

## Adrian E Mannix OAM COMMUNITY SERVICE AWARD

# 2022

### *Congratulations*

Pictured L to R: Bailey Mannix, Samala Mannix, Michelle Hutchins, Paul Roberts, Mercedes Drummond, Lisa Neville MP, Wayne Myers OAM, KJSJ, Paul Rawson



Photo by George Stawicki

In 2002 Bernard Filbay, Bernie to his friends, was the first recipient of the Adrian Mannix Award. I was present at this function and 20 years later I am still moved by the emotion that Bernie displayed in his acceptance speech. Though still mourning the loss of his great mate, he was so proud that he was receiving a Community Award named after Adrian. Bernie shared personal stories emphasising how despite being born with partial limbs, Adrian never allowed it to stop him from getting into mischief, living life to his fullest and selfless in his serving his much-loved community. Adrian's contribution to our community is well documented hence I shall forever be grateful and humbled that I share this accolade with such selfless community members. Although this is a personal award, it is, and will always remain as a result of being surrounded by like-minded individuals who strive to make a difference. Thank you to SpringDale and the North Bellarine Rotary Club for organising the night. The fact that I was presented my award by the Honourable Lisa Neville MP was an added honour.

**Mercedes Drummond**

I am thrilled and honoured to be one of this year's four award recipients, of the Adrian Mannix community award.

Probably a little like Adrian, I believe that if you want to live in a great community, you have to put your hand up to contribute. Good people doing this is the only way you keep your community healthy and strong.

To that end, I have been very fortunate to be involved with the Drysdale Soccer Club, and, helping the club to develop from its early beginnings to the club we are today. I would like to think this involvement has helped provide children and families, through the sport I love, to feel a greater sense of community and connection to Drysdale.

**Paul Rawson**

I accepted the award on behalf of all the committee members, organisers and team captains, who give their time to ensure we have a thriving tennis club at Clifton Springs.

I recognised the foresight that Adrian Mannix had shown, as Mayor of the Rural City of Bellarine, when the Club had been re-established at the reserve 30 years ago. The Club has enjoyed a great location and has expanded as the community has grown.

I thank Lisa Neville for her dedicated service to the electorate of Bellarine, and for her support of community organisations.

**Paul Roberts**

I am very humbled to be one of the recipients of the Adrian Mannix OAM Service Award for 2022. I had known Adrian through Scouting as well as around the community and so to be honoured with the award means a lot to me. Like Adrian, service to the community is very important to me, providing an opportunity to help other people develop in various ways. My service to the Uniting Church, Scouting and other organisations allows that development to flourish for which I am grateful. Thank you to Springdale and the Rotary and Lions Clubs for supporting this award over the past 21 years, as part of your contribution to our community.

**Wayne Myers OAM, KJSJ**

### *21 years of Community Service*

Over 20 years 3 organisations, Portarlington Drysdale Lions Club, Rotary Club of Drysdale now known as Bellarine North Rotary and SpringDale Neighbourhood Centre, have partnered in acknowledging exemplary service given to the North Bellarine community.

Members of our organisations, who knew Adrian, were all inspired to create an award to celebrate community service and present a worthy person with the annual award, the Adrian Mannix OAM Community Service Award.

Lisa Neville was the Coordinator of SpringDale Neighbourhood Centre, when the inaugural award was held and it was wonderful that Lisa presented the award in 2022 as Member for Bellarine. Four very worthy recipients Mercedes Drummond, Paul Roberts, Wayne Myers and Paul Rawson were recognised this year, by two partner organisations, Bellarine North Rotary and SpringDale Neighbourhood Centre.

Thanks to the Mannix Family for being so supportive of this award and process over the years, we look forward to what the award may look like in the future as it evolves to meet the current needs of our community. Michelle, Bailey and Samala would like to thank the community for continuing to honour their dad and grandad in this way - "he was the best!"

# DEC 22 - JAN 23

## 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.

**SpringDale closed from Friday 23rd till Monday 23rd January 2023**

## December 2022

- |           |    |  |
|-----------|----|--|
| Thursday  | 1  | Jigsaw group 10am - 12pm at SpringDale   |
| Friday    | 2  | Real Fictions - World First - 8pm - Potato Shed  |
| Saturday  | 3  | Harvest Basket Produce Swap 9-10:30am at SpringDale<br>Free replacement anti-theft number plates screws at SpringDale car park 9-11am (weather permitting)<br>Felting Group 10am-3pm at SpringDale |
| Monday    | 5  | Kinship Carers 10am-1pm at SpringDale  |
| Tuesday   | 6  | Friendly cuppa and chat 10:30-11:30am at SpringDale  |
| Wednesday | 7  | 2023 Potato Shed Season Launch   |
| Sunday    | 11 | Christmas Concert 2:30pm at St Andrews Church Portarlington<br>12x12 Plays - 2pm - Potato Shed   |
| Monday    | 12 | Dining Group Meeting at SpringDale 6pm<br>12x12 Plays - 7pm - Potato Shed  |
| Friday    | 16 | Christmas at the Shed - 7pm - Potato Shed  |
| Friday    | 23 | SpringDale Closes for Holiday Season - reopening 23 January 23   |
| Sunday    | 25 | Christmas Day  |
| Monday    | 26 | Boxing Day   |

**Reminder**  
Bookings & copy required by 1 December for the February 2022 issue

## January 2023

- |          |       |  |
|----------|-------|--|
| Sunday   | 1     | New Year's Day                                       |
| Monday   | 9     | Festival of Glass Launch Treasure Hunt Start         |
| Tue-Fri  | 10-13 | The 3 Little Pigs - 10.30am & 1.30pm - Potato Shed   |
| Saturday | 14    | Barbaroi - 8pm - Potato Shed                         |
| Sunday   | 15    | Family Day - Mik Maks - 2pm - Outdoors @ Potato Shed |
| Saturday | 21    | Rising Sun - 8pm - Outdoors @ Potato Shed            |
| Monday   | 23    | SpringDale reopens                                   |
| Saturday | 28    | Pineapple Head - 8pm - Outdoors @ Potato Shed        |



**SpringDale Messenger**

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

**COPY DEADLINE FEBRUARY 2023**

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

**Dist: 29 December 2022**

**Circ: up to 20,000**

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

**Editing of Contributors Material:**

Contributors should note that the right to modify submitted articles is retained by The SpringDale Messenger 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**.

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

**Art & Design by Jo Aspland Graphic Design 0438 055 679**

**The SpringDale Messenger is a locally produced publication.**



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



**United Nations Association of Australia Victorian Division**



SpringDale Neighbourhood Centre Inc. acknowledges the support of:



## SpringDale Messenger Website

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

**<https://www.messenger.springdale.org.au/>**

**We acknowledge the Traditional Custodians of the land, the Wadawurrung People of the Kulin Nation. We pay our respects to Elders past and present, and emerging leaders.**





# Coordinator's News

Anne Brackley



Greetings to all

At this time of the year, we take time to look back and then plan for the coming year. Over the last 6 months we have started to list all of the different things that we have been asked to do at SpringDale. By listing these and analyzing any patterns, we see emerging needs and opportunities that we not just react to, but plan for, and hopefully jump ahead of.

This list helps people to know what things we might be able to assist with and the list seems to morph every month. Thanks so much to Sue, who suggested it.

Over the years I have found, often a topic, question or suggestion might pop up 3 times over a day and we recognize that this is an emerging need. Over the past month, Powers of Attorney were a key feature of 6 conversations over 2 days and thus you'll find information about this subject on page 4 of this magazine.

In 2012, because so many things were popping up, SpringDale held the first of its Summits - bringing people and community issues, community groups and experts together, to enable good conversations to happen, priorities to be documented and a plan to be formulated. This Summit was the springboard for the Drysdale Bypass to be listed as the highest priority and over the next 8 years it was built. Nineteen other issues were listed, and almost every priority has been acted upon knowing the strength of community engagement and action.

The Drysdale Urban Design Framework was displayed and as with many plans, often the developments happen first and the connective infrastructure has to follow. Much of the development listed in the Framework focused on Murradoc Road and that's where it has happened, but we now need the footpaths to connect people with mobility issues to the opportunities in Murradoc Road.

