

ANZAC DAY

Lest we forget

The Drysdale RSL sub-branch will conduct an Anzac Day commemoration service at the Cenotaph on High Street, Drysdale, opposite the CFA fire-station in Drysdale. Anzac Day this year is on Tuesday 25 April, and will be observed across Victoria as a public holiday.



Drysdale RSL will not hold a Dawn Service, but Geelong and Ocean Grove-Barwon Heads clubs generally do.

Our service will begin with a march at 10:45am from the corner of Eversley and Princess Streets, along Princess Street and disperse at the CFA forecourt. We request groups and individuals wanting to march, to assemble at the start point at 10:30.

After the march, we will have the usual respectful activity at the Cenotaph with speeches, flag raising and lowering, Australian and New Zealand anthems, and wreath laying. Groups and members of the public wanting to lay a wreath at the Cenotaph should contact the Secretary before the event so we can coordinate this aspect.

There are no restrictions on attendance numbers this year.

When the ceremony concludes, refreshments will be available at the RSL premises at 13 Princess Street, thanks to the North Bellarine Rotary Club.

The traditional Anzac Day clash between Drysdale and Portarlington Football Clubs will be fought at the Drysdale ground. There will be an Anzac Day ceremony on the footy ground starting at 1:30. The senior game is scheduled kick off at 2:10pm.

Harry Paterson - Secretary - Drysdale RSL - 0423 016 094



APRIL 2023

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.

23 Mar - 22 April Tastes of Central Geelong Various Events

Saturday 1 Geelong Memorial Brass Band Concert Portarlington
Wallflowering - 8pm - Potato Shed

Drysdale Football Club Season starts

Sunday 2 Daylight Saving ends - Clocks go back 1 hour

Monday 3 Safe Seats Safe Kids fittings at
SpringDale bookings essential

Tuesday 4 Cuppa and a Chat at SpringDale

Legends of the 60s with Tony Worsley & Issi Dye
- 10.30am - Potato Shed

Thursday 6 Growing Our Future
Festival @ Bellarine
Secondary College
Drysdale Campus

Friday 7 Good Friday - Walk of
Witness 10.45am outside
Christian College

Sat/Sun 8/9 Bellarine North Rotary
Club Art Show
Christian College Drysdale
Bellarine Camera Club
Photographic Exhibition

Saturday 8 Easter Stall - Drysdale
Uniting Church
Sci Fi Market 35 Princess St
10am-2pm - see John and
his spaceship and more...

Tue- Fri 11-14 Clear the Deck Garage Sale
at SpringDale 10am-4pm

Tuesday 11 SpringDale Dining Group
at the Drysdale Hotel

Wednesday 19 SpringDale Lunch Bunch
at the Drysdale Hotel

Monday 24 John Birrell Awards Night - Bellarine North and Bayside
Geelong Rotary Clubs at Portarlington Golf Club

Tuesday 25 Anzac Day Drysdale RSL Anzac Day March
Drysdale and Portarlington
Football Match at Drysdale

Saturday 29 Eco Print Workshop - SpringDale
Desperate - to Party... with The Gems - 8pm - Potato Shed



Reminder
Bookings &
copy required by
1 April for the
May 2023
issue



SpringDale
Messenger

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Neighbourhood Centre Inc. A0024916V.
17-21 High Street, Drysdale Vic 3222.

COPY DEADLINE MAY 2023

Bookings/copy required by 1 April.

Dist: 25 April 2023

Circ: up to 20,000

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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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Indented Head, St Leonards, Ocean Grove
and selected businesses on the Bellarine
Peninsula.

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**The SpringDale
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locally produced
publication.**



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United Nations
Association
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Victorian Division



SpringDale Neighbourhood Centre Inc.
acknowledges the support of:



**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

Every now and then, I am allowed to share experience and have great fun. This happened recently while running an Introduction to an Event Management course. I realised then, I have been leading and facilitating events for more than 50 years, gaining a huge amount of experience over those years.

In early teenage years, Debbie Robinson and I took on the role of Guide Leader after our unit had closed, but we still wanted to meet. We arranged a few months of activities, including Mr Deeath teaching us how to make hot cross buns. This ended once someone realised 2 thirteen-year-olds couldn't run a Guide Unit and we were shut down.

We went on to form Drysdale Yooralleens to support Yooralla, which had given support to a school friend during her early teenage years. We ran a number of events and donated more than \$1,000 to Yooralla - until someone decided we were not supposed to do that.

More experience was gained through every Guide activity run over the last almost 47 years, and as a real qualified, endorsed Guide Leader always with a team of people working for the same goal.

As the Coordinator of SpringDale Neighbourhood Centre for more than 19 years, knowing that each day could be considered to be an event and many of our bigger events are only held once and so it's hard to become proficient, but each experience gives you something else to build with.

I was able to share learnings from each of these experiences, and had so much fun sharing experience.

In 2004, the Bunyip Festival (which was a combined festival for Drysdale Primary and

Clifton Springs Primary Schools) had the theme - "The Bunyip has More in 2004" (thanks to Sam Morrissey for his theme suggestion). This Bunyip Festival went on to raise more than \$40,000 in a day - "because we had a team that was working well together, everyone knew what everyone else was doing and it worked". At the end of the day, people were so happy to have been part of the team (that's how I remember it anyway).

Last year, at SpringDale on Sat 24 December a small team of people, who had never worked together, but had a well-tested list of tasks to be done and a great deal of experience, were able to prepare for Christmas Lunch in 30 minutes, not the 2 or 3 hours we thought it might take. The team could then spend time getting to know each other and be very ready for Christmas Lunch.

Over the years, we have done a lot together, and I find it rewarding to reflect on our successes and also those times we learnt more than we expected. One Harmony Day event was going to plan when the heavens opened, and SpringDale took on water - our carpark flooded and water came in. Many people couldn't get out of their driveways. Although those who made it had a great night, it could have been better.

We try to hold a number of events each year to bring the widest group of people through our doors to try to meet our mission statement. Please let us know if you would like to be part of our team, or if you would like to set up your own.

I am incredibly lucky to have the best job in the world!

Yours sincerely

Anne Brackley for Team SpringDale

WELCOME

Clear the Decks Sale

Tues 11 April - Friday 14 April
10am - 4pm
(unless sold out)

Books, records, jigsaw puzzles, toys, art materials, games, material, bric a brac mostly \$1 each.
Some bigger items by donation. 17-21 High Street, Drysdale

UPDATE

Reiki Info Session

Reiki, a natural healing method. Learn about the simplicity of healing ourselves, friends, and family. Reiki is a natural healing method and people have and often do feel better after a treatment. Come and find out a little about Reiki and see whether you'd like to learn more.

Dates/times: Mon 1 May 1-3pm

Instructor: Denise Poynter

Fee: Free

Pickles made easy

We made jam and now let's make pickles with Jan.

Dates/times: Sat 27 May 10am-1pm

Instructor: Jan Ward

Fee: \$50 or Conc \$30

Family Games Nights

Please register your interest

On a Friday night every few months
7-9pm



Friendly Cuppa & Chat

Tuesday 7 February 10.30am
Come and chat at SpringDale



The SpringDale Lunch Bunch are going to Drysdale Hotel Wednesday 19 April meeting at 12pm. **BOOKINGS ARE ESSENTIAL**, so everyone gets a seat, please phone Margaret 0418 370 857.



SpringDale Dining group are going to the Drysdale Hotel Tuesday 11 April 6pm. **Bookings essential.** Please call SpringDale on 5253 1960 to reserve your spot.

QUOTE OF THE MONTH

Find happiness in making others happy.
Mary McKillop

Anne Brackley - Quote curator

www.springdale.org.au

Alison Marchant Member for Bellarine



Power Bonus Saving Offer

Over the last few months in getting out and about on the Bellarine and meeting local residents, one of the main issues that has been consistently raised with me has been the soaring cost of power.

In listening to these concerns, it is an issue that I raised as a priority in one of my first speeches to the State Parliament, which in part read.

"I know in talking to constituents right across the Bellarine Peninsula, they are angry at having to pay ever increasing power bills, with many families feeling the financial pressure, especially the young and the elderly."

Given this, I am very pleased to report that the State Government has now fast tracked a new round of the Power Saving Bonus which opened on the 24th of March.

The program is designed to ensure Victorian households have access to more immediate power bill relief and are checking they are on the best energy deal, especially as winter fast approaches.

To do this the State Government under the program is providing a \$250 payment to Victorian residents who take the time to compare energy company deals by visiting the website: compare.energy.vic.gov.au or by calling 1800 000 832.

However, if you require assistance in applying for the scheme, I will be at the Springdale

Neighbourhood Centre (17 High Street Drysdale) on Wednesday 12th of April between 9am and 12pm.

Alternately please contact my office for assistance as required.

In the previous round of the Power Saving Bonus more than 1.7 million Victorian households took the opportunity to compare energy deals and receive their \$250 bonus, helping to reduce the immediate financial pressure of energy cost.

If you require assistance in applying for the scheme, I will be at the Springdale Neighbourhood Centre (17 High Street Drysdale) on Wednesday 12th of April between 9am and 12pm.

I strongly encourage households to participate in this round of the Power Bonus Saver scheme, even if you participated in earlier rounds.

Opening of Drysdale Library.

It was with pleasure that in early March I attended the opening of the new Drysdale Library. My congratulations to the City of Greater Geelong who partnered with the State Government in funding the project and then managed the buildings construction phase.

The name Boronggook is a Wadawurrung word meaning turf and importantly recognises that the land was once the gathering place of the traditional owners.

The Drysdale Library has always been an important part of community life and I know the new, vibrant and welcoming building will encourage even more people to utilise the services and the spaces of their new library for many years to come.

As always, if you require assistance with any State Government matter, please contact my office on 5250 1987 or via email alison.marchant@parliament.vic.gov.au

**Did you know
your household
could be eligible
for \$250
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Power Saving Bonus SpringDale is ready to help you apply

Please contact the office to arrange an appointment email office@springdale.org.au or phone 5253 1960



Come in for a Free chat

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Alison Marchant MP

STATE MEMBER FOR BELLARINE



Email: alison.marchant@parliament.vic.gov.au **Phone:** 03 5250 1987

Shop G066, Gateway Plaza, 641 ~ 659 Bellarine Highway, Leopold

@ Alison Marchant ~ Member for Bellarine

POTATO SHED

March was a busy month at the Shed with over 5 touring productions hitting the stage. We slow down a little bit over April and Easter but that doesn't mean the quality stops!

