



The SpringDale Messenger

July 2023
Volume 33 Issue 6



ABN 21 404 220 267

Compiled & Published by the SpringDale Neighbourhood Centre Inc.

National NAIDOC Week celebrations are held across Australia in the first week of July each year (Sunday to Sunday), to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC Week is an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth. You can support and get to know your local Aboriginal and/or Torres Strait Islander communities through activities and events held across the country. <https://www.naidoc.org.au/about/naidoc-week>



FOR OUR ELDERS

2-9 JULY 2023

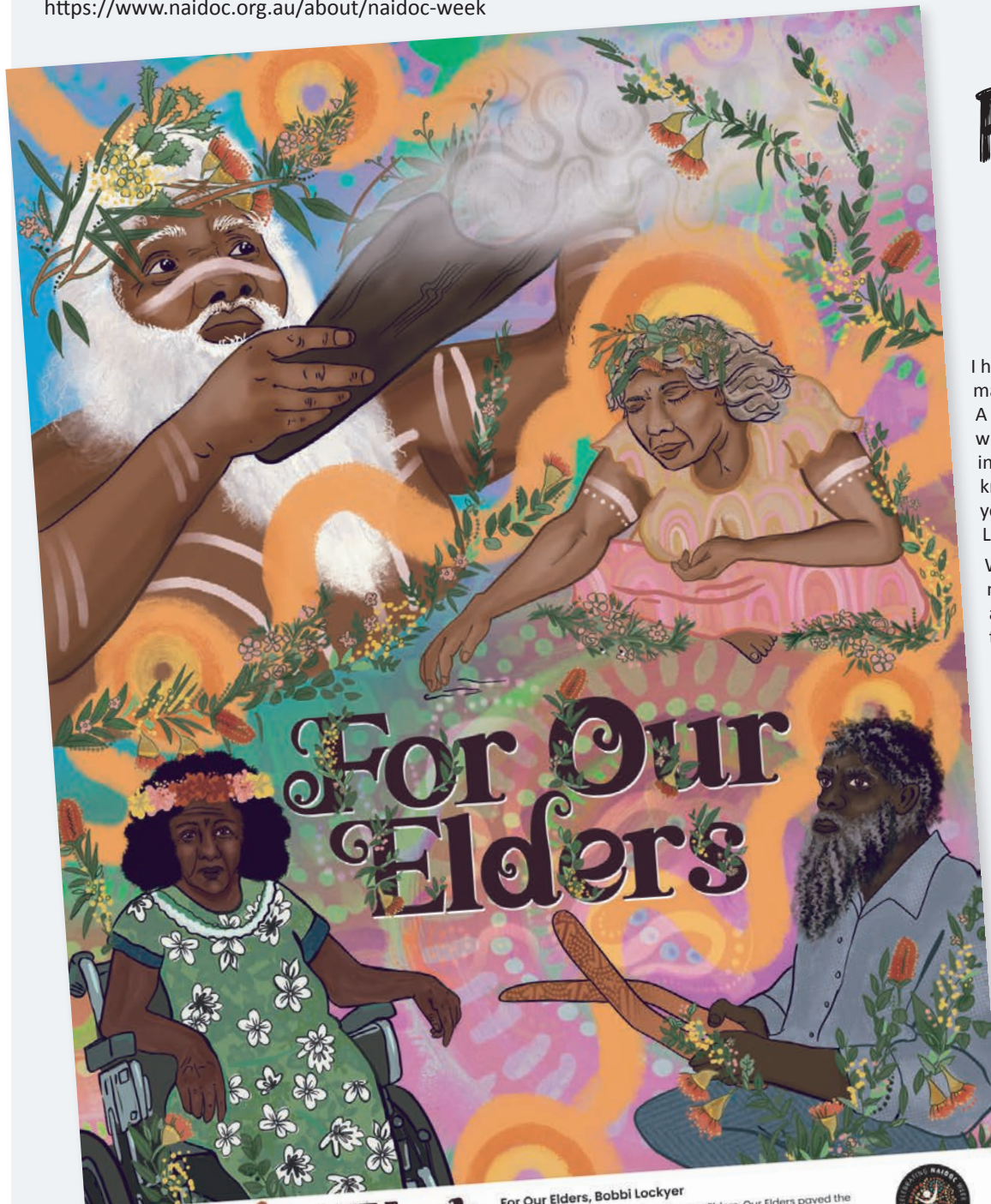
I have been lucky enough to attend many NAIDOC Week celebrations. A few years ago I went to Adelaide with my daughter to support her in her quest for Kaurna language knowledge. NAIDOC theme for that year was We all stand on Sacred Land.

We marched in a NAIDOC Week march to SA Parliament, and afterwards on a tram on our way to activities and celebrations, I was interviewed, asked where we had come from and why. Then I was asked if I had any regrets and said "Yes, I wish we had planned our trip earlier as I would have loved to attend the National NAIDOC Week Awards Celebration dinner."

The interviewer said she could probably help. All of a sudden Courtney and I had tickets to the dinner. It was such an inspiring evening, so many people from all over Australia, at an event to celebrate our First Nations people.

Hope you can find a NAIDOC Week event to attend and hope I see you there.

Anne Brackley



NAIDOC Week

2-9 JULY 2023

#NAIDOC2023 #ForOurElders

@naidocweek @naidocweek facebook.com/NAIDOC

For Our Elders, Bobbi Lockyer

Where there is knowledge there are our Elders. Our Elders paved the pathways for us, taught us our knowledge, our history, they passed down their art, stories and wisdom. Our Elders are the foundation of our communities and role models for our children. With this poster I wanted to showcase how important our Elders are in passing down traditions and culture to our children and future.

Aboriginal Flag designed by Mr Harold Thomas. Torres Strait Islander Flag reproduced by kind permission of the Torres Strait Island Regional Council, designed by the late Mr Bernard Karmack.



naidoc.org.au



JULY 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.

Sunday	2-9	NAIDOC Week
Tuesday	4	Welcome morning tea at SpringDale
Tue-Fri	4- 7	Jack and the Beanstalk - 10.30am & 1.30pm - Potato Shed
Saturday	8	Women of Wit 2023 - 8pm - Potato Shed
Tuesday	11	Dining Group Dinner at Drysdale Chui Yuan Chinese Dusty Springfield & Connie Francis - 10.30am - Potato Shed
Thursday	13	Days for Girls sewing at SpringDale
Wednesday	19	Lunch at Leopold Sportsmans Club
Saturday	22	Werk It - 8pm - Potato Shed
Wednesday	26	My Aged Care information session at SpringDale 1-3pm
Friday	28	Drysdale Day VIEW Club meet at Portarlington Golf Club 10.30am-1.30pm
Sunday	30	Geelong Welsh Ladies Choir Celebrating 25 Years - 2.30pm - Potato Shed

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



**SpringDale
Messenger**

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

COPY DEADLINE AUGUST 2023
Bookings/copy required by 1 July.
Dist: 28 July 2023
Circ: up to 20,000

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

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

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

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

Art & Design by Jo Aspland Graphic Design 0438 055 679

The SpringDale Messenger is a locally produced publication.



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



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

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

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 I have met, and those yet to meet.

I am so sorry to brag, but I do have the best job in the world. Each day is so different, each person through the door has something different to offer or to seek.

Over the last few weeks, we have met up with a young lady from Mexico, Karla, who offered to run Spanish classes and a few people who receive my weekly updates were able to take up this generous offer. I was also encouraged to find the photos of when I attended a guide leaders' workshop in Mexico in 2004. Before the event, I had to collate information about our indigenous people and one of the questions was: When did your indigenous people get the vote? I clearly remember thinking it was such a strange question, until I researched the answer. Only a few years ago, while I was in primary school our first peoples were allowed to vote. I remember being shocked.

Our Travel Training excursion was to Sorrento and was a great day. Travel Training is so important to enable people to get on a bus, train or ferry and gain confidence in the experience, and self confidence in being able to read timetables etc. Many people who move to the Bellarine may never have caught a bus or train and so Travel Training can fill that gap. Perhaps next term we'll catch a train to Melbourne. Please let us know if you might be interested.

Two of our new groups have started, our Numbers Group and Chess Club. These groups were suggested by members and are being led by members and it is so exciting to add

more opportunities to our offerings. The idea of a band was floated last month and it is gaining support - perhaps it could be called Bellarine Big Band - I should leave it to the group to name itself, but I couldn't resist the alliteration!

