



# The SpringDale Messenger

September 2023  
Volume 33 Issue 8



ABN 21 404 220 267

Compiled & Published by the SpringDale Neighbourhood Centre Inc.



## SpringDale Artists 18th Annual

# ART



**Sat 16 Sept -  
Sun 1 Oct 2023**  
Open Every Day  
**10am-4pm**

### Opening Ceremony

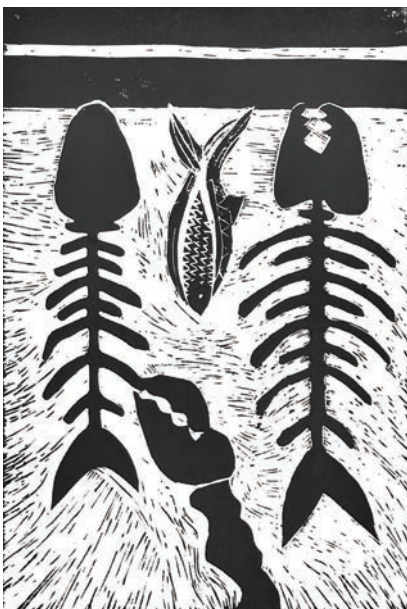
Music Drinks Eats - Sunday 17 Sept 2-4pm  
Donation requested on entry  
\$5 for Opening Ceremony - Gold coin at other times

### Original Art Works

Large Paintings from \$80  
Small Works \$20-80 including small sculptures  
Greeting Cards \$5

# Exhibition & Sale

SpringDale  
Neighbourhood Centre  
17 High St, Drysdale



# SEPTEMBER 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.

Friday	1	Treasure Island & The Legend of Sleepy Hollow - 7pm - Potato Shed
Saturday	2	Treasure Island & The Legend of Sleepy Hollow - 2pm - Potato Shed
Sunday	3	Father's Day - Bellarine Vintage Machinery event at Oneday Estate Winery 10am - 3pm
Monday	4	Adult Learners Week @ SpringDale 11am
Tuesday	5	Welcome Morning Tea @ SpringDale 10.30am  City of Greater Geelong - Neighbourhood Conversation at Drysdale Library 1 - 4pm <a href="https://yoursay.geelongaustralia.com.au/neighbourhood-conversations">https://yoursay.geelongaustralia.com.au/neighbourhood-conversations</a>
Wednesday	6	DCSCA - Health and our surrounds @ SpringDale 7pm
Saturday	9	Portarlinton Community Breakfast - St Andrew's Church Hall 8am
Sat-Sun	9-10	Exhibition of Embroidery and Textile Art - Geelong West Town Hall 10am - 4pm
Monday	11	Cottage by the Sea - A Floral Art Morning - 9am  SpringDale Dining Group at Drysdale Pizza and Pasta 6pm
Tuesday	12	Lennon vs McCartney vs Harrison - 10.30am - Potato Shed
Fri-Sat	15-16	Every Brilliant Thing - 7.30pm - Potato Shed
Saturday	16	Clifton Springs Men's Shed - Community BBQ/sausage sizzle breakfast - 8am - 11am
Saturday	16	SpringDale Artists Art Exhibition and sale @ SpringDale 10am - 4pm - Close Sunday 1 Oct
Wednesday	20	Lunch Bunch at Ocean Grove Bowling Club 12 noon
Saturday	23	Every Brilliant Thing - 1pm & 7.30pm - Potato Shed
Mon-Thur	25-28	321 Blast Off - 10.30am & 1.30pm - Potato Shed
Friday	29	AFL Parade Public Holiday (SpringDale Office closed - but Art Exhibition still on)

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



## SpringDale Messenger

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

**COPY DEADLINE OCTOBER 2023**

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

**Dist: 28 September 2023**

**Circ: up to 20,000**

### Connecting Your Business with our Community

**For all Advertising enquiries:**

**Email:** office@springdale.org.au

**Phone:** (03) 5253 1960

**Online:** Book an advertisement online.

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

**For all Editorial enquiries:**

**Email:** messenger@springdale.org.au

**Phone:** (03) 5253 1960

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

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

**Editing of Contributors Material:**

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

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

**Distribution:** Distributed throughout Drysdale, Clifton Springs, Portarlinton, 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

All through my life I have been intrigued by inspiring people. I remember reading about Albert Schweitzer, when I was 10 years old, which made it difficult for me to ever enjoy fiction after that book.

