



# The SpringDale Messenger

June 2023  
Volume 33 Issue 5

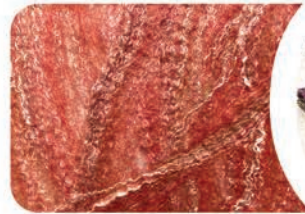


ABN 21 404 220 267

Compiled & Published by the SpringDale Neighbourhood Centre Inc.

# Heartfelt

Creations  
10-11 JUNE 2023



By

SpringDale

Felters & textile  
Artists

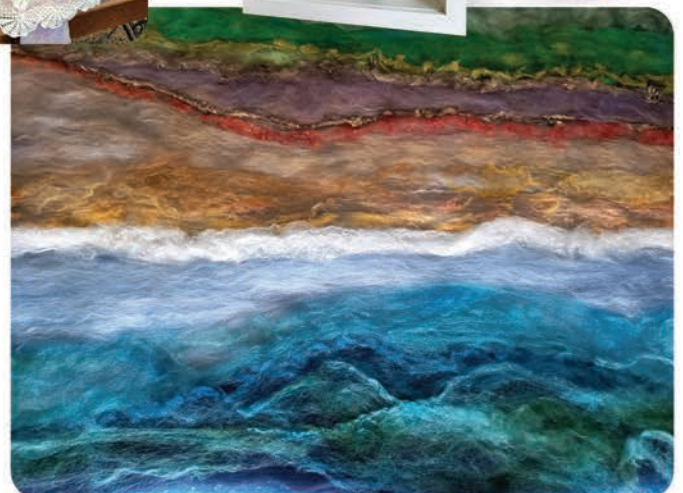
Join us at the "Heartfelt" Exhibition by the SpringDale Felters & Textile Artists! Our talented members have been hard at work creating a stunning array of items that are sure to intrigue and delight you. From beautiful scarves to stylish hats, unique vessels and a myriad of other exquisite creations, there's something for everyone to admire.

Mark your calendars for Saturday, June 10th and Sunday, June 11th, from 10am to 4pm, and come to SpringDale to experience the magic of our exhibition. Immerse yourself in the world of textile art and witness the skill and creativity of our artists up-close. You'll have the opportunity to meet the artists, learn about their techniques, and even purchase one-of-a-kind pieces to take home.

Whether you're a textile art enthusiast, a fashion lover, or simply looking for a unique and meaningful gift, our "Heartfelt" Exhibition is not to be missed. Bring your friends and family, and spend a delightful weekend exploring the beauty and intricacy of our textile creations.

Join us at SpringDale on June 10th & 11th, and let us captivate your senses with our exquisite textile art. We can't wait to share our passion with you and make your weekend truly special.

**See you there!** Entry by gold coin donation.



# JUNE 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.

Thursday	1	Jigsaw Group 10am-12noon at Springdale I Wanna Be Yours - 7pm - Potato Shed
Saturday	3	Mabo Day (Indigenous Australians) World Bicycle Day
Monday	5	Safe Seats Safe Kids program at SpringDale World Environment Day Kinship Carers 10am-1pm at SpringDale
Tuesday	6	Welcome Morning Tea at Springdale Just Brill - 8pm - Potato Shed
Wednesday	7	Day trip to Sorrento - travel training on the ferry
Thursday	8	Days for Girls at SpringDale
Monday	12	King's Birthday Public Holiday (Centre Closed)
Mon-Sun	12-18	Men's Health Week Australia
Wednesday	14	SpringDale Dining Group at Portarlington Bowling Club Chess Club 4.30pm at Springdale World Blood Donor Day
Fri-Sat	16-17	Winter Solstice - One Act Plays - Potato Shed
Saturday	17	Doll Show at Belmont
Sunday	18	BirdLife Bellarine Photo Exhibition at SpringDale 1pm
Wednesday	21	Inaugural meeting SpringDale's Numbers Group - Maths made Easy 2pm at SpringDale International Day of Yoga World Music Day
Friday	23	Tribute to Olivia Newtown John - 8pm - Potato Shed
Monday	26-30	End of Financial Year Sale at SpringDale
Tuesday	27	Snowy & the Seven Cool Dudes - 11am & 2pm - Potato Shed



Reminder  
Bookings &  
copy required by  
1 July for the  
June 2023  
issue



## SpringDale Messenger

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

### COPY DEADLINE JULY 2023

Bookings/copy required by 1 June.

Dist: 25 June 2023

Circ: up to 20,000

### Connecting Your Business with our Community

For all Advertising enquiries:

Email: office@springdale.org.au

Phone: (03) 5253 1960

Online: Book an advertisement online.

Advertisements: **Must be supplied with all text outlined.** All requirements are listed at springdale.org.au

For all Editorial enquiries:

Email: messenger@springdale.org.au

Phone: (03) 5253 1960

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

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

### Editing of Contributors Material:

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

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

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

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The SpringDale  
Messenger is a  
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publication.



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



United Nations  
Association  
of Australia  
Victorian Division



SpringDale Neighbourhood Centre Inc. acknowledges the support of:



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 friend or friend I am yet to meet

So many things and opportunities give me joy. Over the last few weeks there have been so many things that have filled my heart with joy.

I made a decision that I was going to challenge myself to learn and master making Jelly Slice. This may not sound like anything that could or should bring joy - but it has. Over the years, I had tried to make Jelly Slice twice before without success. I have asked other people to make me this yummy slice in the past, for special events and I felt I couldn't ask again.

Although I had used all the correct ingredients in previous attempts, this time, I put the gelatin in the correct layer! I followed the recipe properly not just what I thought it should be and da da - a very edible Jelly Slice was created. The next attempt was a bit rushed and the biscuits weren't quite crushed enough but then third attempt was the best yet.

Opening the fridge door, seeing the beautifully formed Jelly Slice, helped me to feel so successful. Eating very small pieces pleased my taste buds and a smile zoomed across my face. Every time I speak of this my arms spontaneously rise in a symbol of success.



I share this very simple experience with you to demonstrate that we can all continue to learn to master activities and achieve goals. This will assist me in taking on other challenges in the future. Although making Jelly Slice took 40 years for me to devote enough time and energy to - now I can put a tick against that goal.

Everything we do at SpringDale is based on building confidence, in those participating or seeking our assistance. We try to provide a very safe and secure, consistent environment for everyone to build their confidence in so many areas.

Over the years, I have been lucky enough to be in environments that have allowed me the opportunity to challenge myself, to build upon that knowledge, and then to apply those skills across a broad range of activities.

While in Drysdale Guides, 50 years ago, I learnt to mend a tent tear but didn't think I would have need to use that skill, but over the last few years I have employed that skill to fix a tear in a lovely towel, mend a hole in a flag and fix two of my husband's windcheaters. I love being able to transfer skills to other opportunities, and being able to highlight mending as a fashion statement definitely appeals to me.

We may be able to provide the safe and secure space for whatever it is that you would like to learn or try. Many people speak to us each year about a new idea and I ask them to write a small article about what they'd like to learn or share and then we see if there are community members who would like to do that too. Maybe you have something that you have always wanted to learn or share - now maybe the time to suggest your idea.

Looking forward to seeing you at SpringDale and hearing about a new challenge that you have set yourself and how your progress is going against that goal.

Anne Brackley OAM - For Team SpringDale.

# UPDATE

## New Opportunities

Yoga on Monday mornings will run from 9am-10.30am starting in July.

## New Groups

Chess Club starts Wed 14 June 4.30pm at SpringDale

**Numbers Group - Maths made easy.** This group will meet for the first time on Wednesday 21 June 2pm for a fun afternoon of maths. Please let us know if you intend to attend.



Course Guide available for collection from SpringDale, on our website and will be in the July Messenger.



Please sign up for Webmail on our website - press subscribe & fill in your details.



## Friendly Cuppa & Chat

Tuesday 6 June 10.30am  
Come & chat at SpringDale - RSVP 5253 1960



The SpringDale Lunch Bunch are going to Chui Yuan Chinese Restaurant Drysdale Wednesday 21 June meeting at 12pm. **BOOKINGS ARE ESSENTIAL**, so everyone gets a seat, please phone Margaret 0418 370 857.



SpringDale Dining group are going to the Portarlington Bowls Club Wednesday 14 June 6pm. **Bookings essential**. Please call SpringDale on 5253 1960 to reserve your spot.

## QUOTE OF THE MONTH

To get through the hardest journey we need take only one step at a time, but we must keep on stepping.

