



The SpringDale Messenger

August 2023
Volume 33 Issue 7



ABN 21 404 220 267

Compiled & Published by the SpringDale Neighbourhood Centre Inc.



national SCIENCE WEEK 2023

SpringDale is hosting a
Science Week Morning Tea on
Thursday 17 August 10am - 12noon.

We will be sharing science stories and
information about science and technology
to help our lives. If you would like to be part
of this event please register your interest with
SpringDale Office or via our website.

<https://home.springdale.org.au/science-week/>



AUGUST 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.

Tuesday	1	Pl@n B - Hits of the 70's - 10.30am - Potato Shed Cuppa and Chat SpringDale 10.30am
Thursday	3	Jigsaw Club SpringDale 10am-12noon
Friday	4	The Roy Orbison & Everly Brothers Tribute - 8pm - Potato Shed
Saturday	5	Carmen - The Opera - 2.30pm - Potato Shed
Monday	7	Safe Seats, Safe Kids Program SpringDale Carpark 10am-3pm Kinship Carers SpringDale 10am Camera Club SpringDale 7.30pm
Fri/Sat	11/12	We Will Rock You - BSC - 7.30pm - Potato Shed
Tuesday	15	The Authentic 1950s Geelong Sing Song - 10.30am - Potato Shed
Saturday	12	Learn About the Voice Referendum St Andrews Church Newcombe St. Portarlington 8-9.30am
Sunday	13	The Voice Yarn/Conversation - St Andrews Church Newcombe St. Portarlington - 2pm
Monday	14	Dining Group Drysdale Village Pizza 6pm
Tuesday	15	Potato Shed Morning Showtime 10.30am
Wednesday	16	Lunch Bunch - Café Zoo 12pm
Thursday	17	Science Week Morning Tea SpringDale 10am-12 noon
Saturday	19	The End of Winter - 8pm - Potato Shed
Monday	21	Camera Club SpringDale 7.30pm
Tuesday	22	Animal Farm - 7.30pm - Potato Shed
Sat/Sun	26/27	Zen and the Art of Small Wooden Boat Building - SpringDale 9am-4pm
Sunday	27	Festival of Glass Eversley St. Community Hub 10am-4pm
Thursday	31	Power Savings Bonus finishes

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



SpringDale Messenger

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

COPY DEADLINE SEPTEMBER 2023

Bookings/copy required by 1 August.

Dist: 25 August 2023

Circ: up to 20,000

Connecting Your Business with our Community

For all Advertising enquiries:

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Phone: (03) 5253 1960

Online: Book an advertisement online.

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

For all Editorial enquiries:

Email: messenger@springdale.org.au

Phone: (03) 5253 1960

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

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

Editing of Contributors Material:

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

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

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

Art & Design by Jo Aspland Graphic Design 0438 055 679

The SpringDale
Messenger is a
locally produced
publication.



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



United Nations
Association
of Australia
Victorian Division



SpringDale Neighbourhood Centre Inc. acknowledges the support of:



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



Coordinator's News



Anne Brackley

Dear Friends and Friends, I am yet to meet

The other day I was called a name that I had almost forgotten, "You are an entrepreneur". I was so excited to hear it again. I had been called a Community Entrepreneur a number of years ago, when SpringDale was focusing more on Innovation and Entrepreneurship. I think this study helped us to pivot so quickly a few years ago and continues to help us pivot almost daily.

Innovation can happen when people see a pattern of need. Once we see a pattern appearing, we try to follow through to see what it might mean for our community long term. The pattern we have recently seen is - when people who are eligible to have a concession applied to electricity and gas accounts, and they might have changed provider, and or changed the name on the account, the concession has not been reapplied.

One of our team also suggested the same might be true for concessions applied to the Barwon Water and City of Greater Geelong Rates. This might happen when a loved one dies and the living partner then changes the name on the account. Because of grief and so many other things, the living partner might not think to ask to have the concession applied. We have helped a number of people to be able to have the concession applied. Other entrepreneurial activities that we might be celebrated for, are - our regular garage

sales that help keep cubic metres of things out of landfill, and give them new life, our Bespoke Bellarine Bunting that is for hire or sale, our welcome activities that help people to meet socially and help people into a café / restaurant for the first time.

Our SpringDale Dining Group is about to celebrate its 9-year anniversary, and we have taken thousands of people to more than 100 businesses, where we have spent more than \$100,000, and people have visited places they may never have entered otherwise.

The photos of my jelly slice in the June Messenger, have prompted people to request jelly slice, giving me the opportunity to continue to improve my skill. Last month I needed to learn how to make a sponge. With a trusted recipe, and a few trials, I was able to create a large sponge, that met the opportunity we faced. I love it when I get to learn something new and get such wonderful support from people willing to taste and enjoy the fruits of my labours.

Thank you to everyone, who continues to help us, and thank you to those who give us opportunities to innovate and use our entrepreneurial muscles. Looking forward to what we might get up to next! The constant that we celebrate is change. You might like to be part of this.

Yours sincerely

Anne Brackley OAM for team SpringDale.

UPDATE

Zen and the Art of Small, Wooden Boat Building

This two-day introductory course, will briefly explore the novel wooden boat construction system, commonly referred to as the Stitch and Glue method. The dinghy Skylark, will accommodate three adults and can be sailed, rowed or carry a small electric motor.

Come along. You could have your wooden boat ready for summer on the water.

Dates/times: Sat 26 Sun 27 Aug 9am - 4pm

Fee: Cost \$100

Instructor: Max Simmons

Tax Help

Tax help is available for those eligible on Monday and Friday afternoons 1-5pm please phone SpringDale office to book an appointment ph: 5253 1960.

This is a free service.



Course Guide available for collection from SpringDale or on our website



Friendly Cuppa & Chat

Tuesday 1 August 10.30am

Come & chat at SpringDale - RSVP 5253 1960



The SpringDale Lunch Bunch are going to Café Zoo Drysdale Wednesday 16 August meeting at 12pm. **BOOKINGS ARE ESSENTIAL**, so everyone gets a seat, please phone Margaret 0418 370 857.



SpringDale Dining group are going to the Italian @ Drysdale Village Pizza Monday 14 August 6pm. **Bookings essential**. Please call SpringDale on 5253 1960 to reserve your spot.

QUOTE OF THE MONTH

Science is magic that works.
Kurt Vonnegut

Anne Brackley - Quote curator

www.springdale.org.au

warm up this **WINTER**

Did you know that the **\$250 Power Saving Bonus** can be spent on anything, not just on electricity bills.

Scheduled to end 31 August 2023

Neighbourhood Houses Victoria, Good Shepherd, VICTORIA State Government

SpringDale has helped almost 500 homes apply

The SpringDale Messenger August 2023

Alison Marchant
Member for Bellarine



Later this year, everyone in the Bellarine will have the chance to support an Aboriginal and Torres Strait Islander Voice to Parliament.

In 2017, after more than ten years of consultation and conversation, hundreds of elders and leaders gathered at Uluru. Together they wrote, "The Uluru Statement from the Heart".

It asked for First Nations people to be recognised in the Constitution through an advisory group, called the Voice to Parliament, to make sure they could provide advice on issues that affect them.

In Australia, the public must vote on any proposed change to the Constitution. This vote is called a referendum.

Establishing a Voice to Parliament - through a referendum later this year - will establish an enduring advisory body for Aboriginal and Torres Strait Islander peoples to provide guidance to the federal government on issues that affect their lives. When governments listen to people on the ground and consults with locals, they make better decisions and achieve better outcomes.

Local Members have been working alongside the Wathaurong Aboriginal Co-operative, and the Wadawurrung Traditional Owners Aboriginal Corporation, to ensure we are listening directly to the people and local communities this referendum will affect.

We acknowledge that The Voice to Parliament is not the end point, but another step in the journey.

If you would like to get involved locally, you can visit Bellarine for Yes at

https://action.yes23.com.au/bellarinefor_yes or email bellarineforyes.yes23@gmail.com

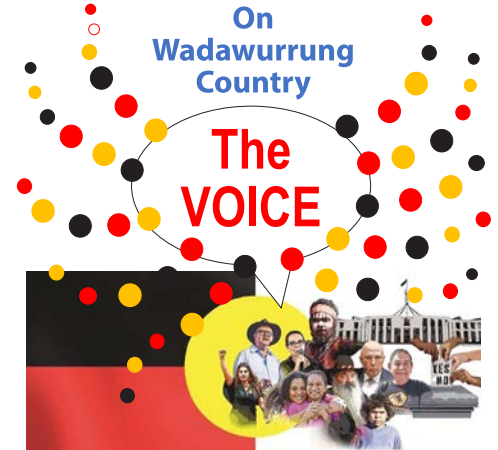
Together, we can make history, and help deliver a fairer future for all. We have nothing to lose, and everything to gain by voting yes in this referendum.