When visiting Sydney a few years ago I remember going to Madame Tussauds and the first model I saw was Truganini and I was overwhelmed with emotion. Entering another space that held models of Mahatma Ghandi, Nelson Mandela, and the Dalai Lama. Once again I was overwhelmed with emotion, to be in a room with even images of these world changing people.

Many years ago, late on a Friday night, I received an email from Donna Williams, offering to speak about autism at SpringDale. I arranged a session date and time quickly, not really understanding the breadth of experience that Donna would bring to SpringDale. We were lucky enough to arrange a number of sessions that this world famous author, educator and person on the autism spectrum, would share with our community.

Over the years we have had a number of other world leading experts present at SpringDale and they have been inspirational in their fields of Psoas Muscle, Felting, Orthobionomy, Innovation, Cheese Making and even a Futurist. All have been inspirational but have also been very human and down to earth.

All of these sessions have provided exciting opportunities for learning and gaining understanding.

At this point in time, I am enthusiastically trying to attend as many sessions about the upcoming referendum and to read as many books, papers and reports as I can so I can be well informed. Many times I have seen the name, David Uniapon as a person who called for change over many years. David Uniapon is on our \$50 note and was a preacher, inventor and author. David's contribution to Australian society helped to break many Aboriginal Australian stereotypes, and he is featured on the Australian \$50 note in commemoration of his work.

David Uniapon is on my list of people I wish I was able to meet. Another person on that list, and I might still be able to meet her, is Megan Davis. When I heard the story about Megan carrying a copy of the Australian Constitution around with her as a child, reminded me of when I first bought a copy of the Australian Constitution and how I loved carrying it with me.

I am so happy to be living at this point in time and knowing that we have the opportunity to make a significant change to the history of our country.

Yours sincerely

Anne Brackley - Coordinator SpringDale Neighbourhood Centre

## COURSES STILL TO START

### Write, Produce & Distribute your feature film

Fri 8 & 15 Sep 10am - 12 noon

### Talking About Autism

8 Sep 2 - 3pm

### Korean Cookery - Kimchi Pancake & Japchae Noodles

Sat 2 Sep 10am - 1pm

### Espresso Coffee Making

Thurs 14 Sep 2 - 4pm

### Focusing on the Future

Wed 13 Sep 9 - 10am

### Ken & The Art of Bicycle Maintenance

Sat 2 Sep 9.30 - 11am

### Getting Started Cycling Again

Sat 9 Sep 9.30 - 11am

### Provide CPR - Provide First Aid - Provide an emergency first aid response in an education and care setting

Mon 11 Sep



## Friendly Cuppa & Chat

Welcome Morning Tea - Tues 5 Sept 10.30am at SpringDale - RSVP 5253 1960



The SpringDale Lunch Bunch are going to Ocean Grove Bowling Club Wednesday 20 meeting at 12pm. BOOKINGS ARE ESSENTIAL, so everyone gets a seat, please phone Margaret 0418 370 857.



SpringDale Dining group are going to Drysdale Village Pizza and Pasta Monday 11 at 6pm. Bookings essential. Please call SpringDale on 5253 1960 to reserve your spot.

## QUOTE OF THE MONTH

*The future depends on what we do in the present.*

**Mahatma Ghandi**

Anne Brackley - Quote curator



**ADULT LEARNERS WEEK** | 1-8 Sept 2023

**CANA**

**It's never too late to learn.**

**Mon 4 September 11am**

**Learning and Teaching together - a tour of SpringDale and a discussion about what we bring to the learning / teaching table.**

## Alison Marchant Member for Bellarine



### Bellarine Community Safety Group

Recently I chaired the second Bellarine Community Safety Group meeting for 2023. The group, first established in 2014 by my predecessor Hon Lisa Neville, brings together community representatives and the Bellarine Police, to work together to tackle local safety concerns.