Footpaths have been a focus this year. We have built a team of people across the Bellarine who are interested in footpaths being retrofitted to our established areas of the Bellarine. In the past, our Bellarine Shire did not have authority to have footpaths installed as developments happened. In reality it wasn't until the 1990s, when Councils had this authority and I believe it wasn't until 2014, as part of the Bellarine Strategic Plan, that developments were required to build footpaths as they developed. We look forward to priority footpath networks to be built, as walking becomes a bigger part of our fitness regime.

Over the last few years we have come to realise the financial difficulties that women over 55 years may find themselves in, so we have devoted time and energy into this issue. We now have a website so we can continue to document our progress and look forward to outcomes in the future.

Lastly I'll celebrate a recent win with you. SpringDale Messenger has been a member of the Community Newspaper Association of Victoria for many years, and at the recent Annual Conference, SpringDale Messenger was awarded as a finalist in the Best Newspaper category. So happy that we were recognized, but there is still room for us to improve. We have won categories in the past Best Editorial, Best History Story, Best Sporting Story to name a few, but to be one of three finalists in Best Newspaper category is almost overwhelming.

Thank you to everyone who has helped to make 2022 such a success and we look forward to what 2023 will bring. Wishing you all the best.

Anne Brackley OAM

For team SpringDale.



## CHRISTMAS MEALS

*Thanks to many people for volunteering to help make meals for Christmas and thanks to those people who have said they would like to attend. We are now firming up our dates and would love to hear from people who might still be able to help and especially people who might like to share a meal.*

### Our dates so far are:

Monday 5 Dec Lunch, Thurs 8 Dec Lunch, Mon 12 Dec Dinner, Thurs 15 Lunch, Sat 24 Dec Lunch and if you would like to book in for a meal, help prepare and stay on a meal, take a meal home or pick up a meal or two. If you would like to donate an ingredient or perhaps washup. There will be room for everyone. Please email [office@springdale.org.au](mailto:office@springdale.org.au) or ring 5253 1960.

## UPDATE

Community Newspaper Association Victoria presented SpringDale Messenger with a Finalist Award for 2022 Best Community Newspaper.

SpringDale Hall celebrates 110 years of service to our community as a Sunday School Hall, Theatre, and Community Hall - 11/12/1912 SpringDale Hall was open free of debt as the Drysdale Methodist Sunday School.



Drysdale Bush Nursing Service - 100 years since it began afternoon tea Thursday 15 December 2pm - dress for the era. RSVP [office@springdale.org.au](mailto:office@springdale.org.au) or phone 5253 1960

2023 Term 1 Course and Opportunity Guide - please register your interest in receiving a Course and Opportunity Guide email [office@springdale.org.au](mailto:office@springdale.org.au) or phone 5253 1960



Tuesday 6 December 10.30am  
Come and chat at SpringDale



Wishes you a happy season and will see you again in February



SpringDale Dining group are going to SpringDale Monday 12 December 6pm. **Bookings essential.** Please call SpringDale on 5253 1960 to reserve your spot.

## QUOTE OF THE MONTH

*The best way to predict the future is to create it.*  
Abraham Lincoln

Anne Brackley - Quote curator

# Information Sessions

Office of the Public Advocate provides regular free online sessions on topics including medical treatment decision-making, enduring powers of attorney and guardianship and administration.

## Making Wills and Setting up Powers of Attorney

Making a will and setting up Powers of Attorney was a common question the other week and so that sent us down the path of discovery about such matters. I have come to realise that setting up a will and various Powers of Attorney should probably be done much earlier than we generally do.

Understanding the repercussions if we do and or don't set these documents up to ensure our will is carried out, seems to be quite confronting and may be considered quite tricky to navigate. I definitely don't have all the answers, but I am on a journey to find out what I can learn.

I was pleasantly surprised that the Office of the Public Advocate regularly holds information sessions online and I was wondering if others might be interested in joining me to have discussions after viewing these sessions together. Happy to have feedback and happy to know if you are interested.

Anne Brackley OAM

## Weekly sessions

**Tuesdays, 10am**

30-minute small group session - see calendar for weekly session topics. Bookings not required; just join on the day.

Join weekly sessions online

<https://justice-vic-gov-au.zoom.us/j/67500482479#success>

## Monthly sessions

**First Wednesday of the month, 10am** - one-hour webinar on enduring powers of attorney and medical treatment decision-making.

Join EPA/MTDM monthly session

<https://justice-vic-gov-au.zoom.us/j/68033801591#success>

**Last Wednesday of the month, 10am** - one-hour webinar on guardianship and administration.

Join GAA monthly session

<https://justice-vic-gov-au.zoom.us/j/63038858394#success>

If you require any accessibility adjustments (such as Auslan interpreting or live captioning), please contact OPA's Education and Engagement Officer.

[OPAeducation@justice.vic.gov.au](mailto:OPAeducation@justice.vic.gov.au)



## Bellarine Show News

We are so excited to announce, we will have a Wood Chopping demonstration at our Show on the 12th of March 2023; along with Gum boot tossing, the Dog jump, and the ever-popular children's discovery trail.

Its time to plant your seed, whether it be for the garden, or for your inspiration on how creative your garment, photo, preserve, piece of art, or cookery will be. You may want to enter your stud cattle, sheep or Poultry; we will have it all at the show in 2023.

We are associated with the Victorian Agricultural Shows, and we have the VAS competitions at Bellarine Show. If you win at the Bellarine Show, it may lead you to compete at state finals and/or the Melbourne Royal show. So, get creative and start a project early. Just go to [Bellarineshow.com.au](http://Bellarineshow.com.au) for competition details.



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# POTATO SHED

Who could believe here we are at the end of the year! What a great year we have had at the Potato Shed welcoming back full audiences with a very mixed bag of events and activities.

So, we're nearly at 2023 and naturally we will be having our Launch of the Season - we only have a couple of spots left but if you would like an advanced look at what's on in for coming year come along on Wednesday the 7th of December at 6:30. We have some great entertainers on hand to walk you through a very full year of events at the venue.

Kicking off the month we have our good friend Richard Vegas with his brand-new show **REAL FICTIONS** in this production Richard teams with European magician and hypnotist Pierre Haag, and together they will present and amazing interactive performance. this production will be filmed and will form the basis offer 2023/24 Australian tour so come along and enjoy, be amazed and even participate in this unique piece of entertainment. just The One Show on Friday the 2nd of December at 8pm

Theatre 3222 back with their **12 by 12** plays - here we see 12, - 12 minutes or less plays written by local writers; the audience then votes for their favourite play. This is the 10th anniversary of the 12 by 12 plays. Each year audiences are delighted with what is on offer.

This year we have two opportunities to view on Sunday the 11th of December at 2pm and 7pm on Monday the 12th December

Christmas comes to the Potato Shed on Friday the 16th of December with the fun Christmas film **ELF**, with Will Farrell. This free event is our way of saying Merry Christmas have a laugh kick back relax and enjoy book now tickets are limited.

January is no quiet time at the potato shed with a whole stack a various entertainment for you. We have our regular children's play with the **Three Little Pigs**, we have the amazing circus show **BARBAROI** along with our very popular summer series. In 2023 we have **Sun Rising** with their Ode to Memphis and we have the very very famous **Mik Maks** with a great Family Day, and we have **Pineapple Head** (Crowded House unplugged).

As usual visit [www.potatoshed.com.au](http://www.potatoshed.com.au) or social /potatosheddrysdale



## POTATO SHED

WIN DOUBLE PASS to



### Barbaroi

14th January 2023 at 8pm

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

Name: \_\_\_\_\_

Address \_\_\_\_\_

Phone No: (03) \_\_\_\_\_

COMPETITION CLOSING 4PM THURSDAY 22 DECEMBER.



## WHAT'S ON

POTATO SHED

CITY OF GREATER  
GEELONG

### REAL FICTIONS



FRIDAY 2 DEC 8PM  
ALL TICKETS \$15

### SEASON 2023 LAUNCH



WED 7 DEC 6.30PM  
FREE ADMISSION

### 12 X 12 PLAYS



SUN 11 DEC 2PM  
MON 12 DEC 7PM  
ALL TICKETS \$25

### CHRISTMAS AT THE SHED



FRIDAY 16 DEC  
7PM FREE ADMISSION

JANUARY 2023

### 3 LITTLE PIGS



TUES 10 – FRI 13 JAN  
10.30AM & 1.30PM  
Family (4) \$35 | \$10.50

### BARBAROI



SAT 14 JAN 8PM  
CABARET STYLE  
TABLE SEATING: Adult \$38 Conc \$34  
THEATRE: Adult \$34 Conc \$32

## SUMMER SERIES OUTDOORS

FAMILY DAY  
with the MIK MAKs



SUN 15 2PM  
Family (4) \$35 | \$10.50

RISEING SUN



SAT 21 8PM  
Adult \$22 Conc \$16

PINEAPPLE HEAD



SAT 28 8PM  
Adult \$22 Conc \$16

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OR WITH YOUR CREDIT CARD ON 5251 1998.