The long-awaited presentation of Peta Murray's magical work **Wallflowering** will finally debut at the Potato Shed on April 1, this lovely story of Peg and Cliff Small, an ordinary, suburban, middle-aged couple who were once prize-winning ballroom dancers. This delightfully amusing and poignant play about marriage, happiness and the pursuit of the perfect foxtrot, features action interspersed with world class ballroom dancing by a younger couple, who represent not only Peg and Cliff in their glory days, but also the older couple's idealised view of themselves. Presented by **Hit Productions**, who have presented touring shows around Australia for the past 25 years, including The Sapphires, Summer of the Seventeenth Doll, and The Club to mention just a few.

Our very popular **Morning Showtime** returns with a **Tribute to the 60's** with the legendary Australian stars Tony Worsley (The Blue Jays) and Issi Dye. These two Aussie rockers will have you dancing in your seats as they belt out all the great Aussie hits from the 60's. Tony's magnetic stage presence and dynamic showmanship led The Blue Jays to be one of Australia's top bands. Tony and Issi will bring their showmanship sparkle to the Shed,

celebrating as only the originals can!!! - Still at the low price of \$17 including a cuppa - Tuesday April 4th at 10.30am

Seeing out the month we have a change to the program as scheduled in the book - we needed to change the event as performers became unavailable, so we now have **DESPERATE to Party with The Gems**. Just when you thought it was safe to return to normality Trish, Sam and the band will take you on a magical journey into the unknown - It is time to experience what only the ladies have for the past 10 years - with the series of Desperate Housewives Night - Now everyone can be Desperate Together one night only on April 29th at 8pm.

As usual please visit www.potatoshed.com.au you can download the 2023 Season Booklet - or if you like collect one from Springdale Neighbourhood House and as always stay up-to-date on our social media accounts **Facebook** and **Instagram** /potatosheddrysdale



Bellarine Show News

What a wonderful day for the Bellarine Show, the weather was perfect, and the visitors came through the gates in the thousands.

The Bellarine Show Society would like to thank everyone from our very valuable Sponsors, Volunteers, Exhibitors, Competitors and Visitors to the show, it has been the success it was because you were there for us.

Our Patron Ms Lisa Neville along with our Bellarine MP, Ms Alison Marchant were there to officially open the show.

There were so many things to see and enjoy from the baby animals to the Gum boot toss.

The day began with the important judging of the cookery, crafts, photography, Fleece and Art, then moved onto the tossing of the gum boot, sheep dog demonstrations, wood chopping demonstration and the vintage machinery demonstrations, there was a big crowd in every direction. The children loved touring around gathering their goodies on the discovery trail, including having their utility box branded at the blacksmiths, we finished the day with the very popular dog jumping competition.

Well done to everyone and we hope we will see you again in 2024.

WHAT'S ON

POTATO SHED

CITY OF GREATER
GEELONG

WALLFLOWERING



**SATURDAY 1 APRIL
8PM**

THEATRE SEATING:

Adult \$40 Conc \$38 VIP \$36

LEGENDS OF THE 60'S



**MORNING
SHOWTIME**

**TUESDAY 4 APRIL
10.30AM**

\$17 incl. MORNING TEA

DESPERATE TO PARTY WITH THE GEMS

They are Finally Back!
... where they met... at the SHED ...



After many years of DESPERATE HOUSEWIVES comes DESPERATE to PARTY - an event that everyone can attend - and Party On!

The Gems - Trish and Sam and the band will have you up and dancing, playing some games and just having a wow of a time. It's time for the guys to join the fun and experience what the ladies have had for the past 8 years

SATURDAY 29 APRIL 8PM
ALL TIX \$25

41 Peninsula Drive, Drysdale VIC 3222

www.potatoshed.com.au

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OR WITH YOUR CREDIT CARD ON 5251 1998.



As residents will be aware, work on the new Drysdale Library is progressing well, and I was delighted to visit the building recently for a special preview.

Many of you will have noticed the striking circular design of the building, but I am particularly impressed by the building's green roof, which features approximately 4,300

plants, including 18 different native species.

This green roof will provide a habitat for birds, bees, and butterflies to swoop in from the surrounding parkland.

Public libraries are invaluable assets that support prosperous and thriving communities and encourage a lifelong love of reading and learning.

Our libraries also support people to develop new skills, improve their digital literacy, access support and information, and perhaps most importantly, aid in building community connections.

The design of Drysdale Library has been shaped by the community, and in September

2020, Greater Geelong residents provided feedback on what they valued most about the existing library and what they wanted to see in the new facility.

This input is carefully reflected in the build, and the new facility will provide communal multi-purpose spaces, quiet study areas, an adult changing places facility, an internal courtyard garden and a City of Greater Geelong customer service point.

Sitting atop Drysdale Hill at 10 Wyndham Street, the library's site was once the gathering place for Traditional Owners and the library's name, Boronggook (Bo-rong-gook), is the traditional Wadawurrung name for the area and means 'turf'.

The library has been designed to respect and celebrate the area's Wadawurrung living cultural heritage, in particular the importance of gathering places and the connection to waterholes and water - reflected in the circular features of the design.

Council has proudly contributed \$8.156 million to the facility, with the Victorian Government adding in \$1 million through a Living Libraries Infrastructure Grant.

The new Drysdale Library is part of Council's commitment to providing access to high-standard libraries across the region along with sustainable facilities that celebrate the City's UNESCO City of Design designation.

We expect community members will be able to enjoy the new Drysdale Library and public meeting spaces from April 2023, and I encourage you all to explore all the library has to offer when it opens.



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Earn, Spend, Borrow & Protect - Understanding money

Welcome. Understanding money is learning to make the best decisions. It includes knowing how to create a budget, plan for retirement, manage debt, and track personal spending. Each month, we will provide some simple advice to help you understand your finances.

Have you ever checked if you are owed money?

Did you know that the Australian government holds approximately **\$1.5 billion dollars** of unclaimed money? This happens if an account has been inactive for a period of time (usually 7 years), and often there are out of date contact details, meaning the bank/organisation can't contact the account owner. This money is held by the government until you claim it.

It's free and easy to check if some of this unclaimed money is yours.

Head to <https://moneysmart.gov.au/find-unclaimed-money>

This site is simple and safe. Simply type in your name and check. If you need help or access to a computer, please visit Springdale Neighbourhood Centre for further support.

No Interest Loan Scheme (NILS)

Just like the name suggests, this is a loan with no interest. This can be an alternative to interest free purchases - often these options charge a setup fee, monthly fee, and interest if you miss a payment. Before you buy, it is worth taking a moment to compare the two options. To qualify for the NIL scheme, you need to:

- Have a Health Care Card / Pension Card, or
- Earn less than \$70,000 gross annual income as a single, or \$100,000 gross annual income as a couple or people with dependants, and
- Show that you have the capacity to repay the loan.

Loans are available up to \$2,000 for essential goods and services including:

- Household essentials
- Car repairs and registration
- Medical & Dental
- Technology
- Housing
- Education

For more information call into Springdale Neighbourhood Centre or phone NILS: 13 64 57

Karen Williams

B.Bus (Acc), Dip Ed, Dip Community Development, Grad Cert Careers Education & Development

Karen is an experienced workplace trainer, local business owner, and has substantial management experience in the community sector.

Karen is not a financial adviser. You should consider seeking independent legal, financial, taxation or other advice to check how the information relates to your unique circumstances.



In our group, which now consists of well over 145 children, 27 of our little ones started Prep this year and a total of around 21 of our young people finished their schooling last year. Those young people, who finished their schooling are now either employed, entering further study at university (we even have a future doctor amongst us) or undertaking apprenticeships. We wish all our young people who finished school last year good luck in whatever ever field you have chosen.

A vast majority of the children in our group attend public schools within our region, covering all grade levels from Prep to Grade 6 in primary school and Year 7 to Year 12 in secondary school.

The Carers and the children in our group just want to be like any normal family (whatever that is now) and become engaged in the school's community, in which the children in their care attend.

Our Carers are back to listening to their young people read every night and 'helping' with homework.

I often get calls from Carers asking if someone could help them help the children, with a certain year level or topic. So, I connect another Carer with children in the same year level - problem solved.

Bellarine Kinship Carers meet at Springdale Neighbourhood Centre the first Monday of each month (not during school holidays) in the Rec room from 10am to 12noon. Please come join us. If you are a kinship carer sitting at home, please come join our fast-growing support group, we laugh a lot, we talk too much, but we support each other on our kinship journey.

Stay safe everyone

Jeanette Hanley-Heath - 0414 308 257

NEW MEMBERS & VISITORS WELCOMED



Business on the Bellarine

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

We meet Tuesday's @ 7.45am
Contact Jo Aspland on
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Events Coming Up... Save the Dates Bellarine North Rotary



Bellarine North Rotary Club are always looking to support and encourage groups and organizations whether by fundraising or promoting what the good people in our neighbourhood are doing.

Recently our club provided a BBQ for an organization called Kids Plus, where a father of a child with Cerebral Palsy ran 42 kilometres from the Geelong Showgrounds to Drysdale Reserve with a goal to raise \$42,000. Not only did he achieve that goal he bettered it by \$18,000 (approx.) The profit raised from the BBQ was part of that result. Cameron approached our Club and attended as a guest speaker one Monday night explaining his plight. We were quick to say yes.

We annually run our Service Excellence Awards where customers can nominate a business that has provided outstanding or exceptional customer service. This culminates at an awards dinner held by Bellarine North Rotary Club where the winning business gets \$200 to donate to a charity of their choice. Collect your entry form now from the business or service and start telling us about why you use this business or service. All entry forms are considered and the best entry is also awarded a cash prize. Entries close 31st March. Save the date Monday May 15th at the Portarlington Golf Club and yourself a spot at a table. It is always a fun event.

This year we will be running our second Mother's Day Luncheon and selecting a charity involved helping Women and children to fundraise for. This will be at the Portarlington Golf Club on Friday May 12th. Save the date and maybe get a table of family and friends to attend. Last year, we had approximately sixty people come along and support the fundraiser for Wombats Wish. Our Guest Speaker will be Lisa Neville, former Member of Parliament for over twenty years.

Our third event on our calendar to save the date for is the John Birrell Awards Night. Bellarine North & Bayside Geelong Rotary Clubs, along with Victoria Police, are acknowledging the work on improving Road Safety in the Geelong and surrounding area by Victoria Police Officers. The two Rotary Clubs provide an annual award, and cash donation, to a charity selected by the winning Officer. Date to be saved for this one is Monday April 24, to held at the Portarlington Golf Club.

So, will you save the date for one or all of these events that enable us to support charities and organizations that need it?

At Rotary our mantra is "Service Above Self" and if you know of any group that we might be able to help, we are open to suggestions.

