



**If you go out in
the Woods today...**

As part of Children's Week

Its time for a teddy bears picnic, and we'd love to have you join us, so, come on down to the SpringDale Neighbourhood Centre where we will have lots of crafts, and activities for everyone to enjoy, including a gift to take home at the end.

Teddy Bears Picnic

**Free event
Saturday 22 Oct.**

**running two sessions
10-11:30am & 1:30-3pm**

For bookings please call
SpringDale Neighbourhood
Centre 5253 1960

**Children's
Week 2022**



OCTOBER 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.

| | | |
|-----------|-------|--|
| Saturday | 1 | Harvest Basket Produce Swap 9-10.30am at SpringDale Free replacement anti-theft number plates screws at SpringDale Car Park 9-11am (weather permitting) Felting Group 10am - 3pm at SpringDale Barbaroi - 8pm - Potato Shed |
| Sunday | 2 | Daylight Savings begins 2am EST - A good time to change your smoke detector battery "Think Plastic Wise" - 2pm St Andrew's Uniting Church - Portarlington |
| Monday | 3 | Kinship Carers 10am at SpringDale |
| Tuesday | 4 | Friendly cuppa & chat 10.30-11.30am at SpringDale PI@n B Cavern Club - 10.30am - Potato Shed |
| Thursday | 6 | Jigsaw Group 10am-12noon at SpringDale I can network speaker Chris Varney 1-2pm at SpringDale Relate - 8pm - World Premiere - Potato Shed |
| Saturday | 8 | Legends of Vegas - 8pm - John Watson & Friends - Potato Shed |
| Sunday | 9 | Walk for Wellbeing Event at Portarlington 9am |
| Monday | 10 | World Mental Health Day - Potato Shed |
| Wednesday | 12 | Dining Group meet 6pm Portarlington Bowls Club - Harding St. |
| Fri-Sun | 14-16 | Postcards from the past - The Courthouse Museum |
| Sunday | 16 | Dahlin! it's the Jeanne Little Show - 2pm - Potato Shed |
| Monday | 17 | Aussie Backyard Bird Count |
| Tuesday | 18 | Business on Bellarine Breakfast - 7.45am - SpringDale |
| Wednesday | 19 | Lunch Bunch meet 12noon at Drysdale Hotel |
| Thursday | 20 | Mayor for a Day - 8pm - Potato Shed |
| Saturday | 22 | Children's Week (until 29 Oct) Teddy Bear Picnic at SpringDale 10-11.30am and 1.30-3pm |
| Sunday | 23 | Happy Together - 2pm - Geelong Harmony Chorus - Potato Shed |
| Saturday | 29 | Annual plant sale outside Uniting Church Drysdale 9am-12noon |
| Sat-Sun | 29-30 | Spookfest - Potato Shed - See advert for details |
| Monday | 31 | World Savings Day |



SpringDale Messenger

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

Editing of Contributors Material: Contributors should note that the right to modify submitted articles is retained by The SpringDale Messenger Committee 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**.

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The SpringDale Messenger is a locally produced publication.



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



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

Not sure you'll enjoy reading about this but I feel I need to write it for this month.

It has taken me a while to realise that I love building systems. Working out the steps needed to get a job completed and how we will be able to do this again and again, be it daily, weekly, monthly or annually.

I have to find meaning in all the tasks I do and all the tasks I ask people to help with. One of the first systems I developed at SpringDale was around the way our classes are named and recorded. This system has been tweaked a couple of times over the last 18 years to help put more intelligence into the class code. We now have a 12-character code for each course - first 2 characters determine which book and what category it is listed under, next 4 characters - denote the subject, next character denotes the room, next 2 characters are for the year, the next character is for the school term number, then a character for the day and then a character for the time of day.

You can read the class code and work out where, when and what is happening eg. CRWGTMT224HM reads CR - craft, WGTM - What grandmother taught me, T - in the training room, 22 - in 2022 (this used to be a single year date until we clocked over the 10 years we'd been using this and then we had to extend the code to 2 digits), 4 means it happens in term 4 (ie this school term Oct-Dec), H in our system stands for Thursday and M represents Morning.

Another system we set up early on because I couldn't work out where people might store physical documents or electronic documents

in our system. I needed to do some thinking about SpringDale before I went to have a tough conversation with a particular group.

We set up a numbering system for SpringDale Activities Core Services in the middle - Family, Publications, Classes, Groups and Community Support, - and these are headed up with Management and Reception and backed up with Finance and Maintenance. Everything fell into one of these buckets. Then there are sub categories to make finding information much easier (we hope).

I would much rather use my time for long term solutions than short term ones. Thus, I might have some piles of things waiting patiently for the long term solution to become obvious. Those who have seen the office that some of those piles are in - might look in horror - mostly so long as nothing is moved, I do know where everything is.

Perhaps some of this behavior is due to my love of the Periodic Table of Elements - its simplicity with the position of each element, enables many things to be known about that element because of where it is placed.

Having systems helps to reduce the number of decisions that you need to make and I know I only have so many decisions that I can make each day. I believe that if systems are simple, easy to understand and a good investment of time, then the benefit will shine through and others will appreciate and use them. I love a good system that makes my life easier.

Happy to chat about systems to anyone anytime. Hope to see you at SpringDale soon.

Yours very sincerely **Anne Brackley** for Team SpringDale.

UPDATE

Women Living Well

Look at our new website www.wlw.onthebellarine.org.au or phone Dianne Bennett for information.



Wednesday Men's Cooking Group

is seeking new members. We meet Wednesdays 10am-1pm weekly. Please phone SpringDale for more info 5253 1960.



Garage Sale Trail

Tables available for Garage Sale Trail at SpringDale on Sat 12 / Sun 13 / Sat 19 / Sun 20 November tables available for each day at \$5 per table per day. To book email office@springdale.org.au or ph: 5253 1960



Friendly Cuppa & Chat
Tuesday 4 October 10.30
Come and chat with local Police at SpringDale



The SpringDale Lunch Bunch are going to Drysdale Hotel on Wednesday 19th October meeting at 12pm. Please phone Margaret on 0418 370 857 to reserve your spot.



SpringDale Dining group are going to the Portarlington Bowls Club on Wednesday 12th October at 6pm. Please call SpringDale on 5253 1960 to reserve your spot.

QUOTE OF THE MONTH

Grief is the price we pay for love.

Queen Elizabeth II

Anne Brackley - Quote curator

Working on Wisdom

Attend our fun and informative day retreat embrace the positive nature of aging.

Celebrate life lived and plan life to live.

This workshop is a power packed dose of confidence and strategy building, putting life back into lifestyle!

Session includes:

- Chair Yoga • Health eating / Nutritional Information
- Making the best of ourselves beauty & appearance
- Budgeting and Finances • Mindfulness meditation
- Stress Management • Light lunch and snacks provided

Wear comfy clothing

When - Sunday 13 November 2022, 10:00 AM - 4:00 PM

Where - SpringDale Neighbourhood House Wadawurrung Country, 17-21 High Street, Drysdale

Cost - Admit one: \$10.00

Contact - Anne Brackley Phone: 03 5253 1960

Associated organisation: SpringDale Neighbourhood Centre Inc

Website: www.springdale.org.au



SpringDale Neighbourhood Centre activity with Sponsorship from City of Greater Geelong



News from

**Lisa
Neville MP**

**STATE MEMBER
FOR BELLARINE**

The success of a club is measured on the provision of a game of sport to players of all abilities, no matter their age or gender and doing so in an inclusive, safe, and encouraging environment.

This is especially important for females where now clubs, communities and governments at all levels are rightly encouraging female participation, both on and off the field.

The Bellarine Peninsula is a great place to live and as locals know, each town has its own sense of community pride.

So as the local Member over the past twenty years, I have thoroughly enjoyed supporting our local sports clubs. They are made up of wonderful community leaders and volunteers. Besides providing a game of sport they also importantly enhance social connectivity for community members including our more senior residents.

Bellarine Boat Ramp Upgrades

Recently I was pleased to announce that both the Point Richards and Queenscliff boat ramps are now open, after being improved in two stages across 2021 and 2022.

At Point Richards, the second stage of the project has seen a rock groyne constructed on the western side of the ramp to reduce seagrass

accumulation that can restrict access at the ramp. Stage one of the project last year saw the addition of boat preparation bays and 50 parking spaces big enough for a car and trailer through the formalisation of an overflow area.

