and get out into the sunshine, and visit some gardens. In September the Garden Club will be doing a tour of the gardens at Parliament House. Those members attending are really looking forward to this visit as it has been a while in the making.

And in October, we are heading off to Mt Mitchell Estate near Ballarat. This property includes a heritage listed house as well as beautiful gardens.

Spring also means our Annual General Meeting. A short AGM is always followed by a normal meeting, with an interesting speaker.

Without Committees, Club's cannot function so it is very important to come along and support your Club at their AGM. There are never any surprises, as no-one is put on the spot to join the Committee, or take on a role. Members are always approached prior to the meeting if there is a vacancy.

We still have three months left in our "gardening" year, so if you would like to keep up to date with what the Garden Club is doing, contact our Secretary Helen, on telephone 5257 2220 or email hma3152@gmail.com.

Photographs – spring in my garden



St Leonards Garden Club

Hello Everyone.

The St Leonards Garden Club meets every 2nd Wednesday of the month, at the Memorial Hall, 1342 Murradoc Rd St Leonards. Start time is 1.00pm for a 1.15pm start.

Entry is \$4.00 and Membership is \$10.00 per year. Members are asked to bring along a small plate of afternoon tea.

Another good attendance of members this month which is very pleasing. If you are new to St Leonards, come along to our garden club, make new friends and enjoy an afternoon of guest presentations, great information for the garden and beyond. Why not bring your friends. The more the merrier.

Thank you to Jenny and Malcolm, our guest presenters from Protect the Bellarine. They have a sustainable garden, with wicking tanks for planting plants like vegetables, and plants in the garden that require little water.

Now is the time to spray your fruit trees, peach, nectarine and plum, before the buds appear. Spray with copper oxide to prevent leaf curl. Make sure you drench the branches

to run off. Spray around the base of the trees to kill spores that may be there.

Would you believe Spring is almost here? Bulbs are up, and most of them are flowering. Now is a good time to feed them.

Just a reminder that our Garden Club is having an open garden event on the 29th October (Melbourne Cup week end) we are hoping to have 12 gardens to visit Club members are asked if they would please assist us at the garden gates to take admission money, and assist with the selling of raffle tickets. Admission is only \$10.00 regardless of how many gardens you visit. **NOT \$10.00 PER GARDEN.** There will be Devonshire Tea for sale at one of the gardens. There will be various types of gardens to visit.

We hope to see you at our next meeting.

Stay well, stay warm.

Until next month.

Cheers **Wilma McLaren**



Repsco
AUTHORISED SERVICE

DRYSDALE MOTORS

All Mechanical Repairs including
New Vehicle Log Book Servicing

Specialising in European Vehicles:
Audi, Mercedes, Peugeot, VW and more

Nationwide Warranty
why travel when the best is right here in Drysdale

5253 1033

44 Murradoc Road, Drysdale
info@drysdalemotors.com.au

Drysdale REMOVALS & STORAGE

Reliable Service

- LOCAL • COUNTRY
- NEW SOUTH WALES
- SOUTH AUSTRALIA

Drysdale REMOVALS & STORAGE

03 5251 3674





Bellarine Keen-Agers Table Tennis Club
 'Come and Try' Invitation

The Bellarine Keen-Agers is a local over 50's social Table Tennis Club for women and men based at Marcus Hill Hall. The Club's main aims are to have fun, make friends, be active and enjoy recreational table tennis. The Club currently has around 60 members and is affiliated with Table Tennis Victoria, as well as being sponsored by Rancie Finance, Bendigo Bank, Neville Richards and OPSM Waurin Ponds.

Sessions are held on Tuesday, Thursday and Friday from 9am to 12.00pm with a half hour break for morning tea, which gives our members the opportunity to socialise and enjoy each other's company.

The sessions aren't based on any particular skills or ability; it is solely for enjoyment and social interaction, coupled with light exercise. All levels are catered for and beginners are most welcome. Table tennis bats are provided for those who may not have a bat.

The Club would like to invite anyone interested in 'having a go' at table tennis, to come to our 'Come and Try' days, being held from 9am on Tuesday 20 September or Thursday 29 September with a special morning tea provided. If you are interested in coming along on other days, then you are most welcome.