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

Legacy's Centenary



Geelong Legacy will take part in Legacy's centenary torch relay later in the year on Eastern Beach. The torch will visit all the 45 clubs in Australia. Geelong Legacy is the second oldest club with Melbourne Legacy being the Founding Club.

On 23 April the torch will start in Pozieres, France, our spiritual home.

This will be a great event to fundraise and promote Legacy to a younger demographic. Geelong Legacy has 500 War widows and 18 children in its care - 100 of those families are on the Bellarine.

ANZAC Day 2023 will see Drysdale and Portarlington football teams play in their annual ANZAC Day match at Drysdale and the Geelong Legacy Purnell Medal will be awarded to the best player on the field by Legatee Potter.

The Medal is named after Kenneth Claud Purnell M.C., the founding president of Geelong Legacy, well respected and honoured for his long and outstanding community service to the Geelong Community.

More information is available on Geelong Legacy's website www.legacy.com.au/clubs/vic/geelong-legacy/

John Bugge

Legatee



*John & Jenny
at Bullecourt*

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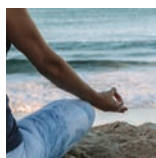
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Express Wellbeing



The Oxford English definition of wellbeing is; *"the state of being comfortable, healthy, or happy."* Being comfortable, healthy, and happy looks different to each person, but is certainly something that we all try to maintain for ourselves.

The Five Pillars of Wellbeing.

1. Connect to other People.

Make sure you are investing time in connection. Life can seem too busy, and at times the effort can feel too big, but connecting with people can offer great benefit to your wellbeing. Connection can give you a sense of belonging, building and sharing emotional support and sharing positive experience.

2. Be Physically Active.

Activity is well known to balance mood changing chemicals in the brain. Doing some exercise can clear and reset your thoughts, or you may find setting and reaching physical goals gives you a sense of achievement and reward.

3. Learn Something New.

Learning something new, and moving beyond your comfort zone can keep your mind sharp; improving memory and exercising brain cells that create those

wonderful new neural pathways. There can be a great sense of self worth and purpose in starting and mastering a new practice or skill.

4. Give to Others.

Aside from the benefits "others" receive from this practice; "acts of kindness" can provide both positive feelings and experiences, and a sense of reward. Giving to others is a beautiful compliment to your gratitude practice and can offer new connections.

5. Pay Attention to the Present Moment.

Practising mindfulness can bring your attention away from overthinking about a past you cannot change, and a future you cannot predict. With a small amount of commitment, this can improve your thoughts and feelings and offer a deeper understanding of yourself and the way you feel about your life.

Use them for you.

In a world where the pressures everyday lead us away from paying attention to our own sense of balance and calm, it is important to be proactive in protecting your wellbeing.

We have recently launched a morning on the Bellarine Railways, "The Wellbeing Express". It is a 4 hour journey from Queenscliff to Drysdale and return, as you move through carriages offering Mindful Movement, Creative Expression and Meditation. Come along with friends, meet new people, leave your to do list behind, move your body, learn something new and come home refreshed and relaxed. Tickets on sale through: www.thewellbeingexpress.com

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(03) 5253 1833 / 0478616719



ECO PRINT WORKSHOP
with Julie Drobek Saturday 29th April
10am - 3pm \$60.00. (\$50 concession.)
SpringDale Neighbourhood Centre
17-21 High St Drysdale.
To book 5253 1960.
Enquiries to Julie 0409368290

In 2022 we were *Feltabulous*
love us in
Heartfelt
Creations 2023

The SpringDale Felters & Textile Artists are busy, creating new items for their next exhibition in June. We look forward to another "Feltabulous" show & invite you all to come along and be inspired by all of our new "Heartfelt Creations". More details next issue.

Jill Birse, on behalf of the group.



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E: shannon@heritagecameo.com.au
T: 03 5251 3950

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

NEWS FROM DRYSDALE UNITING CHURCH

Easter Stall:

On Easter Saturday (8 April) there will be a stall at the front forecourt selling craft, cakes/slices and preserves. The stall will operate from 9am to 12.30pm. EFTPOS payment available.



Op Shop:

Operates Monday to Friday 11am to 4pm and Saturday 10am to 12.30pm. Entry is from the Palmerston St car park. We are grateful for the items donated for sale. Last year we donated funds to the Drysdale Primary School breakfast program, Springdale Messenger, Geelong Animal Welfare Society, and the Queenscliff Rural Australians for Refugees.

Solar Panels:

Recognising the importance of contributing to God's sustainable world, the church installed solar panels onto the hall roof, and is now benefitting from them.

Our Minister:

Rev Karen Eller commenced nine months ago, sharing in our ministry. Karen was a newly ordained minister and had previously worked as a Chaplain at the Children's Hospital, and prior to that, as a pharmacist.



Easter Services:

Good Friday 10am,
Easter Sunday 10.30am.

CREATORS & CRAFT MARKET BANNOCKBURN

Sunday 7th May, 2023

From: 10.00am - 2.00pm

New Venue - Lions Club Parkland
Geelong/Shelford Rd, Bannockburn

Stall holder enquiries
contact Noeline on:
0427 923 934 or ccbanno@bigpond.com

DRYSDALE FAMILY SUPPORT

Working with & for the community

- **Counselling Centre**
- **Foodbank Plus**

276 - 290 Jetty Rd Curlewis P: 5253 2099

- **Second Chance Clothing**

5 Mortimer St. Drysdale



The Women Living Well Team met recently for the first time this year, and it was really pleasing to see five new faces at the table. We have a mix of women who are in the category of "over 55" and struggling with financial hardship and looming homelessness, and we have a number of women who are aware of the problem, and are willing to help find some solutions to the problem.

It was so good to hear two "good news" stories at our last meeting, where we were able to play a role in connecting two women to two rental opportunities, which suited them down to ground. We are also working towards setting up an advocacy group to answer questions around Centrelink, Tenants Rights, Rental Applications, Hardship payment plans, and other issues that might be causing you concern. If you have any questions, please phone SpringDale and ask for Anne or phone me direct, and we'll be able to put you in touch with a member of our team who can help.

I am really grateful to the women who have contacted me recently with offers to invest their time, skills, knowledge and expertise into our group, to help us find some solutions and practical ways to help.

I am also grateful for the opportunities I've been given to speak to some community and service groups. This is an issue which is never very far from home and can actually happen to women that we know. However, it's often hidden from view, and it's important that we continue to increase awareness.

If you would like to know more, please contact us.

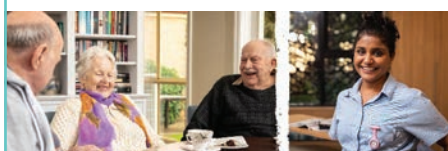
Dianne Bennett - 0422 146 604
E: diannebennett4@hotmail.com
www.wlw.onthebellarine.org.au

Estia Health Leopold is a Residential Aged Care home with current vacancies for **Respite and Permanent Care.**

**Call Gabrielle on 0419 336 841
now to book a tour today!**

Tours available most days and times.
52 Ash Road, Leopold - 03 5250 2156.

Estia Health



SpringDale Trivia 65th Edition by Drysdale Girl Guides

1. What type of animal traditionally leaves Easter Eggs for children to find on Easter Sunday morning?
2. The opposing sides of a standard six-sided dice always add up to what number?
3. Which currency is in use in Japan?
4. Candle in the Wind, Tiny Dancer and I'm Still Standing are all songs performed by which artist?
5. What is the national flower of India?
6. On the Australian children's TV show Bluey, what is the name of Bluey's younger sibling?
7. What is the capital city of Austria?
8. Tennis player and Women's world number One (as of 26th Feb 2023), Iga Świątek, is from which European Country?
9. Who plays the main character in the BBC series The Vicar of Dibley?
10. The 2023 Eurovision Song Contest will take place in which country?

Turn to
page 22
to find the
answers.

Drysdale Guides Meet on
Thursdays during the school term
from 7:00pm to 8:30pm.



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

GOOD FRIDAY WALK OF WITNESS

Once again the combined churches of Drysdale, Clifton Springs and Curlewis are holding a Walk of Witness on Good Friday (7 April).

The walk will commence at 10.45 am at the Christian College front garden, and will walk to the Uniting Church with stops along the way for readings and prayers, taking about one hour.

At the conclusion, hot cross buns and a cuppa will be enjoyed at the Uniting Church hall with the buns supplied by Coles Supermarket - thank you Coles.

All are welcome to join in.

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Improve your skills - Expand your mind

COURSES

@SpringDale

We are an Autism Friendly Organisation

SpringDale is offering a number of new classes this term. The new classes have **Red Headings**.

More information and bookings can be made via our website <https://home.springdale.org.au/learning-master-guide/> or email office@springdale.org.au or phone 5253 1960.

Term 2
April-June
2023



Course and Opportunity Guide.

SpringDale Neighbourhood Centre offers classes as part of our mission and the purpose of our organisation. We do this in conjunction with many partners including all our Instructors, a number of businesses and some Registered Training Organisations. I believe all our activities include a brain training component, an interpersonal component, and even a practical component. We would appreciate any feedback you have at any time to help us improve our offerings and the experience we offer to our community.

Anne Brackley - Coordinator
SpringDale Neighbourhood Centre Inc

Being Creative

Preparing Crafts for ANZAC Day

Make a Lantern for your driveway on ANZAC Day Book in for a single session to create a lantern with poppies to help light up the dawn on ANZAC Day.

Instructor: Lizzy Free

Dates/times: Wed 19 Apr 1.30-3.30pm **Fee:** \$5

NEW - Eco Printing for Beginners

Learn the basics of printing with nature. All materials supplied to make a scarf, table runner or wall hanging - just bring along your artistic flair. For adults and students over 10 years old.

Instructor: Julie Drobek

Dates/times: Sat 29 Apr 10am-3pm

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

Self-publishing

In this course, you will learn how to self-publish. The focus is on using print-on-demand and eBooks - available technology to make your book available to friends, family or global distribution from the comfort of your own home or office.

Taught by Dr Laurent Boulanger, multi-award winning author, university academic and official Writers Victoria mentor.

Instructor: Dr Laurent Boulanger

Dates/times: Fri 12 May 10am-12noon

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

Edit Your Fiction

Have you finished your novel or short story and wish to make it better but have no idea how to accomplish this? You will learn an increase in confidence with techniques to bring your current draft to a publishable draft, including mastering the five senses, dialogue and specific details.

Taught by Dr Laurent Boulanger, multi-award winning author, university academic and official Writers Victoria mentor.

Instructor: Dr Laurent Boulanger

Dates/times: Fri 19 May & 26 May 10am-12noon (2 sessions)

Fee: \$55 or **Conc** \$45

Write, produce & distribute your feature film

In this class, you will learn what it takes to write, produce, direct and distribute your film idea, including how to assemble a team and get the project moving forward on a shoe-string budget. You will learn about film festivals and the steps becoming a filmmaker.