Our logistics team of SpringDale Messenger deliverers continues to grow. You may see our team wearing new badges highlighting the fact that they are volunteers. Most people have been incredibly happy to receive a SpringDale badge.

We have made a new batch of stickers for letterboxes which say SpringDale Messenger Welcome. These are mostly to counteract a No Junk Mail sticker as most people believe that the Messenger is not Junk Mail. When sighted, they do give our band of deliverers a great mental lift when they see them on letterboxes. Please pick one up from SpringDale office or let us know that you would like one or two delivered to your home.

If you would like to help, suggest, report or join something please let us know and we will try to enable your wish to come true. Looking forward to meeting you for the first time, or another time.

Yours kindly

Anne Brackley
for team SpringDale



NEW COURSES

Grain Free Cooking & Enjoying (not suitable for people with nut allergies)

Instructor: Christine Ciancio
Tues 18 Jul - 15 Aug 10am-1pm
Fee \$120 or conc \$60

Stitch it, don't ditch it

Instructor: Claire Duffy
Wed 19 & 26 Jul 7-9pm
or 23 & 30 Aug 1-3pm
Fee \$40 or conc \$10

Introduction to Wet Felting

Instructor: Julie Drobek and SpringDale
Felters and Textile Group
Sat 5 Aug or 19 Aug or 2 Sep 1-4pm
Fee: \$60 or \$40 conc

Beginners Harmonica

Instructor: Jack Meredith
Dates and times tbc
Please register your interest

SitFit brain & body exercise class

Instructor: Virginia Cooke
Tue 15 Aug - 19 Sep 9.30-10.15am (6 sessions)
Fee: \$60 or single session \$15



Welcome Morning Tea - Tues 4 July 10.30am
at SpringDale - RSVP 5253 1960



The SpringDale Lunch Bunch are going to Leopold Sportsman's Club Wednesday 19 July meeting at 12pm. **BOOKINGS ARE ESSENTIAL**, so everyone gets a seat, please phone Margaret 0418 370 857.



SpringDale Dining group are going to the Chui Yuan Chinese Restaurant Drysdale Tuesday 11 July 6pm. **Bookings essential**. Please call SpringDale on 5253 1960 to reserve your spot.

QUOTE OF THE MONTH

Consider the advice of your elders: Not because they are always right, but because of the wisdom they have gained from being wrong.

Anne Brackley - Quote curator



We are making it easier for you to find out about My Aged Care Services.

It can be overwhelming when you start your aged care journey and are thinking about how to access aged care services. Whether you're looking for help at home, or thinking about entering an aged care home, we're here to help.

On Wednesday 26th July we will have
Suzy Georgieski, My Aged Care Specialist Officer
Visiting SpringDale at 1pm - 3pm for a free session.

Suzy will help by:

- providing information on the different types of aged care services
- eligibility for government-funded services
- making a referral for an aged care assessment
- providing financial information about aged care services
- advising on appointing a representative for My Aged Care and
- connecting you to local support services.

Afternoon tea will be served after the session.

RSVP



Alison Marchant
Member for Bellarine



2023 State Budget

In my inaugural speech I announced that my work would be guided by my commitment to making a positive difference and to see the Bellarine continue to thrive. I am proud to say that all of our election commitments for the Bellarine are being delivered through this year's state budget.

Local sporting clubs are important social connectors in our communities, and I am proud to announce we're supporting them to grow and expand through funding from the state budget. We're focusing on the health and wellbeing of our families by investing in the facilities at the Portarlington Recreation Reserve. Furthermore, we are investing \$20 million in a world class accessible, indoor aquatic centre for North Bellarine families, next to the stage 1 outdoor 50m Pool. This will deliver a new facility that the whole community can use and be proud of.

Through this budget we are ensuring the safety of families near the water by re-building the St Leonards Pier and upgrading the St Leonards boat ramp, delivering better boating and fishing infrastructure for our community, and ensuring our much-loved coastline can be enjoyed for generations to come.

We're investing in community services that offer invaluable support to the wider Bellarine community by ensuring the SpringDale Neighbourhood Centre is well equipped to provide education, training, and connection to the greater community.

We're following through on our promises to listen to the community and ensure the Bellarine continues to thrive. I look forward to working with the community and seeing these projects evolve.

For more information about the Budget and the Bellarine commitments, please visit my website at alisonmarchantmp.com.au

TAC Club Rewards Program Grant Currently Open

The Transport Accident Commission (TAC) have just opened their Club Rewards Program. Grassroots football and netball clubs can now take part and earn up to \$10,000 in funding by promoting road safety in their community. Find out more at www.tac.vic.gov.au/about-the-tac/community/grants

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



Safe Seats, Safe Kids Program

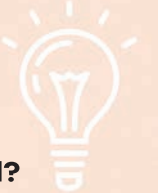
Monday 7 Aug, 2 Oct & 4 Dec
in the carpark adjacent to
SpringDale Neighbourhood Centre

Time 10am to 3pm

Bookings Required

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

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Please contact the office to arrange an
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or phone 5253 1960



Alison Marchant.

Member for Bellarine

We're getting on with delivering our
election promises - **investing in
what matters for the Bellarine.**

This includes the **indoor North Bellarine
Aquatic and Leisure Centre, Wallington
Primary School and St Leonards Pier.**

For more on our Budget commitments,
**contact my office or visit
alisonmarchantmp.com.au**

Shop G066, Gateway Plaza, 641-659 Bellarine Highway, Leopold VIC 3224

03 5250 1987

alison.marchant@parliament.vic.gov.au

July - second half of the year already!!! When we say we have something for everyone - July is a great example of this - Kid's entertainment, comedy legends, a racy circus show, tributes to performers past and even Welsh ladies singing.

We start the month with the wonderful crew from **Theatre 3Triple2** and the classic tale of **Jack and the Beanstalk**. Updated to current times with catchy songs, great costumes, and lots of audience participation. Word is there may even be a Giant appearing, but who knows what will happen. Come join the fun in the second week of the holidays- two shows daily from the 4th to the 7th

After the success of the regional tour in 2022 **Women of Wit** returns to the venue for another great night of female comedians! This will be a real treat for lovers of a good laugh and 2023 features some superstars of comedy including **Nicky Barry, Patti Fawcett, Daisy Webb** and **Cal Wilson**. Just the one performance on Saturday July 8th at 8pm.

July's **Morning Showtime** features a special look at some very classy performers with a **Tribute to Dusty Springfield and Connie Francis** - featuring award winning artist Lyndal Alderson who brings together two musical icons in her tribute to the greatest 60s female vocalists. With hits including Say a Little

Prayer, Wishin' and Hopin', Son of a Preacher Man, You Don't Have to Say you Love Me and Lipstick on your Collar just to name a few- hosted by **Mr Issi Dye**.

One of the fun shows of the year - Celebrating spandex, high-vis, vitality, and vigour, **Werk It** received nightly standing ovations on their debut season. Combining never seen before acrobatic feats and jaw dropping skill, this show was the buzz of Adelaide Fringe Festival. It's the low carb lovechild of a tradie, a spin instructor and a cross-fit fiend. This will be a real hoot! Just one night of fun on Saturday the 22nd of July.

Seeing out the month we help celebrate the 25th Anniversary of the **Geelong Ladies Welsh Choir** who will cover a collection of songs in a variety of genres. With special guests - **Mixed Signals** a four-piece champion barbershop quartet, with talented vocal harmonies. This combination of talented performers is sure to cover all styles of music and one not to be missed. Sunday 30th of July at 2.30pm.

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



WOMEN OF WIT with CAL WILSON

Saturday 8 July 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 CLOSES 4PM TUESDAY 4 JULY



WHAT'S ON

JACK AND THE BEANSTALK

Young Jack is on holidays looking for something to occupy his time. Jack can't resist the urge to climb the beanstalk.

TUES 4 - FRI 7 JULY 10.30AM & 1.30PM
Admit 1 \$10.50
Family \$35

WOMEN OF WIT

Featuring the outlandish Nicky Barry, the class clown Patti Fawcett, the inspirational Daisy Webb, and the superstar Cal Wilson (from Bake Off, Spicks and Specks, The Gala, The Weekly and more) plus a local or two.