Chinese Proverb

Anne Brackley - Quote curator

www.springdale.org.au

# End of Financial Year SALE



Monday 26 June - Friday 30 June 10am - 4pm (unless sold out)

Books, craft stuff, material, dvds, hand saws (that could be painted), teddy bear kits, bag kits, card making supplies and bric a brac. Some bigger items by donation. 17-21 High Street, Drysdale

The SpringDale Messenger June 2023

## Alison Marchant Member for Bellarine



### Launch of Bellarine Memories

Recently I had the pleasure of launching *Bellarine Memories*; a wonderful book telling the stories of 12 local women and of their resilience and fortitude in living life here on the Bellarine Peninsula during an earlier era.

The book is a credit to the Bellarine Historical Society, especially members Lorraine Stokes and Di Kolomitz who led the way in researching the book, including many personal one-on-one interviews.

*Bellarine Memories* not only describes in superb detail the trial and tribulations of the twelve women, but also gives the reader a good understanding of the region's history during the times that they lived.

A time where there was limited offer of schooling and where long hours working the land or in local employment was the norm.

I can thoroughly recommend this terrific and important book and again congratulate the Bellarine Historical Society for the publication.

### Congratulatory Messages for Milestone Birthdays and Wedding Anniversaries

If you or a member of your immediate family are about to celebrate a milestone birthday or wedding anniversary, my office can arrange congratulatory messages for the following.

- 90th Birthday from Prime Minister & Premier.
- 100th Birthday, from the King, Governor General, Prime Minister, Victorian Governor & Premier.
- 50th Wedding Anniversary from Governor General, Prime Minister, Victorian Governor & Premier.
- 60th Wedding Anniversary, from the King, Governor General, Prime Minister, Victorian Governor and Premier.
- You can also receive messages for 65th & 70th anniversaries and for all birthdays over 100.

### Power Saving Bonus Offer

Since the new round of the State Government Power Saving Bonus was opened my office has been busy in providing advice and assistance to those residents applying for the \$250 rebate.

The program has been introduced to ensure Victorian households have access to more immediate power bill relief and are checking they are on the best energy deal.

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

Again, I strongly encourage households who have not already done so to make an application in this round of the Power Saving Bonus.

Further assistance can also be obtained through my office or by making an appointment at the SpringDale Neighbourhood Centre.

*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](mailto:marchant@parliament.vic.gov.au)*

**Power Saving Bonus**

Did you know your household could be eligible for **\$250** off your power bill?



### SpringDale is ready to help you apply

Please contact the office to arrange an appointment email [office@springdale.org.au](mailto:office@springdale.org.au) or phone 5253 1960



# Alison Marchant MP

## STATE MEMBER FOR BELLARINE



**Email:** [alison.marchant@parliament.vic.gov.au](mailto:alison.marchant@parliament.vic.gov.au) **Phone:** 03 5250 1987

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

**f @ Alison Marchant ~ Member for Bellarine**



# POTATO SHED

Come Warm up this Winter at the Shed !

We start the month with the incredible work from **Melbourne Theatre Company - I Wanna Be Yours!** A modern-day romance that asks whether love really is all you need. Haseeb and Ella meet at a performance workshop. He is a poet and she's an actor hired to help him with his enunciation. Their attraction is immediate. Can their love surpass the cultural and physical boundaries between them? Two shows on Thursday June 1st at 1pm and 7pm.

Our very popular **Morning Showtime** features another wonderful Drop of a Hat presentation of **Just Brill**. This brand-new show, researched and narrated by Colin Mockett, tells the story of the New York building, dubbed the Hit Factory of popular music. Famous songwriters such as Carole King, Neil Sedaka and Burt Bacharach supplied the soundtrack to the post-war baby boomer generation. Tuesday June the 6th at 10.30am.

Winter is always a great time at the Shed with the Mulled Wine and Fires as Theatre 3222 present the **Annual Winter Solstice One Act Plays** - now in its 15th year - this is always a great event to attend and soak up the atmosphere! This year the plays are - **You Wouldn't Understand** is a light/dark confection for a group of friends exploring societal perceptions, ethical issues and personal challenges in IVF, donor relationships and parenting. This work was written by Rob

and Andy Jennings and will be directed by Petrina Dakin. Mistaken identities, mayhem and hidden secrets are let loose as two couples meet on blind dates under the knowing eye of the barmaid in **The Set-up**. This work is directed by Viv Lewis and was written by Kin Greer.

Seeing out the month we have a special tribute to Australia's own **Olivia Newton John!** Come along and celebrate Aussie songbird Andrea Lees as she sings tribute to her favourite Australian Icon - Hosted by Mr Issi Dye. Just the one show on June 23rd at 8pm.

A special treat for the school holidays is **Snowy and the Seven Cool Dudes** - just two performances of this award-winning show on June 27th at 11am and 2pm. Presented by Shed favourites from Jally Entertainment Snow White (Snowy) has some trouble with the Wicked Queen and her Magic Mirror. Meanwhile, the Cool Dudes have decided it's time they started making healthier food choices and doing some exercise. Children are invited to become a variety of characters - including The Cool Dudes - that love to rap.

As usual, please visit [www.potatoshed.com.au](http://www.potatoshed.com.au) you can download the 2023 Season Booklet, or if you would like to collect one from Springdale Neighbourhood House and as always stay up-to-date on our social media accounts, Facebook and Instagram / [potatosheddrysdale](https://www.instagram.com/potatosheddrysdale)

# POTATO SHED

WIN DOUBLE PASS to



## Tribute to Olivia Newton John

23rd June 2023 at 8pm

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

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

Address \_\_\_\_\_

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

**COMPETITION CLOSSES 4PM FRIDAY 16 JUNE.**



# WHAT'S ON

POTATO SHED

CITY OF GREATER  
GEELONG

## I WANNA BE YOURS



The widely acclaimed debut play from London Laureate and poetry slam champion **Zia Ahmed**, **I Wanna Be Yours**, is a modern day romance that asks whether love really is all you need.

**THURS 1 JUNE**  
**1PM & 7PM**

Adult \$35 Conc \$30  
Student \$25

## JUST BRILL



**Just Brill** is the story of the New York building, dubbed the Hit Factory of popular music for famous songwriters such as Carole King, Neil Sedaka and Burt Bacharach.

**TUES 6 JUNE**  
**10.30AM**

\$17 incl. MORNING TEA

## WINTER SOLSTICE ONE ACT PLAYS



A popular event in the annual Potato Shed Season. Two nights of entertainment in the form of two original one-act plays from our local playwrights and performers.

**FRI 16 JUNE**  
**7PM**

**SAT 17**  
**2PM & 7PM**

ALL TICKETS \$25

## TRIBUTE TO OLIVIA NEWTON JOHN



Celebrate our Aussie songbird **Andrea Lees** as she sings tribute to her favourite Australian Icon and OBE recipient **Olivia Newton John**. Hosted by **Mr Issi Dye**.

**FRI 23 JUNE**  
**8PM**

CABARET SEATING:  
Adult \$40 Conc \$38 VIP \$36  
THEATRE SEATING:  
Adult \$38 Conc \$36 VIP \$34

## SNOWY AND THE SEVEN COOL DUDES



**Snow White** (Snowy) has trouble with the Wicked Queen and her Magic Mirror. **Snow White** is very beautiful. Everyone loves her! But still the Hunter is ordered to take Snowy deep into the woods. Meanwhile, the **Cool Dudes** have decided it's time they started making healthier food choices and doing some exercise.

**TUES 27 JUNE**  
**11AM & 1PM**

\$14 and \$45 Family

41 Peninsula Drive, Drysdale VIC 3222

[www.potatoshed.com.au](http://www.potatoshed.com.au)

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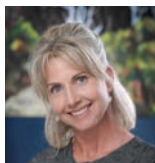
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[bellarineproperty.com.au](http://bellarineproperty.com.au)





One of the most popular projects in my council role and the very first objective of Bellarine Ward councillors when we were first elected in 2017 was to build a network of off-road shared paths.

Rome wasn't built in a day... and the first shovel was put into the ground on the Beacon Point Shared Trail project just recently.

Located within Beacon Point Reserve, this reserve is the largest flat open space area east of the boat harbour and provides magnificent 180-degree views across Port Phillip Bay.

This trail has the potential to be a drawcard for tourists looking to add a walking and sightseeing experience to their travels and exploration of the Northern Bellarine area.

Already the North Bellarine is home to some of our region's finest wineries and restaurants, top quality beaches and multiple fishing hot spots.