Libby Coker Alison Marchant

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/>



All are very welcome to come along and have a Yarn/Conversation with members of the **Wathaurong Community & Libby Coker Federal MP for Corangamite** about **the VOICE** to Parliament Referendum.
When: **Sunday August 13th @ 2pm**
Where: 111 Newcombe St Portarlington St Andrews Uniting Church



Graphics: Pammi Pryor Image
Uniting Church Synod of Victoria and Tasmania: Communications Unit
Enquires: Joy Porter ~ 0406 307 433
Marg Manning ~ 0409 334 480

Alison Marchant.

Member for Bellarine

We're supporting our communities through a variety of grants. The Bellarine has been successful in receiving grants for:

- ✓ Boating
- ✓ Coastal access
- ✓ Women and sport development
- ✓ Multicultural and senior support
- ✓ Healthy youth initiatives
- ✓ Volunteering programs

For further grant opportunities please contact my office.

Shop G066, Gateway Plaza, 641-659 Bellarine Highway, Leopold VIC 3224
03 5250 1987 alison.marchant@parliament.vic.gov.au

POTATO SHED

August is nonstop at the Shed! looks like we really do have something for everyone!

Kicking off the month we look back at the **70's** with Bellarine's own **Pl@n B** who will traverse the music of your youth, from Sunbury Pop Festival to Countdown - do yourself a favour! (As someone once said) and come along on Tuesday the 1st of August at 10.30am

Taking a step back from that a few years we welcome back - by popular demand - **Mr Glenn Douglas** and **Mr Issi Dye** with their tribute to **Roy Orbison and the Everly Brothers** - all those great hits in one show - people keep coming back for more - so book now to avoid disappointment - Friday August 4th at 8pm.

The very next day at 2.30 we have something new and exciting on offer.... What do you get when you combine members of the Melbourne and Australian Opera? An inspired interpretation of Bizet's **Carmen!** One afternoon only, Saturday the 5th - presented by **Millennium Opera** Company and orchestra.

Bellarine Secondary College present their annual production at the Shed on the 11th and 12th with the very live and loud **We Will Rock You** - sure to have all ages up and rocking!

As a bonus we have included a special Morning Showtime with **Mr Colin Mockett OAM** who presents **The Authentic 1950s Geelong Sing Song**. The words will be on our big screen, fun is guaranteed and there are prizes for best 1950s dressed audience member. On Tuesday the 15th at 10.30am

The End of Winter, Saturday 19th August, poses sobering questions around climate change - will winter be erased forever? Sirens Theatre company from Sydney will present this gripping piece of theatre sure to be thought provoking and so very relevant for our times.

George Orwell's timeless classic, **Animal Farm** has been reimaged by award-winning performance group **Bloomshed** - with a special public performance on Tuesday 22nd August at 7.30pm.

The Bellarine Jongleurs then move into the theatre ready to present the 2023 production of **Treasure Island** and the **Legend of Sleepy Hollow**.

Tickets to all Potato Shed shows are available at www.potatoshed.com.au - and you can subscribe via our page to Spud News to keep up to date with all things Potato Shed.

POTATO SHED

WIN DOUBLE PASS to



END OF WINTER

Saturday 19 August 2023 at 8pm

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

Name: _____

Address _____

Phone No: (03) _____

COMPETITION CLOSSES 4PM FRIDAY 11 AUGUST.



WHAT'S ON

POTATO SHED

CITY OF GREATER
GEEELONG



PL@N B - HITS OF THE 70's

MORNING
SHOWTIME

TUES 1 AUG 10.30AM

TICKETS: \$17 incl. MORNING TEA



ROY ORBISON & THE EVERLY BROS

TRIBUTE
SHOW

FRI 4 AUG 8PM

CABARET SEATING: Adult \$40 Conc \$38

THEATRE SEATING: Adult \$38 Conc \$36



CARMEN - THE OPERA

Opera By
George Bizet

SAT 5 AUG 2.30PM

THEATRE SEATING: Adult \$40 Conc \$25



AUTHENTIC GEEELONG SING-ALONG

MORNING
SHOWTIME

TUES 15 AUG 10.30AM

TICKETS: \$17 incl. MORNING TEA



THE END OF WINTER

SAT 19 AUG 8PM

THEATRE SEATING: Adult \$40 Conc \$38



ANIMAL FARM

TUES 22 AUG 7.30PM

THEATRE SEATING: Adult \$33 Conc \$30 Stu \$25

41 Peninsula Drive, Drysdale VIC 3222
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By Cr Stephanie Asher

It can be easy to overlook, that local councils are the only level of government to consult their community when developing a Council Plan, and an annual budget.



Via conversations in the street, at councillor listening posts, at organised public forums, at council meetings, and at the budget submissions panel hearing - we take in a variety of feedback and perspectives, for more than two months from the release of the draft budget.

Even without a budget, rarely does a trip to the supermarket not involve a chat about a local council topic. Often councillors are tagged in social media complaints, about issues, whether they pertain to local government or not.

So consultation is an inherent part of the role.

We also respond to external factors, such as a state government rate cap; costs rising due to inflation; and government grants shrinking.

Our budget is not adopted and finalised, until two whole months after the public can make its views known on the proposed budget.

Two months of commentary possibilities, media coverage and potential political manoeuvring.

Now, let's imagine trying to do something similar, with other levels of government.

When the federal and Victorian budgets were dropped last month, there were projects overlooked, grant programs discontinued, 3000-4000 Victorian public service job redundancies.

Yet no feedback was sought from taxpayers. There is no consultation period for other levels of government, and no submission hearings.

Their budgets don't remain in the media's gaze very long, and there's widespread public acceptance that there is little chance of effecting change.

They say all politics is local and maybe that's because local politics is within reach. Literally, at the supermarket.

Councillors try hard to represent the many community voices, and we applaud those who contribute to the process.

Thank you for your feedback, it is welcome and appreciated.

Cr Stephanie Asher

North Bellarine Aquatic Centre

Building works on an outdoor 50-metre pool at North Bellarine Aquatic Centre are nearing completion with a major project milestone reached, the pool is currently being filled with water in preparation for final steps before it will be ready to open to the public later this year.

The newly constructed outdoor 50-metre, eight-lane heated pool has received substantial funding, with \$10 million provided by the Australian Government and an additional \$5.5 million from The Council. The state-of-the-art facility features accessible and changing places change facilities, an entry pavilion, a kiosk, as well as significant civil and landscaping works. It has been thoughtfully designed to cater to the needs of the entire community, providing a space for swimming carnivals, learn-to-swim programs, various aquatic activities, public meetings, and multi-purpose events.

The North Bellarine Aquatic Centre project has expanded into the northern end of the sports precinct with its own access road off Peninsula Drive. Work on the stage one project began in May 2022.

The City of Greater Geelong has received \$20 million each in funding commitments from the Victorian and Australian Governments to deliver stage two, and the facility will be delivered within this \$40 million budget.

Stage two of the North Bellarine Aquatic Centre will feature indoor facilities to complement the 50-metre heated outdoor pool.

I was pleased to be on the North Bellarine Aquatic Centre Community Advocacy Panel for the last few months. We have now completed our terms of reference and the panel has been disbanded.

I look forward to the next phases of the project with great interest.

Anne Brackley OAM



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.

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www.business.onthebellarine.com.au

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Our Women Living Well group has been looking into the different types of housing that could provide affordable, secure and long-term homes for women over 55.

There is a lot of interest in the concept of Cohousing in Australia and indeed throughout the western world, and we are gleaning information from various organisations, that are pioneering this concept in Victoria.

What is Cohousing?

Cohousing is people coming together to build a neighbourhood, that embodies particular values. These values are generally linked to a shared vision for living in a certain way. More often than not the values are around living in a way that increases connectivity, the spirit of looking out for one another and in a way that is environmentally-conscious.

Cohousing is a sustainable and affordable approach to living in community. Each household has a self-contained, private home, as well as shared community space. Residents can come together to manage their community, share activities, and regularly eat together.