SAT 8 JULY 8PM
CABARET SEATING: Adult \$32 Conc \$30
THEATRE SEATING: Adult \$30 Conc \$28

DUSTY SPRINGFIELD CONNIE FRANCIS

MORNING SHOWTIME

TUES 11 JULY 10.30AM
\$17 incl. MORNING TEA

WERK IT

Outrageous circus by Australia's hottest acrobats, this over-the-top ensemble will be hip thrusting their way into an Aerobics Oz Style fever dream all night long. **Werk It** is a riot of colour and movement,
SAT 22 JULY 8PM
CABARET SEATING: Adult \$40 Conc \$38
THEATRE SEATING: Adult \$38 Conc \$36

GEELONG LADIES WELSH CHOIR - 25 YEARS

Mixed Signals - special guests
Under the expert guidance of their musical director Jeanette John, the choir will cover an inspirational collection of songs to display a variety of genres. Come along and enjoy what promises to be an uplifting selection of music.
SUN 30 JULY 2.30PM
Adult \$28 Conc \$25



I read a very encouraging article written by Jake Hogendoorn, Foodbank Coordinator at Drysdale Family Support. The Foodbank in Jetty Road is experiencing a real surge in people not being able to support themselves and their families, because of these challenging times.

He writes: *"Hope is such a powerful, driving force in our lives. People have done amazing things, made incredible discoveries, overcome significant challenges and setbacks, endured more than they thought possible, tried one more time, because they had hope."*

I wanted to encourage everyone who is experiencing hardship due to these hard economic times, to continue to hope for a better future, or if that is feeling too hard to do at the moment, reach out to someone who can encourage and help you in some way.

Our WLW group is for women over 55 who are struggling with the high cost and lack of rental properties, meets on the last Friday of the month. We listen, encourage and look at ways that we can - HOPEFULLY - find even small solutions to some of the issues we are facing. We might not be able to change the world, but our HOPE is that we can make living well on The Bellarine a reality for some.

For those who are struggling to understand the My Aged Care system - we are offering more hope. The Aged Care Specialist Officer, Suzy Georgievski will be here at SpringDale on Wednesday 26th July at 1pm. Everyone is welcome to come along. See the main advert in this Messenger for more details.

I hope to see you there.

Dianne Bennett

0422 146 604 diannebennett4@hotmail.com

I recently attended the official opening of the Boronggook Drysdale Library.

It was pleasing to learn that almost 10,000 people went through the doors in the opening month.

Council's contribution of \$8.156 million to this facility is going to be a game changer for Drysdale and surrounding communities.

I should also thank the Victorian government for its contribution of \$1 million, via its Living Libraries Infrastructure Grant.

Our funding of the Boronggook Drysdale Library follows our major investment of more than \$20 million to the Armstrong Creek Town Centre Library.

There has been a lot of talk about funding of libraries recently, and I wanted to point out that Council invests more per resident in this area than most other Victorian councils.

But given our costs are rising at more than double the rate cap we had to find savings across all our operations in our proposed budget.

We still managed to find an extra \$240,000 for libraries, which comes after the current financial year budget (2022-23) included an extra \$561,000 from the previous year (2021-22).

We believe the funding being offered is enough to run all libraries in our region without the service impacts proposed by the Geelong Regional Library Corporation.

We are holding ongoing discussions with the GRLC on this issue and I know all parties are working towards a favourable outcome for the community, but just to be clear, Council does not wish to close or reduce library services, which would see no closures or reduction of library services.

The Boronggook Drysdale Library has

been designed to respect and celebrate the area's Wadawurrung living cultural heritage.

The naming of facilities to reflect the language of our traditional owners is something I am really proud of.

This has the potential to change attitudes and help educate people on our country's whole history, which is very important.

The \$1.3 million, Council-funded Drysdale Town Square and Park upgrade is also now all but complete.

The area has been designed as one and the scope of the project is a pedestrianised mall in Wyndham St and an upgrade to the park, which tie into the new Library area.

There are new surfaces, furniture, gardens, irrigation, lawns, trees, retaining walls, lighting and smart poles, which will provide a safe place for everyone to gather.

I attended the Boronggook Drysdale Library again recently as part of the National Simultaneous Storytime event.

It is these types of events that highlight why the vital role libraries play in the community.

Business on the Bellarine is a group of Business people, who meet for an hour weekly to work on their businesses and to network with other business professionals. We share information about our businesses and also about business opportunities. Please feel free to come along to a meeting to see if we can add some value to your business. Tuesday mornings 7.45-8.45am during school terms.

Jo Aspland



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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 Damian Burgess on
0428 558 590 for more details.

Follow us on  @BusinessOnBellarine

www.business.onthebellarine.com.au

 **Connecting Business & Community**



lee martin.
Director.
0400 957 839

andrew kibbis.
Director.
0411 424 412

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P: 03 5297 3888**



Bellarine Support Group for Kinship Carers

Well July already, 2023 has gone so quick. Over the past few months, the numbers in our group have, for some reason increased dramatically. We are now up to 68 families in our region, and close to 180 children living under the banner of kinship care.

Every day I seem to receive a request to join our group. At each new request, I ask the new member to call me so we can get to know each other. Just in the past weeks I refused a total of 15 families trying to join our group: all 15 families were not living under kinship care.

When I started Bellarine Kinship Carers 8 years ago in September, I never expected the support group to grow so quickly.

Each and every family is so different to the next family, but one common thread I have investigated is, that each family have put their own lives and careers on hold to care and support the children in their care.

Most of our members are aged over 50 years of age and their total source of income is Centrelink.

Most of our members have used the little superannuation they had for their retirement, to support the children in their care.

Most of our members are forced to rent a

home - just to put a roof over their heads. Some members have been on the waiting list for a Dept of Housing home for several years. A few of our members own their own home, so they have secure housing. They are the lucky ones - no rent to pay just all the expenses associated with owning or paying off a home. Every family situation is totally different to the next family in our group.

We have our own Facebook site, which is a totally private and secure site, and, on our site, we have our own free cycle where kinship carers can post what the children in their care might have outgrown like toys and clothes. Those toys and clothes are then donated to another family in our group. This system works really well.

If you are a kinship carer sitting at home, thinking that you are all alone. Come join our group we laugh a lot; we talk too much but we support each other on our kinship journey.

Our group meets the first Monday of each month at SpringDale 10am until 12noon. **Not during the school holidays.**

Stay safe everyone.

Jeanette Hanley Heath - 0414 308 257

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.

On Tuesday 11th July we will be celebrating **Christmas in July** with a 2-course Christmas Themed Lunch. The cost is \$35, pay on the day. There will be a prize for the best **Christmas dress**, plus other surprises.

Booking is essential: leopold.viewclub@gmail.com

Prior to this, members will be asked to vote on three Resolutions proposed by VIEW Clubs Australia wide. These resolutions include:

- Asking the Government to ensure access to digital resources for young people
 - Asking for restrictions on Sports betting advertising
 - Increase funding for social housing, address homelessness, and the housing crisis as it affects the needs of women and families
- These are very important social issues for our community, and everyone is welcome to join in the lively discussion.
- All welcome. For more information please ring: Linda on 0413 007 840 Meetings commence at 10.30am on the 2nd Tuesday of each month at the Leopold Sportsman's Club.




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Hello sci fi fans, did anyone follow the Australian Space Agency virtual meeting the other Saturday?

This was our first (hopefully our last) foray with the "space people" and not withstanding an initial technical "glitch" we scored both nostalgia and fascination from their "talking slideshow."

A display of 60s' "young at heart" books got me all teared up by including "Tas. and the Postal Rocket," a staple of my own "high flying" childhood.



Our hero "Tas," accompanied by the somewhat dim witted "Bluey," locate the new postal rocket unattended (!) and sneak aboard. Trying out the pilots' seat, Bluey inadvertently catches his sleeve on the master switch which causes the rocket to lift off. After a stirring trip full of crises situations and near misses, the kids parley their ship home to a hero's welcome. Yes, well...

Of perhaps more interest was a comparison between "Sputnik" and "Explorer," the first man made satellites in space. In his well-researched book "Space," James Michener highlights the fact that Russia's "Sputnik," was significantly larger than "Explorer." His fictional "Americas", scientific community warns, that their smaller offering (second in the "race"), isn't a convincing response to Russia's. (In other words, bigger meant better)

But the space agency paints a very different picture. Their diagram showed that "Explorer" was indeed the "baby" of the two. But "Sputnik," in their view, wasn't much more than a flying radio transmitter whereas America's tardy midget, made some real discoveries, including the Van Allen radiation belt which was, hitherto, unknown.

Talking of satellites, it seems they are multiplying fast! Back in year 2018, (remember our adaption of the James Blish classic?) 365 launches. By 2025, 1,100 projected launches.