I am committed to continuing to work with this group, to ensure that I hear the concerns of local residents and provide information or resolutions to assist with any safety issues. Importantly the group has a direct line to local police, who also attend the meetings.

This recent meeting came with positive news, that overall crime has decreased on the Bellarine. Car break-ins have decreased, as more people have begun to consistently lock their doors, but it's important to stress, that people need to continue this habit of locking up, to deter opportunistic theft.

But please remember, if you see suspicious behaviour, you can report this to the Police Assistance line on 131 444.

I take this opportunity to thank the community for their vigilance, and looking out for each other, and to keep in mind that all information, no matter how small, may be the missing piece that police need to prevent a crime.

The Bellarine Community Safety Group will work to strengthen their communications

within the community, but if there is anything you would like to raise with me, please contact my office.

### Power Saving Bonus

Since the fourth round of the State Government Power Saving Bonus opened in March, an estimated 21,233 people on the Bellarine have received the \$250 rebate.

I strongly encourage households to participate in this round of the Power Saving Bonus before it closes on August 31st.

You can find out more at [compare.energy.vic.gov.au](http://compare.energy.vic.gov.au) or by calling 1800 000 832 or visit my office for assistance.

### Coffee with a Pollie

I had a great time in July, visiting the Fine Aromas Café in Portarlington. An opportunity for community members to come and have a coffee, and chat with me, about what matters most in our community. Look out for future updates about where I'll be next, so you can save the date!

### Government Childcare Centres

Having access to affordable childcare for families on the Bellarine is so important, giving parents the opportunity to get back to work while giving their children the best possible start to life.

With the growth we have seen in the Bellarine, it is vital we have services such as childcare, which is why I am very excited that one of the new government-owned and affordable early learning centres, will be built within the Portarlington SA2 region, which includes the growing suburb of St Leonards.

**St Leonards is the current focus for the new centre, but land options are still to be determined.**

We know the Bellarine is a great place to raise a family and this new childcare service will ensure local families are supported.

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



As part of the Waterwatch Victoria program we are regularly testing the water in the local creeks to determine their quality and determine any concerns.

We have also received confirmation of funding to update the Clifton Springs Curlewis information booklet.

We will be looking for some assistance, eg: graphic design, photographs, local information etc

If you wish to be involved in these or other activities, please contact.

**Suzanne Hudgell / Rob Gardner / Hans Heine** - Springdale Neighbourhood Centre Ph 5253 1960

# Alison Marchant.

Member for Bellarine

**We're delivering a new \$1 billion Regional Housing Fund.**

**It'll mean more than 1,300 new homes will be built and all of them social or affordable.**

**We'll work with councils and local communities to determine the right locations for each region.**

**Because every Victorian deserves a place to call home.**



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

☎ 03 5250 1987 ✉ [alison.marchant@parliament.vic.gov.au](mailto:alison.marchant@parliament.vic.gov.au)

📱 📷 📺 Alison Marchant - Member for Bellarine

September at the Shed!

Kicking off the month we have the **Bellarine Jongleurs** our original and the very first theatre group to call the Potato Shed home who will present their 2023 production. Featuring an exciting and very enthusiastic bunch of budding stars who will help deliver two one-act performances of **Treasure Island** and **The Legend of Sleepy Hollow**, just the two shows on Friday September 1st at 7pm and Saturday the 2nd at 2pm

Morning Showtime with **Mr Colin Mockett OAM** along with respected musician **Adam Parsons** will be presenting **Lennon vs McCartney vs Harrison**. With so many great Beatles songs, step back and find out more with some special research on the world's first and greatest supergroup. This show not only plays a rich selection of their songs live on stage - but we explain the stories behind each hit, who wrote it, to whom - and why. On Tuesday the 12th at 10.30am

We welcome to the venue Geelong's new theatre company - **GCT - Geelong Contemporary Theatre** who will present **Every Brilliant Thing** a one-person show that follows one woman's pursuit, in creating a comprehensive list of everything wonderful about life for their depressed mother. It charts the story from the woman's childhood

through to adulthood and is built upon the highs and lows of her life. **Every Brilliant Thing** is a joyful and inescapably relevant play about living life to the fullest and everything that comes with that. Support this new theatre group - four performances on the 16th, 17th and 23rd at 7.30pm and 1.00pm on the 23rd.