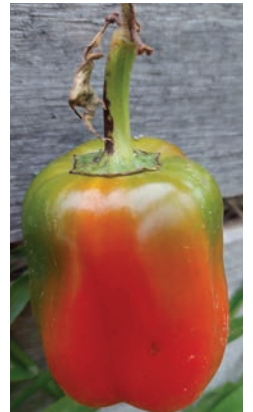
If you would like to come along or learn more, please contact Trevor on 0449 523379, or Leigh on 0418 419522. We would be very pleased to hear from you.



BOKASHI
 GARDEN

September is a great month for gardening, getting everything set up for a great summer harvest. Planting seedlings, tending potato plants – this year I have decided to plant many more potatoes due to the joy they brought me last year. I prepared the garden beds for potatoes for many months prior to planting and hopefully this has given them a great start.

My pea plants are producing peas and we love eating them straight out of the pods. These beds may become strawberry beds for the summer season.



SEASCAPE
 PLUMBING

YOUR LOCAL GEELONG/BELLARINE PLUMBER

FRIENDLY
 RELIABLE
 LOCAL
 SERVICE

SENIORS DISCOUNT

- HOT WATER SERVICES • GASFITTING • BLOCKED DRAINS
- BURST PIPES AND LEAKS • TAPS REPAIR/REPLACEMENT
- TOILET PANS AND CISTERNS • HOT AND COLD WATER

24 HOUR EMERGENCY
 SERVICE. 7 DAYS A WEEK!



CALL 0404 049 868 OR VISIT OUR WEBSITE SEASCAPEPLUMBING.COM.AU

Call Luke at Seascope Plumbing for friendly reliable local service. Lic# 53223.

Memories of Yesteryear

THE BUTCHER FAMILY

Along with majority of Drysdale and Clifton Springs residents who bank with the Commonwealth Bank, I am extremely disappointed with CommBank management's decision to close the only branch apart from Ocean Grove on the Bellarine Peninsula, forcing their many long term and loyal customers to reconsider their banking habits.

I have already defected to the Bendigo Bank and suggest that those who cannot or will not make the trip to Ocean Grove (where parking in the main street is not always easy) will follow my lead and consider doing the same. Perhaps their slogan CAN needs to be changed to CANNED or CANNOT.

As the community has grown we now have fewer banks, with the NAB closing in March this year and WESTPAC abandoning us some years ago, leaving those among us who struggle with or distrust internet banking with no other option than the Bendigo branches in Drysdale, Portarlinton or Leopold to do "over the counter" banking which the majority of older residents seem to prefer.

As the new library starts to dwarf it's surrounding, it is interesting to note that the only 19th century building in the town centre is the former NATIONAL Bank building (est 1876), now coincidentally the funeral parlour, so as we bury the past let us not forget the towns churches.

The free Presbyterian School (now the Drysdale RSL) opened in 1849, the same year Miss Drysdale and Miss Newcomb moved into "Corryule", and the Rev. Tuckfield established the WESLEYAN Chapel in Wyndham St, on the land opposite present day Ashworth St. The old timber Chapel was later incorporated into the building that became the home of Bill and Florence Humphrey and family.

The foundation stone for St. James Anglican Church was laid in 1871, and the church was opened in 1872 by the Bishop of Melbourne. The manse on the opposite side of Collins St, is now privately owned.

The original Catholic Church and Presbytery in Wyndham St, has now been incorporated into the Drysdale Aged Care Facility, and St Thomas' Hall (est 1946), which was on the corner of Palmerston St, was demolished to make way for the Aged Care development.

The Methodist (now Uniting) Church in High St, opened in 1888, and the first service was conducted by Rev. James Dodgson, who was the husband of Caroline Newcomb. The minister from 1956 to 1960 was Rev. William (Bill) Higgins whose previous appointments were at



Underbool and Wycheproof in the Mallee. His wife and three children, Daryl, Melville and Marilyn lived in the parsonage next to the church, and when they moved to Wonthaggi, I lost a good friend in Melville who I believe eventually became a teacher, and lived in Eltham. Bill Higgins was eventually replaced by Rev. Trevor Williams another minister who worked for the Church and community. Bill spent his retirement years in Clifton Springs until he passed in 1998 and is buried in the Drysdale Cemetery.

Russell Butcher



BELLARINE AUTO SERVICE
5253 1644
0403 993 342

CBAS Quality Mechanical Repairs Since 1990
6-8 Mortimer St. Drysdale

VACC We service and repair all makes and models, LPG, Diesel and Petrol vehicles.
www.bellarineautoservice.com

autopro
Drysdale **Open 7 Days**

For whatever you need for automotive repair, maintenance & general care.