It is exciting to be adding a new attraction to this popular tourist destination, which continues to gain the attention of holidaymakers from right across the country looking for something a bit different to experience on their travels.

The project has been designed as part of the Beacon Point Reserve Masterplan, which aims to enhance the informal use of this space.

The scope of the project includes approximately 800m of a shared path from an existing beach access point at Cantana Way to High Ridge Drive, and additionally, associated facilities for the shared trail such as signage and trail information, park furniture, and revegetation of native and indigenous species are included.

This is one of many path projects across the City of Greater Geelong and it's exciting to see these coming to life for shared trail users.



## THE BELLARINE COMMUNITY SINGERS

Do you enjoy singing with friendly people who just love making music? Maybe you play an instrument and want to brush up or share your skills. The Bellarine Community Singers get together each Thursday from 1.30 to 3.30 in the Springdale Hall.

Newcomers are most welcome and in the past six months our numbers have grown to more than twenty singers. The group is led by David Smith with his 12-string and 6-string guitars and experience ranging from New Faces to Sunbury '72 and more. We currently have five guitarists - including John Harris on steel guitar - several ukeleles and a tambourine.

You can choose songs from our current songbook or suggest new possibilities. Everything from traditional folk songs to Showtime Musicals to Calypso to The Seekers, James Taylor and Sting - we'll tackle them all! There's no pressure to perform but we know you'll love singing in this informal and friendly atmosphere where the main aim is to have fun with music.

For more info, please contact **Tina Walters** on 0421 278 886 or David Smith on 0411 444 048

## 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.

### Do you receive franking credits and want to claim your refund?

Are you a pensioner and no longer lodge a tax return? The good news is that you don't need to lodge a tax return to receive your franking credits back. Head to the ATO website and complete the form with refunds organised in approximately 14 days. Springdale Neighbourhood Centre will be able to assist with accessing this site. Phone 5253 1960 for additional assistance.

<https://www.ato.gov.au/uploadedFiles/Content/IND/Downloads/Refund-of-franking-credits-instructions-and-application-for-individuals-2022.pdf>

### What is a franking credit?

A franking credit is the tax a business has already paid on its profits in Australia. Dividends are typically funded from profits, so the dollars paid to investors have already been taxed.

### Automatic payment renewals - are you paying a lazy premium?

We are all busy and its easy to accept the new automatic payment option for our insurance renewals. But when have you last checked if you could get a better deal. This month I spent a couple of hours and saved nearly \$1,000 of annual premiums. You don't need to wait until the policy renews, you can change at any time. The lazy premium can add up very quickly so put some time aside to see what better deals you could access.

### 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.*

Come in for a Free chat

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79 The Parade  
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## NEW MEMBERS & VISITORS WELCOMED



Business on the Bellarine

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

We meet Tuesday's @ 7.45am  
Contact Jo Aspland on  
0438 055 679 for more details.

Follow us on @BusinessOnBellarine

Connecting Business & Community

# William Sheahan

## Funerals

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I am asked many questions when I talk about Kinship Care, the most frequent question being:

**Why do children live with relatives and not their parents?**

There are many answers to the above question, the main ones being - illicit drug use, domestic violence & alcohol abuse in the family home, which contribute to child neglect, where a child's basic needs, a nurturing environment, ample food, clothing and loving care, are not met.

These children are removed from their parents' care by Child Protection, with Police support. When these children arrive at a family member's home with just the clothes on their back, we as a group (Bellarine Kinship Carers) step in to support the family.

The clothes the children are wearing, when they are removed from their parents, are mostly too small or too big, and often filthy. The best place for these clothes is in the bin!

I would like to say a BIG thank you to everyone who has donated new clothing, new underwear and socks, new books and, most importantly, something for the children to take to bed with them, a NEW teddy or doll.

Each day the children make so much progress within themselves, and the smiles on their faces return. They believe in themselves and their carers believe in them.

Sixty-five (65) families in our region, are travelling the kinship journey with much support from our family Kinship groups. We support our local kinship family, in whatever way we can. We care, support and love the children in our care.

If you are a kinship carer sitting at home thinking that you are alone on your kinship journey, we as a group are ready and willing to assist you in any way we can. Come join our group - we laugh a lot, we talk too much and sometimes we cry.

Bellarine Kinship Carers meet on the first Monday of each month (not during school holidays) at SpringDale Neighbourhood Centre, Drysdale from 10am to 12noon.

Stay safe everyone. **Jeanette Hanley-Heath** - 0414 308 257

The saying is true -

***"We don't know what we don't know".***

It is particularly true about the help and services which are available to us when we need them.

I've asked two women recently if they have applied for "My Aged Care" services. Both live on their own and both have serious medical issues which mean that they can no longer drive, mow their lawns, tend their gardens, or do most household chores like vacuuming, mopping and regular cleaning.

They were unsure about any help that they could be receiving, and while the pathway to this help is confusing and obscure, I suggested they talk to their doctors about it. (Other information is available at [myagedcare.gov.au](http://myagedcare.gov.au) or by calling 1800 200 422)

I'm learning about this Government funded provision through a friend who has managed to obtain a My Aged Care "package". I've heard her frustration throughout her journey to see certain services finally in place and working for her benefit. But it's been tricky and I'm not sure if anyone really understands how to smoothly navigate the system.

That's why we are planning to hold a forum at SpringDale with someone from My Aged Care who really knows the system - and hopefully the answers.

**Watch this space!**

**Dianne Bennett**

0422 146 604

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



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# Get the Free Stuff!



Just about every aspect of our lives has gone up in price. If the financial pressure cooker is getting intense - let's focus on the joy that comes for free!

**Here are 7 lovely things that won't cost you a cent:**

## 1 Your Breath

Yes - I say it over and over again, but your breath is so powerful. It matches your mood, meets your needs, and strives every day to support you at your best. It can feel so wonderful to take the time every day to stop and notice it. Breathe it out, breathe it back in... notice how lengthening and deepening your breath changes the way you feel.

## 2 The Great Outdoors

We are spoiled in this department, getting outside is beautiful on the Bellarine. Enjoy the things we take for granted. Stop and soak in the water views, go on an outdoor adventure to a local place you haven't seen or been to in a while. Salt, sand, trees, sky, and earth in this magnificent Wadawurrung country are a soothing balm for tired nerves. Get into nature and ground yourself. Notice all the lovely details around you - even in the rain!

## 3 The Filter

There are always two ways to look at a problem, and you get to choose which way you will look. Set your filter in the morning to seek something you want to feel, rather than to worry about what might not even happen. Even the hardest of times often show us "silver linings" along the way, so keep an eye out for them. Tightening the family financial belt can be a great excuse to look inwards at the joy you bring each other, rather than the financial cost of entertaining yourselves elsewhere.

## 4 Sleep

A good night's sleep is the greatest gift you can carry into your next day. Begin to explore ways you can improve your sleep. Go to bed a little earlier, switch the phone off and leave it out of your bedtime routine, explore mindful ways to enter sleep with calm in your mind and relaxation in your body. Every day you wake, you will notice things feel more manageable and lighter after a deeper rest.

## 5 Laughter and Smiles

You remember the laughs I'm talking about - the ones that have you giggling uncontrollably or chuckling until your belly hurts. Catch them in your favourite comedies on TV, or with an hilarious friend!

Smiling is contagious and immediately mood lifting - when you give them out, they tend to return to you, raising your mood even higher. Smile at the people that pass you by - and don't forget to give yourself a smile in the mirror each morning too!

## 6 Knowledge and Imagination

We have so many beautiful libraries on the Bellarine, lose yourself in a good book, or learn a new craft or technique. Learning something new benefits brain function and elasticity, and escaping into a good book can lower your stress levels.

## 7 Community

Family and friends are free. You can choose good ones to support you, and to enjoy the 6 previous freebies with!

If financial pressures are overwhelming for you right now, please ask for support. A counsellor, or hypnotherapist may be able to offer some lighter ways of thinking. You can also seek support from beyond blue counselling 1300 22 4636 or in crisis call lifeline on 13 11 14.

**Kim High** - Clinical Hypnotherapist BSc DipEd MEnv DipClinHyp



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

**Kiwanis Club of Geelong Presents**

## The Geelong Doll, Teddy & Craft Show

Saturday 17th June 2023  
Geelong Masonic Centre  
Regent St Belmont



Saturday 17 June 2023 marks the 30th Anniversary of The Geelong Doll, Teddy and Craft Show.

The show was started by Geelong Quota Club and has continued to raise funds for many worthy causes in the region.