Taught by Dr Laurent Boulanger, qualified academic and multi-award winning scriptwriter, whose independent films have reached over one million viewers globally.

Instructor: Dr Laurent Boulanger

Dates/times: Fri 2 Jun & 16 Jun 10am-12 noon (2 sessions)

Fee: \$55 or **Conc** \$45

Discover the Artist Within, Foundation Art Course

An Introductory or Refresher Art Course using Drawing media for adults. No previous knowledge required. This is a great starter course. It is also an excellent course for returning artists, as it awakens and sharpens art perceptions, increasing the skills of seeing as the artist sees and approaches to drawing. It also introduces concepts of colour awareness, surface texture and composition.

Instructor: Annette Playsted

Dates/times: Tues 2 May - 20 Jun 1-3pm

Fee: \$160 or **Conc** \$85 (8 sessions)

Intermediate Media Art Course

An intermediate level art course with a focus on Painting, Drawing, Printmaking, Sculpture for Adults who have completed a foundation art course. This course aims to develop media knowledge in the techniques and processes of Painting, Drawing, Printmaking, Sculpture, Improving skills & confidence.

Instructor: Annette Playsted

Dates/times: Mon 1 May - 27 Jun 1-3.30pm

Fee: \$160 or **Conc** \$85 (8 sessions)

Develop the Artist Within - Advanced Workshop program

This program is for hobbyist artists or art students who have studied at the intermediate level and want to further develop their knowledge and broaden skills and perceptions.

Challenges are introduced each term. These cover experiential media broadening, and new approaches to two- and three-dimensional media. The course aims to encourage self-expression, idea development, and colour and tonal awareness. Students prepare for exhibiting and are encouraged to develop a small art business.

Instructor: Annette Playsted

Dates/times: Mon 1 May - 27 Jun or Tue 2 May - 20 Jun 10am-12.30pm

Fee: \$160 or **Conc** \$85 (8 sessions)

Art Workshop - A Taste of Sculpture

The first session will concentrate on the art of modelling, building up sculptural processes. The second session will concentrate on the art of carving, taking away sculptural processes.

Enjoying the experience will be the intent of both sessions, with participants encouraged to explore the possibilities of making sculpture, try new ways, and to just have a go to see if sculpture is for you.

Instructor: Annette Playsted

Dates/times: Fri 9 & 16 June 1.30 - 4pm

Fee: \$60 conc \$50

Express Yourself through Collage

Mindful Collage Art will help reawaken your creativity and nurture your imagination. Learn to express your ideas, thoughts, and emotions in this introductory workshop. Enjoy the process as you learn about design, patternmaking, dimension, and composition to help you grow in confidence whilst expressing yourself.

Instructor: Peta Henshelwood

Dates/times: Sat 6 - 27 May 10am-12.30pm

Fee: \$160 or **Conc** \$90 materials included

Express Yourself through Abstract Art

Have you always wanted to express yourself through abstract art? This introductory workshop is for you! Enjoy the process as you learn about colour, lines, shapes, whilst exploring different watercolour and acrylic tips, tricks, and techniques to help you grow in confidence whilst expressing yourself.

Instructor: Peta Henshelwood

Dates/times: Thurs 4 - 25 May 10am-12.30pm

Fee: \$160 or **Conc** \$90 materials included

All Abilities Art

A studio based program for people of all abilities to explore their creative self, using a wide variety of art materials. Discover your creative language to express yourself in a safe, supported and relaxed environment.

Instructor: Celia Adams

Dates/times: Fri 28 Apr - 23 Jun 10am-12noon
9 weeks Bookings essential

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

Cards with Lizzy

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

Instructor: Lizzy Free

Dates/times: Wed 26 Apr - 21 Jun 1.30-3.30pm

Fee: \$5 per session

Digital Photography - Sculpting with Light

How to get great results from a qualified teacher and professional photographer. You will learn and understand composition, using colour, posing, lighting techniques using shutter speeds, aperture ISO, Different file formats, downloading images from camera, phone or tablet.

Instructor: George Stawicki

Dates/times: Tues 31 May - 20 Jun 7-9pm

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

Manipulate images using PhotoShop Elements™

PhotoShop Elements™ is a simpler version of PhotoShop™, and you can use it to manipulate your images and wow your friends and family. Turn your photos into just about anything - calendars, greeting cards, pictures on mugs and T-shirts, photo books, and collages. You'll get started straight away, and learn valuable short cuts. George Stawicki is a professional photographer.

Instructor: George Stawicki

Dates/times: Tues 2 May - 23 May 7-9pm

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

Edit videos using Adobe Premiere Elements™

Use your home videos to immortalise your family's favourite stories, make exciting short films, or create how-to clips, that you can post on YouTube or Vimeo. Using Adobe Premiere Elements™, you'll learn how to edit, splice, colour correct, create special effects, trim, add text, titles, sound, and more.

Instructor: George Stawicki

Dates/times: Expressions of interest

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

Banjo Level 1

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

Instructor: Steve Williams

Dates/times: Tues 2 May - 20 Jun 9.45-10.45am

Fee: \$200 or **Conc** \$150 (8 weeks)

Banjo Level 2

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

Instructor: Steve Williams

Dates/times: Tues 2 May - 20 Jun 11.45am-12.45pm

Fee: \$200 or **Conc** \$150 (8 weeks)

Banjo Level 3

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

Instructor: Steve Williams

Dates/times: Tues 2 May - 20 Jun 10.45-11.45am

Fee: \$200 or **Conc** \$150 (8 weeks)

Banjo Setup and Maintenance

For novice players of five-string banjo (resonator or openback). This class will help you to select appropriate strings for your banjo, change strings, adjust setup, perform routine cleaning and maintenance. A practice banjo, tools, strings and cleaning materials will be available for the workshop. Bring your own banjo (and new light gauge strings of your choice) if desired. Participants must bring their own eye protection (e.g. safety glasses) to wear while changing strings.

Instructor: Steve Williams

Dates/times: Tues 27 Jun 10am-1pm

Fee: \$50 or **Conc** \$40 single session

Beginners Guitar Playing

For players with no guitar knowledge at all. It's is not suitable for those who know basic chords and other techniques. Will learn open chords, strumming, reading chords and song sheets. You must bring your own guitar to class.

Taught by Dr Laurent Boulanger, Diploma of Music Theory, former musician-in-residence in St Kilda and Barwon Heads, qualified tertiary educator.

Instructor: Dr Laurent Boulanger

Dates/times: Thur 4 May - 22 Jun 1-2pm

Fee: \$90 or **Conc** \$80

Intermediate Guitar Playing

For players who have a knowledge of basic open chords and strumming and want to expand their playing throughout the whole neck of the guitar in every key. It will include some basic scale work and improvisation skills. You must bring your own guitar to class.

Taught by Dr Laurent Boulanger, Diploma of Music Theory, former musician-in-residence in St Kilda and Barwon Heads, qualified tertiary educator.

Instructor: Dr Laurent Boulanger

Dates/times: Thur 4 May - 22 Jun 2-3pm

Fee: \$90 or **Conc** \$80

Electric Guitar Playing

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

Instructor: Dr Laurent Boulanger

Dates/times: Thur 4 May - 22 Jun 3-4pm

Fee: \$90 or **Conc** \$80

Have you always wanted to play the Harp?

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

Instructor: Christine Middleton

Dates/times: Wed 17 May - 7 Jun 1-2pm

Fee: \$100 or **Conc** \$80 (4 sessions)

Ukulele Beginners

Learn to play the ukulele for the beginner or a refresher if you already started. Support and guidance is offered during the sessions to assist with your skills.

Note: Your own ukulele is required

Instructor: Jan Paradise

Dates/times: Thur 27 April - 15 Jun 9.30-10.30am

Fee: \$100 or **Conc** \$90 (8 sessions) or Single sessions \$15

Ukulele Intermediate

Having completed the beginner course, you are now ready for continued learning of the ukulele.

Note: Your own ukulele is required.

Instructor: Jan Paradise

Dates/times: Thur 27 April - 15 Jun 10.45-11.45am

Fee: \$100 or **Conc** \$90 (8 sessions) or Single sessions \$15

Teenage Sewing Classes

Learn to sew. Learn how to complete small projects with new and different techniques in each class. Learn to make your own personalised gift. Short projects you can take home on the same day. Utilise sewing machines, accessories, and haberdashery. Sewing machine provided or if you prefer to bring along your own.

Instructor: Denise Kent

Dates/times: Sat 13 May, 27 May, 10 Jun, 24 Jun 10am-12noon

Fee: \$20 per session

Things I wish my Grandmother taught me

Draping my hankies and tea towels over the lavender bushes to dry in the sun, having Distilled lavender water in the steam iron. Sewing buttons on-with a thread 'shank' when needed, darning a hole, rather than tossing it out - All these and many more hints and tricks to discuss and make life easier and better.

Instructor: Denise Kent

Dates/times: Thurs 18 May 9.30-11.30am

Fee: \$20 or **Conc** \$10 Booking essential

The Language of Sewing Patterns

Learn to enjoy it. All brands of sewing patterns include a great deal of useful, mostly vital, info. Plan ahead of actually cutting/sewing - sit with a cuppa and read the inclusions, as if it were a book or magazine. Let's have a look at this together.

Instructor: Denise Kent

Dates/times: Thurs 25 May 10-11.30am

Fee: \$10 - Bookings essential

Sustainable Wardrobe Workshop

Learn how to update or upcycle a garment. Update something you found at a recycle shop or blend with something from your wardrobe. Upcycle or re-purpose items you already possess. You will learn how to replace a button, to mend a 'worn spot', to repair fallen hems, shorten (or lengthen) a garment or even a sleeve, to enjoy more wear from a favourite garment.

Instructor: Denise Kent

Dates/times: Thurs 11 May 10am-12noon

Fee: \$20 or **Conc** \$10 Booking essential

Languages

Latin

The language of Catullus and Cicero for the beginner or for someone who has some previous Latin learning. A range of internet resources are used in the course. Enquiries to Neil email: neilbell@ozemail.com.au or phone 0419 037 147

Instructor: Neil Bell

Dates/times: by arrangement **Fee:** \$70 per semester

French

Designed for enthusiasts of the French language. The course focuses on vocabulary, comprehension, pronunciation and some grammar. This course is designed for those with an intermediate level of knowledge of the French language. Join a friendly and supportive group with ongoing lessons.