- Spare Parts • Electrical • Car Care
- Touring & Vehicle Accessories • Oils
- Tools • Paints • Workshop Accessories & so much more...

2/31 Murradoc Road, Drysdale
Phone: 5253 2811

MORTIMER PETROLEUM
PETROL STATION & CONVENIENCE STORE
 Petrol, Autogas, Bait & Fishing Supplies
Open 7 Days 6am - 10pm

97 High Street Drysdale 3222
Phone (03) 5251 2603

NETBALL Opportunity

Wondering if there might be an appetite for social junior netball competition on the Bellarine Peninsula, because at present, there is only the winter AFL Barwon competition on Saturdays.

My aim is to offer a competition after school at Drysdale, and hope it will be more accessible to juniors who would like to play with their friends.

After discussions with Netball Victoria - who would oversee the competition - I have created a questionnaire to gauge the interest and demographic that this concept would attract. Find the link here:

<https://www.surveymonkey.com/r/GFW8TK6>

Please feel free to contact me if you have any concerns or questions.

The link to the survey is below.

Jennifer Mordy

Ph: 0419 375 134

Bellarine Birdlife

Collective Nouns Answers:

- | | |
|-------------------|------------------|
| 1. A mob | around my |
| 2. A crackle | house definitely |
| 3. A squadron | a mischief of |
| 4. A parliament | maggies) |
| (I prefer the old | 9. A chime |
| collective noun, | 10. A clutch |
| a wisdom) | 11. A quarrel |
| 5. A squabble | 12. A covey |
| 6. A gaggle | 13. A gulp |
| (on the ground) | 14. An asylum |
| A wedge | 15. A conspiracy |
| (in the air) | 16. A riot |
| 7. A murmuration | 17. A commotion |
| 8. A tiding or a | 18. A family |
| mischief (for | 19. A bevy |
| the magpies) | 20. A murder |

Trivia Answers

- | | |
|--------------------|------------------------------------|
| 1. Hawk | 6. Omega |
| 2. The Irish Sea | 7. False, it is classed as a fruit |
| 3. Terrible Lizard | 8. Tropic of Capricorn |
| 4. Syria | 9. James Cameron |
| 5. Hexagon | 10. Paris |

NEW MEMBERS WELCOME

www.drysdalebowlingandcroquetclub.com



Walking Together for Mental Health in October

The 'Walk for Wellbeing Event', returns on Sunday October 9th in Portarlington, to coincide with National Mental Health Month. National Mental Health Month October, is an initiative to advocate for and raise awareness about mental health. The Walk for Wellbeing aims to bring our local communities together to promote the important place mental health has in our lives and support better health for all.

This will be the fifth year of the event after a few years recess. Previous funds raised through entry donations, have helped support local mental health activities. This year we wish to target raising further funds to sponsor local community participants to become Mental Health First Aiders. This is an educational course to learn practical skills, to support someone with a mental health problem. This kind of help when needed can make a real difference to friends, family members, colleagues and others. About 1 in 5 Australian adults experience a common mental illness each year.

To join us you need to assemble on the foreshore, Pier Street, West Portarlington for an 11 am walk start time. Registration from 10.30 onwards to sign in and your entry is a donation.



We hope to have some entertainment to send you on your way. Participants head along the foreshore trail to complete a leisurely 3km walk from Pier Street to turn around at 4 Boats Ramp. Dogs are welcome on a lead. We invite participants to wear something green, as this is the event's signature colour representing balance, renewal and growth.

Our hope is that mental health becomes no more difficult to talk about than other health issues, free of stigma with support services there when needed. The event's mental health message is "A Problem Shared is a Problem Halved."

We are delighted to be able to invite you to join us for the Walk for Wellbeing 2022. Hope to see you on Sunday 9th October with your walking shoes on for an 11 am event start time.

Event Contact - **Julie** (5259 3138 or pcam3122@bigpond.net.au)

JAN'S ENGRAVING & TROPHIES



Latest designs in Trophies, Medals & Awards.

Call Jan to discuss your needs.

0425 796 165

19 Centennial Blvd. Curlewis.

E: jan@jansengraving.com.au

www.jansengraving.com.au

St Leonards PHYSIO BY THE BAY

Like Us On 

Neil Wise is a highly experienced physiotherapist with over 30 years of experience in Private Practice,



- Private, Concession & Aged Pension rates available - no referral required
- DVA, Workcover, TAC, CDM (Medicare) patients welcomed with referral

P: 5257 1832

1 Mouchemore Avenue, St Leonards

E: info@stleonardsphysiobythebay.com.au

W: www.stleonardsphysiobythebay.com.au



A new era for junior girls footy on the Bellarine Peninsula will start in 2023, with the announcement of the 'Peninsula Sharks Football Club', entering AFL Barwon in the junior leagues.