Quota International was founded in 1919 in New York, providing basic needs to women, children & the Hearing Impaired, working to eradicate extreme poverty & hunger, and to promote gender equality and empower women. The organisation was dissolved in 2020 and the Geelong Clubs closed due to reduction in membership.

Several former Quota members joined Geelong Kiwanis and have successfully run the Doll Show for the past two years. We are privileged this year to have Michelle Winckle, the Granddaughter of Beryl Winckle, Quota Past District Governor and Newcomb Quota Club member, to open The Show.

Over thirty stall holders will be selling high quality Hand Made crafts for everything related to dolls.

The cafe will serve hot food and drinks throughout the day. Please join us to help raise funds for many local charities.

**Rosemary Stewart** - Member Geelong Kiwanis  
Quota Region 14 Director 2018-2020

## Leopold VIEW Club

Leopold VIEW Club offers a network for women to connect with each other in the community, while supporting the work of The Smith Family in providing long-term educational support for Australian children and young people in need.

Meetings are held at 10.30am on the 2nd Tuesday of each month at the Leopold Sportsman's Club.

For more information please ring: **Linda** on 0413 007 840



**DRYSDALE FAMILY SUPPORT**

Working with & for the community

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• **Second Chance Clothing**

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## DRYSDALE SENIORS

Our approximately 200 members now enjoy many events throughout the week.

On Mondays we have T.O.W.N. (Take Off Weight Naturally) from 9am and Bellarine Quilters 10am. On Tuesdays we have Weight Watchers 9am and Bingo at 1pm. Wednesday: WACCAS (Wine and Cheese Tasting) 4:30pm and Thursdays Line Dancers at 9am, Wilted Quilters 10am, Meet and Greet 1pm; Clifton Springs Bowls Practice 4pm. Then on Fridays Bowls 1pm. Clifton Springs Indoor Bowls joining us, with their own competitions held on Mondays.

### Hall Naming to be held on the 7th of July at 2pm

In gratitude for the support given by Lex & Norma Mortimer to the Drysdale Seniors in 1969, and their support of the Drysdale Community in general, Drysdale Community Hub will be naming their Main Hall after **Lex Mortimer**, and the West Hall after **Norma Mortimer**.

Please join us at the Drysdale Community Hub for Afternoon Tea after the naming ceremony.



## IS YOUR GARDEN NEEDING A MAKE OVER?

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The Festival of Glass has an all-year-round Workshop Programme. For June we have three workshops which require **no previous experience**.

**3rd of June 'Glassy Dragonfly'**: A shimmering glassy Dragonfly suitable for gardens, window hangings, brooches and more.

**17th of June 'Wings Galore'**: Create little shimmering wings from wire, beads and organza for bugs or butterflies for plant pot friends, decorations, jewellery and more.

**24th & 25th June 'A Mosaic Bird'**: A decorative mosaic bird, cut from MDF wood that is suitable for indoors, using commercial ready-made tiles.

Check out our website for more details on each of these workshops, held at the Drysdale Community Hub, Eversley St. Drysdale.

[www.festivalofglass.net.au](http://www.festivalofglass.net.au)

In the July Messenger more workshops will be advertised.

## SpringDale Trivia 67th Edition

by Drysdale Girl Guides

1. Bern is the capital city of which country?
2. What colour is the N in the Netflix logo?
3. What sort of pastry is used to make chocolate eclairs?
4. In which NSW town would you find the famous Dog on the Tucker box monument?
5. How many legs do scorpions have?
6. What does a Chronometer measure?
7. Which two dances are featured in the NATO phonetic alphabet?
8. Saffron is a spice derived from the dried stigma of which flower?
9. Nobel prize winner, physicist and chemist Marie Curie was born in which country on the 7th of November, 1867?
10. Which planet has the Great Red Spot?

Turn to page 19 to find the answers.

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



GIRL GUIDES

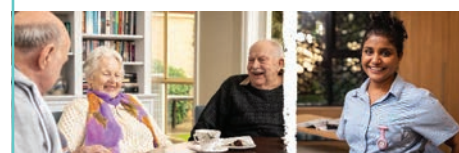
If you are interested or have any questions, please contact Anne Brackley on 0407 529 205

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**Estia Health**







# Clifton Springs Garden Club

Is it June already, what happened to the last six months? Don't forget that winter can be a very interesting time in the garden, there are always jobs to be done like pruning the roses and tidying up other trees and bushes. Keep your eyes out for birds' nests when you are pruning, making sure you don't expose them too much, otherwise the birds won't come back. I recently discovered a tiny nest when I was cutting out some old wood in a bush, I am hoping the birds will come back and nest in it again. I love being in my garden on a crisp winter's day, I always find mushrooms and fungus coming up in the shady damp spots and I am forever surprised by what is flowering.

Hugh MacDougall from the Geelong Bonsai Club was our May speaker. Hugh had the meeting spellbound with his presentation on Bonsai. I found his presentation fascinating. It certainly takes a lot of patience, along with a little artistic/creative bent to create these beautiful plants. Hugh also had some of his own Bonsais to help demonstrate some of the finer points of his much loved hobby. If you are interested in Bonsai the Geelong Bonsai Club would be most welcoming and they have an amazing two day Show every year.

Having the boot on the other foot is a strange experience and this happened to me last night when President Gordon presented me with a Life Membership, instead of doing his normal Presidential Waffle (stories of his gardening exploits). In the past it has been me giving others Life Memberships. I would like to say thank you publicly to the Committee of the Clifton Springs Garden Club for giving me the

honour of a Life Membership. I see being the Secretary of the Garden Club as an honour and a pleasure. It keeps me in contact with some lovely people who over the years become like family, and I get to put the skills that I have learnt over many years to good use, including keeping my mind agile. It is always nice to know that your work and time is appreciated.

Our speaker for June will be Kate from City Greater Geelong Environment & Waste section. Kate will update us on the latest in recycling, which will be most useful and interesting as the area of recycling is forever changing.

Visitors are always welcome to our meetings, so if a speaker is coming up that is of interest to you, contact our Secretary Helen, on telephone 5257 2220 or email hma3152@gmail.com for further information.



President Gordon Richardson giving Secretary Helen Allan her Life Membership



Hugh MacDougall Geelong Bonsai Club & some of his Bonsai plants



## Bellarine Wholefoods Celebrates 1st Anniversary with Impressive Sustainable Milestones



We are absolutely thrilled to have just celebrated our first anniversary here at Bellarine Wholefoods! The outpouring of support and warmth from the community has been nothing short of amazing, and we feel deeply grateful for how enthusiastically our mission to reduce single-use plastic packaging and food waste has been embraced. We are committed to promoting sustainable shopping habits by encouraging our customers to bring their own containers and fill them up with as much or as little as they need.

In the past year, we have accomplished so much together. Thanks to our customers' unwavering commitment to reducing plastic and food waste, we have sold over 9 tonnes of food with zero plastic packaging, 260kg of local honey through our honey refill system, and saved over 1,800 500ML bottles from landfill with our refillable eco-cleaning range - what an achievement!

Our store offers an extensive range of over 450 items, including a selection of Vegan, Gluten-Free, Organic, and Spray-Free options. Herbs and Spices, Flour, Sugars, Pastas, Rice, Lentils, Beans, Muesli and Cereals, Nuts, Dried Fruit, Seeds, Snacks, Chocolate, Health and Superfoods, Tea, Coffee Beans, Eggs, Local Olive Oil, Refillable Household Eco-Cleaning Products, Cold Drinks, Fermented Foods, Take-Away Coffee and Treats, Self-Serve Local Honey, and even a Self-Serve Peanut Butter Machine where you can watch nothing but nuts ground right into your jar!

We are proud to work with over 54 suppliers from all over Australia, prioritising Quality, Locality, Ethics, Sustainability, and Affordability when selecting our range. A special thank-you to a few of our local

suppliers; Adelia Fine Foods, Constant Coffee Roasters, Becks Honey, Lighthouse Olive Oil, Ket Baker, San Elk, Great Ocean Road Vitality and Otway Pasta Company. Thanks legends, for being on this sustainable journey with us!

Starting Bellarine Wholefoods was a bold move for me, with my background in Hospitality and the Legal industry, and no prior knowledge of food retail or business ownership. But the birth of my two children changed my priorities and motivated me to find my true passion. Witnessing the amount of waste, I was producing as a parent made me determined to make a significant change, not just for us, but for future generations too. That's why I decided to bring a Bulk Foods store to the Bellarine, so that everyone could make small changes for the better.