By Mayor Trent Sullivan

You might have glimpsed some changes at The Dell, depending on where the tide is at. The Dell Eco Reef was installed a little over a month ago and is made up of 46 innovative modular reef units. Exposed at low tide and submerged at high tide, locals and visitors alike have been seen exploring the sculptural reef by either wading or snorkelling through the area.

Council's new eco-friendly marine attraction is not only visually striking, but is set to deliver a range of environmental benefits. The \$250,000 reef will create much-needed marine habitat for the area, by attracting native species such as fish, mussels and invertebrates. By understanding how the intertidal ecosystem works, the team has maximized the units' surface area for colonising oysters and mussels.

The University of Melbourne and the National Centre for Coasts and Climate, will investigate whether seeding some modules with juvenile native flat oysters, will be successful. Thoughtfully designed by Alex Goad from Reef Design Lab, with eco-friendly cement, the Dell Eco Reef is also intended to reduce wave energy and erosion. This is in line with council's work to respond to future climate change impacts, and our goal of becoming a zero-emissions climate-ready city.

The Dell Eco Reef was scaled back from earlier concepts to better suit the sensitive local

environment. It builds on the success of our award-winning shellfish reef at Portarlinton, which has been colonised by marine communities since 2018. Research demonstrates that Ramblers Reef is effectively reducing wave energy, preventing further erosion and significantly broadening the beach of the heavily impacted foreshore.

This eye-catching addition at The Dell, which fuses sculpture, technology and ecology, comes just in time for lazy summer days at the beach. If you haven't seen it already, I encourage you to go check it out.

And finally, it's unbelievable that the silly season has come around so fast. As I reflect on 2022, I am struck by the resilience of the community during its third year of COVID and how Greater Geelong has thrived and opened back up.

I wish all SpringDale Messenger readers a happy and safe Christmas and New Year.



Business on the Bellarine

We are a group of like-minded business people, who devote an hour a week to talk about business. Helping to improve our businesses and also helping each other's through transactions and referrals. You are welcome to visit a couple of times to see if our group aligns with your business. We try to help each other and our community. We are a group of SpringDale.

Contact Jo Aspland for more information  
0438 055 679



Come in for a Free chat

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# TREASURE HUNT ON THE BELLARINE JUST WEEKS AWAY

Great news, for excited treasure hunters eagerly waiting for the 2023 Festival of Glass's annual Treasure Hunt. There will be twenty-six North Bellarine businesses participating in this celebratory event. It will run between Monday 9th January and Sunday 19th February, 2023.

The Treasure Hunt will be officially launched on Monday 9th January 2023, at Drysdale's Café Zoo, 23 High St Drysdale. An amazing High Tea, with a glass torch blowing demonstration, including door prizes as part of the launch. Tickets can be bought directly from Café Zoo from December 2022. What a great Christmas present idea!

Participating Treasure Hunt businesses have commissioned glass art works from local artists, and these will be on display by the business throughout the Treasure Hunt. These twenty-six glass art pieces, will be the major prizes in a pool of more than 150 prizes. Become a treasure hunter and win??

Each sponsoring business will have a locally made glass "Tiny Treasure", on display. When a treasure hunter spots the "Tiny Treasure", the business will stamp their Treasure Hunt entry form. Collect stamps from at least ten businesses, and take your Entry Form for the Grand Prize Draw, at the Festival of Glass Studio on Sunday 19 February 2023, at the Drysdale Community Hub, 21 Eversley St, Drysdale. Or, just visit the Festival of Glass studio, for a glass blowing-demonstration, and other fun activities, including the inaugural Glass Art Puzzle Trail

Remember- there are more than 150 prizes to be won. Just take your stamped entry form to the Festival of Glass Studio for the Grand Draw, and have the chance to win amazing PRIZES! Good Luck!!!

[www.festivalofglass.net.au](http://www.festivalofglass.net.au) Mercedes Drummond 0418 899 863



## BELLARINE QUILTERS 2022 Quilt Show

The Bellarine Quilters Quilt Show was held recently. It was the first time our exhibition was held at our new home, the Drysdale Community Hub, Eversley St Drysdale. The Exhibition provided a great opportunity to showcase this new facility. Many thanks to the Drysdale Seniors for their support.

It was a hugely successful show which brought lots of visitors to the region over the weekend from near and far. Many Lovely Quilts were displayed, and we thank our members for their contribution. We thank our local community and businesses for their support.

If you would like to join the Bellarine Quilters and make quilts for our next show, we meet every Monday at 10:00am at the Drysdale Community Hub.





Enter in businesses  
around Drysdale  
& Portarlington

**Monday 9 January –  
Sunday 19 February 2023**

# TREASURE HUNT

**FIND  
& WIN  
GLASS ART  
TREASURES**

Launch 'HIGH TEA'  
Monday 9 January  
5251 5333  
Bookings Essential



**Tickets  
\$40pp.**

More information & other events: [www.festivalofglass.net.au](http://www.festivalofglass.net.au)  
e: [festivalofglassdrysdale@gmail.com](mailto:festivalofglassdrysdale@gmail.com)













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# Mind Fitness - Fitness for the Mind

By Lou Lugsdin - The Team Approach - Counsellor & Life Coach, Drysdale. Victoria



## Mind Fitness -

- Have you heard of it?
- Do you, do it?
- What do you do to exercise your mind?
- Did you know that we need to exercise our minds to be mentally and emotionally fit?

If this is the first time you have ever heard of **MIND FITNESS**, you're not alone. People know that to be physically fit, we need to exercise our body. And they know that, to maintain physical fitness, they must keep exercising. We don't just stay fit! The same goes for mental and emotional fitness. BUT people aren't as aware of the need to exercise our mind to be mentally and emotionally fit, as they are of exercising our body to be physically fit.

Sadly, we don't often pay as much attention to mental and emotional fitness as we do to physical fitness. Maybe it's because of the stigma attached to mental health and some people are scared to talk about, or open up about what they do to be mentally fit??? Or maybe, there is a lack of education in this area??? Or both?

The thing is ***"when we hear of strength we immediately think of lifting weights or something to do with physical strength, it seems as if more focus is given to physical fitness and to a lesser degree on one's emotional fitness. Emotional fitness must receive more attention because without it***

***we can become emotionally, mentally, and physically paralysed, unable to achieve the kind of success we deserve!"*** Tony Robbins.

So, the intention of this article is to share with you the importance of mind fitness - fitness for the mind!

Just like we go to the gym, or go for a jog, or a walk, or go to yoga classes, or swim, surf, play netball, basketball, football, or soccer, to exercise our body, we need to participate in activities that exercise our minds.

## Exercising our mind helps our mind to be -

- healthier
- happier
- calmer
- more emotionally regulated
- to make better choices and decisions
- clearer, having less brain fog
- amongst so many other things.

## Activities that exercise our minds -

- mindfulness
- journaling
- sudoku, crosswords, puzzles
- jigsaw puzzles
- mindful colouring-in
- painting, craft, knitting, pottery, etc
- eating nutritional food
- yoga

- meditation
- rest
- walking
- gardening
- reading
- listening to podcasts
- watching a favourite TV show or movie
- getting enough sleep
- talking to a friend
- participating in favourite hobbies and past times
- asking for help
- working alongside a counsellor, psychologist, mental health coach
- utilising allied health services
- trying hypnosis, breathwork, sound healing, massage, kinesiology, reiki, etc
- and whatever you find to be mindful and good for your mind.

There is no right or wrong regarding exercising your mind. It's choosing activities that you enjoy, are mindful, and that are beneficial for your mind health! And it's doing them regularly! Not once! It's creating healthy **MIND FIT** habits, that you schedule in, and participate in regularly.

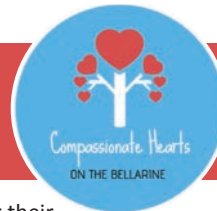
Mind fitness is a great way to work on your mental and emotional fitness!