Local clubs Drysdale, Portarlington, Leopold and Queenscliff have fielded various junior girls' teams over the years, but have never been able to get a consistent number of girls to fill all age groups. So, they have all come together, to create this wonderful opportunity for girls to be able to play their whole junior football at the one club, rather than changing clubs to suit age groups. The Sharks will field teams in the Under 12, Under 15 and Under 18 divisions of the Barwon Football League.

Through the hard work of Jenny Decker and Stuart Craven, the Peninsula Sharks were created to become a team of Under 18s in 2020, and in 2021, fill the gap for girls not quite ready to play senior football, as no clubs on the Bellarine had an Under 18's team, but like most things covid quickly put a stop to it.

With Drysdale and Portarlington already having a combined Port Hawks under 12 team and Portarlington debuting an under 15's in 2022, discussions between coaches began to map out the best pathway for local girls footy. Leopold and Queenscliff were approached and the decision was made to come together, and in 2023, the Sharks will finally get to play their first game.

Because of the nature of the team, girls will become or stay members of their local club, and will be given a permit to play for the Sharks.

Current coaches Pete Evans, Harley Soall, Adam Shawcross and Glenn Smethurst, have already committed to coaching teams in 2023, and we are still looking for an Under 18's coach, assistant coaches and any other volunteers that may be interested in helping out.

Anyone interested in getting involved please email the Sharks coordinator Glenn Smethurst at peninsulasharksfootballclub@gmail.com or follow us on our socials to keep up to date with all thing's sharks related.

The Bellarine Wanderers

We've welcomed several new members this month and enjoyed a range of walks.

We've walked around the Clifton Springs Waterholes and also along the Dell beach area plus at Barwon Heads around the Headland and also alongside the River and around the St Leonards lake and beach.

Our walks are on Thursday mornings starting at 9.30am and are usually for about 80 minutes and generally follow minor tracks. We will continue to explore our region and its fauna and flora (and coffee shops) and welcome new members

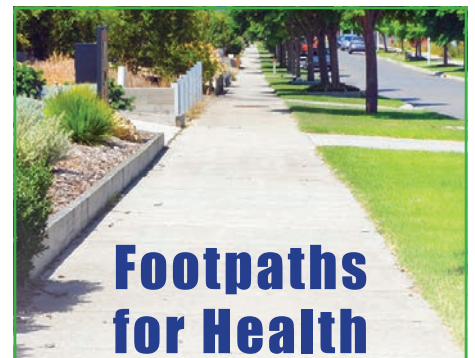
If interested please contact SpringDale 5253 1960.

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 ph 5253 1960.



Footpaths for Health

Our group has met 3 times and every meeting so far we have welcomed new members and focused our intentions and learnt a little more. We are seeking assistance from City of Greater Geelong and hope to be able to report next month about our next steps.

Footpaths are so important to connect neighbourhoods, enable active transport to and from shops and activities, encourage better health outcomes through improving fitness and so many other reasons to have footpaths in our environment.

We meet on the last Monday each month 7pm at SpringDale. Please register your interest in this advocacy project. Ph 5253 1960

Anne Brackley
for the Footpaths for Health group

Term 4
Course Guide
available
online or pick
up a copy at
SpringDale.



What is Bowen Therapy?

Bowen Therapy is a very gentle technique that brings the body into a deep sense of relaxation to offer pain relief and promote healing to mind and body.

Bowen may help with

- Muscular Skeletal issues
- Headaches & Migraines
- Anxiety & depression
- High Blood Pressure
- Posture & body realignment
- Asthma & allergies
- Symptoms of IBS
- Symptoms of menopause
- Tinnitus, sinus & jaw issues
- Symptoms of arthritis
- Infertility
- Pregnancy discomfort



DRYSDALE
REMEDIAL
THERAPIES

Shop 4, 15 Hancock Street Drysdale
T: 5251 3410
www.drysdaleremedialtherapies.com.au



Remedial Massage

Bowen Therapy

Babies, Children & Adolescent Therapies

Sports Massage

Trigger Point Therapy

Deep Tissue Therapy

Relaxation Massage

Reviving Old Memories



- VHS Tapes
- Audio Tapes
- Slide Scanning

Convert old home movies, audio tape or family slides into a digital format to preserve and enjoy once more.