Cohousing is a way of providing for a sense of community, while resolving the isolation many people experience today. The more expensive model of Retirement Lifestyle living has proved very successful with people over 50.

If you are interested in this type of community, there are many sites to be found by "googling" Cohousing in Australia. Some of the groups are WINC, Property Collectives, and Cohousing Australia. Please feel free to contact me to talk more.

Dianne Bennett

0422 146 604 diannebennett4@hotmail.com

Recently I have received lots of enquiries about kinship care, mainly, - why are some Carers supported financially, and others are not?

Let me try to explain. In Bellarine Kinship Carers we currently support three groups of Carers.

Informal Carers: Are those Carers with no child protection involvement. This group of Carers only receive Centrelink payments for the children in their care.

Formal Carers: Are those Carers with child protection involvement. Basically, the children were removed from their parent's care by child protection. This group of Carers, receive a payment from child protection for the children in their care, plus payment from Centrelink if they qualify.

Dual Carers: Carers with both a Formal (through child protection) child, and an Informal (not through child protection) child in their care.

In each and every group, Carers are caring full time for the children in their care, and each and every group struggle with so much. Over 80% of the children in our group suffer from trauma.

Another Carer and I, recently participated in a radio interview at a local Radio Station, to highlight the effect of trauma has on the children. In that interview, I commented on the effect trauma has on the children in our care, and on the Carers who are supporting the children. Trauma is real but sadly there is no easy solution.

If you are a kinship carer sitting at home, thinking that you are all alone on your kinship journey, we as a group are willing and ready to support you in any way we can.

Our group meets on the first Monday of each month (not during school holidays) at SpringDale Neighbourhood Centre in Drysdale, 10am to 12noon. Come join us - we laugh a lot, we sometimes cry a lot, and we talk too much, but we support each other.

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



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Portarlington Community Breakfast

The Portarlington Community Breakfast is a monthly event and has been operating for twenty five years. It is hosted by the Uniting Church of Portarlington and St Leonards. The breakfast is a terrific opportunity to gather with members of the church and local community and enjoy a low-cost (\$5) delicious breakfast and wonderful company.

At the heart of the breakfast is our guest speaker presentation. Guests are from many different backgrounds and come to speak to us about a topic, profession, hobby or experience in which they are expert. Over the last eighteen months, we have welcomed speakers from Geelong Mums, FeedMe Bellarine, a paediatric occupational therapist, Bellarine Birdlife, a horticulturist and the Geelong Art Gallery. We have also heard the story of a lost and found eighteenth century manuscript, an historic barn renovation in the UK and recently, the life stories of two of our attendees - to name a few! Breakfast may also include a number of elements - including music and a quiet reflective time.

The breakfast includes cereals, toast, muffins, croissants etc, fruit, tea/coffee and is prepared and served by our volunteers.

The breakfast is held on the second Saturday of every month. The breakfast is open to everyone - simply email your numbers and any dietary requirements to Angeliki-standrewsportbreakfast@gmail.com. Notify us via that same address to join our mailing list, or follow us on Instagram: @portbreakfaststandrews.

Speaker Calendar:

Saturday August 12:

Raelene Sharp KC - The Voice Referendum
See details to the right

Saturday September 9:

Craig Castree - Horticulturist

Saturday October 14:

Geelong Beekeepers Club

Saturday November 11:

Carole O'Neil - Commonwealth War Graves Commission

Angeliki Kefaloukos



Central Baptist
Clifton Springs

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

You are welcome to join us -

- Sunday Family Service **10am**
- Children's Ministry
- Play Group
- Youth Group
- Home Groups

45 Central Rd, Clifton Springs
office@central-baptist.com.au
centralbaptist.com.au
(03) 5253 1833 / 0478616719

Learn about THE VOICE REFERENDUM with RAELENE SHARP KC



Saturday 12th August

8:00-9:30am

St Andrew's Uniting Church
111 Newcombe St, Portarlington

PORTARLINGTON
COMMUNITY
BREAKFAST
HOSTED BY ST
ANDREW'S
UNITING
CHURCH

- **The Constitution:** What it does and how it works.
- **Referendums:** What are they, how do they work?
- **The Uluru Statement From the Heart:** What is it? How did it come about?
- **Understanding the Proposed Amendment:** Explanation of the text of the amendment, the proposed change and how it may affect things.*

*Questions? Email these to the address below prior to 28/7/2023.

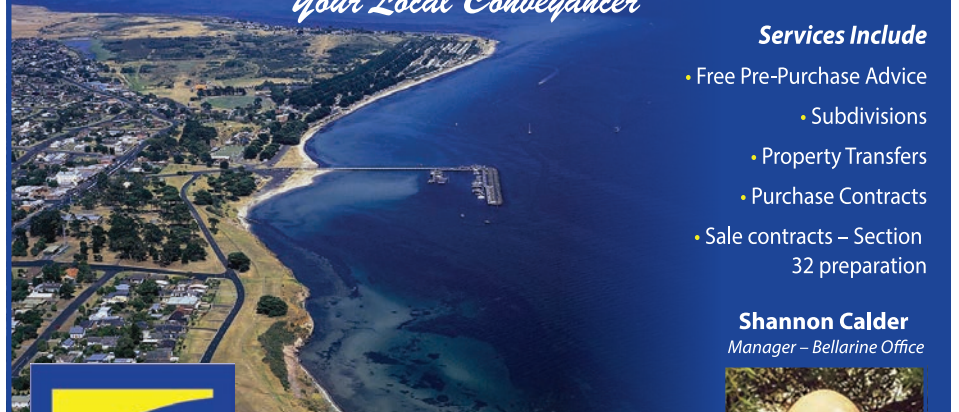
RSVP by

Friday 4th of August to Angeliki standrewsportbreakfast@gmail.com

Cost: \$5.00 /pp- includes light breakfast.

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

Zen & the Art of Small, Wooden Boat Building

We live close to the beautiful and safe sailing waters of Corio Bay, so it's easy to see why sailors love this part of the world. Many part-time sailors cap off their on-water experience by building their own craft. The biennial - Geelong Wooden Boat - displays the variety of craftsmanship and innovation of our local builders.

Small boat building is relatively uncomplicated, once the construction fundamentals and state-of-mind cues are understood. Few special tools are required, and plans are available from trusted sources.

This two-day introductory course, will briefly explore the novel wooden boat construction system, commonly referred to as the Stitch and Glue method. The dinghy Skylark, will accommodate three adults and can be sailed, rowed or carry a small electric motor.

Day One: examines the pre-construction stage and answers most questions asked by new builders. Day Two: tackles the hands-on lofting process, where the marine plywood sheet is transformed into planks before being stitched, and glued together to form the hull.

Come along. You could have your wooden boat ready for summer on the water.

Saturday/Sunday August 26 & 27 9am - 4pm at Springdale.

Cost \$100

Max Simmons



Parental Burnout



In the same way that high pressure deadlines in your career can cause burnout. Parenting without consideration of your health and wellness can result in similar, sometimes debilitating, issues.

Being a parent opens up a part of your mind that no-one can prepare you for in the "books". Loving your children so completely can feel amazing, awesome... exhausting, overwhelming. Parenting children of any age requires a large amount of brain real estate - parents walk around with a whole section of their mind completely involved in their children's welfare, current struggles, daily routines - even the contents of their lunchbox.

Parental Burnout can look like many things, but here are a few warning signs that could indicate it's time to take heed and make some changes in thought:

- feeling like you have to do it all and that no-one else can help/do it for you
- feeling easily irritated, frustrated, or triggered
- having persistent feelings of guilt, anxiety, worry, overwhelm or inadequacy
- experiencing forgetfulness; missing messages, appointments, simple tasks

While these are the common come-and-go conditions of parenting, if you are experiencing any in excess, unmanageable amounts and consistently without a break, you may be unrealistically running on empty.

What can you do?

1. Start to pay attention to yourself. Embed small practices that keep your body and mind in balance.

- Enforce a daily walk or yoga session
- Make meditation a part of your morning routine
- Prepare healthy food that supports you
- Prioritise connection with your own peers, family, and friends

2. Put down the baggage. When we become parents, we carry with us all the beliefs and values given to us by our parents when we were children. All given with the best of intention, they now become the pillars of our parenting. We can waste a lot of energy trying to be what our parents were, or trying not to repeat their mistakes with irrational passion.

You are exactly you, and every day you get to design the kind of parenting that will feel right for you and your family today.