We want to express our most sincere thank you to each of you who have supported our little business this past year. Together no matter how big or how small, your efforts have made a massive difference! We are incredibly fortunate to be part of such a caring and thoughtful community. We genuinely enjoy talking with each of you about all sorts of things, from recipes, your children, personal lives, global events to your dietary concerns and everything in between. Here's to many more years of sustainable shopping together!

**Alyssa McGuire** - Owner, Bellarine Wholefoods  
80 Murrdoc Rd, Drysdale



# MIRROR: New views on photography

Norman Ikin Vali Myers

Photographic print (gelatin silver) c.1950-62

H2001.90/212

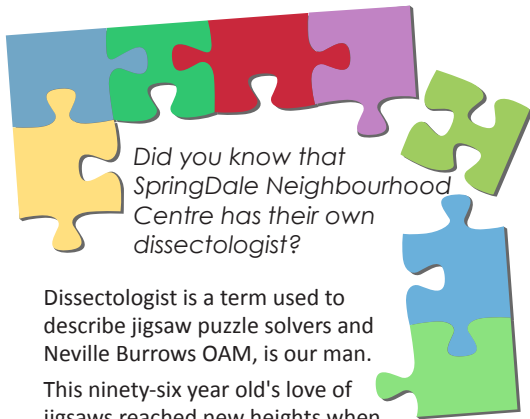


## A State Library Victoria Exhibition

Open Daily

[slv.vic.gov.au/mirror](http://slv.vic.gov.au/mirror)





Did you know that SpringDale Neighbourhood Centre has their own dissectologist?

Dissectologist is a term used to describe jigsaw puzzle solvers and Neville Burrows OAM, is our man.

This ninety-six year old's love of jigsaws reached new heights when, early in 1993, Neville and his late wife Joyce, started a Jigsaw Club in their lounge room, a place where like-minded enthusiasts dropped in for a cuppa and to swap a jigsaw or two.

From the beginning, he did such a good job sharing his jigsaw passion that Neville eventually needed a new home for the ever-growing assortment of jigsaws... and that's where SpringDale came to the rescue.

The jigsaw collection, now known as SpringDale Jigsaw Club Library was relocated to the Centre in 2005 and has its own room that reportedly houses some 5000 puzzles.

Neville was still overseeing the group at its 30th anniversary in March this year and, whilst stepping back from his managerial role, he plans to be dissectologising for years to come.

*"I always find completed jigsaws to be quite relaxing. Very piece-full",* says Neville with a grin, adding, *"Bellarine residents are often surprised to learn that we have this wonderful resource for jigsaw lovers."*

The Jigsaw Club Library at SpringDale Community Centre is open on the first Thursday of each month from 10am to 12 noon. A multitude of Jigsaws from 250 pieces to 3000 pieces, suitable for all ages and interests, are available to borrow for 40c each.

All welcome.



Surrounded by jigsaws in the Library, Neville Burrows & longest belonging member, Jean McMahon.

## The Bellarine Walkers

We have welcomed several new walkers to the group this month and have had good walks alongside the river at Barwon Heads, the beach/cliffs at Torquay, and beaches at Edwards Point and Curlewis. More good walks planned for the next few months.

Rob Gardner 0413 458 562

## Bellarine North Rotary



There are often articles in our media that identify that reading in our children has deteriorated over time. This is confirmed by studies that we do not expose our kids to books or read to them early enough for them to absorb our language written on a page in a book.

The Bellarine North Rotary Club are doing all they can to help change this. We as a Club funded a Literature Program at a local primary school with strong evidence that in the short time it has been introduced the statistics are proving an amazing improvement for students in Prep to Grade 2.

Next step was to deliver books to maternal child health centres with our Books for Newborns, encouraging parents to read to their children from birth. Another well received program.

Add to this books for all age groups from kindergarten day care centres and primary schools with a program newly supported by the Bellarine North Rotary Club called 123readtome, again encouraging kids to read and get their parents involved. These books are provided totally free of charge by the Club.

All of these have encouraged confidence in children who would otherwise slip through the net and add to the alarming number of adults who struggle to read and write.

Another fantastic program that has been instigated by one of our own members is our Junior Writing Initiative. Targetting Year 5's and 6's over the last three years it has seen an increase in participants and evidence of future authors in the making.

A highlight for one student who wrote about wanting to be a professional sports person was when one of our members, past Olympian Basketball player Peter Byrne let the student wear his Olympic shirt. Peter competed in the Olympics at Mexico 1968 and Munich 1972.

Here is one of the amazing entries:

**Winning Entry from Drysdale Primary School  
FIRST PRIZE IN YEAR FIVE  
- Streicher Jansen van Vuren**

*Imagine if...*

*vegetables tasted like lollies!*

*Vegetables that taste like lollies, are you kidding me!? Where can I get them?*

*Do they really taste like lollies? I want them!*

*Experts say that vegetables are very good for you and they include lots of vitamins, minerals and nutrients to help you grow into a healthy, happy, young adult. Some people even say that carrots are good for your eyes. I can see perfectly fine, thank you, and I don't even eat carrots!*

*In fact, I don't eat any vegetables at all, because they all taste very disgusting, and anyway, I am not betting my money on everything that the experts say!*

*But then again, my mum, dad and Google say that vegetables are very good for you, so I guess that must be true then. That really doesn't help me ... help!*

*Imagine if... vegetables tasted like lollies! I would have definitely eaten vegetables every*

*minute of the day, I would've even got up in the middle of the night and gobbled down some broccoli, cauliflower and green beans. Imagine that! These vegetables would've tasted like M&M's, Maltesers or a giant gummy bear! Imagine never having to go to the dentist, because you never needed to eat real lollies!*

*Your teeth will never have any cavities and you will never have to go to the dentist ever again. Dentists will never have any patients and will have to become vegetable farmers, crazy!*

*Imagine if... Mum and Dad didn't have to spend money on both vegetables and lollies! Vegetables will become the new lollies, and my parents can spend all the extra money on ME, VAY!*

*What might I want to do with all that extra money my parents will have to spend on just me?*

*I know, I'll spend it on more sport equipment and sport sessions and also music lessons. After all, I really want to be the next Nick Kyrgios or Ed Sheeran!*

*Imagine how ... healthy the environment would be if everyone brought vegetables to school instead of lollies that come in packaging!*

*The pros of not having packaging is that it will reduce the estimated 14 million tons of plastic that end up in the ocean, killing about 100,000 marine mammals every year!*

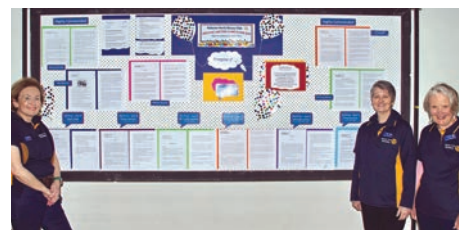
*If you consider all the advantages of eating vegetables, I think I might need to eat more vegetables instead of lollies. Maybe vegetables have changed since last time I tried them. Off to the vegetable shop I go, "Bye!"*

Just a sample of the standard received.

A timely reminder that reading is an exceptionally important skill required for life. Read to your children, read to your grandchildren, even read to one another. When was the last time you gave yourself permission to sit and lose yourself in a book? Reading develops so many things, your imagination, your critical mind, creativity, vocabulary, spelling, along with many other advantages.

Publicity Officer - Bellarine North Rotary Club

Caroline Rickard - 0408 989 221



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"It's Alpha Scorpio Steve! "

How about an operational underground alien base right in our own backyard? It did happen.

Filed in: Aireys Inlet, Victoria, shown on TV: Friday June 21 1974 at 4:30pm on ABC Channel 2. Writer-Producer: James Davern, Title: "Alpha Scorpio."

And away we went on a sci fi experience that changed my life forever!

It was purely by chance that we were watching that fateful afternoon when ABC's truly local sci fi "baby" was given its' first "airing."

We were farming in Gippsland. Mum was in hospital and we had no money! From this depressing scenario we were rescued by alien activity just down the road in Aireys Inlet!

James Davern had worked out the story while on holiday in Aireys.

Andrew and Steve, on holiday, arrive in the town looking for surf and romance. Instead, they find a subterranean scientific base established under the lighthouse "manned" by human looking aliens, one of whom turns out to be Steve's new girlfriend!