At Queenscliff, upgrade works on stage two of the project have included a new concrete ramp surface, an extra lane, the replacement of outer pontoons and installation of a central pontoon to provide more space for boats to be tied up. Access to the pontoons have also been improved through new gangways and the main carpark has been reconfigured and resurfaced.

Overflow parking was formalised as part of stage one of the project to create 33 new car and trailer parks, as well as boat preparation spaces to reduce queueing, improvements to traffic flow and dredging around the ramp.

The projects have been led by Better Boating Victoria (BBV), which is progressing the biggest ramp upgrade program in the state's history while ensuring it's free to launch at all public boat ramps.

Clifton Springs ramp has been subject to ongoing dredging to remove sea grass from the harbour entrance. BBV has now provided the COGG with significant funding to deliver a long-term management plan for Clifton Springs in addressing the sea grass issue.

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 Hwy, Leopold.



Bellarine Show News

Now is the time to start thinking about your handcraft entries for the upcoming Bellarine show, **Sunday the 12th of March 2023.**

If you have an interest in any type of Handcraft, just go to the Bellarine Show website, bellarineshow.com.au Click on the entries tab, and you will find all the information in relation to our handcraft sections. There is also information on all our exhibitor sections.

You never know unless you have a Go, so let yourself have a go!!

The Bellarine show committee are always looking for new volunteers, we are in desperate need of a Produce and Flowers Co Ordinator, please contact Janet on 0413771042 if you are interested.



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

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



POTATO SHED

Just when you thought life couldn't get any busier... the Potato Shed presents October. a month packed full of goodness - just like a 5K bag of spuds, and just as tasty. We have special SENIORS discounts in October - so book now!

Barbaroi - kicks of the month - Enter a dystopian cyberpunk world in the not-too-distant future. Gangs overrun the neon-clad streets; the outcasts rule the pitch-black forgotten ruins of an old district. There is chaos, there is danger in the shadows. Sure to entice with a blend of high-octane circus, cabaret theatre.

Our **Morning Showtime** series continues and this month we have the wonderful local band **Pl@n B** with their tribute to the Cavern Club playing all the hits from the 60s and 70s- a great era and this should be a great performance.

We have a World Premiere have a brand-new work by local company **Fresh Creative Entertainment - Relate**. Set in urban Australia, we zoom in on a social circle and examine all the relationships within. Mother, brother, husband, wife, lover, substance, friend and other. The work is delivered through dance, movement, circus and spoken word. Sounds exciting - see it before it heads to Melbourne.

More cabaret comes to the venue with **Legends of Vegas** - Presented by renowned pianist John Watson and band this entertaining night of music will leave you wanting more and have

you tapping along and dancing the night away. We certainly all need a good laugh - so we present **Dahlin! It's the Jeanne Little Show**. With songs fun and excitement, fascination in the lot this special tribute to one of Australia's funniest ladies will delight you on a Sunday afternoon- relive some of those very funny moments!

Have you ever wanted to be Mayor for a day? Renowned comedian **Damien Callinan** takes over as Mayor of the City of Greater Geelong- just how will he deal with those issues - the swimming pool, the roads and all those complaints! **Mayor For a Day** is a laugh a minute show that will have you rolling in the aisles.

Geelong Harmony Chorus return with their annual performance this year called **Happy Together** sure to delight all who attend, also includes a delightful afternoon tea.

Seeing out the month we have a big free event **SPOOKFEST** - The Saturday event will feature an **adult haunted house**, dancers, a cocktail party some rather **spooky entertainment** along with an interactive version of the **Rocky Horror Picture Show**. Sunday is a more family friendly version with the same themes but toned-down **haunted house** - more fun than scary but with some **spooky characters** some fun entertainment, **reptiles** and more. Come dressed as something spooky and you may walk away with a prize. **GREAT FUN FOR EVERYONE**

POTATO SHED

WIN DOUBLE PASS to



MAYOR FOR A DAY Thursday 20 Oct 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 FRIDAY 14 OCTOBER.

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

Be social with us at Facebook and Instagram/
potatosheddrysdale

See you at the Shed.

WHAT'S ON

POTATO SHED

CITY OF GREATER
GEELONG

BARBAROI



SAT 1 OCT 8PM

CABARET STYLE

TABLE SEATING: Adult \$38 Conc \$34 Sen \$32
THEATRE: Adult \$34 Conc \$32 Student \$25

Pl@n B - Cavern Club

TUES 4 OCT
10.30AM

MORNING
SHOWTIME

All tickets \$17. Includes morning tea.

RELATE



THURS 6 OCT 8PM

Adult \$38 Conc \$35

LEGENDS OF VEGAS



SAT
8 OCT
8PM

CABARET STYLE

TABLE SEATING: Adult \$38 Conc \$34 Sen \$30
THEATRE: Adult \$34 Conc \$26 Sen \$24

Dahlin! IT'S THE JEANNE LITTLE SHOW



SUN
16 OCT
2PM

CABARET STYLE

TABLE SEATING: Adult \$38 Conc \$34 Sen \$30
THEATRE: Adult \$34 Conc \$32 Sen \$30

MAYOR FOR A DAY



THURS
20 OCT
8PM

CABARET STYLE

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

HAPPY TOGETHER Geelong Harmony Chorus

SUN 23 OCT 2PM

Adult \$27 Sen \$22 Child \$22

Includes
afternoon
tea.

SPOOKFEST - ADULT

SAT 29 OCT 6PM - Late
FREE ADMIN/Cocktails/Haunted House
Dancers/Rocky Horror Picture Show.

SPOOKFEST - FAMILY

SUN 30 OCT 11AM - 3PM
FREE ADMIN
Family Haunted House/Dancers
Reptiles/Games & Theatre.

COME
DRESSED
UP TO
BOTH
EVENTS



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OR WITH YOUR CREDIT CARD ON 5251 1998.

By Cr Stephanie Asher, Bellarine Ward

We're a month into Spring and it's all happening on the northern Bellarine. It's exciting to see highly visible action at the Drysdale Library... oops ... that will be the Borongook Drysdale Library!

Councillors unanimously voted to approve the official naming of the facility at a council meeting. Pronounced 'Bo-rong-gook,' this the Wadawarrung name for the immediate Drysdale locality and refers to turf, and is reflective of the history of the land.

The construction of the Borongook Drysdale Library has been majority funded by Council (\$8.156 million) and also supported by the Victorian government which provided an extra million dollars.

Scheduled for completion in February next year, the library is proposed to house civic and social infrastructure for the community, as well as a library service, community spaces, outdoor spaces and an adult changing places facility.

Another unanimously supported council project is the North Bellarine Aquatic Centre at the Drysdale Sporting Precinct. Works are progressing across the site and development has expanded into the northern end of the sports precinct, which has its own access road off Peninsula Drive.

Concrete binding to the base of the

50-metre pool is complete and construction on the pool structure is underway. The entry pavilion concrete is complete, with structural steel fabrication happening offsite, and concreting is underway on the changeroom building.

It's fabulous to see such significant investment into our northern Bellarine community and these two projects bring long-awaited and vital services to the peninsula.



Come in for a Free chat

RISTEVSKI
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[03] 5251 3453
1 High Street
Drysdale

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

St Andrew's Uniting Church Portarlington

will be hosting in the Church

"Think Plastic Wise"

Justice Day 2022

Sunday October 2nd, 2022, at 2pm

Guest Speaker:
Naomi Wells

Naomi is a passionate local, striving for zero waste, she has practical hints on how to more effectively recycle, reduce and especially reuse.

This special event will feature a Q & A segment so bring items you have wondered about swapping for reusables and Naomi will answer your questions.

Afternoon tea to follow.

A Donation of \$10 per person is to raise funds for: - UnitingWorld Disaster Readiness and Climate change in the Pacific Region



Enquiries: Phone:
Joy Porter 5291 8177
or 0406 307 433



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Call Lee Martin on 0400 957 839

Greetings to all

I have returned to work after nine weeks holiday touring the north of the country. I thank A/Sgt Bec WILSON and my crew for their amazing work in my absence.

There are a few Coffee with a Cop or Coffee and a Chat catch events planned for the coming months. These are great opportunities to speak with your local police and tell us about any concerns, ideas or issues you may have. Tuesday October 4 we are holding a Coffee and Chat in Drysdale at the Springdale Neighbourhood Centre 10.30am so come along it will be great to see you all.

Can I remind everyone to secure their valuables, particularly your vehicles. Please keep valuables out of sight, they can provide an easy target for opportunistic criminals.