3. Leave parental expectations on your Facebook feed. If your house isn't "minimalist-monochromatic-organic-lowtox-bliss", that is okay. When you make mistakes, let them be part of the process, and give yourself space to be learning. You cannot get this perfectly right every time. Remember you do not have to be neat, nutritional, or available all of the time. You do not have to show up at "all the things". You just have to love and keep doing what you can, that is enough.

4. Whether you are working full time, staying at home full time, or trying to balance a bit of both, you will inevitably be faced with parental guilt. There is no recipe for this juggle and all too often we feel like we are doing so many things... but none of them well. It can be helpful to notice where you are **comparing** your situation to those of other households, and bring your attention back to where you are. Your story is always different to the one next to you. **Practice gratitude**; a wonderful family ritual that will remind you that you are loved and loving, safe and enough.

5. Prioritise your mental health. Yes - it's the same as point #1, but it is of the utmost importance. Prioritising yourself can be hard when it feels like everyone else needs you first; but what everyone else needs is for you to prioritise yourself. Your mental calm, your physical health, and building your resources to cope take priority over making beds, and sweeping floors, so do something to support you first.

If you are struggling, ask for help. This conversation is something many other parents are ready to have, and showing your imperfections could be just the relief everyone needs.

If the struggle is overwhelming, please seek professional advice; your doctor, a counsellor, meditation classes, and of course hypnotherapy, may be able to help. For urgent help you can contact Beyond Blue Counselling 1300 22 4636 or in crisis call lifeline on 13 11 14.

Kim High

Juggling Parent and Clinical Hypnotherapist
BSc DipEd MEnv DipClinHyp



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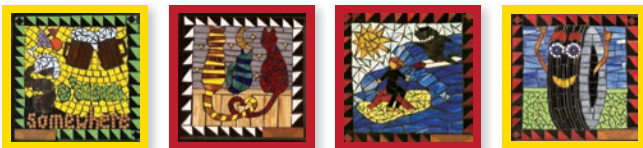
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Clifton Springs Garden Club

We are well past the winter equinox, so our daylight hours are slowly getting longer. Heading towards Spring with more consistent sunshine, and the prospect of more outings to very interesting gardens. Our Outings Organiser Keith has been busy over the winter months coming up with ideas.

Despite the weather, the Club has still been very active. A morning tea at Van Loon's was thoroughly enjoyed by those members who attended. As was our meeting where we had Kate McCabe, Waste Education & Projects Officer, City Greater Geelong, give us a most interesting presentation on where things are at in relation to recycling. I certainly learnt a lot. Did you know, you can sign up for a monthly email so you can keep up to date with all the recycling news. If you don't want a monthly email, you can also find a lot of information on the City Greater Geelong website. Just google them, or go into Drysdale's new library and talk to the staff of the City Greater Geelong Customer Service team.

Talking of speakers, we are welcoming back one of our favourite speakers in August, Dimitri Betz. Dimitri is a wealth of knowledge on a wide range of gardening topics, and a most entertaining speaker.

Our dinner at the Leopold Sportsman's Club was again, a most enjoyable evening. It was nice to see a mix of both familiar and not so familiar faces. It is a great way to get to know



our newer members better.

Don't forget to put our monster plant sale in your diary - the last Saturday in October at the Drysdale Uniting Church Hall.

The photos this month are of one of my favourite topics - fungi. The photos have been taken by Nicole Bates in the Dandenong Ranges, she has kindly consented to me sharing them with you. Keep your eyes out when you are out walking in the colder weather, you might be pleasantly surprised.

Visitors are always welcome to our meetings, come along and see if our Club is what you are looking for. Our committee is constantly striving to make it interesting for all. Contact our Secretary Helen, on telephone 5257 2220 or email hma3152@gmail.com for further information.

Photographs: Fungi Dandenong Ranges, Nicole Bates



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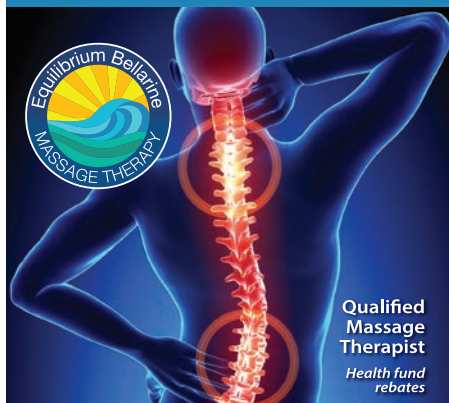


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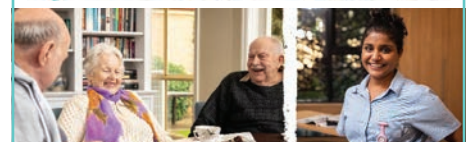
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Portarlington Police Report

Hello to all

It's nice to be back at Portarlington after stints at Bellarine (Ocean Grove) and Waurin Ponds Police Stations.

There has been a number of burglaries within the Geelong region, where offenders have crept into houses through unlocked doors, garage door etc and stolen keys, wallets and then stolen vehicles.

Please be diligent and lock your cars, don't keep garage door remotes or other valuables visible in your car. Be mindful of locking your internal door between the garage and the house. This will act as a deterrent, as most entries are not forced. We live in a very safe area, however can still be vulnerable to opportunistic offenders.

Victoria has seen an increase in fatal collisions this year. Can I please remind everyone to drive to the conditions and be mindful of other road users. The wet and slippery roads require more concentration and greater stopping distance, so slow down and stay alert.

Stay safe.

Regards Jane

Jane ARNOLD

Sergeant 29626 | OIC Portarlington Police Station

THE CHANCE TO SERVE OUR COMMUNITY



I can't believe it's been twelve months since I wrote to announce the changing of the guard again for the Bellarine North Rotary Club. Our forty eighth Annual Changeover Dinner has been held, and we passed the baton from Andrew Jeffrey to incoming President Leila Stecher and the new Board.

Andrew thanked everyone who came on his journey to achieve a great deal. Very much a team leader identifying everyone's strengths and encouraging all in their chosen area of expertise, whether that be that the book collectors, the international team who packed birthing kits for overseas, the BBQ team who cooked many egg and bacon rolls to raise funds for distribution locally and overseas, the Art Expo Director who got his team to set up to run and dismantle an amazing display of photos, glass and art, and the Primary Schools Creative writing team who encouraged the creative juices of the young. Many other tasks were performed under Andrew's watchful eye.

Andrew was thanked for his work during another exciting, busy year.

President Leila has been a welcome member of our club for a few years now. She came to us when she moved to the Bellarine after being an active member of the Rotary Club of Yarraville. Their loss is our gain. The year ahead will be busy and fun.

Leila has a list of things she is planning achieve, and we can't wait to go on her journey.

We know we will be continuing this Club with the same fun, and supporting of our community here, and overseas. We will continue to look for projects to support. I know that Leila, the Board and our members are excited and focused on the Rotary year ahead.

If you are new to the area, looking for a way to give back, to making new friends, then why not call, or come along to a meeting on Monday nights, Portarlington Golf Club 6pm for a 6.30pm start.

Publicity Officer - Bellarine North Rotary Club

Caroline Rickard - 0408 989 221





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"I feel lucky I had two lessons with you. Your way of teaching is clever, efficient and right to the point - five stars! I wish more people can benefit from your way of teaching English. Actually, I wish I could have met you ten years ago when I started to learn English!"



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A LITTLE HAWAIIAN MUSIC TO KEEP WINTER BLUES AWAY



Our SpringDale Ukulele instructor Jan Paradise, with the melodious assistance of Robyn Jenes and Liam Ward, entertained members of the Drysdale Day VIEW Club at their recent Birthday celebration. For the past 22 years, Drysdale VIEW has been sponsoring disadvantaged students and supporting The Smith Family's Learning for Life programme. Once again, they were able to raise much needed funds with raffles and the offer of scrumptious items on their trading table.

If you are looking for a friendly women's group, to enjoy social activities, and to have fun whilst making a difference to the lives of young Australians please contact: Diane on 52512077.



WINTER FOOD

Winter is the time when we all want to hibernate and naturally so, it is our nature to want to do this!

How do we avoid the common trap of winter over indulging?

- Try these substitutes for some of your favourite winter warmers and set your alarm to have dinner as early as possible.
- Swap Mashed potato for mashed pumpkin or butternut
- Pasta for vegetable noodles- carrots are in season and multi coloured carrot spirals look great.
- Roast potatoes for roasted cauliflower, swede or turnip
- Make your own broth or stock rather than the using stock cubes.