The next exciting school holiday show is ready for take-off. Yes, Theatre 3triple2 for Kids are back with the original work - **321... Blast Off!!!** The fantastic and super fun story about two astronauts Cpt Link and Luna Tik aboard the SPUDNIK. Join them as travel into space to rescue some planets and to help Pluto who is a little upset .... and just why is that cow keep jumping over the moon? This production also has a space room with facts and figures along with the famous astronaut photo cut-out! Two shows daily Monday to Thursday (due to the Grand Final Holiday)

Tickets to all Potato Shed shows are available at [www.potatoshed.com.au](http://www.potatoshed.com.au) - and you can subscribe via our page to Spud News to keep up to date with all things Potato Shed. Or if you are a little more social Facebook and Instagram [potatosheddrysdale](https://www.facebook.com/potatosheddrysdale)



## 321 Blast Off

Date & Time - Subject to Availability

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

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

Address \_\_\_\_\_

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

**COMPETITION CLOSING FRIDAY 22 SEPTMBER 4PM**



# WHAT'S ON

POTATO SHED

CITY OF GREATER  
GEELONG

## TREASURE ISLAND & THE LEGEND OF SLEEPY HOLLOW



Bellarine Jongleurs  
2 x  
1 Act Plays

Follow **Young Jim Hawkins** and **Ichabod Crane** off on their separate adventures. Enjoy these tales of mystery and intrigue.

FRI 1 SEPT 7PM  
SAT 2 SEPT 2PM

ALL TICKETS \$15

2  
SHOWS  
ONLY

## LENNON V'S MCCARTNEY VS HARRISON



MORNING  
SHOWTIME

We're great **Beatles** fans and we love to research the world's first and greatest supergroup. This show not only plays a rich selection of their songs live on stage - but we explain the stories behind each hit, who wrote it, to whom and why.

TUES 12 SEPT  
10.30AM

TICKETS: \$17 incl. MORNING TEA

## EVERY BRILLIANT THING



'Every Brilliant Thing' is a joyful and inescapably relevant play about living life to the fullest and everything that comes with that.

FRI 15 SAT 16 SEPT  
7.30PM

SAT 23 SEPT  
1PM & 7.30PM

THEATRE SEATING:  
Adult \$33 Conc \$28

## 321... BLAST OFF



A new Space Rescue Facility has been built and Commander Carl Cosmic gives orders to Captain James Link and Flight Engineer Luna Tik on their first mission on 'Spud Nik'.

MON 25 to THURS 28  
10.30AM & 1.30PM

THEATRE SEATING:  
\$10.50 or Family \$35

41 Peninsula Drive, Drysdale VIC 3222

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

[potatosheddrysdale](https://www.facebook.com/potatosheddrysdale)

[potatosheddrysdale](https://www.instagram.com/potatosheddrysdale)

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OR WITH YOUR CREDIT CARD ON 5251 1998.

# Councillors' News

By Cr Jim Mason



It's fantastic to see the positive progress on the new aquatic centre in Drysdale.

The first stage of the major development is almost ready to open, and we're making strong inroads on the indoor facilities that will follow.

Council this week approved the concept designs for the second stage of the North Bellarine Aquatic Centre.

Key features include:

- An indoor aquatic centre
- 8-lane 25 metre pool
- A warm water pool
- Various associated facilities

A lot of detailed and thoughtful work, especially at a community level, went into developing the approved concept.

I'd like to thank the 12-member Community Advisory Panel for its valuable contribution to the finalised design.

The panel included people with specialist swimming / aquatics knowledge, people with a lived experience of disability, and representatives from local schools, community groups and sports clubs.

Their work has ensured that the stage two offering will meet the needs of our wider community.