Recently members from Portarlington charged a male with over 95 incidents of criminal damage in relation to graffiti committed in Clifton Springs, Curlewis, Leopold, Geelong and Geelong West. Graffiti can be reported to Victoria Police through the Police Assistance Line on 131444, if you require police to attend straight away call 000.

Myself and the team look forward to meeting members of the community on October 4th.

Regards Jane

Jane Arnold - Sergeant 29626 | OIC
Portarlington Police Station

Accessible Parking



I took a long time to reconcile that, for my well-being, I needed to access closer and safer parking bays. I was still driving at the time but required a walking stick and then a scooter to move around once I was parked. The decision to use an accessible parking bay does not come lightly – and for many, it’s not a choice. Interestingly, the subject of who should be parking in these bays seems to be the singular disability-related topic that everyone - non-disabled and disabled alike - holds a strong opinion on.

Are you one of the gazillions of people that get outraged when you perceive that someone undeserving is using an accessible space? Or worse, are you one of those people that gives the alleged perpetrator an earful? I like to think the majority of people use accessible parking permits fairly and legally because what many of us don't understand is that there are tons of invisible disabilities.

As a driver and passenger in a standard car, I was rudely reprimanded and subjected to many indignant glares. This behaviour stopped when I began to park in my modified car using a wheelchair. For me, and from other anecdotes I have heard, often the tirade begins before the permit (required to be displayed on the windscreen) is noticed or before there is a chance to display the permit. You see, many permit holders use various cars depending on how and by whom they are being chauffeured. And we're only allowed one permit, so we may be taking it out of our bag before we exit the car.

Eligibility for an Australian Disability Parking Permit is arranged through each State and Territory within nationally consistent guidelines. A lot of conditions that fall under the eligibility criteria can be referred to as invisible disabilities.

To prevent nasty interactions that often leave permit holders shaken and upset, we must all be conscious that it may not be apparent why someone is using an accessible bay. Thinking and acting courteously, able-bodied, or not, is a basic tenet to living harmoniously.

Thoughtless acts such as parking on the designated shared space marked by diagonal lines beside an accessible bay, or parking at such an angle that renders the next bay inaccessible to any vehicle, are ways that some of us actively sabotage the system. Australian standards employed by Councils and privately owned car parks still have quite a way to go to reach equity. In many areas there are simply not anywhere near the required amount of accessible spaces, and even less that are longer than the standard bay to allow for safe rear entry.

Many of us with disability have a constant worry about accessibility that begins before we enter a venue – we need to be assured of a safe and trouble-free place to park. The Australian Accessible Parking Permit scheme is an essential component of societal inclusiveness, but collectively understanding and supporting its use is when true equity happens.

Leanne



Bellarine Quilters
Quilt Show 2022

**Saturday 29th
& Sunday 30th
October 2022
10:00AM - 4:00PM
Entry \$2.00 per person**



**Drysdale Community Hub
21-27 Eversley Street
Drysdale**

Come and see the beautiful quilts on display

Plus members trading table, raffles and demonstrations



**Enquiries: Christine Fox
cmfox@aapt.net.au**




www.visitgeelongbellarine.com.au

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**



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

Jam for Refugees 2022

A ten-hour concert, to benefit refugees in our area.

Saturday 29th October, 11.00 am to 9.00 pm

St. Paul's Church, Latrobe Terrace, Geelong.

"Jam for Refugees" has as its aim to raise both money and awareness, to aid the plight of refugees. Recent events, especially Russia's invasion of Ukraine, have only added to the refugee problem, and the enormous suffering being experienced by so many people.

We in Geelong cannot hope to solve the world refugee problem, but we can make our own contribution to the refugees in our area. All funds raised at our "Jam", will be donated to the Combined Refugee Action Group (CRAG) for their legal fund. Neither "Jam for Refugees", nor CRAG, has any overheads, so every dollar donated, will go directly to assist refugees.

Our committee has been trying to run a "Jam in Geelong", for two years. Last year, we ran a "Radio Jam", which raised slightly over four thousand dollars. **The "Jam" in Geelong will occur on Saturday 29th October from 11.00 am to 9.00 pm at St. Paul's Church in La Trobe Terrace.** It will consist of a series of 30-minute time slots featuring local musicians, groups, choirs and school groups.

About every 2 hours we will have a short talk (5-10 minutes) by a prominent person, or someone working with refugees. Another speaker will be a refugee who will relate some of his experiences.

This will include a recorded talk by the eminent author Hugh Mackay, our patron. The Jam will be opened by well-known Geelong figure Keith Fagg and will be closed by another well-known figure Libby Coker.

Entrance is by donation, and people are encouraged to - come when you can, leave when you must. If you cannot get to the "Jam" in person, you can still make a donation on line, by going to the CRAG website and following the prompts.

Please come along to the "Jam" and help those most vulnerable members of our community. And please pass this message on to your friends and contacts.

Bad things happen when good people do nothing.



If you are a kinship carer sitting at home, thinking that you are all alone in your kinship journey, please come join our group. We laugh alot, we talk too much but we support each other. We meet the first Monday of each month (not during school holidays) at SpringDale Neighbourhood Centre 10am to 12noon.

With the expense of Christmas just a few months away and also back to school costs on top of that, these two huge expenses alone can be a financial drain on any family.

Our group currently consists of 59 families and nearly 100 children (aged from newborn to 18 years) in our group things get very busy at Christmas time. I with your help would like to present each child and family with something special for Christmas.

If any member of our local community or business would like to 'Adopt a Kinship Family' for Christmas, please get in touch with me. The best part is seeing their happy faces when receiving their generous gifts.

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

Jeanette Hanley-Heath

0414 308 257

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Cultivating Self-Expression Through Creative Arts!

Do you sometimes feel overwhelmed and exhausted trying to make sense of this chaotic world?

Is your resilience running low?

Do you find words insufficient to verbalise your thoughts and feelings?

"Creativity washes from the soul the dust of everyday life!" - (Pablo Picasso)

You are full of thoughts, feelings, and ideas. It's what makes you human. However, you live in a fast-paced world where your life is hectic, and your mind is constantly racing to keep up with your daily responsibilities. It can be difficult to find the time to pause, reflect, process and re-energise. When you exercise your natural creativity, your brain benefits from some 'time out' from your daily structure and routine.

Self-Expression can be a powerful and liberating creative outlet that soothes your body and calms your mind! Through hands-on exploration of various creative art mediums: you allow yourself time to pause, focus in the moment, appreciate what you have, whilst discovering your wants and needs. Through a visual image you mentally process and communicate your thoughts and feelings about your inner world and connect it to your understanding of the outside world.

John Cho said, "Good things will always come from self-expression". As you explore different creative outlets, you will be able to discover new ways to express yourself. Words aren't always enough, but when you trust your natural instincts and lose yourself in the creative process, your self-expression will flow, and you will be amazed by how energised you feel and what you notice.



The advantages of expressing yourself through creative arts include:

- Improving concentration, innovative thinking, and problem-solving skills
- Cultivating emotional resilience
- Promoting self-discovery and personal insight
- Boosting confidence
- Reducing stress and weariness
- Gaining a sense of expressive freedom and curiosity
- Connecting with other like-minded people
- Promoting mindfulness and peace of mind!

TIME2 Active8 is offering a 4-week **'Express Yourself through Creative Arts'** workshop starting **Saturday 29th October 10am-12noon** at SpringDale. Each weekly workshop aims to guide and empower you to appreciate the creative process. As you explore the creative arts you will discover new ways to process your thoughts, ideas, and emotions through self-expression.

You will have the opportunity to express yourself with:

- Abstract art to colour your emotions
- Collage to explore your feelings
- Watercolour and ink to create a gratitude mandala
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You are truly unique, with various skills and talents. Sometimes you need to pause to remind yourself just how very special and capable you are!

"Self-Expression might be one - if not the most important ways for people to connect, navigate and grow with each other"
- (Judith Glaser)

by **Peta Henshelwood (B.Ed)**

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Hidden Gems at All Saints Op Shop Barwon Heads

Op shops are usually operated by a charity group, where new or used goods are donated for sale at a low price. Over 40 million transactions through charity op shops (one or more items per transaction) - is equivalent to every Australian shopping and making a purchase at least twice a year. Where does the money go?

The All Saints op shop was set up 42 years ago and during that time they have dispersed over \$1m into the local community and are on their way to the second million! Funds are dispersed twice a year and must be applied for and later shown how the funding was spent. While half the funds go to the church there are several groups that receive regular funding. Committee members are able to put up a charitable group who would benefit from funding. This year the Compassionate Hearts on the Bellarine group received \$1500 that will support Palliative Care initiatives across the Bellarine for training purposes and publishing stories about their clients receiving palliative care and other expenses.