At seventeen (17), I was very excited by it all, and wanted to investigate for myself, but I wasn't allowed to. (Sob)

But I did make it back to Aireys in 2001 and, with sterling support from the then Aireys Tourism Association, managed to talk the

A.B.C. into letting us set up a local memorial board for the show.

On that Saturday night I was allowed to "show front" "Alpha" at a charity fundraiser in the Aireys Hall. The local kids were very excited by aliens in town!

In the middle of all this, I rang James Davern to tell him his old show "lived" again, in Aireys that night. He thought this absolutely hilarious.

Now, next year 2024 is the 50th anniversary of "Alpha." Would anyone at Aireys (or anywhere else) like to help me mark the occasion somehow?

Let's do it for Aireys and for "Alpha!"

**John**



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## Footpaths for Health

We are a family with young children who have lived in Clifton Springs for over 10 years. We absolutely love it here, the community, surroundings and the amenities. The only thing letting us down is the lack of footpaths. We live within a 15 minute walk to our children's kinder and childcare, but it is difficult to walk there due to no safe pedestrian access.

Walking on the nature strip is a hazard for my children, it is difficult to push the pram through the grass and navigate around parked cars and other obstacles. We often see parents walking with prams and dogs on the road, as well as children walking and riding to school and are concerned for their safety.

As our area gets busier each year, it makes it more difficult to navigate around the town safely on the roads. Having footpaths in our community would have a positive impact on our daily life and promote a more active lifestyle for our children and ourselves.

Kind regards

**Monica & Len Phillips**

## CHESS CLUB



Hi, my name is Andrew. I am 14 years old and I am intending to start up a Chess Club at the SpringDale Neighborhood Centre, Drysdale. The Chess Club will be a place where you can learn how to play chess, practice your skills and enjoy socializing with other Chess fans.

All age groups are most welcome.

The SpringDale Community will provide Chess Boards as well as assistance for Beginners in a practical and fun way. More advanced players are welcome to bring their own Chess Boards if desired. We intend to have an area set aside for you to document your skill rating, so you can track your progress.

We plan to meet every Wednesday 4.30-6:30pm, and all are most welcome to participate! Please note games will start promptly at 4:30.

If you would like to join the Chess Club, you can contact me at [springdalechessclub@gmail.com](mailto:springdalechessclub@gmail.com)

Kind Regards **Andrew**



## VOLUNTEERING for good Health

Hoping you are enjoying reading this SpringDale Messenger. If you have received this in your letterbox, then one of our 100 volunteers has delivered it to you, and we thank them for delivering and you for reading and hopefully enjoying this issue.

More than a year ago, community members offered to help deliver the Messenger. I feared that this enthusiasm might be short lived, but many people have delivered all 12 issues and a Business and Services Directory. Community members have delivered more than 200,000 community magazines - hopefully spreading joy and information throughout our community.

Recently, two of our regular deliverers have thanked me for giving them a purpose to walk and that their health has improved after a year of delivering the SpringDale Messenger. I know that having a purpose to walk helps me to fit in the hour needed to deliver my round.

During winter we have a few of our regular deliverers away and if you have an hour to give to this community activity, I'd love to hear from you. We have maps, we have specific areas to deliver to and you may live in those areas.

If you haven't had this issue delivered to your home, then we may need someone to deliver to your area. Please consider helping if you can. I understand not everyone can help but if you can, I'd love to hear from you.

I love seeing our volunteer deliverers each month. Their enthusiasm and good energy helps add to the SpringDale environment and having people thank me for giving them purpose, is the icing on the cake.

Thank you thank you thank you. Please let me know that you are thinking about helping and we'll look at the list of areas and look at the maps and then if you can help even just for one issue, especially over the next few months, I will be grateful.

Yours sincerely, **Anne Brackley** budding logistics coordinator

Email [office@springdale.org.au](mailto:office@springdale.org.au) or ring 5253 1960 during office hours.



## BOKASHI GARDEN

The first garden bed is now full and we are waiting a month for it to allow the microbes to do their duty and enable our soil to be ready to accept seedlings and seeds in the near future. Bokashi workshops currently include placing Bokashi material into the garden beds to build them up.

We have been using and advocating Bokashi food scrap recycling for more than 16 years. Dr Tony Ohishi brought Bokashi to Australia and then introduced us while he was living in Clifton Springs, many years ago.

Please register your interest in attending a Bokashi workshop and we'll schedule some more. Email [office@springdale.org.au](mailto:office@springdale.org.au) or phone 5253 1960.

**Anne Brackley**

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

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# The Journey to the 2023 Referendum

We have received thousands of notes, emails, cards and words in passing, praising us for the SpringDale Messenger - its presentation, its content and its positive nature.

Over the last few months, a number of people have thanked us for republishing the Uluru Statement from the Heart and other information in the lead up to the referendum that we will all face later in the year.

Over the same period a number of people have asked us to stop publishing information about the upcoming Voice Referendum and or to publish the No campaign information.

So far we have only published facts to try to help our community make an informed decision. In March Messenger we listed websites that might help people read thousands of pages of reports that have been published over the last few decades about his subject which have led to the Uluru Statement from the Heart and the upcoming referendum.

In the May Messenger, we printed the essence of the Bill that has been introduced to Parliament and the design principles as per the Referendum Working Group. We also published information about Reconciliation Week and artwork licensed by the Barwon Neighbourhood House Network, to which SpringDale had access and permission to use in conjunction with Reconciliation Week.

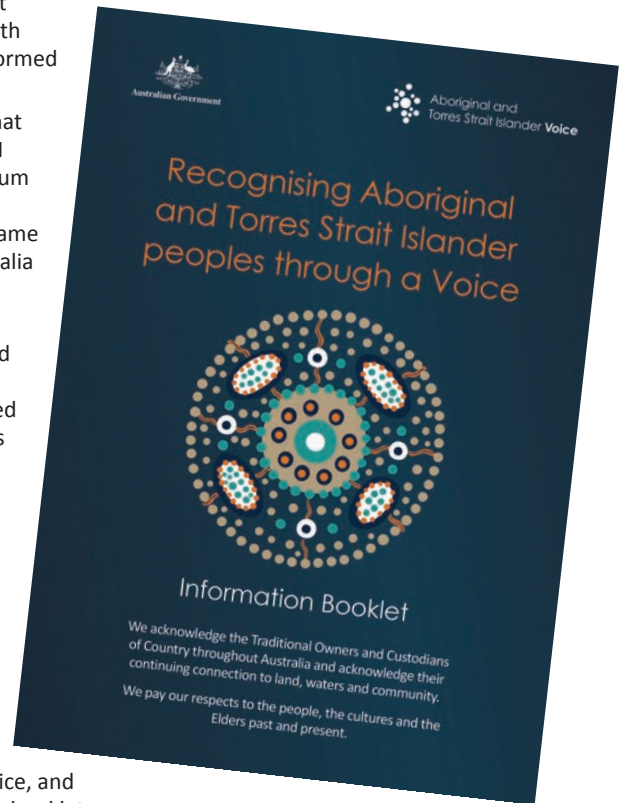
We are a community organization that does try to support our community as fully

as we possibly can. I believe the best way to support our community is with information so people can make informed decisions.

In researching previous referenda that have been put, I was surprised that I didn't remember the 1999 referendum question about a preamble for the constitution, which was put at the same time as the referendum about Australia becoming a Republic.

Most people that I talk to say that Australia's First Nation People should be acknowledged and honoured in the Australian Constitution - as stated in the 1999 referendum: "Aborigines and Torres Strait Islanders, the nation's first people, for their deep kinship with their lands and for their ancient and continuing cultures which enrich the life of our country". After 24 years I believe this would be easily carried.

We have recently received some Information Booklets from Libby Coker MP's office, which outline Recognising Aboriginal and Torres Strait Islander peoples through a Voice, and they are available for collection. This booklet states that the question and the terms of the constitutional amendment may change as a result of consideration in Parliament.



Anne Brackley OAM

Editor SpringDale Messenger 2004 onwards

## Our Art Installation

Thanks to everyone who helped with our recent garage sale. We sold thousands of things, pieces of material, books, dolls, balls of wool, dvds, LP records, new packets of audio tapes and a variety of other things.

At the end of the event we had a wall of empty boxes and so a couple of us created an art installation called - Empty Boxes. It was a very temporary installation but it allowed us to measure the cubic metres of things we kept out of landfill - 5.3 cubic metres of second hand and new goods kept out of landfill. This would have cost more than \$500 to drop to landfill and we made more than \$2,000 by recycling it to good people.

I understand there is a value attributed to keeping books out of landfill and I hope this information can help establish a metric for valuing other goods kept out of landfill.