Instructor: Serge Botans

Dates/times: Tues 2 May - 20 June 11.30am-12.45pm

Fee: \$125 or **Conc** \$115 or single session \$20

Beginners French 1

This class is for those with no French at all. You will learn basic verbs, greetings, numbers and selected vocabulary with a strong focus on speaking and listening. It is not suitable for students with some basic French, even at high school level.

Taught by Dr Laurent Boulanger, native French speaker, Monash University Level III French language certification & qualified tertiary educator.

Instructor: Dr Laurent Boulanger

Dates/times: Tues 2 May - 20 June 9-10am

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

Beginners French 2

This class is for students with some basic French knowledge, such as high school or Beginners French 1. Focus is on speaking and listening with extended vocabulary, including adjectives and adverbs.

Taught by Dr Laurent Boulanger, native French speaker, Monash University Level III French language certification & qualified tertiary educator.

Instructor: Dr Laurent Boulanger

Dates/times: Tues 2 May - 20 June 10-11am

Fee: \$90 or **Conc** \$85 or single session \$20

Wellbeing

NEW - Reiki

Come along for an introductory session to see if Reiki might interest you. Denise Poynter might help start you on a new path. Usui Reiki Therapy for Improvement of Body and Soul.

Dates/times: Mon 1 May 1-3pm

Instructor: Denise Poynter

Fee: Free session

NEW - Pole Walking - Getting started

Interested in seeing Pole Walking in action and starting off in the correct way. Come to a practical information session to help you try or get started Pole Walking.

Instructor: Anne Brackley

Dates/times: Thurs 25 May 9-10am

Fee: Free session

Women Living Well

Continuing to progress discussion on what we can achieve together, how we can help and support each other and what does Living Well mean to you. For more information contact Dianne Bennett diannebennett4@hotmail.com or ph: 0422 146 604

Instructor: Dianne Bennett **Fee:** Free

Tai Chi for Health

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

Instructor: Emilia Zukek

Dates/times: Fri 28 Apr - 23 Jun 1-2pm

Fee: \$3 per session

Yoga

Join our group of yogis on a journey to more calm and flexibility. Our 90-minute flow classes incorporate meditation, breath work, stretching and yoga poses. All levels and abilities welcome, bolsters, straps and blocks provided.

Instructor: Marta Cwiek

Materials: Bring your own mat & blanket if required.

Venue: SpringDale

Dates/times: Mon 1 May - 19 Jun 9.15-10.45am (7 sessions)

Fee: \$145 or conc \$130

Thurs 27 Apr - 22 Jun 6-7.30pm (9 sessions)

Fee: \$185 or **Conc** \$170

\$25 per session if paying for single sessions

Autism Plus

Talking about Autism

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

Instructor: Louise Schmidt

Dates/times: Fri 14 Apr, 12 May, 9 Jun 2-3pm

Bookings essential **Fee:** \$2 per session

All Abilities Art

A studio based program for people of all abilities to explore their creative self, using a wide variety of art materials. Discover your creative language to express yourself in a safe, supported and relaxed environment.

Instructor: Celia Adams

Dates/times: Fri 28 Apr - 23 Jun 10am-12noon

9 weeks Bookings essential

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

Digital Technology

Social Media made Simple

Gaining and understanding your Social Media through investigation. This is not a structured session but time allowed for people to use their Facebook account with some supervision if required.

Instructor: Carol Tozer

Dates/times: On Wednesdays by appointment

Fee: \$5

Using Zoom for the first time

Ready to leap into the Zoom world on your computer, tablet or phone and want some support - this could be the session for you. We have helped hundreds of people get started using Zoom maybe we can help you!

Instructor: Anne Brackley

Dates/times: By Appointment **Fee:** \$5

Introduction to Computers

You will learn how to use your laptop or desktop computer system more effectively.

In this supportive environment created by our instructor, you will be exposed to how to use the mouse, how to set up folders and files, use email, and be exposed to a whole range of things that can be done with your computer.

Instructor: Brenda Richardson, Literacy

Skill Level: Beginner

Dates/times: Tues 2 May - 20 Jun 1-3.30pm (8 weeks)

Fee: \$165 or **Conc** \$85

Computers - Beyond the Basics

This is a continuance course from the introduction to Computers. This course is designed for those who have used a computer before and now want to move to more advanced learning such as how to search the internet for information, create more than just a basic document, as well as set up a computer to your preferences and likes.

Instructor: Brenda Richardson, Literacy

Skill Level: Intermediate

Dates/times: By appointment

Fee: \$165 or **Conc** \$85

Smart phones, iPhones, tablets, iPads

This introductory course is designed to assist you to understand and use your iPhone or iPad confidently. Conducted in a friendly relaxed environment you will learn step by step how to set and use your device. We will cover issues such as security, keeping in touch with friends and family. Researching the correct apps available for your needs.

Instructor: Brenda Richardson, Literacy

Skill Level: Beginner

Dates/times: Thur 4 May - 22 Jun 1-3.30pm (8 weeks)

Fee: \$165 or **Conc** \$85

Buying and Selling on eBay

This course will navigate you through the process of getting started buying and selling your goods and services on eBay. The first session focuses on buying and the second one focuses on selling. NOTE: Bring along your email address and password as well as your banking details so you can get up and running while attending the course.

Instructor: Ken Brackley.

Dates/times: Tues 2 May & 16 May 4-6pm

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

Gaining Skills

Easy Budgetting and Declutter workshops

Dates/times: Seeking expressions of interest

Instructor: Jo Atten

Dates/times: Seeking expressions of interest

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

Setting up a Bokashi bucket and a Bokashi garden bed

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

Instructor: Anne Brackley

Dates/times: Sat 30 Apr 10am-12 noon

Fee: \$5 or Free for SpringDale Members

Confidence Through Cookery

Sri Lankan Cookery. Taste the dishes and take some home for dinner.

Instructors: Marie McLeod

Dates/times: Tues 2 - 30 May 11am-2pm 5 weeks

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

Espresso Coffee Making

How to make your coffee taste like a café using your home or work machine. You will also learn

how to get the most out of your coffee machine.

Instructor: Sam Chait

Dates/times: Thurs 27 Apr or 25 May 2-4pm

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

Pickles Made Easy

We made jam and now let's make pickles with Jan.

Instructor: Jan Ward

Dates/times: Sat 13 May 10am-1pm

Fee: \$50 or **Conc** \$30

Korean Cookery - Kimchi

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

Instructor: Jasmine Hong

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

Fee: \$60 or **Conc** \$30

Korean Cookery - Japchae & Chicken BBQ

Come along and learn to make Japchae & Chicken BBQ.

Instructor: Jasmine Hong

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

Fee: \$60 or **Conc** \$30

Focusing on the Future

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

Instructor: Anne Brackley

Dates/times: Mon 2 May 9-10am plus 7 other sessions

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

Joy of Volunteering

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

Instructor: Anne Brackley

Dates/times: Fri 17 Jun 10am-12noon **Fee:** Free

Introduction to Event Management

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

Instructor: Anne Brackley

Dates/times: Sat 30 Apr 10am-12noon

Fee: \$20 or Free for SpringDale Members

Returning to Learning

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

Instructor: Anne Brackley

Dates/times: Mon 5, Tues 6, Wed 7 May - Wed 22 Jun 10am-12noon

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

Returning to Earning

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

Instructor: Anne Brackley

Dates/times: Fri 6 May & 13 May 10am-12noon

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

Help SpringDale help yourself

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

Instructor: Anne Brackley

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

Ken & the Art of Bicycle Maintenance

A conversation about bicycles and their care.

Instructor: Ken Brackley

Dates/times: Sat 30 Apr 9.30-11am **Fee:** \$10

Getting Started Cycling Again

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

Instructor: Ken Brackley

Dates/times: Sat 7 May 9.30-11am **Fee:** \$10

Accredited Courses

Provide CPR Code: HLTAID009

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

Instructor: Stayin' Alive First Aid

Dates/times: Mon 24 April or Mon 3 July 9-10.30am **Fee:** \$65

Provide First Aid HLTAID011 (Includes CPR)

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

Instructor: Stayin' Alive First Aid

Dates/times: Mon 24 April or Mon 3 July 9am-12pm **Fee:** \$130

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

Pre-course work is required and you will be contacted before the course with the details. The unit of competency applies to educators and support staff working within an education and care setting and will contribute towards approved first aid, asthma and anaphylaxis training under the Education and Care Services National Law, and the Education and Care Services National Regulation (2011).

Instructor: Stayin' Alive First Aid

Dates/times: Mon 24 April or Mon 3 July 9am-12pm

Fee: \$160

Raelene Newton

Stayin' Alive First Aid

stayinalivefirstaid@gmail.com 0413513046

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

SpringDale Groups

To attend SpringDale Groups you must be a member of SpringDale - Annual Membership \$12 - each group charges a small fee ranging from \$2 to \$12 per session.

New - Acoustic Jamming Session

Third Wednesday each month (starting Wed 17 May) 7.30pm at SpringDale Hall

Cost \$5 & feel free to bring your own refreshments. Facilitated by Steve Williams and Susan Norris.

Bellarine Community Singers

We are a friendly group who meet each Thursday throughout the school terms from 1.30-3.30 at the SpringDale Neighbourhood Centre. We sing a variety of popular songs, show songs and golden oldies. Some of our current members play guitar, harmonica and ukulele and we often combine them in our performances. We always welcome new members, please contact Tina on 0421 278 886 or Alison on 0419 50 4216

Bellarine Family History Group

Our Group meets at SpringDale every Monday between 12-3pm and will assist you in getting started on and building your family tree, or provide guidance with general family history research. Cost: \$3.00 per session

Bellarine Wanderers

Thursday mornings 9.30am register your interest

Group Leader: Rob Gardner on 0413 458 562

Bowling on the Spectrum

Lawn Bowling group meets at Drysdale Bowling Club 2nd and 4th Wednesdays 10am-12noon

Business on Bellarine

Business network group meets weekly Tuesday mornings 7.45-8.45am

Card Games

Enjoy playing cards? Come and play Canasta & Bolivia. Monday afternoons 12.30-3pm.

Country Dancing

Come to Scottish country dancing, Friday 11am-12noon. New and experienced dancers welcome.

Cryptic Crosswords Group

This group meets 10am Fridays and solves crosswords from the Guardian. This group is for seasoned cryptic crossword solvers. We may provide workshops for beginners if there is a need.

Dining Club

Monthly dinner for new residents and people interested in meeting new people and trying local dining experiences. Dates and venues are published monthly in the SpringDale Messenger. Register your interest by emailing office@springdale.org.au or phoning 5253 1960

New - Family Games Night

Friday nights once every 3 months come and enjoy playing games together. Perhaps learn something new. Please register your interest in being part of this activity.