Funds are disbursed in May and November. Application information margaretpowell4@bigpond.com

Marg is also the contact for anyone wanting to become a volunteer - 0418 176 400.

For information about Compassionate Hearts on the Bellarine contact Karren Ekberg - info@chob.org.au or 0409 026 020.



Jenny, Lorraine, Jenny, Mary, Chris with the All Saints coordinator, Margaret, presenting a cheque to Pauline Nunan chair Compassionate Hearts on the Bellarine.



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- **Second Chance Clothing**

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Many are not aware of the wealth of historical information within The Courthouse Museum at 11 High Street Drysdale, next to SpringDale Neighbourhood Centre.

To help promote this informative and educational facility, the Bellarine Historical Society, in partnership with Port Arts Network and other interested parties, is holding a series of small exhibitions and activities to encourage the local community and visitors to explore the historical value of the building and its contents.

As part of Geelong's Positive Ageing Festival, the museum is housing an exhibition of historical postcards intermingled with postcards produced by local art groups that have a distinctive Bellarine historical element within them. Adults and children will also be invited to produce a shoebox diorama of a scene, distinctively Bellarine but not necessarily historical.

The display held over the weekend of October 14-16 will entice visitors by also offering Devonshire Teas.

For more information or questions regarding participation in this event, please contact info@bellarinehistory.org

40th Anniversary of Drysdale Community Craft Shop

On October 23 2022 our Co-Operative - Drysdale Community Craft Shop will be celebrating its 40th Anniversary. The Group was formed in Drysdale by a small number of young local mothers, who were proficient in Art and Craft and wanted to be active in raising funds for the Local Community. A Committee was formed, a local shop rented to display and sell the various items hand-crafted by the members and manned by volunteers therefrom. One of the original members is still with the Group and there are three who have been members for 39 years.

For many years the shop has occupied the heritage listed "Free Library" building (Circa 1881) and proudly bears its Plaque.

Working members volunteer in the shop seven days a week (excluding Public Holidays) and they are drawn from all over the Geelong region, including the Bellarine Peninsula and the Surf Coast.

Many local charities have benefitted over the 40 years from the donations regularly allocated, including Geelong University Hospital, Andrew Love Cancer Centre, Bethany Women and Children's Rescue Service, Cottage-By-The-Sea, Queenscliff, the Country Fire Authority and many other charities who have asked for our help. In August this year our group donated 100 hand-knitted "Care Bears" to a local appeal for Children of Ukraine, which were happily received.

For some years our shop has also been an Information Centre for Geelong and Regional Tourism. We attract many tourists to the

shop from our own and other regions like Bendigo and Ballarat, as well as many satisfied customers from Melbourne, (with bus groups such as senior citizens). As the shop was originally only accessed by steps, some years ago we had the Heritage Trust build a ramp to enable the elderly and those with walking aids or wheelchairs, as well as parents with prams or pushers to have easy access.

We feel we play a vital part in the fabric of the Local Community, including elderly folk who can no longer travel to Geelong or Melbourne, many of whom express delight at being able to purchase hand-made gifts locally for their families and friends. Sometimes they like to have a chat and reminisce about the past history of Drysdale and surrounds.

Our anniversary is quite a momentous occasion, our group and shop quite unique in the region with its range of beautiful hand-crafted items for sale, including a diverse range of baby clothes, cards, smocked frocks, embroidered items, jewellery, cushions, patchwork and quilting, toys etc.



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

DRYSDALE PHARMACY - COMMUNITY DEVELOPMENT TIMELINE



In 1967 the first process towards establishing a pharmacy in Drysdale entailed a visit to the Shire of Bellarine office, now occupied by Christian College. The Shire Secretary, Harold Williams, laid out a map showing the commercial zoning in the township, a small area around the 6-way intersection of High, Collins, Princess and Wyndham Streets and Clifton Springs and Murradoc Roads, and said "Where would you like to put it?"

It was hard to see a solution to this question as the area was already home to the Post Office, Telephone Exchange, Drysdale Hotel, National Bank, the Cenotaph, old Court House (then used by the Kindergarten), Police Station, Methodist Church, Methodist Manse and Sunday School (now SpringDale Neighbourhood Centre), Scout/Guide Hall, Gordon Harding's Butcher shop, the General Store, Burt's Milk Bar, Harold Peel & Rodney Eden's, 2 Service Stations, as well as premises for the CFA, RSL and the Bush Nurse. There were also several private homes, including that of the Shire Engineer, Mr Dallimore, which is now housing Café Zoo.

The owner of the General Store, Stan (Nipper) Chirgwin, came to the rescue by offering to build an extension on the north side of the store which would be available to rent. With only minor alterations to the façade and the addition of a toilet, these premises are now used by Lynette's Florist shop.

At that time Dr Lewin Renouf was the only medical practitioner in Drysdale, with surgery operating from a cottage on Clifton Springs Road, approximately where Peak Pharmacy is now. The opening hours of the pharmacy were planned to coincide with the surgery hours, which included two night surgeries a week.

Even though the phone wasn't yet connected, and the new medicine labels hadn't arrived, the pharmacy opened on Monday 28 March 1987. An order to a warehouse in Geelong, phoned from the store next door, missed the Woolnoughs' bus service due in at 4.30pm. It arrived on the 5.30pm bus, making a very long but satisfying day.

To start with, there was no cash register, only a compartmented tray in a drawer of the counter, and an old-fashioned adding machine to keep track of the cash. In the dispensary area all the details of each prescription were entered in a large book, which was indexed regularly so that each person's medical history could be accessed if required. The early prescription books are now housed in the Drysdale Court House Museum.

Most mixtures, lotions, ointments and creams were made up by hand using the formula required by the doctor, while many tablets and capsules were counted out from bulk supplies. A typewriter was used to print the directions on the labels. The first of the friendly, efficient local assistants was Evelyn Young's daughter, Cheryl (Ducheneau), followed by Rosemary Shepherd (Trease), Audrey Shepherd, Meryl Newling (Connor), Elaine Wise (Chapman), Mary Ellen Chirgwin (Williams), Sandra Wise (Harvey) and Raelene Bennett (Cordy).

Jocelyn (Jonnie) Mander



Pictured above - Drysdale Pharmacy outside and inside

Right - Jocelyn (Jonnie) Mander

Below right - Mary Ellen Chirgwin (Williams)

Below - Raelene Bennett (Cordy)



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Clifton Springs Garden Club

This year for our Annual Plant sale on the last Saturday in October, we thought we would try something a little different. Some of the more creative members had a working bee/ social gathering to pot up some Terrariums and plants into some recycled containers, e.g. sauce jugs, glasses and bowls; something a little more glamorous than a plastic pot. We hope these will sell well.

Recently, Jane Shearer (Coastal Projects Officer, Bellarine Bayside Foreshore Committee of Management), gave our members a very interesting presentation on what Bellarine Bayside do to protect and enhance our foreshore. They manage 17 kms of coastline, from Portarlington through to St Leonards, keeping in mind the cultural, social and environmental values of this part of the coast. They are constantly doing restoration works along the foreshore, and a big effort is made to keep out the "weeds" so that the natural grasses and plants have a better chance of surviving. Who would have thought that some of these weeds are plants we grow in our gardens (because in our gardens, they are not weeds) - Mirror Bush, Agapanthus, Gazania, Watsonia, Cotyledon and others. When we plant these types of things in our gardens, we just need to be mindful where the seeds might end up. I know I have Mirror Bush coming up in my garden and I have no idea where it is coming from.

September was a busy month for the Club, 20 very enthusiastic members took the

train up to Melbourne and did the tour of the Parliament House gardens, followed by lunch, then the train trip home. We also had a great turn up for our AGM in September. I would like to thank all the Members of our wonderful Committee, for the great job they have done; especially John Clarke and Simon Schooneman, who are both retiring after many years of hard work. Simon is continuing as our Meet & Greet person, and I am sure John will continue to contribute. Clubs do not run without these wonderful people. The new Committee is already up and running for the new 2022-2023 year, looking for more interesting speakers, encouraging Members to contribute to monthly meetings and finding special gardens that you may not normally get to see. 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 - Working bee/social day
Photos taken by Helen Myroniuk & Helen Allan*



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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.