I enjoy soups and stews all year round and I create these delights by using the freshest ingredients to match the season. Right now I am using plenty of garlic and thyme. I'm also mashing celeriac, roasting beetroot and carrots and steaming Asian greens and spinach.

To get my natural sugars in over winter I have kiwifruit, mandarin, apples and rhubarb. Use a mixture of apples to create the balance of sweet and sour without the need to add additional sugar. Vanilla bean is also a great addition, if you like a bit more natural sweetness to your cooked fruit.

With Lemons plentiful through winter, I also



add a slice to hot water to warm me up in the morning. So many in our wonderful community leave lemons out on the roadside to share, you could almost do a lemon tasting tour!

Be creative with your food, I will always suggest to shop seasonally, as it is in the seasonality that you will find the best quality produce. Due to the abundance of the produce, you will get the best price.

Food is nourishment and should be delicious, you can create both nutritious and delicious meals with a little good intention and knowledge. Start with shopping seasonally and making substitutes for pre packaged or canned foods, use a fresh option wherever possible.

Home made food is the most nourishing, so dust off all of your old cook books and get creative in the kitchen if you are looking to spring into Spring, feeling fantastic.

Jade Irving

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SCI FI

with John

"Jetpack to Jupiter...I have found Wonder Woman!"

Did anyone go to "Cosplay" at the Melbourne Showgrounds recently. They said TV sci fi fans were welcome so I went (with a friend) as John Robinson from "Lost in Space" wearing the SpringDale jetpack mock-up.

Remember how John flew the jetpack out to rescue "Penny" from the runaway turtle?

Oh, I had the most amazing day!

It was a wild ride from start to finish with hundreds of sci fi fans turning out to live out their fantasies for a day. Many were heavily armed but I only had my old "space gun" with a flashing light feature. Interesting...

Our jetpack model is most uncomfortable to carry about but huge fun to display and some thought it was real!

A first meeting there and you're friends for life!

Lots of people knew about "Lost in Space" but it was disconcerting when they said "My Dad used to watch it!" Sure, makes an old fan feel...old!

But many had seen the new series (although I have not) and they all loved the jetpack.

I had my portable DVD player and showed them my clip with "Don" from "Lost in Space." They just loved it!

I met "R2D2" at the "Star Wars" stand when he waddled up and started beeping at me. At the "Star Trek" stand I got to sit in Captain Kirks' control chair. My new "James Bond" pal helped me unravel an erstwhile puzzling "Bond" movie scene. And the anime girl introduced me to the mysteries of Japanese art. The "sword and sandals" girl had actually seen "Hearts and Armour" (my fav. film from that genre). I swapped Roswell and Invaders stories with incoming aliens' fans and a lady wanted to know if I was representing a jetpack manufacturing company!

I "streamed" 'phone pics. into the Drysdale library all day.

And I met Wonder Woman!

John.

Watch out for me in Science Week.



Bellarine Birdlife

I think that many of you will express surprise that I have devoted this month's column to 'sparrows'. Such common little birds are hardly noticed. They are birds often seen but infrequently admired. Many times I have listened to friends' frustrated epilogues about the continued fight in keeping these mischievous little birds from their veggie patch. I even once had to listen to an acquaintance brief tale about how she killed the tiny marauders. Perhaps she is not alone in her dislike of the birds as she shares her hatred with a very famous leader from the past, Mao Zedong. Around the late fifties early sixties he made a decree to all in China 'Kill the Sparrows'. His reasoning, these 'birds are public animals of capitalism' and when Mao made a decree then of course all had to obey. The combination however of extermination of one billion sparrows, some adverse weather and ineffective government policies led to the 'Great Chinese Famine', the deadliest famine in human history with up to 55 million citizens (though some say 70+ million) dying.

If you are interested in hearing the end of the 'Chinese sparrow eradication story' then perhaps you won't be surprised to find that China lost the bird war and due to the environmental disaster that followed a complete back flip was made and in an ironic twist of fate the Chinese Government had to buy 250,000 sparrows from the Soviet Union. Just in case the killing continued, they also spread the word that sparrows are a symbol of 'good luck' and also of 'happiness'.

The 'good news' spread around the world and certain cities have imported sparrows in the hope that they would assist them in their eradication of pests. Even in other continents the sparrows reputation was redeemed. New Yorkers saw many city trees being destroyed by green inch worms but luckily sparrows were the key players in the trees turn around and survival. In the UK advertising in environmental and conservational writings encourages one and all to look towards sparrows as being a positive in gardens and farmyards. In the 70s sparrow numbers dropped from 12 million to half (just over 6 million) so now farming practices and household practices are encouraged with supporting the tiny birds existence.

Sparrows, the little brown birds that you see hopping around in groups, play an important role in the ecosystem as they are key players in the food chain cycle. Yes, Mao found that though they were in crops they were not necessarily eating the crops but removing bugs and insects. When scientists dissected



the sparrows they were able to report that the little tummies were mainly filled with pests. Our house sparrows however love living with us due to our human habits of discarding food that they can also enjoy. They also delight in living in eaves, nooks and crannies around warm buildings thanks to the humans who like warm buildings too. They have even adapted well to cities as when they live in noisy areas their singing rises so they sing at a higher pitch to be heard over 'human made noise'.

Sparrows are an introduced bird. They were first released in Australia in the 1860s to help control agricultural pests and with the knowledge that they would live on seeds, flowers, buds, fruits, insects and scavenged food waste. They inhabit most countries around the world where it is warm and usually choose places close to human habitation as they know that we are good at providing them with food and shelter. Of course they still can be considered by farmers as significant pests due to their responsibility for a long line of crop losses and the Department of Primary Industry does list them as one of the sixty bird species that cause substantial problems to farmers.

The eradication of sparrows does continue to this day in Australia as the Western Australian Government tries to keep the state sparrow free. The Nullarbor Plain is a perfect barrier with its lack of human habitation and lack of crops and water however those who do make it through are not welcomed. Statistics show that in 1994 seventy sparrows were prevented from entering the state whilst in Fremantle Harbour fifteen were captured. Luckily most sparrows enjoy to roost in dense foliage near the centre of towns on the east coast and certainly near their friends humans as they know humans are key players in their food chain plus cosy living.

Carole O'Neill

Sparrows around the world are differently coloured. This little gem is from Ecuador in South America.



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Bellarine Show News

The 2023 Bellarine show had the best ever crowd attendance, after missing 2 years due to COVID. A great effort by the committee to get it up and going.

At the Bellarine Agricultural Society (Bellarine show), annual general meeting nominations were received for the executive positions on the show committee. With Kerry and Rick Peacock, both decided it was time to step down after many years in the position of secretary and treasurer. Janet McDonald also stepped down as the show president after 8 years in that position, and leading the charge to get the show "up and running" after a 2year COVID shut down period. The new executive positions on the show committee are:

President: Denise Kent
Vice President Janet McDonald
Secretary: Jenny Banks
Treasurer: Bob De Vries

There was also in attendance a number of new members keen to join the show committee, and the executive welcomes them aboard. This is a great indication that the Bellarine Agricultural Society has a strong future ahead of it.

The new committee would like to extend thanks to Rick and Kerry Peacock, for their long service to the Bellarine Agricultural Society, and Janet McDonalds' leadership during difficult times.

The committee decided that next year's show theme will be Wool, with event details being released as the attractions are confirmed.

The Bellarine Agricultural Society are always looking for new members and volunteers to help on the show day, or join the show committee. If you are interested in becoming involved, please contact Bob De Vries: 0438 593 292.



Disability Pride Month



LEANNE'S
Sharing inclusivity and accessibility

WHEEL OF LIFE

Why do we need an annual Disability Pride Month (which happens to be every July)?

Coming from the privilege of a white woman living in a financially and naturally abundant country, I'm still learning so much about marginalisation due to race, gender, sex, age, hidden and obvious disabilities, and neurodivergence.

And disability marginalisation is where I'm going here, because I have rapidly joined this group of society and feel the injustice of being on the outer. I never really understood why the world needed pride celebrations but now I do.

Because the majority of our decision makers and people as yet unaffected by disability, still have their collective heads in the sand when it comes to changing our attitudes, infrastructures, systems and laws to include the rest of us.

The us who wish to be involved in life, free from constraints.

The us who also have talents and interests.

The us who also give and get joy from life's offerings.

The rest of us who make up society in total.