Anne Brackley Ephemeral Artist.



Glen with art installation - Empty Boxes.



## Safe Seats, Safe Kids Program

Monday 5th June in the carpark adjacent to SpringDale Neighbourhood Centre

**Time 10am to 3pm**

Bookings Required

<https://safeseatssafekids.com.au/venues-mec/>





The Bellarine Camera Club exhibition as part of the annual Rotary Art Expo, was a great success. There was a lot of interest in the 100 photographs displayed. Members enjoyed talking to visitors about their interest in photography and the club.

The most recent Open Subject competition was judged by Pammi Pryor. Members received helpful and interesting critique of both the artistic and technical aspects of their images. A big thanks to Pammi for judging such a large number of entries.

1st A Grade Print & Image of the Competition "Zooming Wheel" by Daryl Haywood



1st B Grade Print "Robyn 1" by Debbie Hallows



1st A Grade EDI "Festa Fun" by Lynne Pearce



1st B Grade EDI "Matterhorn Mirror" by Rob Peck

### Sculpture Workshop

Starting with the art of modelling, building up sculptural processes. Then the art of carving, taking away sculptural processes. Explore the possibilities of making sculpture, try new ways, and see if sculpture is for you.

Fri 9 & 16 June 1.30-4pm  
at SpringDale bookings essential.

# RT Edgar

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# Making My Home More Sustainable - Part 4

Firstly it was encouraging to see the Climate Council announced this week that the average Victorian house could save annually \$1000 in energy costs by sealing drafts, more and better fitted insulation, window coverings and other fairly straightforward projects and a further \$1000 by replacing gas appliances by more efficient electric ones and removing the gas meter.

There are large differences between houses so make your own assessment and it's not only about economics but health, comfort and the environment.

I have recommended the YourHome book and its free website previously and now the new 6th edition is available (<https://www.yourhome.gov.au/>)

I understand the new Victorian Gvt. Energy Efficiency Incentives should commence from May 31st. These look attractive for supporting you replace gas hot water heating and also gas central heating with electric units. However there are no precise details yet so I will try and inform you soonish.

Bernard has made the following useful input.

Thank you very much for your article on Insulation, and to the "Messenger" for publishing it.

During my time as a Carpenter for 40 years I was struck by the number of people who didn't seem to know how to use windows. Mostly these were 'double-hung' windows: 2 sashes, one above the other, attached to weights by a cord over a pulley. At some stage the cord breaks and the solution seemed to be to nail the top sash in a fixed position, rendering it inoperable. If the cord to the bottom sash breaks the window is still operable by the placement of a block beneath the sash when you raise it. (Of course the cord can be replaced!). Another type of double-hung window uses spiral balances rather than cord, and these balances can also be replaced if they break. The window functions need to be repaired to operate properly.

What I like about Double-hung windows is that as warm or hot air rises and you want to create a cooling effect, lower the top sash about 100mm, and raise the lower sash the same amount. You will almost instantaneously have a current of air being drawn in under the lower sash, and exiting above the top sash. Even if the temperature doesn't change the moving air has a cooling effect on our bodies. If you don't have double-hung windows, opening windows on opposite sides of the room, or in an adjacent room, should also generate a breeze.

I realise an open window is a security concern for some, but even with older windows there are ways of locking sashes so they are in a partially open position.

As mentioned previously I'm on a journey to electrify all the gas appliances in the house.

If the VEU incentives materialise then I will progress the replacement of the gas central heating with air conditioners leaving just the gas hot plates to be changed to an induction cooktop.

I have been working towards the change by using our living room air conditioner as the main source of heating which has worked well todate. I've also done much of the cooking on our camping single induction portable cooktops which has convinced me Induction is quicker, more controllable and safer (and some of my pans work and some don't !). As well as reducing my electricity costs substantially (as shown in the last Messenger) I've also managed to reduce the gas usage by over 26% but costs by less than 20% (due to high service charges). The savings have been very significant in the last 6 months (see table below)

End of	MJ used	End of	MJ used
May-21	4623	May-22	3368
Jul-21	21391	Jul-22	17023
Sep-21	5390	Sep-22	5254
Nov-21	2508	Nov-22	877
Jan-22	1115	Jan-23	40
Mar-22	1110	Mar-23	40
2021/22	36,137	2022/23	26,602

I have had a few queries so I am wondering if it would be worthwhile to have an occasional get-together at Springdale to discuss problems and solutions etc.

If interested please let Anne at SpringDale know.

**Rob Gardner**

0413 458 562



## Bellarine Agricultural Society News

The Bellarine Agricultural Society recently held its Annual General Meeting. The meeting was well attended, and retiring office bearers were sincerely thanked for their years of service. We would also like to congratulate the new office bearers: President, Mrs. Denise Kent; Secretary, Ms. Jenny Banks; and Treasurer, Mr. Bob deVries.

The future of the Bellarine Agricultural Society looks very promising after our most successful show to date, we also welcome our new group of enthusiastic volunteers. We also congratulate the 1st Prize winners at the Bellarine Show, who continued on to win the South-Western region of the Victorian Agricultural Shows competition, which is one step closer to the State final.

The winners & place prizes from our show are:

Junior Photography: **Erin Nisbett**  
Sewing: **Angela Mc Keown**  
Patchwork: **Lynne Byrant**  
Crochet: **Mary Sims**

**Our congratulations to you all.**



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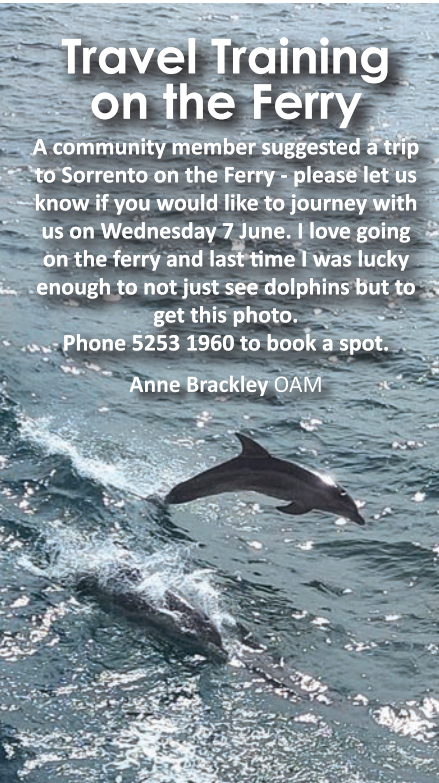
**03 5251 3674**

## Travel Training on the Ferry

A community member suggested a trip to Sorrento on the Ferry - please let us know if you would like to journey with us on Wednesday 7 June. I love going on the ferry and last time I was lucky enough to not just see dolphins but to get this photo.

Phone 5253 1960 to book a spot.

Anne Brackley OAM



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## Trivia Answers

1. Switzerland	6. Time
2. Red	7. Foxtrot and Tango
3. Choux Pastry	8. Crocus flower
4. Snake Gully (8km from Gundagai)	9. Poland
5. Eight	10. Jupiter



# Memories of Yesteryear

## DRYSDALE / CLIFTON SPRINGS MUSIC TO MY EARS

Back in the old days there was no television, mobile phones or any other devices except for the telephone at your house. People made their own fun. Drysdale / Clifton Springs was a big place with three Blacksmiths, Butchers, Bakery, Paper shop, Pub, National Bank, Flaxmill, Undertakers and many other industries, housing as well as farming establishment.

Nobody went out of the town except for a few who travelled elsewhere. The fun was dancing with the Foxtrot, Waltz, Barn Dance etc. Sport was popular but only Cricket and Football. Another popular pastime was music and most towns had their own town band. Drysdale town band was popular. They had practice sessions during the week and performed at the weekend to the community. Sometimes they travelled to Portarlington to perform at the rotunda with the Portarlington town band. Some members of the town band also performed at local dances where people would congregate and talk about a range of subjects as well as to dance and possibly meet a partner.

Partners were hard to find as many families were related. I remember researching my family tree and was amazed at who was related. Rob Willie enlightened me and said that a Kingsbury family had fourteen girls and married to local boys such as the Peels, Barrands, O'Neils, etc.

I remember sending Alan O'Neil a list of his family as he was placed in a home as a child and never knew much about his family. We lived near each other for years and I found out that his father married a Kingsbury.

Many of my relatives played in the town band. They had uniforms and a special badge to wear which was placed in the pocket with their pocket watch if they had one.