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

Over the years we have held many discussions about Autism and have shared many strategies that have helped our families in many practical ways. We have moved our Talking about Autism Group back to a Friday afternoon starting on Friday 14 October 2pm.

The following week on Friday 21 October there is a Awetism Conference in Melbourne, hosted by the I Can Network.

Only 2 weeks later the I CAN Founder and VDAC Chair, Chris Varney, will be sharing his story and the work of I CAN Network with our community Sunday 6 November 1-2pm at SpringDale Hall. It will be very informal and a good opportunity for locals to share stories and ideas for what we could do together in Drysdale and Clifton Springs.

Bookings are essential
email office@springdale.org.au or
phone 5253 1960 or use our online booking.





Footpaths for Health

Our small dedicated group recently met with Aaron McGlade from City of Greater Geelong (CoGG) to discuss Principle Pedestrian Networks and particular footpath issues facing our communities. We look forward to continuing to meet monthly and to progressing this issue. Meetings held last Monday each month at SpringDale 7pm. Please let me know if you are interested in attending.
Regards **Anne Brackley**

Calling for Walkers

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

Please let SpringDale office know if you would like to help us out in this time of need.
Email office@springdale.org.au or phone 5253 1960.

At SpringDale this Month

- 3 International Vaccine Certificates
- Corrected year of birth with Medicare so we could link Centrelink so we could change bank details so a pension could go into another bank account
- Helped with an insurance claim for someone who has English as a second language
- Helped reset a modem for someone who is vision impaired
- Helped to update a Tom-tom
- Helped a resident to apply for a Seniors Card
- Helped a resident to apply for a birth certificate to be able to then apply to renew a passport
- Set up for Tax Help
- Helped a person gain MyGov for Tax Help
- Power Saving Bonus - 95 applications
- Helped a lady learn to text
- Helped a person gain a birth certificate
- Helped a person apply for a passport
- Helped three people renew Working with Children Checks
- Helped with a solar battery application link



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- Jumping Crocs tour
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- A spectacular dinner under the stars at the historic Telegraph Station
- Half day Adelaide city tour
- Full day Barossa and Hahndorf highlights tour
- Flight from Adelaide to Melbourne
- Return transfer from Bellarine Peninsula

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- 4 nights Perth and 2 nights Busselton
- Touring of Margaret River and Bunbury
- Entry to Dolphin Discovery Centre & visit Cape Naturaliste
- Guided tour of Mammoth Cave and visit Cave Works Interpretive Centre
- Entry to Cape Leeuwin Lighthouse grounds precinct
- Visit Bettenay's Wine and Margaret River Nougat Company for tasting and wine pairing
- Busselton Jetty train tour & underwater observatory tour
- Guided tour of Perth with entry to Fremantle Prison & "Behind Bars Tour"
 - Captain Cook Cruise for lunch
 - Rottnest Island grand Island tour package
- 4 days/3 nights aboard The Indian Pacific including off train experiences
- Tour of Sydney with dinner at Sydney Tower Restaurant
- Sydney Harbour Tall Ships dinner cruise with wine & canapes
- Flight from Melbourne to Perth & Sydney to Melbourne
- Return transfers from Bellarine Peninsula

CANBERRA HIGHLIGHTS & FLORIAD

Fully escorted group tour
7 days - Departing 2 October 2023

HIGHLIGHTS & INCLUSIONS:

- 6 nights accommodation in Canberra
- Visitor service discovery tour - Parliament House
- Group tour of Australian War Memorial • Last Post
 - Entry to Floriade
- Guided tour of the Royal Australian Mint
- Guided tour of the National Arboretum Canberra
 - Entry to National Museum of Australia
 - Entry to Cockington Greens Gardens
- Wine tasting and lunch at Murrumbateman Winery
 - Group entry to Tulip Top Gardens
- Guided tour of Lanyon Homestead including lunch
 - Return flights from Melbourne to Canberra
 - Return transfers from Bellarine Peninsula

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Business on the Bellarine

IS TURNING 5

Business on Bellarine is a group of SpringDale Neighbourhood Centre and is celebrating 5 years of supporting members of our business community. The group meets weekly at SpringDale and shares information, supports each other and has helped many businesses to get started and go onto thrive.

For our 5-year anniversary we have opted to share the benefits some of our members have realised from being part of the group and also to invite business members to our celebration breakfast on Tuesday 18 October 7.45am at SpringDale. Bookings essential email joaspland@ozemail.com.au or ph 0438 055 679. Past, present and potential members welcome.

- *Having the opportunity to meet new business owners as well as welcoming new and emerging business to the community has been great. Working with local suppliers, services and strengthening community connections is a key benefit to being part of our local group. Everyone has something they are willing to share.* - Jo Aspland Graphic Design
- *I love being able to let new residents know that there is a business group that meets regularly and they are welcome to come along. Personally, I appreciate being able to know the members better and gaining trust through knowing the people behind the business.* - Anne
- *Joining the BOB group gave me that instant family feeling. BOB has assisted me in growing and building relationships within our little community, and I look forward to meeting with the team on a weekly basis to discuss how we can help each other and improve business.* - Rachelle - Bay I.T Drysdale
- *BOB allowed me as a newcomer to the area to meet fellow business people in the Bellarine Peninsula and Geelong which provided support and assistance when required. Although gaining new business is a major objective the support and feedback of fellow business people was certainly beneficial through the lockdowns and lack of mobility, we have all experienced.* - Damian Burgess - Wollermann Business Brokers
- *BOB - Is not just for growing your business with potential new clients, it is about sharing information that all business needs to know eg: Tax information, super, accounting recording, BAS and much more. For me an established business it's about being in contact with like-minded small business people where we can share ideas skills and friendships. At BOB we help each other by collaborating ideas out without compromising our own business.* - Jan Ward - Jan's Engraving

Anyone for PICKLEBALL?

No, it doesn't involve throwing McDonald's pickles on their roof. But is sure to illicit a laugh or a quizzical smile, every time I mention that I play "Pickle ball." Everyone always wants to know more about it.

It is one of the fastest growing sports in the world, with five million people playing it in the United States. It was invented in Washington in 1965. One explanation of the strange name, is that the inventor's pet dog was called "Pickle" and it would chase the ball and run off with it.

It is played on a badminton sized court, with a net, either indoors or outdoors. It is described as a mix of tennis, badminton and table tennis. The ball is plastic and perforated, like a whiffle ball and is hit by a solid paddle.

It is a sport for virtually anyone, as it is non-contact, and doesn't require as much running or groundcover as tennis. Pickleball is easy to learn and fun for mixed groups, no matter the age, gender or skill of the players.

Many celebrities and famous sports people are playing it, George Clooney, Leonardo de Caprio and Serena Williams are a few. There is a good chance that it will eventually become an Olympic Sport. We play at the Memorial Hall in The Avenue, Ocean Grove, this is currently our only venue with around seventy members.

On October 15th there is a tournament at St. Ignatius in Drysdale, run by Pickleball Victoria, with 30 teams of 4 players competing, it will be the largest tournament ever in Victoria. A large group of us are also competing in the Pan Pacific Masters Games on the Gold Coast, at the start of November.

There are plans to hopefully start up a Pickleball Hub in Drysdale in the future. With only 3 courts at Ocean Grove there is too much demand for the limited facilities.

Anyone interested in more information, contact Terry Kealey Ph: 0408 556 697

Fiona Bond



SpringDale Trivia 62nd Edition by Drysdale Girl Guides

1. The Australian TV show Spicks and Specks shares its name with a song from what band?
2. Which AFL team is represented by the colours Black, White and Teal?
3. What country does the Rhine River run through?
4. Who portrayed the role Charlie in the original Top Gun movie?
5. What is the capital city of Jamaica?
6. What is the name of the layer of air that surrounds us in the atmosphere?
7. True or false, A dodecagon has 11 sides.
8. In her long career, how many times did Serena Williams play in the main draw of the US open?
9. Who wrote 'Picnic at Hanging Rock'?
10. During the courtship of some types of penguins, male penguins present what to females in order to impress them and win them over?

Turn to page 23 to find the answers.

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



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

NEW MEMBERS & VISITORS WELCOMED



Business on the Bellarine

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

We meet Tuesday's @ 7.45am
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SCIFI

with John

Hey there, remember last month we talked about some of the weaknesses of our "western" society. It got me thinking about my favourite Collapse of society movie "Damnation Alley." This futuristic sci fi thriller was intended to be the big release of 1977 but was quickly marked out of the landscape by "Star Wars." The emergence of the video era brought it a new audience, and it is now, I am told, somewhat of a cult classic.