As a marginalised group, our talents contributions, and ordinariness, need to be seen and heard, until our predominantly discriminatory world changes.

We should never forget that the privilege of living without the consideration of limiting factors, is, in fact, a human right.

Individually, our disabled lives are equally as valuable as any non-disabled life, and need to be showcased.

The word and concept of disability needs to be neutralised and not associated with scorn, pity, or sainthood.

So, even though Disability Pride Month has ended, find out more about the lives and contributions of those with disability by following a disability advocate, read a novel or a bio from someone with a disability, and search the #disabilitypridemonth for other suggestions on your socials. And of course, look up my website, <https://www.leanneswheelife.com> or Instagram account [leannes_wheel_life](https://www.instagram.com/leannes_wheel_life).

You never know when you might just slip into this category and wish the world was more inclusive.

Leanne



Bellarine for Yes

A new community group has formed on the Bellarine and it is growing daily.

We are a community group dedicated to ensuring that First Nations people are given an enduring Voice to Parliament. Our aim is to inform, educate and engage people on the Bellarine Peninsula that the Voice to Parliament is a positive step in the right direction. Sign up today!

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FOOTPATHS FOR HEALTH

Hello! My name is Sheridan. I have lived in Clifton Springs with my husband, raising our four children since March 2013. Accessing much of our community on foot has been a challenge to say the least. Particularly in those early days after having each of our babies, for one main reason - the lack of footpaths.

I used to try to get out and walk, with my children in the pram, for exercise and to clear my head a few times a week. But when I would push the pram or stroll over uneven and/or uncut lawns, and around various obstacles on the nature strips, the wheels would get stuck, my arms would get sore. I often needed to walk on the road, which felt unsafe with little ones and a dog. This made walks stressful and eventually something I didn't do as often. I occasionally loaded us all into the car, with the pram, nappy bag, snacks, drinks, etc. This was fun, but a lot more work. It took a couple of hours out of my day and more of my head space at a time where I had very young children, was studying, and running a household and working part time. Juggling these priorities, meant the option of loading us all into the car often got bumped.

Most days, I just wanted to be able to put the kids in the pram, and start walking for a half hour or so, and then get back home to do all the other things I needed to do that day. But that just didn't feel safe. So, I generally avoided it. This negatively impacted both my mental and physical health.

As an occupational therapist, I am passionate about supporting people of all ages and abilities, to safely accessing and engage in the community. I would like to feel safe while walking with my children and our dog in our community. I want for our elderly, wheelchair and motorised scooter users, parents with prams, kids on foot, bikes or scooters to access our lovely community safely as pedestrians. I wonder how many of you avoid walking in our community, choosing to stay at home because of the lack of safe and accessible paths?

Sheridan, Clifton Springs

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Local Curlew resident, Neil Mann recently retired as Professor of Human Nutrition in the School of Agriculture and Food Science, Faculty of Veterinary and Agricultural Science at the University of Melbourne. Having previously held the position of Professor of Nutritional Biochemistry and Head of Food and Nutrition Science at RMIT University for many years.



Initially a graduate in Applied Chemistry from the Gordon Institute (Now Deakin University), Neil went on to complete a graduate diploma of teaching and a Bachelor of Science degree in Biology and Biochemistry, followed by an honours research degree in genetics. After a period of secondary science teaching, he returned to work at Deakin University and complete a PhD in Nutritional Biochemistry. This area involved many aspects of chemistry, biochemistry and biology and resulted in a period of time at the University of Iowa where the world leaders in this field were located at the time. He went on to develop techniques for identifying and quantifying blood borne compounds derived from dietary fatty acids, which were related to heart disease, inflammation and blood pressure, through application of sophisticated chemical methods such as gas chromatography and mass spectrometry, often via non invasive urine analysis.

Neil took up a position of senior lecturer and research fellow at RMIT University in the early 90's and spent over 25 years there in nutrition research, co-ordinating clinical trials in the areas of fatty acids and heart disease, obesity, diabetes, and metabolic syndrome. Going on to become Professor and Head of Department.

With an interest in anthropology developed during his Deakin biology studies, Neil joined an active international group of anthropologists and nutrition scientists investigating the diet of early humans and hunter-gatherers as a model of a healthy human diet. A diet which we evolved in unison with, developing our current genetic and physiological makeup, such that we are well adapted to a wide range of natural foods and their composition, but suffer many forms of lifestyle diseases with a modern diet concentrated on processed foods. After many research projects in the area, most based at Colorado State University, Professor Mann went on to take up a series of sabbaticals over 4 years in the School of Anthropology at Oxford University, adding his biochemical knowledge of food composition and metabolism to co-authoring a text on human diet evolution with Oxford staff (*Evolving Human Nutrition: Implications for Public Health*, Stanley Ulijaszek, Neil Mann, Sarah Elton. 2012).



Professor Mann has provided his diverse expertise to many roles within the Nutrition Society of Australia (NSA), including founder and chair of the Nutrition Registration Committee and Professional Affairs Committee. He is both a Fellow and Honorary member of the NSA. He has also served as a Trustee of the Asia Pacific Region International Life Sciences Institute (ILSI) for many years and Scientific Director of the International Diabetes Institute - Food GI testing program. He has authored over 80 refereed research papers in high level international nutrition and medical journals, and presented at more than 100 national and international conferences, many as an invited speaker.

Following his retirement from RMIT University he was invited to take up a professorial position in the Faculty of Veterinary and Agricultural Science at the University of Melbourne where he developed a new nutrition science discipline, presenting a range of nutrition and health subjects and developing new laboratories and mentoring younger staff into careers of teaching and research. In recent years he has been involved with other international scientists in rebalancing the misconceptions common in city based populations relating to agriculture practices and food production. He has been recently appointed as a scientific advisor on the Rome based "World Farmers Organization", to provide input on a broad range of food and nutrition related issues relevant to farming practices around the world.

Looking forward to Neil sharing his knowledge with our community, as time permits. Neil is a member of our SpringDale Dining Group.

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A recent competition was judged by Phillipa Alexander who gave an interesting and interactive critique of all entries. A big thank you to Phillipa for taking the time and effort to judge so many varied entries.

Prints: **A Grade** 1st - *The Wash* by Graeme Addie, 2nd - *Lauren* by Neil Smith, 3rd - *Autumn Morning* by Robyn Curtis **B Grade** 1st - *Robyn 3* by Debbie Hallows, 2nd - *In the wild* by Debbie Hallows, 3rd - *Horseshoe Falls* by Debbie Hallows.

Electronic Digital Images: **A Grade** 1st & Image of the Competition - *Orange Starfish* by Peter Walsh, 2nd - *Sunrise Reflections* by Lynne Pearce, 3rd - *Stormy Sunrise* by Lynne Pearce, Merit - *Mareeba Bush Camp* by Robyn Curtis, and Merit - *Waterfront Glory* by Lynne Pearce. **B Grade** 1st - *Chris* by Geoff Gaskill, 2nd - *Small Forward 193cm* by Rob Peck, 3rd - *Early Morning Friends* by Geoff Gaskill, Merit - *A Wee Drappie* by Rob Peck, Merit - *Something Different* by Debbie Hallows.

Bellarine Camera Club meets at SpringDale Neighbourhood Centre at 7.30 pm on the 1st and 3rd Monday of each month. For further details see www.bellarinecameraclub.org.au

New members and visitors are very welcome.
Robyn Curtis



festival of glass Incorporated

The Central Drysdale Puzzle Trail App

The Festival of Glass Committee is very excited about a new event coming to Drysdale. The launch of the Central Drysdale Puzzle Trail App will occur on the 27th August coinciding with the **Glass Expo** being held at the Drysdale Community Hub.

The Trail follows a route around Central Drysdale with visual glassy clues to explore. Participants will enjoy fascinating facts about the town as they solve its puzzles. Participants can then submit their entry and go into a draw for some "glassy surprises". The Committee is thrilled about this new addition to our FoG repertoire of offerings for our community to enjoy.

It's very easy to participate go to our website www.festivalofglass.net.au and find the link for the "**Drysdale Central Glass Puzzle Trail**" on our home page. The App will then guide you through the Trail and you can solve the puzzles along the way.