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# Compassionate Hearts on the Bellarine



At any one time there are approximately 70 people on the Bellarine Peninsula in palliative care. Surveys show that roughly 70% of people in Australia would prefer to die at home but only 15% are currently able to do so.

In 2018 Pauline Nunan's partner, Bob Fuller, died in his home of lymphoma in the care of Dr David Brumley and the Palliative Care nurses from Bellarine Community Health. Subsequently, Compassionate Hearts on the Bellarine began in 2019 with inspiration from Dr Brumley, palliative care physician, and Kate Jackson, retired anaesthetist and pain care management specialist. David, Kate, Pauline and a small group of local people recognised that although there was medical and nursing support for people living with a life limiting illness and their families, there was much more that was needed, and possible, to relieve the distress of the person and the family.

Volunteers receive appropriate training before beginning to work with any individual or family and are supported by a volunteer coordinator. Referrals are received from the Bellarine Community Health Palliative Care Services, medical practitioners or by self-

referral from an ill person or their family or friends. There is no cost involved.

CHoB also provides education for our community regarding life-limiting illnesses, dying and the challenges of grief and loss, and advocate for a deeper understanding of the importance of living well, preparing for death and making choices about care and treatment. The CHoB ideals are those of the worldwide Compassionate Community Movement, which recognises the natural cycles of sickness and health, birth and death, love and loss, and believes in the importance of caring for one another at those times.

CHoB is an incorporated, not-for-profit organisation and a registered charity.

Issues that CHoB can speak about, include volunteering, palliative care reform, better support for the ageing/dying/sick, socialising death, resources for preparing for death.

## Contacts

**Chairperson: Pauline** 0417 433 142  
paulinenunan@gmail.com

**Coordinator: Karren** 0499 775 275  
<https://www.chob.org.au/>



*Newest group of volunteers who just finished their training*

## Coryule Chorus

Coryule Chorus will present a  
**Christmas concert on Sunday December  
11th 2022 at 2.30pm at St Andrew's  
Uniting Church Portarlington**

Suggested entry donation is \$15.

A lovely way to Welcome Christmas In, and be entertained by these talented local men and women musicians.

Sing along with some of the old, but much-loved Christmas Carol favourites, including some beautifully written newer ones, also being performed. To add to the variety, a 4-part quartet will give you goose-bumps with their beautiful harmonies, and some of your favourite soloists and musicians, will also be taking centre stage.

A homemade afternoon tea, will follow the concert.

Funds raised will assist both St Andrew's Uniting Church and Coryule Chorus.

**Annette Playsted**, Chairperson Coryule Chorus 0435 234 294



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**Sunday December 11th 2.30pm**  
**St Andrew's Church Hall  
Newcombe St Portarlington**  
*Sing along with some of the old,  
but much-loved, Christmas Carol  
favourites as well as some beautiful  
newer Christmas songs.*  
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*Suggested Donation: \$15  
includes a delicious homemade afternoon tea*  
[www.coryulechorus.com](http://www.coryulechorus.com)  
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# Springdale Trivia Mega Christmas Special Edition by Drysdale Girl Guides

- Which type of tree was the partridge sitting in, according to a well-known Christmas song?
- What does the shape of a candy cane represent?
- Which colour traditionally associated with Christmas is a primary colour?
- In what language is Father Christmas known as Babbo Natale?
- How many Christmas messages did Queen Elizabeth II deliver during her reign that were broadcast on TV?
- The original name of the song "the Little Drummer boy" was what?
- Which country donates the Christmas tree for London's Trafalgar Square?
- In the Northern hemisphere, what type of nuts are often roasted over an open fire at Christmas time?
- In what country did the tradition of putting up Christmas trees for Christmas originate?
- Which song's second verse begins with, "They looked up and saw a star"?
- If you used the word Christmas while playing Scrabble, how many points would you get (excluding double/triple letter or word points)?
- What sort of pies are traditionally associated with Christmas?
- Where does Santa Claus live?
- Complete the lyric: 'And so this is Christmas, and what have you done, another year over ...'
- The story of Jesus' birth is told in which two Gospels of the Bible?
- What was Frosty the Snowman's nose made out of?
- In 2017, the Geelong Christmas Eve Carols by Candlelight normally held in Johnstone Park was instead held where?
- Who was the author of A Christmas Carol?
- What did the other reindeer refuse to let Rudolph do in the song "Rudolph the Red-Nosed Reindeer"?
- Where was Christmas ballet the Nutcracker first performed? For a bonus point, what year?
- What country celebrates its Independence Day on Christmas Eve?
- What famous Christmas carol became the first song ever broadcast from space?
- Ikea allegedly made the largest gingerbread man - true or false?
- What country has the tradition of filling children's clogs with treats and candies on December 5th?
- How many reindeer pull Santa's sleigh (including Rudolph)?
- Who helps Santa in his workshop making toys, or sometimes by going out into the world and checking that children have been good?
- Which American state does Santa visit first, New York or California?
- How many lords are leaping in 'The Twelve Days of Christmas' song?
- Traditionally, what item of clothing is hung up as a Christmas decoration, often over a mantelpiece?
- According to the folklore of Austria and other countries, what horned figure punishes naughty children at Christmastime?
- What was the name of the angel that told Virgin Mary she would have a child?
- Before Christmas lights were invented, what did people put on their Christmas tree to illuminate it?
- Where are red and green Poinsettia plants originally from?
- Dr Seuss's The Grinch attempts to steal Christmas from which unsuspecting town?
- What popular Christmas song was actually written for Thanksgiving?
- Who recorded the original - and still the most famous - version of 'White Christmas' in 1942?
- What is the name of Scrooge's clerk in A Christmas Carol?
- Reindeer featured in Christmas images with their antlers still attached are male or female?
- According to the Italian tradition, who delivers gifts to good children on the eve of Epiphany?
- According to the popular song, Frosty the Snowman is brought to life by which magical article of clothing?
- Traditionally, what colour are the fluffy parts of Santa's outfit?

- Which mountains in Canada are named after the eight-original reindeer?
- Which song was the first song to mention Santa Claus when it was written back in 1864?
- Visions of which sweet foodstuff danced in children's heads as they slept, according to Clement Clarke Moore's poem "'Twas the Night before Christmas"?
- What are the gifts that the Three Wise Men gave baby Jesus, according to Christmas tradition?
- In "O little town of Bethlehem" where do the silent stars go by?
- During what period was Christmas celebrations banned in England?
- Finish this iconic line from It's a Wonderful Life: "Every time a bell rings, an angel gets his ..."
- Typically, how many times does Santa say "Ho"?
- St. Nicholas is the patron saint of \_\_\_\_\_.

Turn to page 20 to find the answers.

Drysdale Girl Guides would like to wish the entire community a happy, safe, relaxing and healthy Christmas and holiday period. We would like to extend a special thanks to our Guiding families who have helped support our Guides in participating. Your efforts are greatly appreciated.



Drysdale Guides Meet on Thursdays during the school term 6:30 to 8:00. [GIRL GUIDES](http://www.girlguides.org.au)

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



At Guide camp, the girls loved making and eating our Grinchy treats.



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

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**Shannon Calder**  
Manager – Bellarine Office



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



I wanted to take this opportunity to thank everyone who has been part of this wonderful group of women over the past couple of years; even those who no longer come along to the meetings. We have learned a lot from each other.

Each woman has a story. Each woman has experience, knowledge, skills, ideas, strengths and abilities that they are able to share with the group. We are all different; coming from various backgrounds, and we understand just how easy it is to find ourselves in a situation, whereby we are losing control over our financial situations, and the choices we would make in regard to where we choose to live.

As women over 55, we have had to make many decisions over the years and often we have put other's needs before our own. We have had to be strong and determined, and we are used to making things work.

However, as many of us have found, we have arrived at a time in our lives when we're just not able to do anything more to correct the situation we've found ourselves in.

We don't like asking for help. We don't like being a burden on anyone else. So, we put on a brave face and just take one day at a time, hoping things will work out.

We've heard from some members of the group that they have felt ashamed and embarrassed that they have ended up in this situation of financial and housing stress. They didn't want anyone else to know.

Women who find themselves here, don't deserve scorn or judgement or criticism. At Women Living Well, we will accept you, encourage you, identify with you, and offer help, compassion, friendship and guidance wherever we can.