I must say I liked it much better than "Star Wars". After an organized society has been decimated by a nuclear holocaust, a mixed bunch of army veterans and hangers on who abandon their military base and embark on a dangerous journey across country to try to establish contact with any other group who may have survived. They must traverse the notorious "Damnation Alley," little known and desolate territory and home to savage storms and hostile entities. Their conveyance is the "Landmaster", a unique amphibious off road exploration vehicle which really worked, and was, in fact, specially built for the film. I was asking Jim in America if he knew about this and, (as always is the case with Jim) turns out he knows a lot more about it than I do!!

The truly eye-catching feature of the "Landmaster" was the amazing three-wheel bogie undercarriage. The wheels were arranged in clusters of three with the axle sitting in the middle. Two wheels ran and the third sat idle on top. When an obstacle was encountered the whole bogie rotated and rolled over to land on the other side with the top wheel down. You can see this happen if you type in "Damnation Alley Landmaster" on Google images and click on the right hand side picture.

And it all really worked !!
John.

TAKE 5



5 seconds on the floor it's still okay!

It turns out this is a myth. Many germs have stuck to your ice-cream in that glorified "5-second" space in time. So, why did they say it? Maybe it was to minimise food waste or to build germ resistance in children? What those 5 seconds DO create is SPACE. Those 5 seconds interrupt a thought pattern, encourage action and make time to take a breath as you notice you don't really want that dirty sloppy ice-cream anyway.



Countdown from 5

Mel Robbins (The 5 second Rule) suggests that if you have a decision to make, and a gut instinct about it, you have 5 seconds to action before the mind will clutter with "what ifs", alternatives, or excuses. Think of it as a countdown. When you think you might take the dog for a walk or get out of bed on your first alarm... 5... 4... 3... 2... 1... BLAST OFF! You jump up and head out to where you know you want to be. This rule is great for those moments you are given a good opportunity. 5... 4... 3... 2... 1... I'll do it!! It is a distraction and once the decision is made it is much easier.



Add 5

The cumulative benefit of adding just 5 more to a habit you are trying to build can compound into great improvement. 5 more seconds in your plank hold today, 5 more in next week's set. 5 more minutes of running each week. Waking up 5 minutes earlier. Before long, these 5 minutes have cemented sound commitment in your routine.



5 second pause

In a 5 second pause before action, you can bring in calm through your breath and gentleness in your thoughts.

5 seconds can move you from an emotional to a rational response, and give you space to enforce your boundaries. I think the difference between being seen as "smart" or being known as "wise" could be in that pause. You can try to be smart and have all the answers quickly, or you can take that 5, and move from reactive to proactive wisdom with ease. Where can you pause today?

555 breathing technique



1. Inhale through the nose for a count of 5
2. Hold the breath for a count of 5
3. Exhale through the mouth for a count of 5
4. Repeat - 5 times



5 fingers meditation

Trace the outline of your five fingers, inhaling as you rise to the tip, and exhaling as you trace back down towards the palm. Let yourself enjoy the sensation of slowing your breath, feeling the touch, and observing the lines and patterns on your skin.

Take your 5 today. If you need support in motivation, clarity, anxious thoughts, or stress release; hypnotherapy, counselling, yoga, and meditation can help.



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BELLARINE CAMERA CLUB

Our recent competition was 'Open'. We were privileged to have Mark Bloot'hoof, critique our work. Mark is the Photography Manager of Arthur Reed Photos and an impressive slideshow of his work was enjoyed at the end of the evening.

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



DRYSDALE SENIORS WEEKLY

Thursday 1-4pm Bring any craft you enjoy working on, some are busy making cards, some are working on their knitting, others are doing diamond art, or you may just enjoy colouring.

Bring your lunch & afternoon tea is supplied.

Friday its bowls day, we have 2 mats down and 4 teams, commencing at 1pm.

We have fun & everybody enjoys the afternoon.

Drysdale Seniors is located at 27 Eversley Street, Drysdale

Contact Secretary **Paul Taylor**, on 0407502071, for any further information.



RT Edgar

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SCAN HERE TO BOOK
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Cooking with Agata

Do you get the feeling that this year has gone zooming past? It's getting hotter and you know there's only "that many days" left ... but, who's counting?

Anyway it's never too early to make Fruit mince for Christmas baking or just because you love the smell of fruit spiced biscuits or mince pies.

This is my version of fruit mince. All the ingredients are interchangeable and optional that is, nuts may be omitted but add extra dried fruit.

The alcohol saves the mince but lemon, orange or apple juice may be substituted and then freeze the mixture if not using immediately.

Make your own spiced fruit mince at any time of the year. The following will make about 2 cups plus.

Spiced Fruit Mince

- 2 tablespoons butter
- 1/2 cup sultanas or raisins (roughly chopped)
- 10 dried figs (finely chopped)
- 1/2 cup citrus peel (fresh or dried)
- 1/2 cup nuts (almonds, walnuts, pine nuts lightly roasted)
- 1 cup rum and/or Marsala or other favourite liqueur
- 2 tablespoons vanilla extract
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg (freshly grated)

- In a pot, melt the butter. Add all the other ingredients. Mix well.
- Cook for about half an hour on medium-low heat.
- Allow to cool and store or use immediately.
- It will keep in the fridge in a jar, or an air tight container for six months.
- Substitute the alcohol with fruit juice if preferred and freeze the mixture.

Fruit Mince Biscotti

- 1 cup almond meal or plain flour
 - 1/2 cup sugar
 - 1/2 teaspoon GF baking powder
 - 60g cold, butter, grated
 - zest & juice one lemon
 - 1 large egg
 - 1 teaspoon vanilla extract
 - 1 cup fruit mince
- Preheat the oven to 180C.
 - Prepare a biscuit tray with baking paper.
 - Spare baking paper approximately 20cm x 20cm sprinkled with flour.
 - Place the flour, sugar, lemon zest, and baking powder in the bowl of a food processor, and pulse briefly to blend.
 - Add the butter & pulse briefly a few times.
 - In a small bowl, whisk together the egg and vanilla.
 - Add the fruit mince & egg mixture to the food processor and pulse very briefly, just to blend.
 - The mixture should be moist and crumbly.



COLLABORATION

What happens when you get a community group, service club and local business together? Things happen.

The Community Garden on Jetty Road Clifton Springs, needed some support getting their garden established. Some years back the Drysdale Rotary Club (now Bellarine North Rotary Club) donated a water tank, this is now connected to two more tanks donated by the Bendigo Community Bank.

Move forward a few years and our members provided manpower to erect a Shed. The most recent addition has been two Colourbond raised garden beds sponsored by Buxton Bellarine.

A seat has been installed in memory of former Rotary and community garden member Brian Knights who is acknowledged for his tireless efforts in both organisations, and for people to sit and watch the veggies grow.

My connection as a Rotary member, along with working for Buxton Bellarine, shows that collaboration brings about some amazing results for our community. This collaboration allows community garden members to tend the garden beds, keep them watered and donate the spoils to the Drysdale Community Food Bank, run out of the Drysdale Community Church also on site in Jetty Road.

Community garden member Allan said, "The land was donated and was a marriage made in heaven to help our local people in need".
<https://www.geelongaustralia.com.au/directory/item/8ce8eb70cc74948.aspx>

As a club we collaborate with many other groups, and provide our time and skills to enable us to honour our motto of "Service above self"

Maybe you have a project you require some assistance with, maybe we can collaborate with you to achieve your goals.

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429SQN - Australian Air Force Cadet Squadron Queenscliff

The Australian Air Force Cadets (AAFC), is a youth development organisation for young people between the ages of 12 years (Year 7) and up to 18 years of age. Sponsored by the Royal Australian Air Force (RAAF), we are part of the Australian Defence Force Cadets (ADFC) group, along with the Australian Navy Cadets and the Australian Army Cadets.

The AAFC offers young people the opportunity to develop leadership and inter-personal skills, and to build confidence and life-long friendships through a wide range of activities. For those who have a general interest in aviation, and in some cases, may aspire to joining the Australian Defence Force, our youth development program establishes key foundations for future career pathways.

In addition to attending home training parades each week, where subjects cover aerospace, drill and fieldcraft. Cadets also have the opportunity to participate in practical bivouacs which develop fieldcraft skills, resilience and leadership or work on STEAM projects including building and flying of drones. During the last school holidays, many cadets had the opportunity to spend a week on a RAAF base, and experience a flight on a Defence aircraft, the C130J Super Hercules.