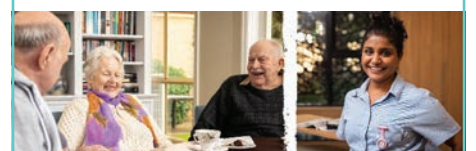
The "U.F.O." episode "Conflict" talks about potential problems with "space junk."

We hope to continue with the space agency. Thrilling stuff! **John.**

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.



Drysdale Guides visit Melbourne Zoo

Recently Drysdale Girl Guides went to Melbourne Zoo. We arrived at Geelong Station super early and travelled on the train to Melbourne, then another train to the Zoo.

We saw lions, tigers, lemurs, meerkats, hippopotamuses, butterflies, birds, seals, turtles, baby elephants (and grown-up elephants too), snow leopards, red pandas, giant tortoises, kangaroos, koala, wombat, Tasmanian devils, crocodiles, snakes, lizards, fish, frog, seahorses, monkeys, orangutangs, baboons, gorillas, giraffes and cheetahs.

One of our Guides, Maggie, has been to the Zoo heaps of times as her mum works there. Maggie's mum was able to tell us all sorts of interesting facts (some of which we put into this month's edition of the SpringDale trivia). It was like having our own tour guide showing us around.

We had amazing weather, with no rain to dampen our fun. Watching the meerkats basking in the sun was a highlight for many of us. A special thank you to all our parent/grandparent helpers on the day. It was a really fun day, and we all had a great time.

"My favourite animal that we saw at the Zoo was the meerkats" - Charlotte

"I like the baby elephants, they were bigger than I thought they would be, but they were still really cute" - Adele

"I enjoyed visiting the butterfly area, and seeing all the kinds of butterflies and their unique colours" - Mia

"I really liked the Elephants, especially the baby ones" - Harriet

"The best bit about going to the Zoo was the Meerkats" - Sophie

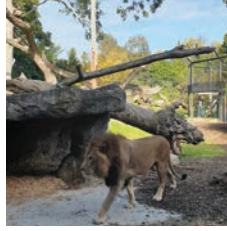
"I liked seeing the Snow Leopards, they are really beautiful" - Maggie

"I liked seeing the baby Elephants, they were really cute" - Angela

"My favourite animal was the meerkats because they were very cute and fluffy and I like the way they move around" - Zilpha

"My favourite animal at the zoo was the tigers because I love how fierce they are and how cool they look." Jasmine

"My favourite animal was the lions" Scarlett



FOOTPATHS FOR HEALTH

Hi. My name is Maddie. I am in grade 4 at Clifton Springs Primary School. We need footpaths because it is not fair that my friend, my brother and I, have wet feet all day after walking to school. As a matter of fact, my friend thinks we need footpaths more than I do and I know that because every winter she comes to school carrying her shoes, because she doesn't want to have wet feet the entire day.

Footpaths are also important because if you want to ride your bike or scooter to school and there are no bike lanes, you have to ride on the grass, but if you don't know how you will just have to carry your scooter or push your bike. Another example of why we need footpaths is, last year, there was an elderly person that we always saw riding a mobility scooter on the grass. One day they fell off and was gone for a few weeks. They came back, except this time they were riding it on the road. After a few months they stopped and we never saw them again.

This is why I believe we need footpaths in Clifton Springs and Drysdale.

Thank you for reading.

Maddie of Clifton Springs

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Your Head in the Clouds

While our heads are definitely connected to our bodies, quite often our mind keeps things very far apart.

- Do you ever find yourself finishing what is on your plate even though you are full?
- Agreeing to go out with friends, even though you feel like you need a break this weekend?
- Smoking a cigarette, even when it is making your lungs feel sick?
- Going to work, even when you are so run down & exhausted, your head is aching & your body is heavy?

The stories, beliefs, values, and expectations we have gathered in our lives often push our behaviours far away from what our body needs. This is no more evident than the way in which we operate under tremendous stress, ignoring our body's complaints, until it falls in a heap!

While your mind is driving you to keep up appearances, meet expectations and use "quick fixes" to get you over the line, the body just does it's best to carry you there under the circumstances you provide.

If your body had a voice

If your body had a voice, what would it say about the food you eat, the exercise you don't do, the cigarettes and alcohol you use to cope with and the workload you agree to?

I think it would say

"Ease up!"

If you tried for one day to listen to your body, ignoring the stories of your mind, I wonder what you would you hear...

- *That's enough - we don't need to eat anymore.*
- *Please don't put that smoke in here, it's getting too hard to clean up.*
- *Maybe we should walk around the block & take a break before we finish that report.*
- *You need rest - lets go to bed early so we feel better.*
- *We don't have to go to every social invitation we get - lets have a night in with a good book.*
- *I'd love a stretch...*
- *Let's stop & breathe instead of checking social media.*
- *Mandarins are more delicious than chocolate.*
- *Oh my giddy aunt! That meditation felt so good!*
- *I don't want that coffee; one is more than enough.*

I think our bodies would be very good at saying "No" - and would enjoy what we don't do more than the things we do!

Try to listen to your body at the decision points in your day - for example:

- Just before you choose a quick & junky lunch.
- Just before you pick up your cigarettes to go outside for a smoke.
- Halfway through your meal, before you decide to finish everything on your plate.
- When there is an extra task at work, & you are considering overloading your schedule.
- When you sit on the couch to fall asleep to Netflix (instead of going to bed).
- When you are waiting for a coffee, & you reach for your phone to scroll through Facebook.
- When you have the time to go for a walk but think you should do another "job" instead.

Your body

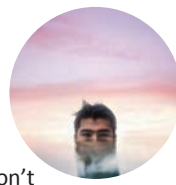
It is incredible - everyday it breathes for you - without being told to so. Your heart spends every minute trying to beat to the right rhythm for you. Their aim is to give you as many breaths and beats as they possibly can. Your stomach processes every mouthful, distributes the nutrients, and tries to bring your body into peak efficiency given what it has to work with. Your liver cleanses to its capacity every drink you have. And your blood, move resources around, repairing, replenishing, and rejuvenating every cell. Not to mention your immune system that is constantly fighting the germs and impurities you walk through in your day.

Given the way we sometimes ignore it, it is impressive how forgiving and loyal your body can be. Until we push it too hard and then complain that it is letting us down.

I suggest each day - you tell your body how thankful you are for it, and try, with practice, to listen, acknowledge and let it guide you as to the best way it can work for you. Your body will know best, not just about the substances (and the amounts) you put into it, but about the stress your mind is leeching into your body systems. Give your body some space, and it will clear your mind for you if you let it.

If you need some help tuning in to your body again, mindfulness, meditation and hypnotherapy can be very useful.

Kim High - Clinical Hypnotherapist
Family Hypnotherapy
BSc DipEd MEnv DipClinHyp



Jean McMahon, the longest participating member of the SpringDale Jigsaw Library, answers our questions.

Jean, when did you start doing jigsaw puzzles?

Since childhood, and I'm now in my eighties. I've been coming to this Library since it started 30 years ago.

Why do you like jigsaw puzzles?

Keeps my mind active, and fills the gap when I'm feeling lonely. I enjoy the friendly atmosphere, and helping at the Jigsaw Library too.

Tell us your technique for completing jigsaws.

At home I have a dedicated jigsaw table where I pick out the borders first, then sort the different shapes onto their separate trays, then I'm hooked until the picture is complete.

The Jigsaw Club Library, located at SpringDale Community Centre, is open on the first Thursday of each month from 10am to 12 noon. A multitude of Jigsaws from the "younger puzzlers" shelves to the more challenging (500 to 3000 piece) puzzles, suitable for all ages and interests, are available to borrow for 40c each.

Starting out or a long-time jigsaw enthusiast... or just seeing if you can piece it together, come along Thursday 6th July, 10am to 12noon or the first Thursday of any month. All welcome.



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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 3
July-Sept
2023



Being Creative

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 28 Jul 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 18 Aug & 1 Sep 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 8 & 15 Sep 10am-12 noon (2 sessions)

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

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 14 Jul - 15 Sep 10am-12noon 10 weeks Bookings essential

Fee: \$270 or **Conc** \$180

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 18 Jul - 5 Sep 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 17 Jul - 4 Sep 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 17 Jul - 4 Sep or Tues 18 Jul - 5 Sep 10am-12.30pm

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

Friday Workshop - Working with Light & Dark

We will be working with shadow and light with a wide range of non-traditional still life objects to create surprising forms and to develop artworks with a range of materials and effects.