Please consider this a personal invitation to phone, email or contact me or Anne, through the website ([www.wlw.onthebellarine.org.au](http://www.wlw.onthebellarine.org.au)). We would love to hear your story, and if you are interested, to introduce you to the members of our group.

During this Christmas season, may you experience peace and good will to all.

**Dianne Bennett**

0422146604 [diannebennett4@hotmail.com](mailto:diannebennett4@hotmail.com)



**Drysedale  
Primary  
School**

Here at Drysedale Primary, we are getting ready to welcome our new 2023 Preps for their first transition session! We are extremely fortunate to have a Prep learning space, that accommodates both traditional classrooms while also having the ability to support a collaborative approach.

In understanding and recognising the importance of transition for students, we are looking forward to also having our current year levels spend time in their 2023 levels on the same day! The teachers and staff are excited about what 2023 is going to bring and can't wait to work with current and new students around transition.

If you are interested in looking at DPS for Prep or enrolling into another year level, please do not hesitate to contact us for a tour and a chat. [drysedale.ps@education.vic.gov.au](mailto:drysedale.ps@education.vic.gov.au)

**Phil, Nic, Kate and Staff**  
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## Invaders from Mars? Quiet day in the office...

"Ring...Ring..."

"Sci-fi man."

"Take me to your leader!"

"What...who is this?"

"Invaders from Mars!"

"That's ridiculous. I hardly think Invaders from Mars would be telephoning."

"What did you expect, an arrow with a note on it?"

"We weren't expecting anything. How could anyone get from Mars to here?"

"In a flying saucer of course. Don't you ever read?"

"Well, yes but flying saucers aren't real. They only exist in comic books."

"How do you think we found out about them?"

"But you couldn't build a space ship just from a comic book drawing!"

"Well, you built the P- 76 just from a lemon."

"I like that! It was car of the year in 1973 and would take a 44gallon drum in the boot!"

"We thought the boot was full of right arms."

"Yes, well we're getting off track here. Where is this saucer of yours?"



**"We left it in a corporate parking lot at the starting gate of the Westfield Classic."**

"Now come on, the Classic was a great event in its' day."

**"Well, there's nothing there now but a lot of moths playing ball games."**

"Alright, alright, but what do you want?"

**"Introduction to your leader."**

"But I don't know any leaders."

**"What do you mean leaders? How many are there anyway?"**

"Well, there are national, state & local leaders."

**"Which would you suggest?"**

"For national, red, for state blue (?), and otherwise green would be..."

**"That's it, green! Are they little?"**

"Some of them are but why ..."

**"Because we're little green men of course. Don't you know anything?"**

"Sorry. But our Greens don't look green. They just think green."

**"What a mess! Forget it. We'll try again in a thousand years. Exit. (Click)"**

**P.S. Merry Christmas!**

(Did I just save the World?) John.

## Why Sci-Fi at SpringDale?

Over the last 10 years we have developed a range of Sci-Fi activities due to the energy and commitment of John Reid. After seeing John a couple of times at the SpringDale front counter, arranging photocopies, I sidled up to him and asked him a few questions. All of a sudden, our Sci-Fi journey had begun. Here is our timeline:

**2012 - First Lost in Space play**

**2013 - Second Lost in Space play**

**2014 - Third Lost in Space play (on DVD)**

**2015 - Space pod build (first appearance)**

**2016 - Space pod (second appearance)**

**2017 - Jet pack first trial**

**2018 - Year 2018 in Messenger**

**2019 - Apollo 50th anniversary at SpringDale**

**2021 - Sci -fi park X Wing partially built**

**2022 - First Star Wars X Wing day**

John continues to share his love of Sci Fi with our community and continues to draw people into SpringDale with his creativity. He says "I am fulfilling my dream" and that's what SpringDale is all about - enabling dreams to come true.

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# Christmas Calm

It's the most wonderful time of the year... but not easy for everyone. This Christmas, you can be aware of your own sense of wellbeing. At Christmas, you can feel so much pressure to participate in family traditions, that may no longer be relevant or possible for you; to provide endless gifts, to finish the working year neatly, to smile, to manage family conflict and, to do so with ease, gratitude, and noticeable joy for the children!

Make a conscious effort this year to approach Christmas in a way that is kind and takes gentle consideration of **yourself too**.

## Food

This time of year you can find a toxic food relationship is ignited with your body; from crash diets to prepare for summer and socialising, to overeating and drinking at functions and gatherings. Overeating at Christmas can almost feel expected, you feel obliged to eat to please others. This all or nothing approach, is unkind to your body. Make a promise this year to listen to your own health, comfort, and signals of satiety from your body, and approach food gently.

Christmas food and drinks are festive and special, but you **can** pass on the second dessert, or the next glass of wine, sure in the knowledge there will be more opportunities for tasty morsels - after your body has a well-deserved break from indulgence.

If you are preparing food this year, don't put pressure on yourself to cook the perfect oversized Christmas feast. Keep it simple this year, your family may be relieved, they feel this degustation overwhelm too!

## Exercise

Running around to 83 shops to source that limited edition Pokémon gift doesn't count as exercise for you. Enter this Christmas season committed to setting aside regular exercise time focused on you. That walk, run, ride or yoga class, will have a side effect of preventing mental fatigue, keeping your mind clear and your body and immune system balanced.



## Your-needs

This is a wonderful time to be immersed in the spirit of giving, but you cannot give from an empty cup. Consider your boundaries and self-care. Schedule in some alone time, meditation, or half an hour reading a good book. These small practices can be powerful to reduce anxiety and stress.

Think about what sparks joy in you at Christmas and make it your priority. Even though the world seems to expect it, we cannot be everything to everyone, especially when we give nothing to ourselves.

Remember to ask for help. When you don't accept help, you are not allowing others to feel connection, and gratitude with you. There is loving energy that flows through the acts of **both** giving and receiving.



## Remembering

How do you hold space and remember the empty seats at your Christmas table? Be kind to healing hearts and find a resting place in your activities for their stories, memories, and love. This is a very personal process, you cannot be hurried or told how to feel, but you can ask for time, space, and gentleness as you need it. If you have a ritual in your family that soothes you, savour it gently, you are navigating this time of year your way... the best way for you.

## Expectations

What do you really want from Christmas this year? What are your expectations? Consider whether you are seeking approval through the way you participate in Christmas. Do you ever get it? Is it fulfilling? There may be other healthier ways to gather this feeling of love from family and friends. Christmas will never be like it is in movies and glossy magazines, it can be much more than that by stepping back into the feelings and values that are important to you and your family.

When we expect perfection from ourselves at Christmas, we inadvertently send this message to our loved ones too. Perfection is a wobbly goal that teeters uncomfortably on the edge of failure - and that is exhausting! You can make Christmas a celebration of imperfection in 2022, welcoming and allowing it from everyone.

## A vision of calm

Maybe this is your year for a Christmas overhaul. Call a meeting! Make a list of what each person is looking forward to this year. Start from there, and then work on you.

Think of your sense of balance and joy on the frontline of Christmas chaos. How do you want to feel as you glide through Westfield buying frenzies, or hear the same complaint from aunty Mabel? The buzz, emotions, excitement, loss, expectations, and frustrations will be like whirls of busy around you this month. Breathe and believe. You are doing Christmas exactly as you are right now, and that is exactly as it should be.



If you need a moment away from the busy of Christmas this year, I now offer 40-minute sessions: "hypno-ease" and "hypno-lift"; to soothe your busy mind and raise your sense of self.

**Kim High,**  
Clinical Hypnotherapist - Family Hypnotherapy

## Her VISION WORKSHOP

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## MINDSET WORKSHOPS FOR YEARS 11 & 12

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- STRESS REDUCTION • STRESS MANAGEMENT
- SELF CARE
- RELAXING INTO LEARNING TECHNIQUES FOR ENHANCED RETENTION

**WORKSHOP 2 - JAN 13TH & 25TH 2023**

- IDENTIFYING GOALS
- BUILDING SELF-BELIEF & CONFIDENCE
- VISUALISATION TECHNIQUES
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## Want to help shape design options for a pool?

The City of Greater Geelong is forming a new Community Advisory Panel to help identify design options for the second stage of the North Bellarine Aquatic and Leisure Centre in Drysdale.

Greater Geelong residents are invited to apply for a position on the volunteer advisory panel.