Mercedes Drummond
FoG Inc President


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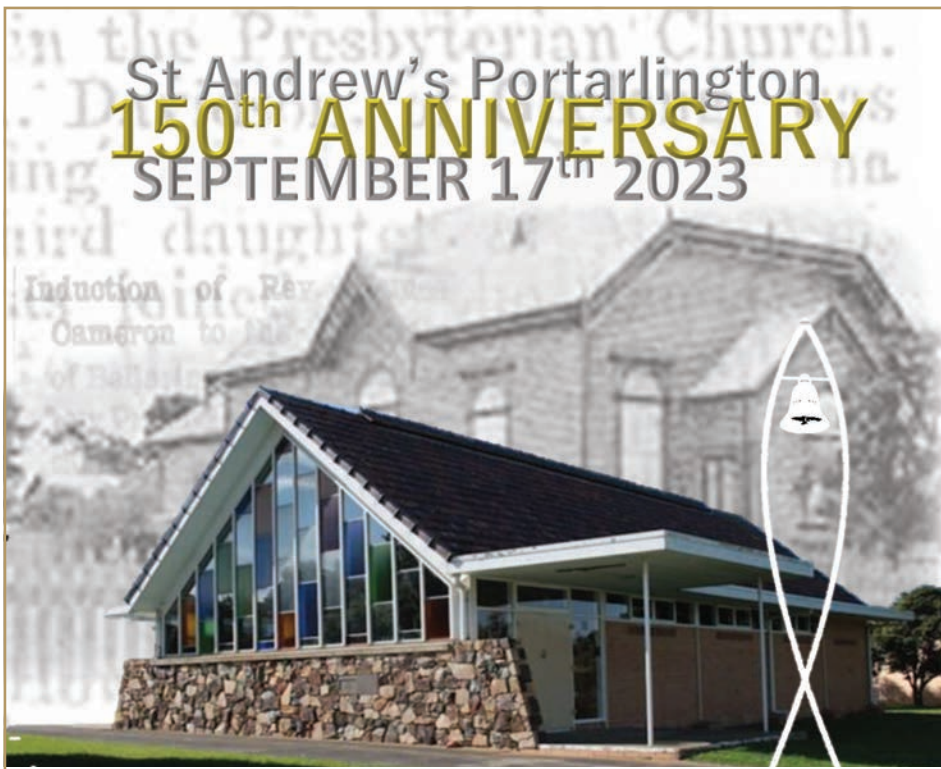
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St Andrew's Portarlington 150th ANNIVERSARY SEPTEMBER 17th 2023

St Andrew's UCA Portarlington

- Celebrates **150 years** of worship and witness in the Portarlington and Bellarine community on **Sunday September 17th 2023 at 10am**
- We would love to welcome past members and family of past members as we **Rejoice, Reflect, Renew**.
Accommodation for those who are travelling may be available
- Guest preacher will be the Moderator of the Synod - **Rev David Fotheringham**

The service will be followed by some time to re-live the history of the church and its activities over the past 150 years as well as a luncheon in the church hall.

RSVP Sunday August 27th 2023 to Janet McVean

Further details: contact

Janet McVean 03 5259 3226 email: janetmcvean@bigpond.com

Keith Pigdon 0476 245 385 email: kpigdon@aapt.net.au

Calling Bellarine Keyboard players

An opportunity exists at St Andrews Uniting Church, Portarlington, for a keyboard player (digital piano and /or electronic organ), to play for church services once per month.

Services are at 9am at St Andrews in Newcombe St.

A small remuneration is available. Enquires and further details: Joy Porter 0406 307 433

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LOCAL BUSINESS AIMING HIGH

Jessami Kingsley of Virtual Forte has been named as a finalist for the AusMumpreneur Awards in the Virtual Assistant Business Excellence category.

Jessami started her business, Virtual Forte as a solopreneur during the peak of COVID, however in less than three (3) years has grown her business to include managing and overseeing a team of VAs working with a multitude of clients across various industries.

Jessami is a motivated, energetic, and highly organised professional with a passion for empowerment, flexibility, and work life balance. Jessami loves helping others, particularly Mums returning to work, so that they too can find a flexible yet fulfilling virtual assistant role yet still be present for their family.

Jessami is delighted to be named as a finalist for the 2nd year in a row for the AusMumpreneur awards and is proud of her achievements, particularly with also recently becoming a published author and writing a chapter in the business guide- Ignite. (<https://ausmumpreneur.com/ignite/>)

We wish Jessami goodluck in the AusMumpreneur Awards Gala Dinner on August 24.



SpringDale Trivia 67th Edition by Drysdale Girl Guides

1. Which singer has songs including Fifteen, Blank Space and Anti-Hero?
2. How many eyes does a bee have?
3. Where can you find the Petronas Towers?
4. Which planet in our solar system has the strongest gravity?
5. What was the name of the actor who played Jack Dawson in Titanic?
6. Which is the rarest blood type?
7. Which Danish author is considered by many to be the most prolific fairy tale writer?
8. Traditionally, which of the 4 Tennis grand slam events is held last each year?
9. What is the fear of flowers called?
10. What is the fifth sign of the zodiac?

Turn to page 23 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



Memories of Yesteryear

VOLUNTEERING - THE DAVIS FAMILY

Edward John Davis, better known locally as Dick Davis, started out playing football for Queenscliff, where they won a Premiership in 1928. He then came to Drysdale. Later, after his football career was over, he took on running the bar at Drysdale Football Club and served as Club President. He was awarded Life Membership in 1957.

Gladys Davis, Dick's wife nee Hines, did a lot of catering for the Drysdale Football Club and other organizations.

Kevin Davis, son of Dick Davis, has given forty years' service to the club. He marks the oval for game day, cleans the change rooms after training, cleans the club rooms and makes sure the rubbish bins are out ready for collection.

Pam Davis provided catering for the Drysdale Football Club, for over forty years. She was assisted by Sharon Kingsbury (deceased) and Jocelyn Mannix for many years. Jocelyn's husband Rodney Mannix (now deceased), also marked out the oval and assisted where required. Pam Davis is also an RSL Drysdale Sub Branch Auxiliary member, from 1967 to this present day. President for one year and Secretary for twenty-one years. In 2017 Pam received a certificate of merit from the RSL.

Kevin Davis also gives service to the RSL Drysdale Sub Branch, and was given a life membership in 2020. Kevin also has two years of his life serving in the Australian Army and one year of service during the Vietnam War, where 528 Australian Soldiers were killed. Eighteen of them were killed in the battle of Long Tan. Peter Nash, a Drysdale resident, served in Long Tan. Kevin's journey to Vietnam took 14 hours to get there and 14 days to get back home. He served in the Fifth Battalion (5RAR). Many other Drysdale/Clifton Springs people, served in Vietnam.

I would like to thank the Davis family and the many other volunteers in this community. They are not paid, and the time and money given to this community is enormous. I would say that volunteer contributions to this community would run into thousands, or millions of dollars. It would be interesting to know how many dollars all volunteers give in time and money.

If you would like to volunteer for any local organisations, or just want to volunteer, then register your interest with SpringDale, phone 5253 1960. Your services would be welcomed and appreciated.

I presented Pam and Kevin with a small gift of appreciation for their tireless volunteer work.

Gary Kingsbury



VEC review of CoGG

Approximately every 7 years the Victorian Electoral Commission(VEC) reviews the Council ward boundaries and although there is lead up to this, once it's here, there seems to be little time to talk and look at the options put forward.

As Coordinator of SpringDale Neighbourhood Centre, I have lived through 3+ of these so far. For the last couple of Council elections, we have had a single Ward for the whole of the Bellarine (excluding the Borough of Queenscliff). We have had 3 Councillors in our Ward, Stephanie Asher, Jim Mason AM and Trent Sullivan. Two of our Councillors have been Mayor of City of Greater Geelong(CoGG). CoGG has 11 Councillors in total.

During this time, the Combined Bellarine Community Associations has been formed and has been an excellent forum for Bellarine wide issues to be discussed and advocated. I have been lucky enough to attend a number of these meetings, as the Secretary of Drysdale Clifton Springs Curlew Association. The discussions have been inspiring and the people dedicated to valuing the Bellarine for all the reasons people move here.

Until the VEC review in 2015-16 we had 12 single Councillor Wards and for one election we had an elected Mayor, so 13 Councillors in total.