Exploring the possibilities, discovering new ways and enjoying the experience will be the intent of both sessions, with participants encouraged to push the boundaries.

Instructor: Annette Playsted, Gillian Turner

Dates/times: Fri 11 & 18 Aug 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: Thur 3 Aug - 24 Aug 10am-12.30pm

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

NEW - Intermediate Collage Art

Intermediate Collage Art is a perfect art medium for self-expression, to reawaken your creativity and nurture your imagination. You will learn about monoprinting to create spontaneous patterns, the power of black and white imagery, typography, and stitching to enhance your artwork. You will deepen your understanding of design, patternmaking, dimension, and composition to continue gaining personal insights and developing artistic confidence.

Instructor: Peta Henshelwood

Dates/times: Sat 5 - 26 Aug 10am-12.30pm

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

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 8 Aug - 29 Aug 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 11 Jul - 1 Aug 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

Cards with Lizzy

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

Instructor: Lizzy Free

Dates/times: Wed 12 Jul - 13 Sep 1.30-3.30pm

Fee: \$5 per session (10 Weeks)

Textiles

NEW - Stitch it, don't ditch it

Use slow stitching and visible mending to bring damaged and worn clothes back to life rather than throwing them away and buying new. Apply a sustainability lens to your wardrobe - could that jumper use a few stitches on the elbow, could those jeans use a patch, could those socks be worn again if only for the hole in the toe?

Visible mending lets you turn a tragic tear or worn patch into a decorative feature to keep well-loved clothes in good condition for a lot longer.

Learn basic hand stitching and patching techniques. Learn how to darn knitted garments - socks, jumpers etc

Instructor: Claire Duffy

Dates/times: Wed 19 & 26 July 7-9pm or 23 & 30 Aug 1-3pm

Fee: \$40 or **Conc** \$10

NEW - Introduction to Wet Felling

Interested in felting and inspired by our recent Heartfelt exhibition, now you'd like to make your own and this class will help you get started. This hands on workshop will get you started.

Instructor: Julie Drobek and members of the Felting and Textile Group

Dates/times: Sat 5 Aug or Sat 19 Aug or Sat 2 Sep 1-4pm **Fee:** \$60 or \$40 conc

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 22 Jul, 12 Aug, 26 Aug, 9 Sep 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: Thur 17 Aug 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: Thur 10 Aug 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: Thur 13 Jul 10am-12noon

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



Music

NEW - Beginners Harmonica

Would you like to learn how to play that harmonica in your drawer? This course maybe for you.

Instructor: Jack Meredith

Dates/times: TBC - Please register your interest

Ukulele Beginners - New Day & Time

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: Tues 18 Jul - 5 Sep 1-2pm

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

or Single sessions \$15

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 20 Jul - 7 Sep 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 & Barwon Heads, qualified tertiary educator.

Instructor: Dr Laurent Boulanger

Dates/times: Thur 20 Jul - 7 Sep 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 20 Jul - 7 Sep 3-4pm

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

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 11 Jul - 29 Aug 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 & blues genres.

Instructor: Steve Williams

Dates/times: 11 Jul - 29 Aug 10.45-11.45am

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 11 Jul - 29 Aug 11.45am-12.45pm

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

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 19 Jul - 9 Aug 2-3pm

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

Intermediate Harp - the next step

Instructor: Christine Middleton

Dates/times: Wed 23 Aug - 13 Sept 2-3pm

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

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 11 Jul - 12 Sep 11.30am-12.45pm

Fee: \$145 or **Conc** \$130

Beginners French

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 18 Jul - 5 Sep 9.15-10.15am

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

Beginners French Plus

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 18 Jul - 5 Sep 10.15-11.15am

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

Wellbeing

NEW - SitFit brain and body exercise class

SitFit is a brain and body exercise program. Sitting in a chair we can challenge our core and all muscle groups, as well as our brains. Exercises are fun and inclusive, set to music you'll know and love.

The class is as simple or challenging as you want it to be. Exercises include chair yoga and tai chi, movements for legs, toes, fingers and arms, and balance and flexibility exercises -- all with a healthy dose of imagination! At the end of the 45-minute class, you'll feel you've exercised from top to toe, and your smile muscles will have a good workout too as this class is FUN. Virginia Cooke is a certified Ageless Grace, Callanetics, and yoga instructor (IYTA 2018).

Instructor: Virginia Cooke

Dates/times: Tue 15 Aug - 19 Sep 9.30-10.15am (6 sessions)

Fee: \$60 or single session \$15

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: By appointment

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

Dates/times: 28 Jul and 25 Aug 1-3pm

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 14 Jul - 15 Sep 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 10 Jul - 11 Sep 9-10.30am

(new time) or Thur 13 Jul - 14 Sep (10 Sessions)

Fee: \$165 or **Conc** \$150

\$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 18 Aug & 8 Sep 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 14 Jul - 15 Sep 10am-12noon

10 weeks Bookings essential

Fee: \$270 or **Conc** \$180

Digital Technology

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, Iteracy

Skill Level: Beginner

Dates/times: Tues 18 Jul - 5 Sep 1-3.30pm

(8 weeks) **Fee:** \$165 or **Conc** \$85

Computers - Beyond the Basics

This is a continuation 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, Iteracy

Skill Level: Intermediate

Dates/times: By appointment

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

Smart phones, iPhones, tablets, iPads

This introductory course is designed to help you 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 20 Jul - 7 Sep 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 22 Aug & 5 Sep 4-6pm

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

Cooking

NEW - Grain Free Cooking and Enjoying

Come along and experience cooking food that nourishes the gut, warms the soul and makes the heart smile. We'll be making 10 dishes over the course of 5 weeks. All recipes are free of grains, gluten, dairy and refined sugar. From seafood and meat dishes to soups and desserts.

(Not suitable for people with nut allergies)

Instructor: Christine Ciancio

Dates/times: Tues 18 Jul - 15 Aug 10am-1pm

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

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 19 Aug 10am-1pm

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

Korean Cookery - Kimchi Pancake & Japchae Noodles

With Kimchi, you can make a few other dishes with it. One of the favourites is Kimchi pancake (Kimchi Jeon or Kimchi Buchimgae) and is primarily made with sliced fermented Kimchi, flour batter and sometimes other vegetables, seafood or nowadays even cheese.

Japchae is a savoury and slightly sweet dish of stir-fried sweet-potato noodles (Dangmyeon) and vegetables that is popular in Korean cuisine.

Once a royal dish, Japchae is now one of the most popular traditional celebration dishes, often served on special occasions, such as weddings, birthdays and national holidays, or as a side dish (banchan). You will enjoy the many flavours of the semi-transparent Japchae noodle dish.

Instructor: Jasmine Hong

Dates/times: Sat 2 Sep 10am-1pm

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

Gaining Skills

NEW - Making my Home more Sustainable

If you are enjoying reading Rob's articles in the Messenger, perhaps you'd like to join in a conversation & try some of the ideas on your home.

Instructor: Robin Gardner

Dates/times: to be arranged - please register your interest **Fee:** free

NEW - My Aged Care Explained

Instructor: Suzy Georgievski

Aged Care Specialist Officer

Dates/times: Wed 26 Jul 1-3.30pm **Fee:** Free

Setting up a Bokashi bucket & 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: Tues 15 Aug 1-3.30pm

Fee: \$5 or Free for SpringDale Members

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 17 Aug or 14 Sep 2-4pm

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

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: Wed 13 Sep 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 14 Jul 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: Wed 19 Jul 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 24 Jul, Tues 25 Jul, Wed 26 Jul - Wed 13 Sep 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: Tues 18 & 25 Jul 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

Not just a conversation about bicycles and their care but a workshop where you will learn how to replace a tube and more.

Instructor: Ken Brackley

Dates/times: Sat 2 Sep 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 9 Sep 9.30-11am **Fee:** \$10

TAX HELP - SpringDale will offer Tax Help service again, for those who are eligible. With the help of the Tax Department and our volunteer, Brian. Those wanting to use the service need to have a MyGov account and access to a mobile phone. SpringDale maybe able to help to set up a MyGov account if needed. Please phone SpringDale for an appointment Ph 5253 1960 - this service will begin in August.

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 3 July & Mon 11 Sep 9-9.45am

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 3 July & 11 Sep 10am-12.30pm

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 3 July & Mon 11 Sep 10am-12.30pm

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 7.30pm at SpringDale Hall

Cost \$5 & feel free to bring your own refreshments.

Facilitated by Steve Williams and Susan Norris.

NEW - Bellarine Big Band

Looking for interested people who might be interested in forming a band.