This is an opportunity for people to represent community views and help guide the delivery of this long-awaited facility.

Get your application in before 9am on Monday 19 December 2022.

<https://yoursay.geelongaustralia.com.au/>



Work is progressing on the North Bellarine Aquatic Centre with stage one due to open in mid-2023.

On my way to the Bellarine Aquatic Centre Ocean Grove, I passed the site of the new outdoor swimming pool in Drysdale. It is being built near three schools, which I think will be great for the pupils. I really hope that consideration has been given to the many weather changes we experience. Are there going to be shade cloths covering the outdoor pool? Will swimming lessons need to be cancelled when lightning lights up the sky? We all know that you should not be in water when lightening is about.

I arrive early for the aqua aerobics session, otherwise I will not get a place in the over-subscribed class. This group exercise is so necessary for many people, being held indoors in a heated pool. The rehabilitation lap is also well used. This type of exercise could not be held in an outdoor pool in the winter months. I worry about the cost of adequately heating the water of an outdoor pool.

I do hope enough consideration by the council has been given to the local community who have requested and need an indoor heated swimming pool.

**A hopeful resident.**

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0438 055 679 for more details.

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during school term

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## THE BELLARINE MAP

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## PUTTING THE BELLARINE ON THE MAP

Illustrated maps define the places we love by the things we love about them and what we hold true about our sense of place in our collective imagination.

Local resident Melinda Clarke and longtime visitor Deborah Young-Monk love the region and have recently teamed up to complete and publish The Bellarine Map. They pour thousands of hours into the research and illustration to create these beautiful hand-drawn art pieces.

No strangers to the long and challenging process, the pair published their first "Map of Melbourne" in 1990 after four years working in the garage of Melinda's mother's house. Their map became extraordinarily popular - acquired by all the major map library collections in Australia and snapped up by locals and visitors to the city.

Fast forward 30+ years and they were excited to once again embark on exploring and documenting our beautiful peninsula. Both describe themselves as "Accidental Map Makers", neither having formal cartographic training but just a love of making (and collecting) maps.

The process is extensive during the drafting process to research and include all the major arterial roads, explore future projects (in this case, the Drysdale Bypass hadn't yet commenced) and keep abreast of future plans (Melinda heard that the Spirit of Tasmania would be docking in Geelong, so Deborah included an illustration of the ship in Corio Bay).

Many hours were spent driving around and

observing the landscape, nature and wildlife and how people interact with their environment, like the surfers, sailors, divers, skydivers, cyclists, campers, modes of transport etc., that were all then included within the map. They embraced talking to locals, historians, visitors and businesses to gather as much information as possible about how others view The Bellarine.

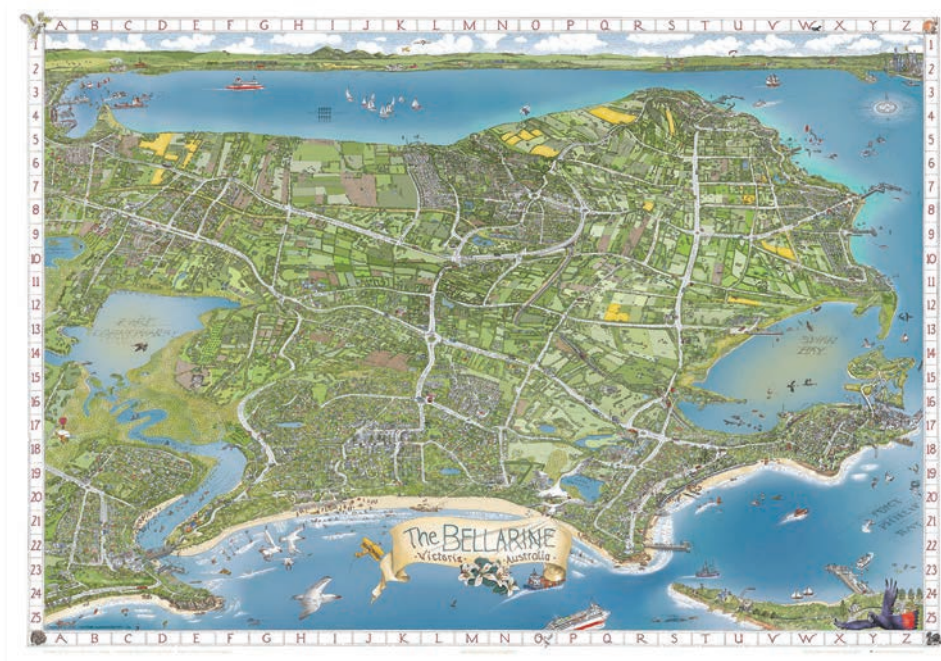
After several years of hand illustration on a single large piece of art paper, the map was scanned by a business in Geelong, and a digital copy was then handed over to another Bellarine local, Sean Rodwell. He spent months on his computer with Deborah's intricate drawings, adding colour and character to Bellarine's coastline and everything in between.

Melinda is kept busy creating a small range of locally and ethically made products to purchase for yourself or as a thoughtful gift. These include Art Prints, Australian Made Jigsaw Puzzles, Beach Towels, and Tea Towels. Each map comes with a handy Grid Reference and a list of things to try and find within the illustration.

Next on the drawing board is a dedicated Portarlington Map, looking at the Bellarine with a birdseye view from the direction of Melbourne.

For more information about their map projects, sales or stockist details, please email [melinda@themelbournemap.com.au](mailto:melinda@themelbournemap.com.au) or visit the website [www.themelbournemap.com.au](http://www.themelbournemap.com.au) where you'll find videos and stories about how the maps are created.

**Melinda Clarke** - Ph: 0408 539 668



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# Why would I try SpringDale?

SpringDale has at its essence - building confidence. Building confidence through our interactions, building confidence through our groups and activities, building confidence through our classes and our one to one sessions trying to help bridge the digital divide.

We have been part of a few Social Prescriptions - local doctors have prescribed "a dose of SpringDale" for people who may be looking for a remedy for a few different issues.

It is amazing how quickly people can be absorbed into the SpringDale family and quickly find new acquaintances, who quickly become new friends.

Hope to see you at one of our upcoming Christmas meals, one of our other events or just pop in for a guided tour. We'd love to meet you.

**Anne Brackley** Chief Enthusiasm Officer  
- a different kind of CEO.



## Automated External Defibrillator (AED) at SpringDale

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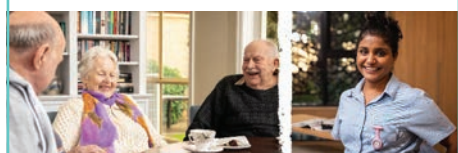


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## Footpaths for Health

Our ever growing group of people, interested in advocating for footpaths for the Bellarine, continues to grow, as does our knowledge about how important footpaths are for health, safety, exercise and active travel.

At our last meeting, we highlighted, what we think are, the top priority streets and roads that help to connect people to activities or to areas in Drysdale, Clifton Springs, Curlewis area. We'll hopefully share that map with you next issue.

Our youngest member, Max, continues to come up with reasons for better footpaths and more of them, to assist him to walk to places and public transport. Like all of us on the committee, it's not for us that we are meeting, it is for the benefit of the whole community.

Footpaths are essential infrastructure to help us stay connected and we will continue to write about this issue and highlight footpath issues and solutions that our community members suggest. If you would like to submit an issue or a suggestion, please email [messenger@springdale.org.au](mailto:messenger@springdale.org.au) or phone 5253 1960.

**Anne Brackley**



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# The Clifton Springs Dell

Almost exactly 10 years ago at a Summit held at SpringDale Neighbourhood Centre we started to hear about a proposed artificial reef for the Clifton Springs Dell.

After much discussion at Drysdale Clifton Springs Curlewis Association meetings over the last 10 years and with follow up by a dedicated few, we are pleased to know that the reef is now ready for swimming and snorkeling.

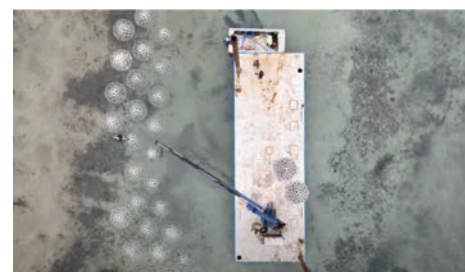
Thanks to Ralph Roob - Strategic Coastal Planner, Environment & Waste Services, Sustainability and Environmental Planning, City of Greater Geelong and Elstone Diving for bringing this project to life. Thanks to Kestrel Media for capturing it and allowing us to view the installation - see youtube clip below.