Felt & Textile Artists

1st and 3rd Saturday each month 10am - 3pm at SpringDale. If you'd like to come along & see what our members do, you'll be most welcome. For further information you can contact Julie 0409 368 290 or Jill 0435 499 820.

Date/time: 1st Saturday each month. 10am-3pm

Friendly Cuppa and Chat Group

Call in for a cup of coffee and a chat on the first Tuesday of the month between 10.30-11.30am.

Fun Volleyball

We play with a soft beach ball, and the aim is exercise. Other session times possible, register your interest. Mondays from 10-11am

Venue: Drysdale Scout Hall

Genealogy

People interested in researching family history come together weekly and share tips and tricks. Thursdays 9am-12 noon

German Speaking Group

A number of people have shown interest in speaking German together on Thursdays 3-4pm please register your interest in joining this group.

Girls' Shed / Craft Group

A great activity for all year. Keep your hands busy and be creative. Bring your UFOs (Un Finished Objects) Tuesday weekly from 1-3pm.

Harmony Group

Building a better world we meet as needed to bring an annual Harmony Day together - please let us know how you would like to help.

Harvest Basket Produce Swap & Edible Gardening Group

Meets 1st Saturday of every month in the SpringDale Hall. You do not need to have anything to swap to come along and forge friendships and share veggie gardening skills. 9-10.30am

Jigsaw Club

Borrow a jigsaw from a big library, 40¢ each. The first Thursday of the month from 10am-12noon.

Kinship Carers

Meets on the first Monday of each month 10-1pm at SpringDale (no meetings in school holidays)

Line Dancing

Join our group. Every Wednesday 10am-12noon.

Lunch Bunch

We meet on 3rd Wednesday each month to enjoy lunch together at a local café.

Mahjong Club

This group meets Wednesday from 9am-12noon.

Men's Kitchen - Tuesday Mornings

Tuesday morning 10am-1pm
Location: St Leonards Recreation Reserve
Fee: Price depends on menu

Men's Kitchen - Wed & Fri Morning

Wed/Fri 10am-2pm **Fee:** Price depends on menu.
Fri morning kitchen - wait list applies

Pole Walking Group

Enhanced walking where the arms are used to push. The movements of your arms, feet, pelvic area and the entire body are similar to those employed during a vigorous walk. Weekly Mondays 8.50-10am (Contact SpringDale for meeting points)

Sci Fi Group

A group to focus on bringing Science and Science Fiction to life. This group started with a single person, John Reid who has been a Lost in Space fan for years, its through his dedication that a group has been formed. Whether you enjoy science or Science Fiction there is a space for you in this group. Ring SpringDale to register your interest.

Scrabble Club

Held on Tuesday afternoon, 1-3pm and caters for players of all abilities and new players welcome.

Scrapbooking & Card Making Group

Organise your precious memories by scrapbooking your photos or cardmaking for all occasions.

Scrapbooking solutions, products & use of tools.

Date/time: 2nd Thurs each month, 1-4pm

Instructor: Lyn Clough

Fee: \$10 per session Ph 5251 3008

SpringDale Artists

The SpringDale Artists meet each Wednesday. Activities include working sessions, discussions, demonstrations and gallery visits. Wed 9am-12noon or Wed 1-4pm.

SpringDale Reads

Our book group meets first Thursday each month 7.30-9pm

SpringDale Writers

Each month, the group members are given a sentence to write a short story or poem around, using their own creative magic. New members always welcome, all ages, all genders, no judgement, and no experience necessary. First Friday of the month 9:30-11am. Come along and join the fun- \$2 per attendance and you do need to be a member of SpringDale.

Sprukers - SpringDale Ukulele Playing Group

You have been playing ukulele for a while and want to enjoy playing with others, this might be for you. We meet on Tuesdays 2.30-4pm..

Talking about Autism

Meets to talk about Autism strategies. Group leader Louise. Fri 14 Apr, 12 May, 9 Jun 2-3pm

Toy Library - Drysdale

Click & Collect. Log onto - toys.springdale.org.au

Toy Library - Portarlington

Click & Collect. Log onto - ptl.springdale.org.au

Wheelie Riders

SpringDale membership is all you require. Would you like to get involved in cycling again? Rides vary in difficulty and start from SpringDale at 8am. New riders welcomed and shorter rides are graded to suit individual needs. Rides Mon, Wed, Fri.

Warhammer Group

Warhammer is a tabletop war game in where two or more people battle each other with armies of miniatures on tables with detailed terrain. Looking for people aged 13+ for tabletop war games. Contact Mark on 0425889007 for more details.

Non SpringDale Activities

Bellarine Camera Club

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

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

Days for Girls Sewing

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

Drysdale Guides

Enabling girls and young women to grow into confident, self respecting, responsible community members. We meet on Thursday evenings at

SpringDale Neighbourhood Centre from 7-8.30pm. Contact Anne Brackley for details 0407 529 205.

Life Drawing

The untutored life drawing group at St James Hall Drysdale meets each Monday from 1.15-3.45pm during term time. Cost is \$20 per session and new members are most welcome.

Inquiries to George-Ann - 0438 028 250

Pilates

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

Instructor: Monique MacLeod

Phone to book: (03) 5251 2958

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

Dates/times - Term 2 will commence:

Tues 2 May - 20 Jun

Ball class starts 8.45am

Beginner floor class starts 10.30am

Intermediate floor class starts 11.40am

Fee: \$125 (8 sessions)

Enrolment & Payment Conditions

Scheduled Fees: Courses at nominated rates.

Single Sessions: Incur a \$5 Admin Fee.

ENROLMENT

5 ways to book into a class -

Phone: (03) 5253 1960

Text: 0416 450 534

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

Online: <https://home.springdale.org.au/learning-master-guide/>

Email: office@springdale.org.au

- Your enrolment is confirmed when payment is received.

- Classes must be paid for no later than ONE week prior to the commencement of class. You will not be permitted to participate in classes until full payment is made.

PAYMENT/ REFUNDS

- We accept cash, cheque or credit card. Facilities are available for payment in person or via mail, please see below course booking slip.

If there are not enough enrolments to successfully run a course, it will be cancelled.

- If a course is cancelled due to lack of enrolments or other reason, you will be notified, and your fees will be refunded in full.

- Should you wish to withdraw from a course you must do so prior to commencement of the course. Where fees have been paid, in those circumstances they will be refunded to you less an \$8 administrative fee.

- If you withdraw from a course after it has commenced no refund will be issued. An opportunity to transfer to another course may however be available in certain instances.

PRIVACY

The SpringDale Neighbourhood Centre respects your right to information privacy. Information collected and held on participants, is kept in accordance with information privacy laws.

Please sign up for course updates via webmail, texting or a phone call.

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Sacrededge Festival 2023 - a weekend of diversity & inclusion under one roof

The 2023 festival of stories, poetry, music, great local art, workshops and discussions - all of which will focus on indigenous, refugee, LGBTQIA+, mental health or environmental issues.

This multiple focus gives Sacrededge a unique flavour, providing people of all ages with opportunities to learn and connect, rather than simply be entertained; to celebrate their diverse culture, gender and unique contribution to our communities.

Some of the storytellers we are excited to be sharing a weekend with:

First Nations words, music and art

Lydia Fairhall - singer/songwriter, theatre/film producer and freelance writer - will share her 20 years of experience across remote and urban communities through song and discussion.

Jessie Lloyd, known for her Mission Songs project, will join us for songs and stories.

Thaedra Frangos returns to lead people through mind, body and spirit explorations.

An exhibition of Indigenous art, courtesy of Narana Creations.

LGBTQIA+ supporters

Fleassy Malay - an evocative and powerful spoken word artist - will bring a different vibe to the festival. A global advocate for Women's rights and LGBTQIA+ visibility, Fleassy reached a new audience when her poem 'Witches', went viral on International Women's Day, 2018

Jonathan Butler, author of the Boy in a Dress, interviewed by Ro Allen, Victorian Equal Opportunity and Human Rights Commissioner.

We warmly welcome back Daniel Witthaus, educational consultant, writer, and magician and actor Em Chandler, along with other trans and gender diverse families who will share their heartfelt transition stories with us.

Refugee stories

We look forward to the return of Awale Ahmed, multilingual writer and storyteller from Somalia who advocates for social justice and refugee rights.

Our mouths are already watering at the thought of the delicious meal on the Saturday night, provided by local Tamil refugees (included in a full weekend ticket).



Art on show A beautiful Ocean Labyrinth will again be installed in Citizen Park, with scheduled walks over the weekend.

Children and young people will be catered for with music, magic and stories. Hosted by Uniting Queenscliff and supported by the Borough of Queenscliff, Queenscliff Music Festival, and the Kirk Robson Memorial Arts Fund, Sacrededge is a unique festival.

The festival will be held at the Queenscliff Uniting Church, Cnr Hesse and Stokes Sts from **Friday May 5 to Sunday May 7.**

For more info about the program, art exhibition and festival tickets go to <https://unitingqueenscliff.org.au>

Media contact:

Margot Busch, festival support worker
- sacrededge@iinet.net.au 0411 232 297

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The recently incorporated Clifton Springs Curlewis Coastcare Group thank the 30 adults and many children who helped on the March 5th Clean Up at the Clifton Springs Boat ramp / harbour.

We collected 1388 items which alas included -

- 400 cigarette butts, 259 scrunchable pieces of plastic, 225 plastic bottles, 124 glass bottles, 96 aluminium cans.... Also 30 dog poo bags - seems odd to bag them up and just leave them by the beach!

More events will be advised shortly.

Rob Gardner

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Clifton Springs Garden Club

After last month's article about our working bee, I thought I had better write about our busy month February. Our first meeting for 2023, on our new night of the first Monday of the month, was attended by 31 members. It was lovely to see everyone again after such a long break. The meeting marked our 40 years as a Club with a re-run of the presentation on the History of the Club created by our secretary. It is always lovely to look back at photos and remember the memories and experiences, especially when they involve beautiful gardens that have been visited.

Presentations were also made to the last winners of the Club's Show Bench competition. Thank you, Suzy Ridgeway, for organising the prizes and doing the presentation. The Aggregate Perpetual Trophy and Jim Shearer's People's Choice Trophy have been vied for over many years, by members of the Club. Unfortunately, for the time being we hope, we have had to change our Show Bench to a Display Bench, as so many of our newer members are coming from downsized gardens, or from new homes with no gardens, and fewer members were competing for the trophies. Members are still encouraged to bring along something special, unusual, or just their favourite from their gardens, to each meeting for everyone to enjoy.

Our 2023 winners of the Aggregate Perpetual Trophy were Barbara Batters (first), Marjory Nicholls (second) and Lila Gore (third). Barbara Batters also won the People's Choice. Congratulations to you all, and to all other members, thank you for contributing throughout the year.