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 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.

NEW - Chess Group

Meets Wednesdays 4.30pm - 6pm at SpringDale Please register your interest with SpringDale 5253 1960

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

NEW - Footpath Advocacy Group

Footpaths are so important to enable people to increase walking for health and connections to activities, shopping and for pleasure. Footpaths on the Bellarine have been an issue for more than 30 years. Please contact SpringDale if you are interested in helping.

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, 40c 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

NEW - Numbers Group

Having fun with numbers.
Meets 1st Wednesday 1-3pm

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. 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

Wheeler 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.

Festival of Glass

The Festival of Glass Inc has an all year-round Workshop Programme. In July we have "Mosaics: A Lantern" and "Beadweaving: Pods with Crystals" Check our website for more details on these workshops held at the Drysdale Community Hub, Eversley Street Drysdale. More workshops advertised on our website www.festivalofglass.net.au Festival of Glass Expo last Sunday in August.

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 3 will commence:

Tues 1 / Thurs 3 Aug

Ball class starts 8.45am

Beginner floor class starts 10.30am

Intermediate floor class starts 11.40am

Fee: \$105 (7 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.

SpringDale Neighbourhood Centre Inc. acknowledges the support of:



EXCEPTIONAL SERVICE RECOGNISED

Bellarine North
Rotary



One of the Bellarine North Rotary Club most significant events of the year was held at the Portarlington Golf Club. Now in its tenth year the Service Excellence Awards acknowledges the amazing local businesses and the service they provide from all styles and types of business. The energy and the fun in the room was tangible.

The public submitted their feedback on many types of businesses on the northern Bellarine, milk bars, cafes, computer shops, vehicle service and many others, the Bellarine North Rotary Club presented 52 certificates. This proves the word is getting out as last year we presented 27 certificates. This event lets the businesses know how much they are appreciated by their customers and continue to encourage excellence in customer service.

This year's overall winner was JR's Café in Drysdale, this has survived during Covid and then had a two-year interruption to the business while our new library was being built. During this time, they made sure all their customers still received the service they had become accustomed to always with a smile, while the noise of the build happened right next door. They received a plaque, certificate, and a cheque for \$200 while the winning nominator also received \$200.

You have ten months to start noticing the business or person who impacts you as being on target for providing Exceptional Service. We look forward to your nominations next March.

The over one hundred attendees learnt about what our Club of volunteers has done both here and overseas and on chatting to a couple of business owners they commented on how impressed they were to find out about the extensive list of what the Bellarine North Rotary Club have achieved.

There was a call to action to see if we can further increase our membership by inviting the businesses to consider employees joining our community supporting, fundraising, fun loving Club. If you looking to give something back to your community while forming lifelong friendships and having a lot of fun on the way then, we need you.

Caroline Rickard - Publicity Officer - 0408 989 221

Bellarine North Rotary Club



JR's Coffee Lounge



Portarlington House of Hair & Beauty

Banding - a lifetime of love and music by Murray Rees

The article *Drysdale/Clifton Springs Music to my ears*, in the June SpringDale Messenger hit a chord with me. Similar to some musicians mentioned in the article, I met my wife over 40 years ago playing next to her at Brunswick City Band. Our band at the time, with some 28 players, had over half related to each other either by marriage or blood. Some would say that banding is in the blood, and if it wasn't marry into it!

Whilst I don't have any links to the Drysdale band of old, I remember playing at the St Leonards Bowling club about 30 years ago with the Sunshine City Band, my wife on Tenor Horn and eldest son on Drums. In fact, I have never stopped playing Cornet/Flugel/Trumpet since those early bands. My wife and I have just retired to the Bellarine where I would love to continue playing, leading and/or conducting a Band.

A community band on the Bellarine could fulfil many entertainment opportunities such as festivals, fairs, openings and other similar events. The music needs to be both old and new to carry on the banding heritage, but also be relevant to current music tastes of the community. Mature musicians past and present are needed to make this band a reality. Do you, or have you played Brass, Woodwind or Rhythm (Bass, Guitar, Keyboard, Drums)? Contact **Murray Rees** 0419 709 289



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Making my Home more Sustainable - Part 5

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

I had hoped to explain the new Victorian Energy Upgrade incentives which were introduced on May 31st. They have released a good document on sizing your heat pump for hot water, and another for space heating, which is useful background to ensure you don't install a too large unit (more expensive than needed), or too small (not as effective). The website has lots of words, but it appears that they have decided to delegate much of the advice and information to the retailers and suppliers. To endeavour to make this advice reliable, the retailer / supplier approval procedures are considerable (approx. 100 pages) - our local supplier and several others in Geelong have submitted or are preparing their documents, so hopefully they will be approved shortly. However small operations, may find it too onerous to complete. In the meantime, the current system is ongoing, so if one has to make an immediate replacement decision then one will still receive support to get a heat pump. The incentives in the new system appear to be based on the efficiency of the specific unit (linked to the "carbon" credits generated and based on average usage figures), so it should be a useful comparison of different suppliers and their models compared to your current system. They are all much more efficient than traditional gas or electric systems so cheaper to run. More details to follow in future Messengers.

Meanwhile it is cold, so it is time to fix all the easy ways to avoid losing heat from one's house.

We have covered this in earlier editions but the key issues are:

Seals - around doors, windows, architraves and floorboards (from Bunnings, Home, Mitre 10 etc) and Eco Master and Geelong Sustainability have good "how to" videos.

Windows - short term temporary and cheap fixes with plastic double glazing or bubble wrap or longer term solutions of thicker curtains with pelmets and close fitting at the sides and bottom and/or double glazing (particularly if you have to replace the window).

Zoning - don't heat areas which are infrequently used (subject to central heating limitations)

Insulation - have someone check it is installed well and in good condition in the ceiling. This can make a significant difference but extreme caution is required in going into the roof space.

How one operates our houses can also make a big difference:

- Reduce the heating temperature set-point (Each degree may increase heating costs by 10%)
- Close doors (Includes by children and Grandchildren!)
- Reduce one's shower time (and install a more efficient shower head)
- Is the second fridge/freezer necessary in winter
- Use LED lighting & switch off when not required

There is a good summary issued by Environment Victoria https://assets.sustainability.vic.gov.au/susvic/Document-energy-Household-energy-action-guide.pdf?mc_cid=f0947d9b57&mc_eid=bf42e5405d

Anne has had a few enquiries (including one from Albury/Wodonga - the Messenger has quite a wide readership!) so if there is a demand / interest we could have an in-person session in due course.

PS The Victorian EV purchase \$3,000 rebate has been prematurely ended and will cease on 1st July. The only State to tax EV users and have no subsidy.

Rob Gardner

Mens Kitchen - Ola!

Every Wednesday morning there are amazing smells coming from the kitchen as Brian and the gang cook their hearts away. Recently they had a guest cook from Mexico. Karla helped the cooks create traditional Mexican Molletes, a dish that is known as street food in Mexico and can be eaten any time of the day.

They were delicious and well received by all, try them out, I'm sure you and your family will enjoy them.

Thanks Karla for spending time with us, during your time in Australia - thanks for Spanish lessons too!



Traditional Mexican Molletes

A traditional Mexican open sandwich with refried beans and melted cheese. Perfect for breakfast, lunch, or as a tasty snack

Ingredients

- baguettes (sliced in half), sub sandwich rolls or Italian bread.
- Mozzarella
- Refried beans, heated
- Mexican salsa or pico de gallo
- Tomatoes
- Onion
- Jalapeno
- Juice of 1 lime
- Cilantro
- Salt
- Garlic
- Avocados
- Chicken breast



Steps

- Preheat oven to 350 ° F.
 - Place sliced rolls flat-side up on baking sheet. Spread refried beans evenly on the flat sides. Sprinkle generously with cheese.
 - Bake 8-10 minutes or until cheese is melted, bubbly and starting to brown.
- Serve warm topped with pico de gallo
- 1 cup finely chopped white onion (about 1 small onion)
 - 1 medium jalapeño or serrano pepper, ribs and seeds removed, finely chopped (decrease or omit if sensitive to spice, or add another if you love heat)
 - ¼ cup lime juice

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Clifton Springs Garden Club

Can you believe we are into our second month of Winter, and the days are already getting longer, before we know it Spring will be here.

Despite the cool weather and some rain, not all parts of our gardens will be getting watered. Recently I was doing some gardening and was surprised at how dry some parts were, especially under trees and those areas sheltered by the house. The winds we experience will also dry out the pots and the garden.