<https://www.youtube.com/hashtag/davidkestrelphotography>

New Artificial Reef Installation - Clifton Springs  
26th Oct 2022 - video was produced by David McGuinness of Kestrel Media.

"It is a fantastic addition to the Clifton Springs foreshore. It will increase marine life, combat erosion and be a terrific snorkeling attraction."

**Neil McGuinness**, Clifton Springs resident and advocate for this reef.







# Clifton Springs Garden Club

The last few years, COVID interrupted our Club Meetings and outings, and this year it has been bushfires and the effects of La Nina, with major flooding across a wide part of the east coast of Australia. I hope where you are, your garden has not been affected too badly. Having a very sandy soil our garden is loving all the extra moisture and is looking very lush. I can't say the same for some of the plants, as the wind and heavy rain has battered them a bit, but, with a bit of pruning and some sunshine they will soon be back to looking their best.

Unfortunately, the weather interfered with our planned trip to Mt Mitchell (as reported last month). Due to the condition of the roads, and forecast rain we cancelled this trip. But all is not lost, we will visit Mt Mitchell in 2023, along with many other local and not so local gardens, that our Outings Organiser is busy preparing for 2023.

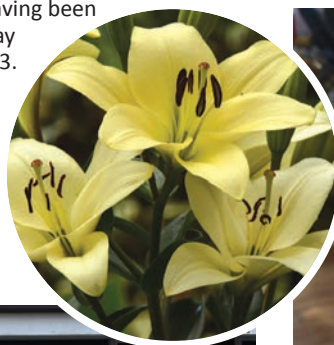
Despite the weather on the last weekend in October, we had a great turn out of members to assist at our Annual Plant sale. It was lovely to see many of our new members also assisting on the day. Our members looked most colourful on such a dull day in their new Garden Club polo shirts (see photo).

The Committee is now enjoying a well-earned break, before starting up again in January to start preparing for our 2023 year. We already have some interesting speakers lined up for the first quarter of 2023.

On behalf of the Clifton Springs Garden Club, we wish you a very Joyous Christmas, hopefully spent with family and friends. We are thinking of those whose families have been devastated by the recent flood events, and whose Christmas may not be so joyful. Having been through the 1993 floods, I understand the devastation floods cause. Stay safe, stay healthy, stay happy and we look forward to seeing you in 2023.

If you would like to keep up to date with what is happening in the Clifton Springs Garden Club, you might like to go on our mailing list. Contact our Secretary Helen, on telephone 5257 2220 or email hma3152@gmail.com for further information.

*Members of Clifton Springs Garden Club at their Annual Plant sale end October*



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The Springdale Messenger December 2022



# Memories of Yesteryear

## THE BUTCHER FAMILY

So it's December already, and many of us are gearing up for Christmas in numerous different ways. Students that have completed exams will realise that their results are out of their control and will now be looking forward to school holidays, and even younger children will be waiting in anticipation of what wonderful gifts may arrive from the North Pole.

In the past, many city residents took advantage of the Summer break to make the exodus to camping grounds on the Bellarine, and some local families towed caravans or assembled beach shacks at the Portarlington foreshore for a Summer holiday.

My first memories of family camping were as a 5 year old at Wye River, when my father, as an overseer with the Country Roads Board in the early 1950's, volunteered to take care of temporary camps along the Great Ocean Road during Christmas holidays. These camps were created to house the employees as well as construction equipment and road surfacing materials required to maintain the roadway from Torquay to the 12 Apostles.

These roadside camps (now regular camping grounds) were at Anglesea, Cumberland River, Wye River, Apollo Bay, Lavers Hill, Princetown and Port Campbell. During the Summer holidays each year, we would enjoy camping at these locations with free accommodation and, Mum having exclusive use of the mobile camp kitchen.

The prospect of exploring Wild Dog Creek and gathering mushrooms and blackberries along the roadside between Skene Creek and Apollo

Bay, and finding the Bat Cave and Swallow Cave near the Cumberland River camp, were what us young teenagers looked forward to discovering with great anticipation.

As with most teenagers, I outgrew staying with my parents, and along with some other friends who enjoyed the fun of camping, decided to set up our own camp at Anglesea and each Christmas break for many years, we would make the annual pilgrimage to the same location which had no power or running water. As a consequence, we found Bass Strait and the Anglesea River a suitable alternative.

The CRB handed control of the Cumberland River site to the Lorne Foreshore Committee in 1960, and during the Easter break in 1985, torrential rain and flooding caused a caravan to be washed out to sea and the access bridge and roadway were washed away. No mention of Global Warming or Climate Change back then. In 1997 the camp was privatised.

**Russell Butcher**



Ocean Road Camp, Cumberland River, Lorne / A. E. Jarratt. State Library Victoria



Summer Holiday Fun



The Camping Grounds & Bridge, Wye River, Vic. Rose Stereograph Co. State Library Victoria

## CONSERVATION IS KEY

Is there no end to the skills and talents of the volunteer members at Bellarine North Rotary Club? Member David Anderson, who heads up our Community Service Committee, has struck up a friendship with Bellarine Bayside, and now we are collaborating together to conserve the foreshore.

We have been allocated an area to take care of, so, with Bellarine Bayside guidance, we will remove weeds and encourage the growth of the beneficial plants that help stop the erosion of the foreshore.

This came about by David having a conversation, and asking what we as a Club can do to help them. We will be having regular

working bees, and over time, this will help conserve our environment.

If this is a project you would have an interest in helping? Then, call David on 0435 020 250 and explore how you can get involved.

There is no end to what we can achieve if we imagine and plan to make changes. Our imagination starts as an idea that is shared and grows, leading to amazing things.

Many hands and minds can make very beneficial changes to the world we are responsible for.

**Caroline Rickard** - 0408 989 221

Publicity Officer Bellarine North Rotary Club

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Last year, to complement our worm farm, composting, recycling, and vegie and fruit growing, Gaz and I decided to adopt four Bantam Hens to help with the garden and provide delicious eggs. But mostly for their free-ranging entertainment value.

Despite our lofty ambitions to house small Bantams in a standard size yard, our fledgling garden rapidly struggled to grow. Those mini scavengers have little respect for the delicate beauty of impatiens or the old-world charm of the hellebore. We chose to move them on to larger pastures, but not before I was able to observe their shenanigans - and learn a few lessons from them.

- **Be confident even if the odds seem stacked against you.** Size and fear did not deter our diminutive quartet as they squawked off magpie interlopers - scolding their would-be thieves into submission.

As someone who is now part of a marginalised sub-section of society, I notice that the world, like the Magpie to the chickens, often works against me. I and millions more face and fight barriers of disregard and disrespect, for what are still too often perceived as insignificant problems for an insignificant few. However, unlike the chooks, I like to think I scold less in favour of gentle education when requesting that my needs be met.

- **Routine is reassurance.** Follow a daily pattern regardless of how you might feel, knowing the comfort of your henhouse waits for you. Some days feel a little pointless when I can't continue engaging in the things that once gave my day meaning, but regular practice, particularly rising, showering and dressing every day, is vital to me. This saves me from too often sinking into melancholy, forcing me to literally sit upright, take stock and find another way to pursue a meaningful day.



- **Productivity is happiness.** Hens are infinitely busy and productive. I admire and miss that level of physical activity, yet I have found productivity through writing and speaking. Advocating for a world where the value of a life is not based on our appearance, physicality, or sensory attributes, but in our inherent uniqueness.
- **Don't die wondering.** Chickens don't waste time wondering if they should pick at that patch, nor hesitate before consuming a handful of vegie scraps. They just dig in, try, and move on if the pickings are slim. Acting on my ideas is as spiritually sustaining for me, as eating scraps is sustaining for the hens. Every venture I attempt gains me learning, meaning, and satisfaction, helping me not just survive, but thrive.

Our former flock are now happily clucking away in my son's more salubrious chook garden, providing his growing family with eggy goodness. But their lessons will stay with me.

Leanne

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Bellarine Camera Club holds a monthly photo competition which is judged by a qualified external judge. Our judge for the October Open Subject competition was Bob Thomas who is a very experienced and credentialed photographer and judge from Waverley Camera Club. He provided an excellent critique of all entries, often with great humour and anecdotes. The evening was a great example of the benefits of having our work critiqued and receiving helpful feedback for improvements on composition and techniques.