Our Outings Co-Ordinator Keith, also organised a most successful "luncheon" outing at the Leopold Sportsman's Club for 16 members. A great way to get to know fellow members. This was so popular we are going to do it again. Keith is currently organising a visit to Mt Macedon in early May to capture the Autumn magic of the area.

Unfortunately, Claire could not make our March meeting but a big thank you to Simone McKenzie from Bella Flora for coming to our meeting at short notice.

If you would like to keep up to date on what the Club is doing, please do not hesitate to contact our Secretary Helen, on telephone 5257 2220 or email hma3152@gmail.com.



*Show Bench winners
Barbara Batters,
Marjory Nicholls and
Lila Gore*



Members enjoying their social lunch



Hi everyone! You will remember last month we were celebrating "Skycraft," Australia's contribution to the forthcoming world wide air traffic control network. The Australian Space Agency in Canberra is designing and building the satellites which will, when launched, link up air traffic control signals all over the world. For example, travelling from here to America, a passenger aircraft would be "visible" to controllers for its' entire journey across the Pacific Ocean, thus greatly improving the safety aspect of the flight.

When I found out about all this I sent an email to the Australian Space Agency to let them know about Springdale's sci fi and (imaginary) "space" activities. I included a set of photos of the "sci fi park" which we ran a couple of years ago outside the hall. They responded immediately and commended our enthusiasm. Very encouraging for a raw beginner like myself.

It seems that they are going to be running a virtual "talk" on the computer about our country's contribution to the space industry. I had by this time "handed over" my side of the conversation to Anne and she says they are doing this on Saturday May 6.

We are planning to gather at Springdale and "hook up" to this conference which should be a fascinating insight into where Australia currently stands on the world "stage" of space industry development.

You are very welcome to join us for this exciting event but, of course, anyone with a computer at home will also be able participate.

For full details on when to meet at Springdale or how to link up on your own contact the office on 52531960.

I hope you, my loyal readers will come in then and give me an opportunity to meet you and say "Thank you" for all your ongoing support.

John.



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Easter Saturday

BELLARINE CAMERA CLUB

The Bellarine Camera Club open competition for February was judged by Margaret Metcalf who provided a positive and encouraging critique of prints and EDI images. An open competition is always a challenge to judges, who are presented with a wide range of images representing a diversity of genre and subject matter.

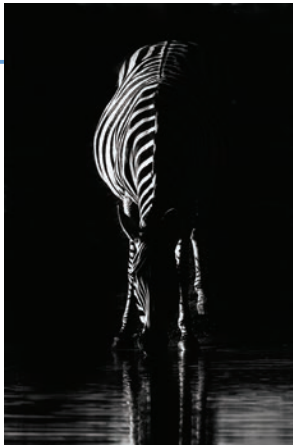
1st A Grade Print & winning Image of the Competition was "Lone Zebra" by Neil Smith.

1st B Grade Print was "Whatchoo Looking At?" by Debbie Hallows.

1st A Grade EDI was "Burra Homestead" by Jim Den Ouden. 1st B Grade EDI was "Family Heirlooms" by Debbie Hallows.

You are welcome to view all the winning images on the Bellarine Camera Club facebook & website.

Robyn Curtis - Bellarine Camera Club



Bellarine Camera Club offers members a chance to learn, grow and share ideas with other like minded photography enthusiasts. The club meets on the 1st and 3rd Monday of the month at 7:30pm at the Springdale Neighbourhood Centre, High St Drysdale. Further information can be found at <https://bellarinecameraclub.org.au/>



Photographic Exhibition 2023

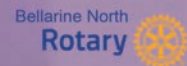
Easter Saturday/Sunday
April 8th - April 9th

10:00 am - 4:00 pm

Christian College, Collins St, Drysdale

Bellarine Camera Club will be holding an exhibition of photography as part of the North Bellarine Rotary Club Easter Art Expo. There will be a great display of art, photography and glass art as part of the Easter Art Expo.

All photographs on display have been created by members of Bellarine Camera Club and most will be available for sale.



2022 Image of the year Winner
By Gordon Barfield

RT Edgar

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Making My Home More Sustainable - Part 2

A few more steps in my upgrades but always check on the risks, safety aspects and practicality before starting.

Insulation

Loft - I moved into a relatively new house but I was somewhat surprised by my first exploration of the loft. The insulation was in good condition but there were some mountains of batts and many uncovered areas. An electrician had installed low voltage down lights and removed the whole batts and dumped them in heaps so due to the missing areas the insulation was having limited benefit. It is essential to cover all of the area as heat (& cold) will pass through any uncovered areas. It was easy to replace them and ensure that all the electrical components would not be a risk of overheating or a short life (check the LED downlights are marked ICF or IC and not CA and also all halogen lights should not be covered) Downlight covers are available at Bunnings etc. Halogen lights are often referred "to as heaters which give out a bit of light" and LEDS are very much more efficient but check the electrical safety and installation requirements for their replacement.

I added some more insulation to cover all the edges of the building and used some offcuts to wrap around and insulate the hot water pipes. One can buy pipe insulation - generally split black insulation which wraps around the pipe (though this is a little pricey) but helps to reduce the time the hot water tap runs cold. [Lofts are not for the faint hearted and can be dusty, tight, lots of trip hazards and very hot]

- Older style exhaust fans (eg bathroom) may be open to the roof and I put in a "automatic" cheap cover in the loft (ex Bunnings etc) to avoid the ongoing air transfer when not in operation.

- External hot water tank (perhaps on the roof) - The tank is usually well insulated but the pressure temperature relief valve is a heavy piece of metal in the most exposed spot (to the wind/atmosphere). A valve cosy is a small

insulated box which clips around this and reduces a significant amount of heat loss (and would blow open if the valve did operate).

-Underfloor - I put polyester insulation under the floor. Fortunately, I have about 1200mm of clearance so reasonably accessible but it's still a workout and fit assistance would be valuable. The rolls of insulation fitted neatly between the beams (except two end ones) and are self-supporting until one staples them into place (Be extremely wary of electrical cabling). I sourced rolls from Ecomaster (excellent installation and safety videos available and they can arrange installation at a cost) and it appears now that the rooms retain more of their heat overnight. The www.yourhome.gov.au (an excellent reference source) indicates "on average" heat losses are 30% through the ceiling, 20% through walls, 15% through the floor, 20% through leaks and 15% through windows (so fix the leaks first then the ceiling, walls are trickier so often do windows or floor next).

- Windows - for many homes they are the main source of heat gain or loss. In summer it is best to keep the sun off the windows so external louvres (perhaps with seasonal vegetation), blinds or shutters are very effective. For in winter it is often best to have the sun on the windows and transferring heat inside so design / operation is crucial.

Internal blinds (possibly with external reflective coating and with air pockets between two layers) or thick curtains with a closely fitting pelmet are effective and a good return on expenditure.

Double glazing is standard in most Developed countries and should be included in new builds and renovations. I've fitted double glazed units in many timber windows (in our previous house) from www.diydoubleglaze.com.au (made in Geelong) (see videos) which are reasonably priced if you fit them yourself. I also fixed acrylic panels as secondary glazing and there are

various secondary glazing options available. To replace the complete window is expensive but effective.

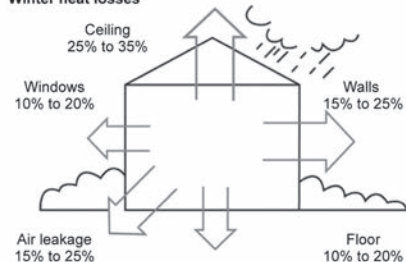
Wall insulation - easy when constructing a new building / room or if replacing a surface wall (internal or external) as batts can be fitted into the space. However, for existing walls then the usual methods offered by suppliers (and pricey) are:

Using rock wool, cellulose fibre or an expanding foam which are pumped into the wall cavity. The least disruptive way is from the top if tiles can be removed and a hose with a special nozzle inserted down the gap. However, this is frequently difficult so holes may need to be drilled into the wall and the filling pumped in and then the holes sealed up. One cheap but fairly temporary method is to tape bubble wrap across the window which produces a pocket of stationary air between the plastic and the glass but not elegant. A better material is to use plastic film (one can use a food wrapping film though better quality ones (thicker and with coatings) can be purchased). One seals the film to the frame and can shrink the film to be taut by gently using a hair dryer. [more information on all topics on www.yourhome.gov.au]

Please direct any comments and queries to Anne. Next month we'll try and cover some of the major power using equipment.

Rob Gardner

Winter heat losses





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The Springdale Messenger April 2023

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Memories of Yesteryear

Let me introduce myself, Gary Kingsbury of the Vic, Dorothy, Lawrence, Ron and Stephen family. I have decided to take up the challenge of writing a few articles from our family's perspective to share some other memories of local families, local businesses and local history.

My grandfather John, and his two brothers, Sylvester and Victor Gordon, (not my father) Kingsbury were joint owners of a business in Clifton Springs Road, Kingsbury Bakery. The building still stands today. My father worked in the bakery and it was my father's job to collect the ingredients for the bread such as the flour, seeds, yeast, etc from the Drysdale Railway Station. All goods, transported by the train, were left in a shed for collection. It was never locked and you only took your goods.

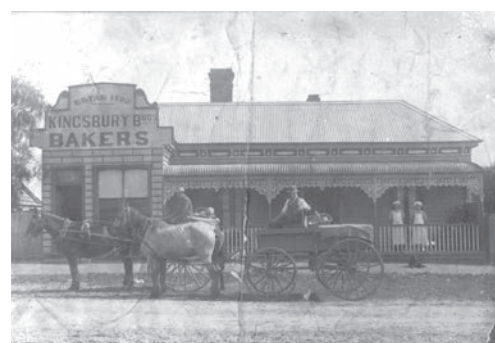
Dad said he did this with his horse and cart, but the High Street hill was a real job for the horses. A very steep slope to navigate. I was surprised at the distance travelled to deliver the bread to Swan Bay, Mannerim, Wallington, Drysdale, Clifton Springs and all around these areas.

Talk about hard times today, people don't know how times were when the Depression was in full swing and people couldn't afford to buy food. I remember dad telling me that Kingsbury Bros. gave bread to the needy families free of charge. In those days, people knew each other and helped each other, if they were in trouble.

We never locked our doors. If we went to another person's house we would just walk in and call out "Is any body home?" If there was no answer, we would leave, and close the door.

I understand people are feeling financial stress and the same support of the olden days isn't around but there are other supports such as Feed Me Bellarine, where you can pay what you can afford or zero if you are really struggling. Please let people know if you need help.