Our Outings Co-Ordinator Keith, is doing a wonderful job keeping us all active with outings, lunches and morning/afternoon teas at various locations. On a glorious Autumn Day in May, 23 members enjoyed a leisurely bus trip to Forest Glade gardens Mt Macedon, stopping for morning tea in Gisborne and lunch at the Mt Macedon Hotel. Forest Glade Garden is run by a registered charity set up by Cyril Stokes, to make sure the garden would be maintained and available to the public in perpetuity. As you wander through these gardens, it is hard to imagine that the house and a large part of the gardens were destroyed in the 1983 Ash Wednesday fires. The 6 hectares (14.5 acres) of garden has a surprise around every corner, albeit a statue, a grotto, or a different garden room all surrounding the house which holds the Stokes Collection of porcelain & antiques. Even though Mt Macedon had snow and wind the weekend before our visit, the garden didn't disappoint with its stunning Autumn colour and different coloured hydrangeas popping up

when you least expect them, along with other little colourful surprises. A most enjoyable day was had by all.

In July we will holding our social dinner, instead of a meeting with a speaker. This night is always well attended by members as it gives them a great opportunity to get to know each other better.

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.



Forest Glade Garden Mt Macedon



Drysdale Harvest Basket

Our last Harvest Basket catch up was busy, and we welcomed back some past members.

The produce was plentiful! We had rhubarb, rainbow chard/ silver-beet, oranges, herbs, lemons, lavender, avocados, olives, celery, chillies, worm juice, seedlings and much more!

We all enjoyed a cup of tea and a great chat about our gardens, inspiring recipes and how to improve our soils.

Our next catchup is Saturday 1st June at 9am. Come along with your goodies to swap and share. New members are always welcome.

(SpringDale membership \$12 plus \$2 per month)

Clancy McKenzie



St Leonards Garden Club

Hello Everyone,

I have missed the last two meetings of the garden club, but have been reliably informed the attendances were very good, and the guest presenters were very interesting. I can't believe how fast the past 7 weeks have flown by.

The St Leonards Garden Club is held on the 2nd Wednesday of each month. Meetings are held at the Memorial Hall, Murradoc Rd St. Leonards. Meeting time is 1.00pm for a 1.15pm start. Membership is \$10.00 and entry is only \$4.00.

After our guest presenter there is a Q&A, followed by afternoon tea. Members are asked to please bring a small plate of afternoon tea to share, also please remember to wear your name badges.

Our club is a great way to make new friends if you're new to St. Leonards, or surrounding areas. Don't be shy, bring a friend and I assure you; you will have an enjoyable afternoon.

Cheers for now, **Wilma McLaren.** 0421 084 478

Please let me know if there are any topics you'd like to be discussed.



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Alex Birrell - Relationship Manager/Nurse
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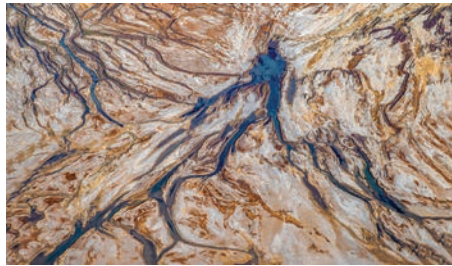


Bellarine Show News

There's always something happening within the Bellarine Agricultural Society. Along with the Royal Geelong Agricultural and Pastoral Society, we have just hosted the Victorian Agricultural Shows annual conference, where show members and delegates from all over Victoria came together to discuss next year's VAS (Victorian Agricultural Society) competitions along with new rules and regulations. It was a very educational and enjoyable weekend with special guest speakers, VAS competitions and the Young Ambassador competition decided.

Many guests came on an afternoon tour around the area, our tour was down to the beautiful Bellarine, where we showcased what the Bellarine has to offer.

If you would like to join the Bellarine Agricultural Society or become a volunteer for the show, we meet on the second Thursday of each month at Springdale Neighbourhood Centre at 7pm, everyone is welcome. Contact us via bellarineshow@gmail.com or phone President **Denise Kent** on 0419 119 481.



The monthly competition for Bellarine Camera Club was judged by Rob Plenter who has a background in film photography, and showed us his impressive black and white photography. The club thanks Rob for the time and effort in critiquing images for members.

The club competition was a set subject, to show - Two of the Four Elements: Earth, Fire, Water and Wind/air. Members were creative in showing two elements in a range of scenarios.

The winning entries are as follows:

Print A Grade 1st - Suzanne Fatchen for "Branching Out"

Print B Grade 1st - Debbie Hallows for "Columbus Falls"

EDI A Grade 1st (and Image of the Competition) - Kevin Robley for "Offshore"

EDI B Grade 1st Lynn Cornell for "Beach Sunrise".

Bellarine Camera Club meets fortnightly and welcomes new members. Please refer to the club website for details.

Robyn Curtis

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The Referendum Journey 2023

Timing of a referendum is very similar to an election. The Governor General will issue a writ, specifying the date the electoral rolls close, polling day (which must be a Saturday) and the date writs must be returned.

After the writ is issued: The rolls close (after 7 days), Polling day occurs (between 33 and 58 days later), Pre-poll voting commences 12 days before voting day. The writ is returned (after no more than 100 days).

The Act also requires the Electoral Commissioner to certify the total number of votes in favour, not in favour, and rejected as informal, including for each state and territory (section 98). Accordingly, all votes must be counted before the Electoral Commissioner returns the writ to the Governor-General. However, the election can be declared once the margin exceeds the number of votes left to count.

A referendum that is not being held in conjunction with a federal election, mobile polling may commence 19 days before voting day. For a referendum held on the same day as a federal election, remote polling may commence 12 days before voting day.

The Yes and No cases Section 11 of the Act requires the Australian Electoral Commission (AEC) to distribute a pamphlet with a written argument for and against the passage of the referendum. This pamphlet should be received by each household with an enrolled

elector not later than 14 days before polling day. These written arguments (no more than 2,000 words each) are to be authorised by a majority of parliamentary members who voted for or against the Referendum Bill, respectively.

There have been 8 successful referendums in the last 122 years and the successful referenda are:

- 1906 Senate Elections To enable elections for both House of Representatives and the Senate to be held at the same time. 82.65% in favour.
- 1910 State Debts To give the Federal Government unrestricted power to take over State Government debts. 54.95% in favour.
- 1928 State Debts To end the system of per capita payments made by the Commonwealth to the State Governments. To have a loan council to control the borrowing of each State for its own development. 74.30 % in favour.
- 1946 Social Services To allow the Commonwealth the power to legislate on a wide range of social services. 54.39% in favour.
- 1967 Aboriginal People To give the Federal Government the power to enact laws for Aboriginal people. To allow Aboriginal people to be counted in the Federal and State Census. 90.77 % in favour.

- 1977 Referendums All allow electors in the Territories to vote in Constitutional referendums and have their vote count towards the national majority. 77.72% in favour.
- Senate Casual Vacancies To allow a person of the same political party (as chosen by the people) to fill a position in the Senate if a position becomes available. The person is also able to hold the position for the balance of the term. 73.32% in favour
- Retirement of Judges To include a required retirement age for Judges sitting in Federal courts. 80.10 % in favour

https://www.aph.gov.au/About_Parliament/Parliamentary_departments/Parliamentary_Library/pubs/rp/rp2223/Quick_Guides/ConstitutionalReferendumsAustralia



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Crested Pigeon

During a stroll around Lake Lorne, a common companion in the bird world, that can be seen or heard, is the Crested Pigeon. I say companion because often they are not in a hurry to leave your company, and they either run on their short legs ahead of you or promenade ahead, showing that they are not the least concerned of being followed.

The birds are usually seen in pairs either strutting along the path, or throughout the scattered grassland. I've even seen them sitting on the railway track, enjoying the warmth that the rails bring. Their coo whoo sound, often draws the walker's attention or perhaps, the noisy wing claps or 'were-were' noise of the take-off; their wings have a distinctive loud sound. The crested pigeons also enjoy sitting on an exposed branch, both together and both seemingly unaware of the danger that can come from above.

Though a dominantly grey bird if you look more closely, they have a variety of colour within their feathers such as slightly suffused pink shoulders, patterned black, white, brown and grey wings and a soft white to grey chest. The eyes are most distinctive, a penetrating pink surrounding, then comes a yellow tinge with a striking black iris. In the pigeon world they are described as a rather large or stocky bird.