Contact SpringDale for more info 5253 1960





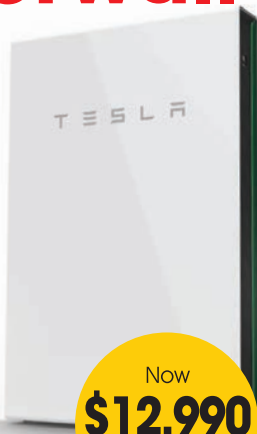
choice

heating and cooling

solar

Tesla Powerwall

Key Features:
Integrated Battery inverter
Capacity: 13.5 kWh
10 year warranty



TESLA
 POWERWALL
 TESLA HOME BATTERY

Now **\$12,990**
INCL GST*
 with rebates applied

Other Battery options available. Call us for details.

SOLAR BATTERY REBATE

As part of the Victorian Solar Rebate, some pre-existing solar installations are eligible for the rebate on solar batteries. (\$2,950)

(03) 5251 2771

5B 35-37 Murradoc Road Drysdale

www.ecochoiceheatcool.com.au

No Deposit Finance / Credit Card Payments

6.6kW Q CELLS Panels & SUNGROW Battery Packages

Now **\$6,500**
INCL GST*
 with rebates applied

Battery Ready

PV 17x Q.MAXX-G4
 390 Watt Premium Panels
 25 Year Warranty
 Sungrow Hybrid Invert
 10 Year Warranty
 Battery Ready

Now **\$14,990**
INCL GST*
 with rebates applied

9.6kWh

PV 17x Q.MAXX-G4
 390 Watt Premium Panels
 25 Year Warranty
 Sungrow Hybrid Invert/Battery
 10 Year Warranty
 + SBR096 9.6kWh

Now **\$16,990**
INCL GST*
 with rebates applied

12.8kWh

PV 17x Q.MAXX-G4
 390 Watt Premium Panels
 25 Year Warranty
 Sungrow Hybrid Invert/Battery
 10 Year Warranty
 + SBR128 12.8kWh

Standard installation pricing. Prices includes STC discount, Vic solar battery rebate.

Enphase & Q CELLS Panels

6.6kW Premium Plus System

17x Enphase IQ7+ Micro Inverters
 Enphase 10 Year Warranty
 PV 17x Q.MAXX-G4
 390 Watt Premium Panels - All Black
 25 Year Product Warranty



Now **\$8,500**
INCL GST*
 with rebates applied

ENPHASE

Q CELLS

DAIKIN

Split Systems

- Fully Installed - 5 Year Warranty

Premium Energy Efficient Heating & Cooling

2.5kW \$1,843*
INCL GST*

3.5kW \$2,021*
INCL GST*

5.0kW \$2,498*
INCL GST*

6.0kW \$2,668*
INCL GST*

7.1kW \$2,848*
INCL GST*

Sungrow or Fronius Inverter

6.6kW Premium System

Sungrow or Fronius
 5.0kW Inverter - 10 Year Warranty
 PV 17x Q.MAXX-G4
 390 Watt Premium Panels - All Black
 25 Year Product Warranty

Now **\$5,200**
INCL GST*
 with rebates applied

Now **\$6,300**
INCL GST*
 with rebates applied



SUNGROW

FRONIUS

Q CELLS

*Standard Installation Pricing. Price includes STC discount, Vic Solar Rebate \$1,400 and Vic Solar Interest Free Loan \$1,400 (Eligibility Criteria)

THE FUTURE OF HOT WATER IS HERE

Air-source CO2 Heat Pump Hot Water System

- Industry leading technology
- Naturally environmentally friendly
- Fully Solar PV compatible
- Industry first smart controller
- 10 year warranty
- Australian made tank & controller
- Global Warming Potential refrigerant rating of 1 indicating that the system is the most environmentally friendly hot water system in the market

315L
 Now **\$4,940**
INCL GST*
 with rebates applied

Price assumes existing Electric Hot Water System installed. New Hot Water System additional.



All Warranty and Servicing by Eco Choice

* Terms and conditions apply on all Solar Rebate and Hot Water Systems offers and all split system.
 LIC: Plumbing 49132 - Elec 20281 - Arctick AU38204 - Solar A8699184