Gary Kingsbury longtime resident of the Drysdale area



St Leonards Garden Club

Hello Everyone. It has been wonderful to see that our club meetings have grown in attendances. At our last meeting we had approximately 35 people with 4 new members. Welcome Joanne, Carol, Ted and Kerrin. We hope you'll enjoy our friendly and informative meetings.

We have a busy and interesting year ahead, with great guest presenters and visits to gardens and gardening events.

Carole O'Neill has given us a presentation on the commemorative war grave gardens, which I think fit in very well with ANZAC Day.

We looked to the International Flower and Garden Show again this year as members enjoyed the event last year. Outings to the popular Van Loons nursery and Cafe are planned. Other gardens outings are Roraima and Yarrabee native garden in Lara. Werribee gardens have events later in the year so that could be a possibility. If anyone has some places they would like us to visit for consideration, please let us know at the meetings or phone me on 0421084478.

As our attendances have grown, could I please ask members to wear their name badges so as we can address the person by name.

We have a trading table where you can bring along and donate items such as gardening

books, plants, fruit & vegetables for us to sell.

Why not bring along something you've grown in your garden and would like to show others. A good conversation starter.

A reminder, and for those who might be reading the Messenger for the first time, our meetings are held at the Memorial Hall, Murradoc Rd, St Leonards. Attendees gather at 1.00 pm for a 1.15 pm start. Meetings are held every 2nd Wednesday of each month.

If you are new to our area, why not come along and see what we have to offer. We're a fun group, with plenty of knowledge between us, ready to share. Enjoy some afternoon tea and a chat after each presentation. It's only a \$4.00 entry and Membership is \$10.00.

We look forward to seeing you at our next meeting.

Cheers **Wilma McLaren** - 0421 084 478



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Bellarine Birdlife

The shyest of birds, and one that only visits us at certain times of the year, can sometimes be seen at dusk or early morning at Lake Lorne, Drysdale or Begola Wetlands, Ocean Grove. I say sometimes, as though I have quietly searched for them, they prefer to hide in the coveys and vegetated freshwater as in marshes and flooded grassland, and with their camouflage, are hard to sight. Once I came across one half hidden in a clutch of grass at the Western Treatment Plant. I do not know who got the biggest shock, me or the snipe. We both remained frozen, eyeing each other with mutual admiration and disbelief.

Previously named 'Japanese Snipe', Latham's Snipe live mainly in northern Japan (Hokkaido and Honshu) and some on the watery plains of Kamchatka in Russia. All use the East Asian-Australasian Flyway to migrate to the south east coastlands of Australia prior to the cold, icy months of the northern hemisphere winter. Surprisingly they migrate after their breeding season and come to us for recuperation and to feed in shallow freshwater wetlands. Other species come here to breed but not the snipe.

Latham's Snipe are omnivorous, feeding on plant material such as weeds and seeds, but also beetles, earthworms, spiders and centipedes. Once they were hunted in Australia as they were listed as a game bird, but luckily today are protected. Full marks to the City of Geelong, as this year you will see signs erected along the pathway around

Latham's Snipe

Lake Lorne making you aware of the birds in residence. Restricted grass mowing around the lake gives the snipes a place to hide during the main part of the day so please keep your dog leashed. In March the birds will return on the long trip north, once again to nest and feed their young.

About six years ago, the Latham's Snipe lived in the wetland weeds beside Grubb Road, right where High Street, Grubb Road and the C123 cross. I watched with horror as the C123 was constructed, wondering if that was the end of the birds' summer hiding place. Luckily some were versatile and eventually found Lake Lorne. Though, so far, I have only managed to photograph one peeping out, but the signage has given me hope for more of the birds. If you are listening for a call, they utter a rasping alarm call 'kzek' or loud a 'hwok'. Good luck with your searching.

Carole O'Neill



Footpaths for Health

According to Walking South Australia, **"footpaths are fundamental to people's ability to walk about in urban areas including to and from public transport. The quality of the pedestrian environment indicates much we value walking in our society. Indeed, it is a key marker on how civilized and sophisticated a society is."**

The Voice to Parliament Referendum

While researching information about the Voice to Parliament, I recalled a Pleasant Sunday Afternoon in Drysdale in about 1970, when I was a young guide. Mrs Eva Deeath, our Guide Leader, invited Harold Blair, an opera singer and part of the Aboriginal Advancement League and many other Aboriginal Rights groups, to visit Drysdale and share his talents with us.

The event was held in the Uniting Church Hall (now Springdale) and those present enjoyed a particularly special afternoon.

Anne Brackley

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Community to help shape next stage of North Bellarine Aquatic Centre

The City of Greater Geelong has appointed 12 community members to provide input into the design of Stage 2 of the North Bellarine Aquatic Centre in Drysdale.

The group, which will be called the North Bellarine Aquatic Centre (Stage 2) Community Advisory Panel, will be asked for ideas to help with the development of design options for the Stage 2 facilities, as well as offering feedback on draft designs and plans.

Stage 2 of the North Bellarine Aquatic Centre will feature indoor facilities to complement the 50-metre heated outdoor pool now under construction as part of the \$15.5 million Stage 1.

The City has received \$20 million each in funding commitments from the state and federal governments to deliver Stage 2, and will aim to design a facility that can be delivered within this \$40 million budget.

The panel has been selected via an Expressions of Interest process, with all 38 applicants assessed via a two-stage evaluation.

The make-up of the 12-person panel represents a cross-section of the local community, featuring balanced interests, gender and diversity of backgrounds.

It includes members of the North Bellarine Advocacy Community Advisory Group and representatives from nearby schools and community/sporting clubs, as well as people with specialist swimming or aquatics expertise and with lived experience of disability.

Panel members are as follows:

- Gina Bell
- Daryl Beales
- Meredith Boardman
- Anne Brackley
- Michael Exton
- Lee Knight
- Tania Kokelj
- Les Littleford
- Oliver Lynch
- Robert Kolomeitz
- Jeremy Peacock
- Wayne Pick

More information about Stages 1 and 2 of the project is available at <https://yoursay.geelongaustralia.com.au/nbalc>.



Indoor Bowling with the Locals

Indoor bowlers gather on Tuesdays and Friday afternoons at the Ocean Grove Senior Citizens, to enjoy the friendship and fun of playing indoor bowls.

At the Fridays beginners session, volunteer instructors Corrie and Percy are on hand to offer tips and advice on all aspects of the game. Before playing in friendly games, they supply cheerful special coaching focusing on bowlers' deliveries, rules, as well as skills exercises.

The sessions include more coffees, teas, and biscuits than you can imagine, in a friendly and welcoming environment. So, there is no reason to think it's all play and no rest.

So why don't you try to come to either a Tuesday or Friday afternoon and join mixed social games at the Ocean Grove Senior Citizens Centre?

101 The Terrace, Ocean Grove, P: 5255 2996, W: thebellarine.wixsite.com/og-citizens-club.

Club membership is for a financial year and as a member you are entitled to join in a great variety of other activities such as the Stamp Club, Cards, Book Group, Snooker, Bingo, Chess, Chord Clubs, Thursday Social Group, Art Classes, and other special activities that happen throughout the year at no extra cost.

Trivia Answers

- | | |
|---------------|--------------------|
| 1. A Rabbit | 6. Bingo |
| 2. Seven | 7. Vienna |
| 3. Yen | 8. Poland |
| 4. Elton John | 9. Dawn French |
| 5. Lotus | 10. United Kingdom |



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It's GAME TIME!



An open invitation is extended to the Drysdale, Clifton Springs, Curlewis and Bellarine community to join the Hawks as they kick off the BFNL 2023 season at home on Saturday 1st April and Tuesday 25th April as part of ANZAC Day at Drysdale Recreation Reserve.

It's an exciting time for the Drysdale Hawks Football Club after securing a top two finish (only by percentage) last season.

The juniors and senior women will kick off from the 21st April. The senior women have been impressive in two pre-season matches, and are excited to get into the season. If you would like to play football in any age group, even if you have no experience feel free to just pop down to the club.



This year the Hawks are offering discounted social family membership to families that have a registered Junior Member. For only an extra \$30, families can gain FREE entry into all nine home games (valued at over \$144). Visit our website to click on the link to register a junior and you will be prompted during registration to gain access to this deal.

The Club fosters inclusiveness and invites all members of the community to join us for Thursday night meals and events. Thursday night meals are very reasonably priced, subsidised by the Club and our volunteers. Don't be shy, come on down.

Want to support the Club but don't know how? Have you ever thought of becoming a Social Member? It costs only \$75 single or \$50 concession. That's \$97 worth of value including FREE entry into home games and a Hawks beanie to keep you warm while cheering on our town's mighty Hawks.

Keep an eye on the DFC website and social pages for social events, training schedules in each age group and future holiday programs to benefit all kids.

Key dates and contacts

BFNL commences 1 April

Junior Football - contact Junior Coordinator Amy 0409 859 837

Peninsula Sharks Junior Girls Football contact Glenn 0438 344 918

Senior Women Camp contact Jess 0427 753 723

To find out more visit the Clubs website www.drysdalefc.com.au or follow the @drysdalehawksfc on socials to keep up to date with training, announcements, functions and raffles.

Pickleball

Well, a lot has happened in the last couple of months. Drysdale Clifton Springs Pickleball Club now has more than 80 members, and is still growing weekly. Consequently, we have increased the number of sessions available to play at the Drysdale Community Hall (Drysdale Primary School).



We now play Monday and Wednesday nights, and 2 sessions Saturday and Sunday mornings. By the time you read this we'll probably have more sessions to meet the demand. Many Picklers like to play 3 times a week or more. After all, it is known as the addictive sport.

We have had a couple of tournaments already this year. In January, a group of us played in the Victorian Metro versus Country Cup Challenge, in Pearcedale. Sorrento Pickleball Club hosted the inaugural Peninsula Cup in which Bellarine Peninsula played Mornington Peninsula. Twelve of us (6 mixed teams of 2) caught the ferry to Sorrento and played mixed doubles in their brand new architecturally designed community centre. Despite our envy for their centre, we won the trophy. Our next big tournament is the Victorian Open and a number of us are playing in it, and we hope to bring home some medals.

Bellarine State MP Alison Marchant has visited and played with us. It was lovely to meet and talk to her about the growth of Pickleball on the Peninsula. Alison seemed to enjoy herself - we hope to see her again.

Our recent Come and Try Day, attracted around 60 people. We demonstrated how to play and then they all had an opportunity to have a hit. We received many positive comments and many potential members.

If you would like any information on Pickleball and our club, please contact our President Viv Daniels on 0406 820 739.

Fiona Bond - Drysdale Clifton Springs Pickleball Club



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