It is a delight to see their courtship bowing display as both birds work together as one, with bows, turns and spins. The tail can be raised or lowered but both tend to work in



unison in their mating dance. The iridescent feathers and long white-tipped tail, glitters vividly in the sunlight. This is when the metallic sheen is most obvious. When landing the white-tipped tail is dipped.

The birds are common throughout Australia, though not so much along the northern tropical coastal lands. They can be seen in the harsh desert, as well as around the cooler coastline wherever and whenever their ground food is available. They are a common bird and in not in danger, at this time, of extinction.

Carole O'Neill

Springdale Trivia 68th Edition

by Drysdale Girl Guides

1. What is the only big cat that doesn't roar?
2. What is a polar bear's skin colour?
3. Which Australian native animal is known to spend 90% of its day sleeping?
4. Why are flamingos pink?
5. What animal has stripes on its skin as well as its fur?
6. What do you call animals that spend most of their lifetime on trees?
7. Which mammal is known to have the most powerful bite in the world?
8. What colour is a giraffe's tongue?
9. What animal has the thickest fur of any mammal?
10. What is the name of the tubular sucking organ that butterflies use to extract nectar from flowers and elephants have in the form of a trunk?

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

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Memories of Yesteryear

Farming on the Bellarine

Farming around Drysdale / Clifton Springs was prolific, it was a very labour intensive industry. Most of the produce was used locally with milk going to the milk factory where they produced bottled full cream milk – no light milk or ice-cream. If you wanted ice-cream you had to make it yourself.

Many people used butter churns to make their own butter and the local green grocer sold locally grown vegetables. Farms often worked together, and although there were some disagreements, they always worked out amicably.

Our family worked with our close neighbours the Becks, Founds, Hutchinsons, Filbays and Magiafloglou. All would help at harvest time, carting in grass hay, heading off crops of wheat, barley and oats. Neighbours were always there to help when needed. Dehorning, drenching and marking sheep and cows was a joint effort. So was picking peas, spuds (potatoes) and onions.

I remember the large stack of onions at Hutchinson Bros. It was massive, the stack was 8metres wide and 40 metres long. The hay stack was even bigger.

Big jobs such as cleaning and bagging seeds like barley, oats and wheat, was done by contract with a steam engine and a large

thrashing machine, with several workers. The machine was fed with raw seeds that it would clean. Men would stand at the end of the machine putting bags on hooks and when full, would remove them and put a new bag on. The full bags would be sewn with twine and a steel needle.

The families listed above and Connors, Andersons and others milked cows and put the milk in large milk cans that were picked up by George Morse on a large tray truck. George later sold his business to McColls Transport who still operate today.

Farming was not an easy job, requiring you to work very long hours. Sometimes getting up at 5am and not finishing until 7 or 8 at night. Farmers didn't get overtime or penalty rates or danger money. It was all hard work and I don't think that has changed. Bellarine has much less farming today.

Gary Kingsbury



Hay Stack



Above - Onion Pickers & Garlic Gatherers



Below - Harvesting



Over 300 tonnes of onions 1937

Bellarine Sewing Room



We hear the word 'sustainability' so often that its meaning can be lost. In the Bellarine Sewing Room sustainability is using something for as long as possible and then, if possible, reusing it in ways that maybe it was not originally intended. In simple terms, if I can take an old jumper and turn it into carry bag, or use leftover fabric to knit a floor mat then I am practicing sustainability.

With these ideas I am able to pass on the knowledge I have gained through a lifetime of making to show others how to turn waste into something useful. We've all had household items that have come to their use-by date, or clothes that are ruined because of a tear or a stain. Why not look at them with new eyes and create something 'sustainable'?

My experience is in hand making, mostly garment and pattern making and knitting, both professionally and personally. I recently discovered

a rich source of inspiration in the 'visible mending' sphere. Visible mending seems to go against the grain of traditional clothes making. When I was a kid, the idea of mending clothes was to try and make them look as if they were new.

Visible mending includes the full gamut of hand and machine sewing, hand stitching, fabric patches, applique, wool, and the end product is only limited by your imagination. What excites me about visible mending is that you can turn a discarded or damaged thing into a unique personal version of its self with an ample dose of flair - a sock with a hole at the heel, trousers with bleach stains, jeans with a ripped pocket can all be reimaged.

The Bellarine Sewing Room is the fruition of all this thinking. Not only am I keen to bring ideas of sustainability to reusing well-loved garments but I am also able to tackle altering and repairing clothes, explain sewing patterns for those who want to make their own clothes and teach a few snazzy knitting and sewing techniques.

I am also running some classes at SpringDale to help people on their own garment recycling journey see the course guide for details.

Bellarine Sewing Room **Claire Duffy** 0433 214 690

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HAWKS NEST NEWS



Hello members, sponsors and supporters.

Season 2023 is in full swing and what a fantastic start to the season it has been.

Firstly, I would like to thank our wonderful sponsors. Their amazing support of our community club is incredible, and without them we wouldn't be able to field men's, women's and a dozen junior teams.

Our Senior Women had a tough time with the grading, but have settled beautifully into Division 3, and have had a couple of great wins. Super coach Stuart Craven continues to do an amazing job.

Our Senior men's team have got into the groove with five wins in a row, following a loss and draw to start the season. They currently sit third. Development of our young stars continues to be a priority, and seeing Under 18s such as Chris Tainton and Jye Hawkins playing great senior footy, bodes well for the future of our great club.

Trev's reserves have struggled early after playing off in last year's grand final, but improvement is expected, and a run at the finals is on the cards for the rest of the season.

The juniors are all in full swing now, and there is no shortage of football to see on any given weekend.

Socially we have some big events this year. Last month we hosted Newcomb Football Club, along with the 2nd Geelong Big Freeze. This year's event has raised \$55,000. The event would not be what it is without Graeme Reid and his band of helpers.

Finally, a massive thanks to all of our club volunteers. It takes an enormous amount of manpower and womanpower to run the club, and any involvement, big or little, is greatly appreciated.

Go Hawks!

David Walder - President
Drysdale Football Club



Trivia Answers

1. Cheetah
2. Black
3. Koala
4. Because of their diet of algae, shrimps, and crustaceans
5. Tiger
6. Arboreal Animals, with examples including Monkeys, Koalas, Sloths and Green Tree Pythons
7. Hippopotamus
8. Purple
9. Sea Otter
10. Proboscis



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BELLARINE WANDERERS

In the last month we've welcomed some new walkers and gone along the Barwon at Newtown, also to Point Lonsdale, Portarlington, St Leonards and on the rail trail at Curlewis.

New members welcome - contact Rob or Hans via Springdale office.

Rob Gardner

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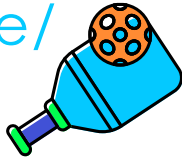
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Pickleball Drysdale/ Clifton Springs Pickleball Club



Despite the cold wet weather, we have been able to continue playing to full capacity, with 7 sessions a week. This is one of the many advantages of playing indoors. Although a number of our members are currently enjoying their travels overseas.

We would like to congratulate three of our members who have been chosen to represent our state, in team Victoria and NSW. They are Mel White, Mal Williams and Tess Lapham. Good Luck to you all.

We had a very successful mini-competition within the club that ran for five weeks, with six teams of four players. Great fun was had by all, and an excellent standard of play was demonstrated.

Four of our committee met up with Tim Cain, from Neville Richards Real Estate Drysdale Office, and gratefully accepted their generous sponsorship cheque. It is great to have local business supporting our newly formed club.

We are also pleased to announce that we have a new sponsor, what better than to have pickle company sponsor a pickleball club. An Australian owned pickle company from the Mornington Peninsula have agreed to support our club.

If you are interested in learning more about our club, contact Viv Daniels on 0406 820 739.

Fiona Bond



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- Symptoms of arthritis
- Pregnancy discomfort
- Stress




Interested in protecting our coast? Scan to join the newly established Clifton Springs Curlewis Coastcare group

Several members have completed their Waterwatch training and we have commenced monitoring the water quality flowing down some of our creeks.

BOKASHI GARDEN

Bokashi food recycling system came to Australia in the 1980s and we were introduced to it in 2005. The person to bring it to Australia was Dr Tony Ohishi who came to live in Clifton Springs. During the last almost 18 years we have helped hundreds of people to understand this food recycling option and how to build garden beds using fermented Bokashi food scraps.

Our Bokashi garden beds at SpringDale are set up ready to plant. We are looking forward to growing lots of veggies and herbs for our cooking groups and to share.

Please let me know if you would like some info or a demonstration.

Anne Brackley



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