The indoor centre will have something for all aquatic users.

From babies taking to the water for the first time, through to seniors accessing rehabilitation and water exercise programs, the facilities will cater to everyone.

Stage two has been supported by \$20 million each from the Victorian and Australian governments.

By working together across all levels of government, we are creating a lasting and well-considered facility that will serve the Drysdale community for many years to come.

This welcome progress comes on the back of the final touches being applied to the first stage of the project.

The \$15.5 million development (\$10m from the Australian Government, \$5.5m from Council) will deliver an outdoor 50-metre, eight-lane heated pool, which will open later this year.

For more information on the project, visit [www.geelongaustralia.com.au/nbac](http://www.geelongaustralia.com.au/nbac)

Recently the DCSCA presented to the Minister of Planning in regards to the Distinctive Areas Landscapes (DAL) - now gazetted! During the many months of hard work by many, it was Professor Lawrence StLeger who presented for the Combined Bellarine Association that resonated for all of us in the Bellarine, and literally blew away the learned folk on the panel! During COVID, I know that I became aware of how much my environment here at Clifton Springs preserved my sanity and could understand those within the confines of the Melbourne CBD were struggling.

Lawry's presentation on health and our surrounds is so worth coming out into the cold and listening to. It may sound like a 'no brainer', but what it does show us how much we need to do for the future generations and for the land we know and love. The Bellarine.

I look forward to you joining me for this inspirational presentation Wednesday 6 September 7pm at SpringDale Neighbourhood Centre Hall. RSVP [dcsca@springdale.org.au](mailto:dcsca@springdale.org.au) or phone 5253 1960 to reserve a seat. All very welcome.

**Lynne Sutton President**



**Professor Lawrence St.Leger** (BA, MEdSt, PhD, TSTC, FAHPA)

*Lawry StLeger began his working life as a teacher in rural and urban schools in Victoria, Australia. He was Officer in Charge of the Health and Human Relationships unit in the Ministry of Education and then was appointed Deputy Manager of Health Promotion in the Health Department. Lawry then joined Deakin University to teach and research health promotion. He was appointed Head of the School of Nutrition and Public Health and held the position of Dean of the Faculty of Health and Behavioural Sciences for 7 years.*

*Lawry has led international teams examining the evidence of effectiveness of school health initiatives including engaging with nature. Two major documents have emerged from this work: Guidelines for Promoting Health in Schools, which is in 11 languages, and Promoting Health in Schools - from evidence to action, in 10 languages He was also the lead author on the World Health Organisation guidelines for school health. Lawry has evaluated many community-based initiatives and published widely on school health and community-based programs. He has been closely involved in advising governments about the need for people to have access to nature to enhance their health and educational outcomes.*

*Lawry continues to advise governments in Australia and Asia, NGOs and individual organizations about Health Promotion as well as conducting evaluations and professional development programs. His most recent work is how improving the Social and Emotional Wellbeing of students leads to better educational outcomes. He has recently been advising overseas countries about the scientific evidence of the influence of nature on our physical, social, emotional, spiritual and intellectual health.*

## Heritage Cameo Conveyancing

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**Shannon Calder**  
Manager – Bellarine Office

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8 Murradoc Road, Drysdale, Vic 3222  
E: [shannon@heritagecameo.com.au](mailto:shannon@heritagecameo.com.au)  
T: 03 5251 3950

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

**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](http://www.business.onthebellarine.com.au)



**lee martin.**  
Director.  
0400 957 839

**andrew kibbis.**  
Director.  
0411 424 412

**now open in drysdale @ shop 5/8 high street.  
P: 03 5297 3888**



Cohousing is a concept that is gaining more and more acceptance and favour, particularly amongst older women who are looking for safe, secure, and affordable housing.

This is not so new in other countries, but is gaining popularity here in Australia, from women in all financial circumstances - those dependent upon Services Australia entitlements, financially independent women, and those who have retirement savings, but not enough to purchase a home outright. Cohousing projects offer a mix of homes to rent, homes that can be purchased outright, and the opportunity through grants and/or outside investment, for women to enter into a mortgage type arrangement where their savings or superannuation falls short.