*The Competition Winners are:*

## Prints

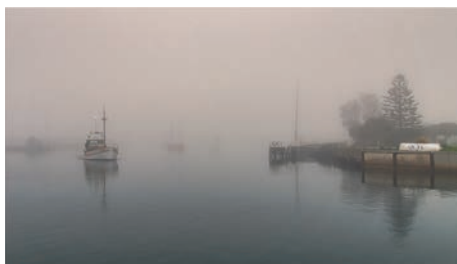
**A Grade** 1st Mangrove Duet by Robyn Curtis, 2nd Dawn is Coming by Kevin Robley, 3rd Lake Dunn by Robyn Curtis, Merit Cormorant with Fish by Jim Den Ouden, Merit The Yellow Caravan by Darren Henry.

## Electronic Digital Images

**A Grade** 1st Looks Like Snow by Kevin Robley, 2nd Moody Morn at the Marina by Jim Den Ouden, 3rd Long Gone by Kevin Robley, Merit Colors by Sheridan La Peyre

**B Grade** 1st This is Heaven by Gordon Barfield, Bygone Days by Gordon Barfield, 3rd Lone Survivors by Lynn Cornell.

*The Image of the Competition was, Looks Like Snow by Kevin Robley.*



Bellarine Camera Club meets at Springdale Neighbourhood Centre at 7.30 pm on the first and third Monday of the month. Visitors and new members are very welcome. See our website <https://bellarinecameraclub.org.au/> for more information.

## Trivia Answers

1. Pear
2. The crook of a shepherd.
3. Red
4. Italian
5. 63 (1952-56 and 1963 were broadcast over radio. In 1969 there was only a written message.)
6. Carol of the Drum
7. Norway
8. Chestnuts
9. Germany
10. The First Noel
11. Sixteen
12. Fruit Mince Pies
13. The North Pole
14. And a new one just begun.
15. The Gospel of Matthew and the Gospel of Luke
16. A Button
17. GMHBA stadium, due to redevelopment works at Johnstone Park.
18. Charles Dickens
19. Join in any Reindeer games
20. Saint Petersburg, Russia in 1892
21. Libya
22. Jingle Bells
23. True. The largest gingerbread man weighed 651 kg and was made by IKEA Furuset (Norway) in Oslo, Norway, on 9 Nov 2009. It was baked in one piece.
24. The Netherlands
25. Nine
26. Elves
27. New York
28. Ten
29. Stockings
30. Krampus
31. Gabriel
32. Candles
33. Mexico
34. Whoville
35. Jingle Bells
36. Bing Crosby
37. Bob Cratchit
38. Female, male reindeers living in the northern hemisphere no longer have their antlers in December
39. An old lady or witch, named Befana
40. An old silk hat
41. White
42. The Christmas Mountains, in New Brunswick
43. Up on the Housetop
44. Sugar plums
45. Gold, Frankincense, and Myrrh
46. "Above the deep and dreamless sleep".
47. Between 1644-1660, due to the Puritan led government of the time. This era is also associated closely with the English Civil War and Oliver Cromwell.
48. Wings
49. Three
50. Children, sailors, merchants, thieves, students

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This is the winner and merits from this month's competition called **Red**.

Winner is Noel Moody with **Brave Miranda**

Merits were,

Casey Brennan with **Red lights at night**

Aaron with **Under the pier**

Ellen with **The things you do for photography**

Geoff with **Kaleidoscope flower**

Carole with **Scarlet visitor**

Steve with **Perfect control**

This month's competition was judged by John G, who is one of our original members.

He had over 40 plus images to judge, and he did a fantastic job, as it's not easy to sort and judge so many great photos.

The St.leonards camera club meets twice a month on the 1st & 3rd Tuesdays of the month. The 1st meeting is when we have a guest speaker or member who gives a talk on different topics.

Next meeting is a talk on Drones by Noel Moody.

The 2nd meeting is to have the judging presented on our 4 images we submit.

Next month's competition is **Abstract**.




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# Pickleball

A dedicated group of Pickleballers from Ocean Grove and Drysdale/Clifton Springs clubs, recently ventured to the Pan Pacs Masters tournament on the Gold Coast. It is the Asia-Pacific biggest and best annual masters' games, where 13000 athletes compete in 42 sports.

Pickleball was played over 3 days - singles, women's doubles, men's doubles and mixed doubles. The majority of us having never played on a proper pickleball court or outside, we had no high expectations. (We normally have to make do with playing on badminton marked courts, inside halls.)

Surprisingly we adapted very well to the new conditions, including sun and wind. We excelled ourselves and came home with a big bunch of medals. Thirteen of us competed, and our cheer squad came with us. Everyone enjoyed the experience and the camaraderie. Pickleball is known as a very social, and



"addictive" sport.

All we need now is for the Council to be proactive and support us in the development of new facilities for this growth sport. Pickleball is going to be the exhibition sport at the 2026 Commonwealth Games.

The Drysdale/Clifton Springs club has now managed to gain the use of the Drysdale Primary School Hall as our base. The plan is to play on Wednesday nights from 7 - 9pm and Sunday mornings from 9 -11am. We hope to also have "Come and try days" where people can have a go at this exciting sport. Any equipment required, will be provided.



If anyone wants more information, contact our President, Viv Daniels on 0406820 739.

**Fiona Bond**

## BOKASHI GARDEN

Thanks to an environment grant from City of Greater Geelong, we are about to set up some raised garden beds for vegetables and herbs. These garden beds will allow us to demonstrate how to set up Bokashi garden beds and we would love people to be part of this venture. Please register your interest with SpringDale Office email office@springdale.org.au or ring 5253 1960.

**Anne Brackley**



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# Drysdale Football



Season 2022 was a fantastic year for the Drysdale Football Club. The return to community sport post-Covid was initially slow with concerns about further interruptions, but really gathered pace as the season unfolded, and saw senior football teams return to finals, as well as strong growth in junior programs.

The senior men's football program engaged new coaches, Ben Carmichael and Tom Ruggles, and from day one, new standards were set. Recruiting was good, and development of the young group was excellent.

Social events returned to the club, and none were bigger than the MND Big Freeze held in early June. Tremendously well organised by Graeme Reid, it raised over \$50,000 for a great cause.

The DFC Committee and Members would like to thank all the 2022 Club Sponsors, especially major partner Mortimer Petroleum, who without their support, rewarding community engagement through sport, would not be possible. The relationships formed, truly highlight the fulfilling, inclusive town we live in.

Season 2023 is just around the corner and looks like being extremely exciting.

After the successful 2022 finals campaign, the Drysdale Senior Men have commenced pre-season training every Monday and Thursday night. The Drysdale Senior Women's team continue to build for 2023, and extend a warm welcome to join pre-season training every Wednesday night at Mortimer Oval, continuing until Wednesday 14th December. The focus of summertime preseason is to refresh skills, begin to build some strength and endurance and most of all bring the teams back together and have some fun!

"I didn't realise I had missed the team so much, until we returned for our first pre-season session in November, said 2022 women's captain Erin Dodd. This is the time of year that we have fun, welcome new teammates, and enjoy everything about footy before it all ramps up a bit next year".

Although player retention at the Hawks is good, teams are always looking for new players to join. "Footy is all about fun, fitness, and friendship. We are always looking for new mates to play football with. We have every skill level in our team, from young Falcons to ladies who have never played the game before. It doesn't matter where your skill set is, we have a great coaching and leadership team who are willing to help, teach and inspire anyone to give footy a go" says Erin.



Photo courtesy of Sportsmedia.

To find out more visit the Clubs website [www.drysdalefc.com.au](http://www.drysdalefc.com.au) or follow the @drysdalehawksfc on socials to keep up to date with training, announcement, and functions.

## NEW MEMBERS WELCOME

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**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



Enquire about a  
FREE Home Assessment

ENPHASE

Q CELLS

## 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



Enquire about a  
FREE Home Assessment

SUNGROW

Fronius

Q CELLS

## THE FUTURE OF HOT WATER IS HERE

Air-source CO2 Heat Pump Hot Water System

All Warranty and Servicing by Eco Choice

LIC: Plumbing 49132 - Elec 20281 - Arctick AU38204 - Solar A8699184