As part of their support for the AAFC, the Air Force has purchased twelve Diamond DG40NG aircraft, which cadets are able to access for experiential flights, or more formalised training through our Elementary Flying School.

www.youtube.com/watch?v=d07sqBmAmT0

429 Squadron parade at the Fort in Queenscliff, each Monday evening, between 6:00pm and 9:45pm during the school term, utilising the original Sergeant's mess facility. The squadron is currently planning to attend the Temora Warbirds Downunder Air show, and hold a bivouac in the Wombat State Forest.

429 Squadron hold two recruitment drives per year, with cadetships open to youths aged 12 years and not having attained the age of 16 years by 31 March 2023. Our next recruitment period opens on 01 October 2022 for the 2023-year intake.

If you would like more information regarding the AAFC or how to enrol head to our national website <https://www.airforcecadets.gov.au/how-to-join/wings/4-wing-aafc-vic/429-squadron-queenscliff>

FLTLT (AAAFC) **Lucy Croxford**,
Executive Officer 429SQN, Fort Queenscliff



I love feeling the soil that I have helped to nurture through the addition of beneficial microbes through the Bokashi food waste recycling system. Our sandy soil transforms into rich feeling, friable, water holding soil, after adding bokashi fermented product for a month or so.

My potatoes are just emerging from their 4 weeks of growing under the soil. Hoping that they will be ready again for Christmas. The strawberry plants are settling into their new garden bed and I am hopeful that my new asparagus plant enjoys its new home.

Peas are still producing and looking very happy. I am often drawn to the garden beds to see what is happening. I enjoy picking the fruits and vegies that have grown in the garden and especially love letting people know that I helped to grown them.

Anne Brackley

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St Leonards Garden Club

Hello Everyone,

The St Leonards Garden Club meets every 2nd Wednesday of each month at the Memorial Hall, 1342 Murrodoc Rd, St Leonards. Start time is 1.00 pm for a 1.15pm start, entry is \$4.00 and membership is \$10.00 per year. Members are asked to bring along a plate of afternoon tea to share.

Considering the weather of late, it was lovely to see so many members attend. If you are new to St Leonards and would like to meet likeminded people with an interest in gardening and make new friends, come along to our meetings. Enjoy an afternoon with a guest presenter who has plenty of knowledge and information on various topics.

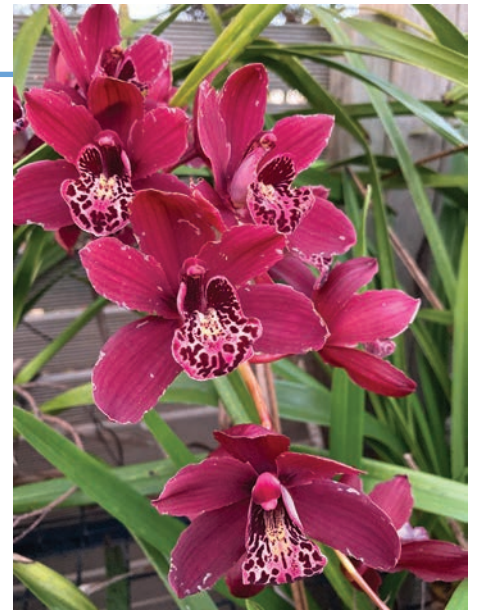
Thank you to Kelly from Drysdale Mowers Stihl, for a fun and informative presentation on using pruners and tree loppers with lightweight equipment. We are having some more interesting and informative guest presenters coming up in the next couple of months.

All the bulbs are now flowering with the onset of spring and lots of tree are in blossom. Fruit trees are starting to flower so it is now too late to spray for leaf curl. As the weather warms up so does the ground, so now is a good time to prepare the soil for planting out vegetable seedlings. Prepare with compost and manures. Dig through and let it rest for a week if using fresh manures, otherwise plant seedlings and get ready for a wonderful harvest of home-grown vegetables. Also feed fruit trees and the garden in general.

A reminder that the garden club is having an open gardens event on Saturday the 29th October 2022. Melbourne Cup weekend. We have 15 gardens open for visiting, all of various styles. Admission is only \$10 no matter how many gardens you visit. NOT \$10 PER GARDEN. There is going to be a Devonshire tea at one garden. Cost is yet to be decided. There will also be plants for sale and some gardening demonstrations.

We look forward to seeing everyone at our next meeting and at the open gardens event. This kind of event hasn't been done in St Leonards before so let's make it an event to remember with great attendances.

Cheers - Enjoy the sunshine - Wilma McLaren



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Bellarine Birdlife

A familiar sound when gardening or even walking along town foot paths, is a high pitched 'psee, psee'. This sound echoes from thick, dense bushes or low tree branches in both town environments and bushland. If you are lucky enough to see a group of these small birds darting to and fro, try to focus through the blur of the action to get an indication of gentle colour and soft beauty. These common and wide spread little birds that love your gardens so are known as Silver-eyes. Yes, Silver-eyes despite the very evident white-eye ring. The small active eyes are surrounded by a white ring and I find it very hard to agree with those experts who named these little treasures 'silver-eyes'. These small sparrow sized birds are members of the Family Zosteropidae.

The species are wide spread in Australia differing slightly in colours but enjoying a wide range of habitats. They thoroughly enjoy the foliage, flowers and fruits, reaching out with their brush tipped tongue to mop up the sugary fluids from inside. Moving together in small active flocks they constantly call to each other as one expert states with 'incessant voice' and delight in the insect prey that they find as well as the fruit and nectar.

If you do catch sight of them around the Bellarine then you will see a small green or



olive coloured bird, green mainly on its back with a yellow throat, rufous flanks and grey fluffy chest. The bill is short, just right for feeding in small flowers and blossoms. The distinctive white feathers around the eyes give rise to its name. There are six types of White-eye in Australia - Silver-eye, Yellow-white eye, Ashy-bellied White-eye, Christmas Island White-eye, Slender-billed White-eye and White-chested White-eye. All birds described as small, yellow-green and grey warblers. We only see the familiar White-eye in Victoria.

In spring a small nest is built which looks like a delicate, round, woven cup of grasses, hair, vegetation and is cleverly bound with spider web. Both sexes build and care for the nest and the bluish green eggs.

It is lovely to report that Conservation Status is secure.

Carole O'Neill

Christmas Island White-eye. This little bird is not found in Victoria but on the birding paradise of Christmas Island.



Thank you

I have been blessed over the years with some wonderful volunteers who have loved the SpringDale Messenger and have worked closely with me to continue to improve each issue, every month.

The first volunteer to adopt the Messenger, while I've been the Coordinator was Judy Williams. Judy taught me how to ease my grip on the Messenger and she helped to set up the way we bring each copy together. I continue to hear Judy's voice in my ear when I am doing final edits and also when exclamation marks could or should be used sparingly.

Manika Conning adopted this role and Manika took us to a wider variety of subjects and helped us to highlight many of the national and international days that happen within our year. Manika helped to set up a few more of our systems and helped to ensure we could build a website to hold all the Messenger issues once we could find a sponsor and gain the skills.

For the last few years, Elaine Chapman has been the energy behind the SpringDale Messenger. Liaising with contributors and advertisers. Keeping us all to a timeframe that seems to keep tightening. Elaine helped us through the lockdown months and helped to make sure each issue went to print on time - even when I changed the 2020 April edition so completely overnight as our world changed so much almost overnight.

I will miss Elaine being part of our team but wish her and her family best wishes with the next part of their lives. We will (I definitely will) miss Elaine's energy, experience and her long term knowledge of our area.

Thank you Elaine for everything you have done for the SpringDale Messenger and everyone who helps to bring the Messenger together and now delivers the Messenger each month. Thanks again to those who have helped over the years. Each decision and each action has helped to bring the SpringDale Messenger to its current form. Loved by so many.

Anne Brackley



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Memories of Yesteryear

THE BUTCHER FAMILY

At last Spring has ushered in some pleasant weather that enthusiastic gardeners have been looking forward to during what seems to have been a very long Winter. Many Bellarine Peninsula residents have kept the Winter blues at bay by supporting their local football clubs and thanks must go to the players, officials and volunteers who have provided supporters with something to look forward to throughout the season. Unfortunately the silverware goes to the best team on Grand Final day and the rest of the competition looks ahead to next year and as the footy season ends, the Sunday market season begins.