Cohousing projects offer women their own personal spaces in smaller one-to-two-bedroom homes with kitchenette and private living space, whilst offering a shared community space equipped with a laundry, fully fitted out kitchen and shared community areas both inside and out, where residents can meet and socialise.

An ethos of caring and looking out for each other, fosters a real sense of belonging, and is intended to do away with the feeling of loneliness and isolation, that is so common amongst older Australians who live on their own.

At Women Living Well on The Bellarine, we are looking at and learning about the various cohousing projects that are moving forward in Victoria at the moment. If you would like to be part of this group and find out more about this evolving concept, you are most welcome to call me or come along to our regular meeting on the last Friday of each month at 2.00 p.m. at Springdale.

Hoping to see you there,

**Dianne Bennett.** 0422 146 604

PS Thanks The Springs - Drysdale, Take Off Weight Naturally and Ocean Grove CWA for providing some support for for our Women Living Well project.



The Queenscliff branch of COTTAGE BY THE SEA invites you to attend

## A FLORAL ART MORNING

- Posies & Bouquets • Botanical Table Decoration
- Floral Arrangement

Use your hands & minds creatively!  
Materials supplied.

Have fun in a small group.

Support a local charity.

**WHEN:** Monday Sept 11, 2023. 9am - 12noon

**VENUE:** the art room at Cottage by the Sea, 29 Flinders Street, Queenscliff

**COST:** \$50 - includes morning tea

**BOOK:** Ring **Lorraine Craven** 0419 337 187

Then pay to confirm your place by Direct Bank Deposit:

Cottage by the Sea Queenscliff branch. BSB: 633000  
Account: 143034171 Indicate name please.

### A Date for Your Diary:

Monday 27th November, 2023.

A fun Christmas Craft morning.

Create unique Christmas gifts, cards, and decorations for your tree.

Contact **Claire Bolster** for details -  
0417 967 072



## Up Up & Away!

The uplifting theme for the coming Exhibition of Embroidery and Textile Arts by the Geelong Branch of The Embroiderers Guild, Victoria.

On display are the artful needle works produced by our members over the past few years.

Modern embroidery's not just what Grandma did. You might find little pink rosebuds but also see glorious coloured wildflowers or gum leaves. Little rabbits - yes! but may-be a dragon fly or two or even a monkey? Books made from fabric? Of course!

Patchwork quilts of joined up shapes or wild art quilts with embroidery. Don't forget Slow stitch which is a great way to begin with simple stitches you might even already know - running stitch anyone?

Members will be showing how some of these are done and you might even have a go at stitching for yourself.

There will be an amazing Gift Stall of handmade items and refreshments if you need a break.

The Guild is a group of Embroidery and Textile Art enthusiasts who meet together to share our passion for needles, threads and fabric.

We meet monthly as a whole group at Sit and Sew 2nd Monday of the month and an evening meeting on the 3rd Tuesday.

Smaller groups of members meet to share interests in particular forms of embroidery. Currently these are Slow Stitch, Canvaswork, Counted Thread, Patchwork, Artisan Books and Textile Arts.

We have classes for all levels and interests of stitchers and a library of books for inspiration so no excuses - visit a meeting as our guest and see if you'd like to join us.

www.embroiderygeelong.org for more info or our Facebook group Geelong Embroiderers Guild.



**DRYSDALE  
COMMUNITY CHURCH**

We invite you to join us for  
a contemporary and relevant Service

**Sunday 10.00 am**

(Includes Children's Program at 10:40)

276 - 290 Jetty Rd Curlewis P: 5253 2241

**Second Chance Shop**

40 Geelong Rd. Portarlington



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2-4 Murradoc Road, Drysdale Vic, 3223

The Embroiderers Guild, Victoria  
Geelong Branch



**UP UP & AWAY!**  
An Exhibition  
of  
Embroidery  
& Textile Art

SATURDAY 9TH + SUNDAY 10TH

SEPTEMBER 2023

10am - 4pm

\$10 Entry-  
includes 2  
raffle tickets

Handmade gifts for sale  
Refreshments available

**Geelong West Town Hall**

153 Pakington Street Geelong West

Enquiries Sue Patterson 0407 058 548

www.embroiderygeelong.org



Geelong Embroiderers Guild



# BELLARINE VINTAGE MACHINERY

• Sunday 3rd September • 9am-3pm •



## FATHER'S DAY EVENT

It's coming around very quickly!