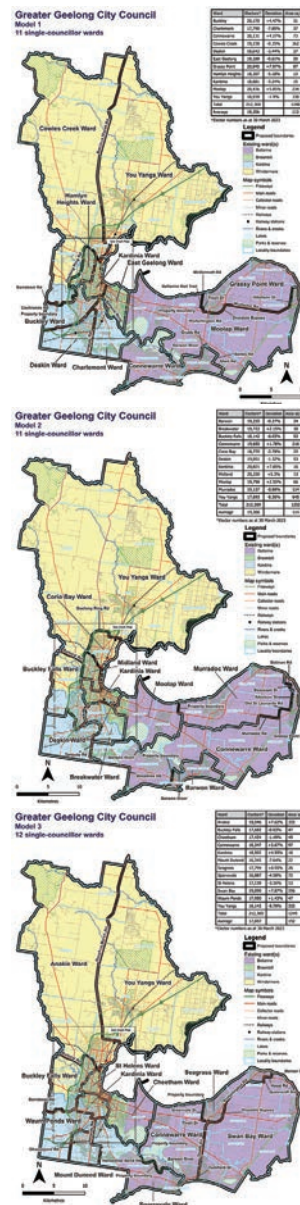
The options that VEC have currently put on the table, by the time most of our readers see this article the review will be closed and I sincerely apologise for not putting this article in the previous Messenger, but for those who see this and can respond – I implore you to do so.

Because of population growth and the need for Councillors to represent an equivalent number of community members, some boundaries drawn divide communities of interest. In two of the options Drysdale Clifton Springs Curlew is divided by Ward boundaries and in the other Ocean Grove Barwon heads are divided.

All of these 3 options have potential to let down and divide communities of interest, as I believed happened to Drysdale / Clifton Springs a number of years ago. It is a shame that the Local Government Act 2020 calls for all Councils to have single Councillor Wards and doesn't allow for multi-Councillor wards as we have had for the last 7 years.

I am sincerely sorry that this wasn't published earlier but I will be sending it to those connected by webmail. I implore you to consider signing up for our webmail for instances where we need to circulate information quickly.

Anne Brackley



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Coaches Corner



We had a quick chat with Ben Carmichael, who has re-signed for a further two years as the Senior Hawks Coach, this is what he had to say about the season so far.

“At the completion of the second league bye we have been impressed with our ability to win games when challenged. The competition is so even, if you’re slightly off one week you can certainly get found out. With injuries and players unavailable it’s given us the opportunity to debut players from the reserves and under 18’s. This has been really exciting for our Club”, says Ben.

Co-Coach Tom Ruggles, who announced his coaching resignation effective at the end of this season due to work commitments, says the Hawks could lock up its finals spot before the Round 14 clash with Barwon Heads.

The Senior Women’s have also displayed an incredible ability to win under pressure, facing a very even competition that makes for an epic battle each week. From starting the year without an interchange, the team has picked up a handful of new recruits’ mid-season, adding a couple more faces to the young and dynamic squad.

Heading into the bye round, the Senior Women’s have only dropped one home and away game, and are currently sitting second on the ladder. With just five rounds to go before finals, the team is looking to continue building their momentum and playing their own brand of tenacious yet crazy positive footy.

Go Hawks!



Jigsaw Library Fun

There is usually an expectation that you must remain quiet in a library. The SpringDale Jigsaw Library is no such place. Conversations abound between borrowers as they search for a challenging puzzle among the shelves of jigsaws.

Some snippets overheard last month...

“I was delighted to finish this jigsaw in 3 weeks, the label on it says 12-24 months”

“I found a random piece of a jigsaw in my car today and I’ve no idea where it came from. It’s a bit of a puzzle.”

“A friend of mine tried to finish a jigsaw and realised he’d accidentally swallowed part of it. He’s trying to find his inner piece.”

Maybe you think it would be better if there was a “Be Quiet” rule!

Even so, why not drop in. Jigsaw puzzles are a perfect activity for the colder weather.

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

Starting out, long time jigsaw enthusiast, or just seeing if you can piece it together, come along this Thursday 3rd August, 10am to 12noon.

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Welcome to the Clifton Springs Bowls Club, where exciting opportunities await!



If you're searching for a fresh and invigorating experience, we have just the answer for you. Established in 1977, our Bowling Club has become an integral part of the local community, offering a unique sport that combines competition and socialisation.

At the Clifton Springs Bowls Club, we provide the perfect setting for both competitive and social bowlers. Whether you have a burning desire to showcase your skills or simply wish to enjoy a leisurely game with fellow members, friends, or family, our club offers something for everyone.

Our competition (Pennant) bowls season spans from October to March, with games held on Tuesdays and Saturdays. We have a wide range of grades tailored to suit various abilities, accommodating both seasoned competitors and newcomers to the sport.

Getting started is a breeze as we provide all the necessary bowling equipment. Additionally, free coaching sessions are available upon request for both members and visitors, ensuring that everyone has the opportunity to improve their game.

We continue to foster the bowling culture even during the off-season by hosting social games on Tuesdays and Saturdays (weather permitting). Additionally, Friday nights are reserved for club fellowship, when we

get together for a delectable light meal, participate in raffles, and enjoy a cool drink in our welcoming clubrooms.

Joining the Clifton Springs Bowls Club not only opens up a world of exciting possibilities, but it also comes at a remarkably affordable price. When compared to other sports such as golf or similar activities, our club fees are incredibly reasonable. As a First Year Full Member, you'll only pay \$100 or if you prefer a more social experience without the bowling commitment, our Social Membership is available for just \$10.

We extend a warm invitation to all, urging new faces to grace our club with their presence. At the Clifton Springs Bowls Club, age is no barrier—whether you're young or young at heart, it's never too late or too early to embark on the journey of bowls.

So, if you're seeking a fresh challenge, a vibrant social scene, or simply a way to stay active and engaged within your community, look no further than the Clifton Springs Bowls Club. Join us today and discover the joy of bowls in a welcoming and inclusive environment.

Please contact **Nick Baskaron** on 0411 150 628 or email nbask1960@gmail.com



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BELLARINE WANDERERS

The Bellarine Wanderers walk weekly on the Bellarine Peninsula, and surrounding areas.

We like to explore the lesser-known tracks and areas. Recent walks have taken us along beaches, rivers, and creeks as well as through woodlands, nature reserves, and urban tracks.

We often find some fascinating history, flora, and fauna to discuss along our walks, or over a coffee or, sometimes lunch afterwards.

The group meets Thursday morning at 9.30AM at the starting point of the walk. Members will be advised by email (or SMS) a couple of days in advance as to the location of the starting point, and particulars of the planned walk.

Contact the group leader Rob Gardner 0413 458 562 to receive notifications of upcoming walks.

Hans Heine

Trivia Answers

- | | |
|----------------------|----------------------------|
| 1. Taylor Swift | 7. Hans Christian Andersen |
| 2. Five | 8. The US Open |
| 3. Kuala Lumpur | 9. Antlophobia |
| 4. Jupiter | 10. Leo |
| 5. Leonardo DiCaprio | |
| 6. AB Negative | |



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Portarlington Sailing Club News

The club held it's AGM recently in our clubhouse located on the beach, at the end of Point Richards Rd.

Outgoing Commodore Andy Merlot, declared that he would not be standing for the Commodore's position again. The members thanked him for his contribution.

Laurelle Conder, nominated for the position as Commodore, a position she has held previously in 2007 and 2008 and was duly elected. All other positions were filled during the meeting.

The membership acknowledged the 50-year contribution of June Kennett, as catering and house manager. June and her husband Bob have been members since the club was formed in 1969. June and Bob were members of the team that built the present clubhouse, which now has a new fresh look, thanks to the painting skill of club member Kevin Holland. They remember when the club was called "The Portarlington Aquatic Club", and operated near the present-day harbour.

The Season 2023-24 program for Off the Beach and Trailable sailing, will appear shortly on the club's website <http://www.portarlingtonsc.org.au>. Members will enjoy some winter social gatherings before the sailing season begins again around October.

The incoming club captain, Alastair Conder will continue his successful introduction to sailing programme, with training and mentoring for young sailors, in the clubs sailing dinghy's.

The clubs trailer sailor fleet, has grown considerably over the last year, and now counts upwards of 20 masts in the yard, including several performance multihulls, so there should be some exciting events during the coming summer. The club will miss the contest with Dads Navy, sailing in "Ms Agro", the yellow trimaran led by Ian Lewis, who passed away recently.

Members will also be looking forward to some interesting cruises around Port Phillip Bay, when the weather is suitable. Recent cruises have included whiting fishing in Swan Bay, and visits to the eastern ports on Port Phillip Bay.



NEW MEMBERS WELCOME

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The SpringDale Messenger August 2023



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