The Drysdale Sunday Market was the brainchild of teachers, Max and Marilyn McLaren and David Brown, at the local primary school. Social tennis was played on a Thursday evening and one night during a social drink after the tennis, David and Max along with Darrell Wisbey and myself, became the Drysdale market committee, with the funds raised going to the Drysdale Primary School for the purchase of computers.

I was a member of the School Council and the school principal Malcolm Hughes agreed to the idea, so the first market began in October 1979 at the Drysdale Railway Station. Queenscliff's market on the first Sunday of the month was the only one on the Bellarine, so we felt the train trip from Queenscliff to Drysdale on the third Sunday would be worthwhile if a market existed there, however as the market outgrew the venue by Christmas, the local constabulary and Shire of Bellarine councillors



suggested the move to the Recreation Reserve, where it exists today.

Many of the teachers of that era assisted with the setting up and associated tasks such as parking and cleaning up afterwards. I understand the Education Dept. provided two portables to house the computers for the school in the early 1980's.

As the revenue from the stall holders continued to provide income, the School Council approached the Bellarine Shire and the State Government for funding to assist in building an Indoor Recreation Centre in conjunction with the St James Church. The Church would assist with the funding if the building could be placed 50-50 on the adjoining boundary, however the Education Department rightly decided it could only be built on the Primary School Land.

The plans for the building were a standard Public Works Department (P.W.D.) set of drawings and some members of the School Council were invited to make the trip to Coleraine to view a newly built Multi-purpose building of the same design. The new indoor recreation facility was erected in the 1980's under the leadership of the then principal Rick O'Connor, when my time on the school council had ended.

Russell Butcher



Russell and son Luke



David Brown



Marilyn and Max McLaren



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Drysdale Senior Women's Football Team

Wow, what a year for the Drysdale Senior Women's footy team! Finishing third, after a gruelling battle against Torquay in the preliminary final, the girls certainly gave their all in a match that unfortunately cut their finals run short.

Although the team didn't get the fairy-tale ending one hopes and dreams of, the Drysdale Senior Women sure know how to celebrate an epic season! Vote count is the social event of the year. A highly anticipated occasion that creates memories for years to come. Amidst the extravagant costumes, and questionable at best dancing, the women sit down to relive the season through the best on ground votes across the rounds.

The most coveted award, Best and Fairest, went to a first-year player this year. Not only was it Tara Smith's first season at the Drysdale Football Club, it was also her first season of footy! The speedy midfielder also took out the division 2 league's Best and Fairest, solidifying her place as a club legend and proving herself a true force to be reckoned with.

Fellow midfielder, Madi Judd, took out runner up Best and Fairest. Judd's ability to cut through traffic, shake off a tackle and snag goals is an absolute sight to see, and won her plenty of the footy this year, as well as votes.

Most Courageous was an award who could go to none other than Leisl Foote. The midfielder's pure tenacity on the field displayed by her relentless tackling, and first



to the footy attitude, saw Foote hardly caught and feared by many.

Nicole 'Flicka' Formosa was the recipient for Coaches Award this year. A core member across the half back line, Flicka was rarely beaten one on one, consistently holding her own against opponents less than half her age. Her commitment to training, and ability to take on any task thrown her way, was what won Flicka the most coachable player this season.

As for Best First Year Player, tough as nails Emily Allan took the title. Still in her teens, ruck Emily pushed through busted ribs and injury to conquer opponents all year. A massive marking target with plenty of muscle on the field, saw Allan dominate her senior footy debut.

Last but far from least, wing Kirah Atkinson received Most Improved. No stranger to footy despite her young age, Atkinson found new confidence this season with unrelenting efforts around the footy with the skills to match, hardly missing a target all season.

A huge congratulations to all the award recipients for 2022 and bring on the 2023 pre-season! Go Hawks!



North Bellarine Aquatic Centre ADVOCACY GROUP

The North Bellarine Aquatic Centre Advocacy Group have been meeting and liaising with all levels of government over the past twelve months. Recently the group convened a public meeting at The Potato Shed Drysdale, moderated by Portarlington Community Association President, Geoff Fary.

The Chair of the group, Rob Kolomeitz, is also a Portarlington Community Association member, but members of this small group, all passionate about delivering a positive outcome for the community, hail from various parts of the Bellarine.

The public meeting was the first opportunity for all levels of government to gather together in one room to discuss a way forward in delivering to the residents of the north Bellarine an Aquatic Centre that meets the needs of all residents. Speakers included Libby Coker MP Federal Member for Corangamite, Alison Marchant -Labor candidate for the state seat of Bellarine, Don Grigau - Liberal candidate for the state seat of Bellarine, Ian Hicks City of Greater Geelong, Damian Gorman -Belgravia Leisure and members of the North Bellarine Aquatic Centre Advocacy Group.

Questions were asked on behalf of the group as well as questions being taken from the floor.

It is now hoped that all parties understand each other and will work cooperatively to see Stage 1, an outdoor 50m pool completed and complemented by Stage 2 - an indoor facility that incorporates aqua therapy, lap pool, gymnasium and cafeteria.

The stage 2 facility is essential for local rehabilitation as well as expanding all year-round leisure fun and personal exercise training. It must be stressed that funding is the important issue. Some funding has been committed already, but we await an announcement from the State Government on their commitment.

After a clear picture of funding emerges, the City of Greater Geelong council officers are now committed to sitting down with community and ascertaining what they can deliver for community.

The North Bellarine Aquatic Centre Advocacy Group is always looking for new members, so if you feel you can contribute in a positive manner or for any further info, please contact the Chair, Rob Kolomeitz, on 0417 195 124.



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Drysedale RSL Sub-branch Annual Remembrance Golf Day

For the past couple of years, our traditional Golf Day has been cancelled due to Covid, but we hope to hold this event again this year on Monday 7th November at the Clifton Springs Golf Club. It will be a shotgun start for about 100 eager golfers, with prizes for the winners. A light lunch will be included in the \$35 entry fee.

The Clifton Springs Golf Club has been kindly hosting this event since 2015. During this time, the money raised has been going towards supporting local veterans and their families. The Drysdale RSL Sub-branch greatly appreciates the sponsorship provided by the Clifton Springs Golf Club.

For more information, please contact Geoff Fifer on 0428 222 984.

Please remember, if you have served in our armed forces and need any assistance, whether you are a member or not, the Drysdale RSL Sub-branch is willing and able to help you.

Geoff Zanker (President) on 0417 529 919 or Harry Paterson (Secretary) on 0423 016 094



Drysedale Football



The 2022 season has been a very successful one for the Drysdale Hawks Football Club with its Seniors and Reserves sides featuring in the AFL Barwon, Bellarine Football Netball League (BFNL) finals.

The Seniors, finishing second only by percentage, were knocked out in the Preliminary Final by Barwon Heads who went on the claim the BFNL flag. A record of seventeen wins and one loss a fantastic achievement for the group after Drysdale finished sixth in 2021 and 2019. Taking over the coaching reigns alongside Tom Ruggles in August last year, Ben Carmichael said he "absolutely" would have taken a preliminary final appearance heading into the season. "From where we've come from, to make it as far as we did and the season we've had, it's been really exciting for our club."

The Drysdale Reserves finishing second on the ladder, were successful in making it to the BFNL Grand Final, playing against Torquay Football Netball Club at Grinter Reserve Newcomb. A fantastic game of football ensued with only points separating both teams at the half time and three-quarter time breaks. Torquay outlasted Drysdale in a modern-day thriller to claim victory in a hard-fought contest.

Junior teams additionally had very successful

seasons with the under 18 boys and under 14 boys winning the division three Premierships. Pictured holding the Premiership Cup, the under 18 group won in a tight contest against Geelong West Giants and the under 14's were victorious against Angelsea Football Netball Club.

Junior Coordinator, Amy Milne said "We have seen footy skills and knowledge of the game improve out of sight this season and wonderful friendships made. A huge highlight of the year was seeing many juniors attending home games for our Seniors and being involved in match day Hawks Hero's."

If you would like to be involved in the Club, be it through Sponsorship, volunteering or social enjoyment please email info@drysedalefc.com.au



Trivia Answers

- | | |
|-------------------|----------------------------|
| 1. The Bee Gees | A dodecagon is a plane |
| 2. Port Adelaide | figure with twelve sides. |
| 3. Germany | An eleven-sided polygon is |
| 4. Kelly McGillis | called a hendecagon. |
| 5. Kingston | 8. 21 |
| 6. Troposphere | 9. Joan Lindsay |
| 7. False, | 10. A pebble |

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- 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