**Sunday 3 September 2023, from 9am - 3pm**

Oneday Estate Winery, 45 Curlewis Rd, Curlewis.

This year, there will be animals on site, which will include a display of sheep shearing.

There will be plenty to see and do for the whole family, including Horse and Cart rides, and Tractor Trailer rides. Classic Cars and Trucks will be on display, as well as Traditional Steam Engines, Tractors and Traction Engines.

A highlight will be a Traction Engine, driving an early 1900's Thresher separating grain from sheaves of oaten hay. A Humble & Nicholson machine, made in Geelong from the same era will be pressing the threshed straw. A vintage "tractor pull" will also be conducted.

We look forward to seeing you there.

For more information, please contact Graeme Brown on 0408 524 067 and for the "tractor pull", please contact Mike Moore on 0458 493 872



*Oneday*  
ESTATE



# NEVILLE RICHARDS

*A community focused Real Estate Agency  
achieving outstanding results on the Bellarine*

5251 3857

NEVILLERICHARDS.COM.AU

Property Management • Sales • Appraisals

# Never Too Young to Meditate...

Mindfulness meditation is well known for its wellbeing benefits. As adults we use it to increase focus and productivity, reduce stress and anxiety, manage emotional changes, hormone changes, keep balance in mental health.... and the list really does go on.

Children are beginning to learn the art of meditation and mindfulness in school, and the age of introduction appears to be getting younger and younger. So at what age can we begin to teach and bundle up this wonderful resource for our children?

The benefits of this practice for our young ones are manifold; improving empathy, improving attention/focus, supporting positive emotional regulation, improving self-control and self-esteem, helping to manage stress, anxiety - it may even promote development of executive function. With a rap sheet like this - the sooner we introduce mindfulness meditation the better!

Here are some tips of where - and how you might begin:

## Breath

As early as 2-3 years old, children can have fun playing with their breath and how it feels. You could try puffing cheeks, blowing bubbles, dandelions or just the simple art of breathing in through the nose and out through the mouth.

Have your child lie down on the floor and place their favourite soft toy on their belly. Ask them to breathe in and expand their belly to give their toy a lift! Then lower them back down as they breathe out again.

There are many fun ways to breathe - lions' breath, bunny breath, snake breath, starfish breathing - (have fun searching for them on google). When your child is learning to count, you can count breaths together as you drift to sleep at night, or count in (for 4) and out (for 4).

## Senses

We can enjoy mindful moments with our children throughout the day - taking a walk is one of the most wonderful ways to do this. You can simply find a leaf or shell and talk together as you notice the small details in its texture, colour, shape.

Stop and use your senses:

Find 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell and 1 you can taste.

## Move

Yes - as parents I know we often just want our kids to be still... but mindful movement can bring body awareness that calms the mind and regulates emotion. A short yoga flow or dancing with your breath and smooth mindful movements (e.g. gliding like an eagle, or gently padding on the ground like a tiger) can feel like a wonderful reset.

Try a progressive muscle relaxation; start at the toes and work your way up the body to the top of your head - Squeeze each muscle for a count of 3... then relax...

### RAINBOW BREATH

Trace the rainbow with your Finger as your Breathe in and out



### CALM DOWN-COUNT DOWN



### PROGRESSIVE MUSCLE RELAXATION



## Bedtime meditation

The simplest way to introduce being still, and concentrating to your child is through bedtime meditations. You may feel brave enough to create your own or use one from an app - such as "Calm" or "Insight Timer". Do it together, so you can instil that this practice feels really good, so good you want to participate too.