I am hoping that there may be a few people interested in forming a town band in Drysdale / Clifton Springs. If you play an instrument and are interested, please register your interest with SpringDale Neighbourhood Centre. Phone 5253 1960



Back row L-R Stan Hutchinson ,unknown, Bill Hutchinson rest unknown  
Front row 6th person Arthur Hutchinson



Back row: L-R Ted Hutchinson, John Hutchinson, Syd Drake, Bob Hutchinson, Stan Drake, Bill Martin, Frank Anderson, Lionel O'Neill  
2nd row: Rupert Peel, Stan Hutchinson, Cyril Drake, Stan Nash, Vic Butcher, unknown, Ernie Martin, Arthur Hutchinson, Stan Allen  
3rd row: John Whitcombe, Ron Willey, Gerald King, Hector Peel, Les Peel  
Front row: Cecil Bennett, Jock McKenzie, Norman Peel.



Top row 5th from left William Arbothnot Hutchinson – others unknown.



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## Bird Plumage

Australian birds are especially brilliant and unique. John Gould (1804-1881) English Ornithologist, was overwhelmed with all that he first viewed. To quote him, the birds he saw were "striking, remarkable, extraordinary and unrivalled". Gould marvelled at the "peculiarities unexampled in any other portion of the globe".

Survival sometimes depends upon how one blends into the environment. This is the main reason that female birds are a duller colour than their male counter parts. Whereas males have very colourful plumage which is usually to attract the female, the female needs to blend into the environment to be safe whilst nest sitting. Even our backyard birds have different feathering. Let's look at the Blackbird. The male is a shiny black, made even brighter by shimmering feathers caught by the sunlight, whereas the female is a dull brown, perfect for camouflage usually blending her into a brown stick and dry grass nest.

Both male & female Rainbow Lorikeets are brilliantly coloured, as are Kingfishers. Electus parrots each proudly wear their bright unique colours; the Electus male is vividly different, and oh so bright. In each case these species nest in holes in tree trunks or down tunnels dug in the soil and well out of view, completely hidden from sight. No need for camouflage in these circumstances.



- Feathers are transducers which means they can sense wind speed and air pressure.
- Feathers are very effective insulators keeping birds warm in the most freezing condition even under the ocean. That is how flightless penguins keep warm deep down in the dark depth of Arctic and Antarctic oceans. Humans already use bird down in doonas, snow jackets and other types of warm clothing. How else can we benefit from nature?

The more I read about birds the more interesting they become....

Carole O'Neill



A great deal of research is presently being carried out on bird feathers:

- The iridescent colours, how are they formed? What benefit are they? Researchers have already invented an iridescent paint, based on feather research.
- Some bird feathers have a perfect system of keeping clean without washing or bathing.
- Feathers can also be self-repaired from damage.

**BirdLife Bellarine** are holding a photo exhibition to highlight birds of Geelong and the Bellarine Peninsula. This will be held at 1pm on 18th June at the SpringDale Neighbourhood Centre 17-21 High Street, Drysdale - entry by gold coin donation. A highlight of the afternoon will be a talk by guest speaker Dr. Raul Mulder of Melbourne University who will be speaking about his research on swans in urban areas. It promises to be an excellent afternoon. Doors open at 1pm and the talk will begin at 2pm. There will be people's choice voting for the best photo and a cup of tea afterwards.

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# Inclusive cafes and restaurants



**LEANNE'S** WHEEL LIFE  
Sharing inclusivity and accessibility



**St Leonards Garden Club**

As my disability has become more restricting, I rely on venues that are inclusive. Where I used to take for granted that I could pop in anywhere, I now appreciate a venue's owner or landlord's willingness to make their business accessible.

It becomes very tiresome and frustrating to plan and book for a couple or a group when there is no mention of accessibility or photos on a website. It's easy to feel burdensome and excluded through no fault of our own, but because, historically, people with disabilities have never been considered part of mainstream society.

I get that many people haven't had experience with physical disability beside that of a

temporary injury or rehabilitation, so many business owners may feel overwhelmed or confused as to how to be more inclusive.

This is one of the reasons that I write reviews on the accessibility of restaurants and cafes, and other venues, and I'd like to share some of the most accessible and inclusive places I've had the pleasure to drink and dine in around Geelong and the Bellarine.

**The Bungalow Restaurant**

**Pier St Café**

**Basils Farm**

**Pavilion Geelong**

**Leura Park**

**The House of Jack Rabbit**

**Jack Rabbit**

**Centra Hotel**

**Queenscliff Brewhouse**

**Scotchman's Hill**

**Sailors Rest**

**Portarlington Grand Hotel**

**360Q**

This list is not exhaustive and only some of these venues are on my website, and others are in the process, but I hope they help any of you who feel discouraged - we have some great inclusive places around.

**Leanne**

The meeting last month was another great success with over 30 in attendance and two new members. Welcome to you both. A very big thank you to Carole O'Neill for your presentation which was well received and somewhat emotional in relation to the commemorative war grave garden.

Our next presenter is Ben, co-founder of Feed My School, a project with the Bellarine High School and the St Leonards Primary school.

A visit to Van Loons Nursery and Cafe is being planned and a great way to meet others with the same interests and if you're new to St Leonards or surrounding areas, Drysdale, Portarlington, Indented Head, why not come along, bring a friend.

Admission is only \$4 and membership is \$10. Meetings are held at the Memorial Hall on Murradoc, Rd St Leonards. Meeting time is 1.00 pm for a 1.15 pm start. After the guest presentation there is a Q & A time followed by afternoon tea. Members are asked to bring along a small plate of afternoon tea to share. Please members remember to wear your name badges.

Cheers for now,

**Wilma McLaren** 0421084478.

Please let me know if there is any topics you'd like to discuss.



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## Always stick to the speed limit message



On 28 March of 2010 Luke Robinson was only 19 years old when he lost control of a car on Anakie Road, Lovely Banks, north-west of Geelong. Luke's three passengers survived the crash, one was seriously injured, and the others had minor injuries.

The Robinson family, members of the tight-knit Bannockburn community, have told of the pain of losing 19 year old Luke, who died in the road accident, in the hope it will discourage other drivers from speeding. Luke was just a normal young man, at the start of his driving life, who never imagined this could happen to him.

On Thursday 13 July at 7:30pm at the Drysdale Football Club rooms, the Robinson family have bravely agreed to share their story to encourage drivers to slow down. They want Victorians, particularly young drivers, to be aware of the ripple effect caused by every death on our roads.

The Club would like to extend an invitation to all the families in our community, especially those with a young driver, to attend the presentation.

The Robinson family are no strangers to sharing their personal story having participated in the TAC's 2010 road safety campaign.



The Drysdale Football Club will be participating in the TAC Band Together Round between 22-23 July, where we are reminded, we all have someone to drive safely for. Pictured Senior Women and under 18's showing their support.

## Pickleball

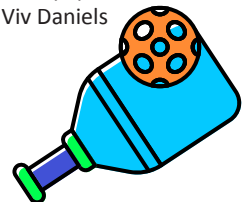
The Drysdale/Clifton Springs Pickleball Club now has over 129 members. We would like to congratulate Peter Argis on becoming our 100th member. With 7 sessions a week, there are a lot of options for members - social, beginners' sessions with coaching and drills, intermediate advanced, and an inhouse team competition. A group of our members did a coaching course with one of Australia's best players, Matt Monty. Pickleball is also played now at Queenscliff (outdoors), Leopold and Ocean Grove (the original club). Pickleball is taking the Bellarine by storm. What a shame we have a shortage of facilities for the demand though.

We had an exciting meeting in April with Neville Richards Real Estate. Luke Campbell (director) and Tim Cain (head agent at the Drysdale branch) agreed to sponsor our club with a very generous sum of money. We greatly appreciated their support, which will help the growth and development of the club into the future.

The \$1 million challenge in Florida between the 4 tennis champions, was great to watch. Agassi and Roddick won the money. Have a look at it on YouTube. Agassi is now addicted and said he will keep playing Pickleball until he can't walk. Something else to check out on the internet is Central Park in New York, where they have built 14 Pickleball courts. It looks spectacular.

Anyone interested in trying out Pickleball are welcome to come and look, or come and have a play. We provide all the equipment needed. Just ring our President Viv Daniels on 0406 820 739.

Fiona Bond



## Calling for Walkers

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

Join a team of almost 120 people helping to deliver the SpringDale Messenger across the North Bellarine. Could you spare one or two hours a month? Join our Fitness with Purpose activity.

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