## Mantra Meditation

There are many affirmation resources for children, sometimes these words will resonate with a child such as:

"Today is going to be a great day" or "I am loved"

Your child can close their eyes and say them repeatedly; this can act as a regulator while big feelings calm down, or a confidence boost as they change their way of thinking. Children can get quite good at "savouring" the words and their meaning - a delight to watch and enjoy.



## Parent Patience

It is unrealistic to expect a 3-year-old to meditate for 10 minutes, with time your little one may get close, but keep your expectations in check. What you are creating is opportunity and resources, that will become familiar and useful throughout your child's life. Make mindful moments loving and allow it to fail more times than it succeeds. Ask for your child's feedback; What did they enjoy? What didn't feel comfortable?

## Enjoy

Most importantly, let this be a good time for connection, and for your own mind and body to ground and relax...

To creating kind and gentle space for our little ones in a very big world.



We are blessed to have kids yoga at "Zero Point Yoga", nature playgroup at "Wild Arts Forest School" and kindergartens that encourage mindfulness in their programs throughout the Bellarine.

Let's create kind and gentle space for our little ones in this very big and busy world.

Kim High - Clinical Hypnotherapist - Family Hypnotherapy

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- not Apple sorry

# 2023 Australian Indigenous Voice referendum

## Saying Yes to the Voice

I think voting in the upcoming referendum will be simple - I will be voting Yes. Here are the facts from the Australian Electoral Commission website.

### The question that will be put is

A proposed law: To alter the Constitution to recognise the First Peoples of Australia by establishing an Aboriginal and Torres Strait Islander Voice.

### Do you agree this proposed alteration? YES / NO

If the Australian people write Yes at the Referendum, the following amendment will be made in the Constitution to recognise Aboriginal and Torres Strait Islander peoples and outline how the Voice will work with the Government of the day:

Chapter IX Recognition of Aboriginal and Torres Strait Islander Peoples  
129 Aboriginal and Torres Strait Islander Voice

In recognition of Aboriginal and Torres Strait Islander peoples as the First Peoples of Australia:

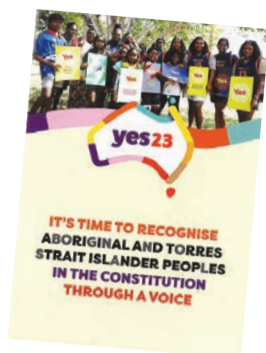
- i. There shall be a body, to be called the Aboriginal and Torres Strait Islander Voice;
- ii. The Aboriginal and Torres Strait Islander Voice may make representations to the Parliament and the Executive Government of the Commonwealth on matters relating to Aboriginal and Torres Strait Islander peoples;
- iii. The Parliament shall, subject to this Constitution, have power to make laws with respect to matters relating to the Aboriginal and Torres Strait Islander Voice, including its composition, functions, powers and procedures.

### Why Vote Yes?

- Vote Yes to acknowledge and celebrate our country's rich 65,000-year history, recognising Indigenous peoples' profound cultural connection to this great land.
- Vote Yes to ensure that Aboriginal and Torres Strait Islander voices guide the decisions affecting their communities, fostering more effective, informed, and just policies.
- Vote Yes to champion a future where our constitution reflects all Australians' diversity, unity, and shared aspirations, building a fairer and more inclusive nation.

I will be voting **YES**.

**Anne Brackley OAM**



**Disclaimer** - We at SpringDale consider the SpringDale Messenger to be your community newsletter. We are committed to being generally inclusive and free from any political bias, and while Neighbourhood Houses Victoria officially considers The Voice to Parliament to be a social justice issue, we also realise that not all of our readers will agree with this.

Therefore, we are printing the following article from two of our members which outlines the case for the No Vote. We understand that not all of our readers will see eye to eye, but we would hope that there is room for allowing differences of opinion without resorting to argument, coercion and personal vilification.

We will not be entering into any further debate around Yes or No, but hope that we can all be allowed to form our own opinions and vote according to our consciences as is the Australian, democratic way.

## The NO case

The Proposed Amendment to the Constitution reads as follows:

**" A Proposed Law: to alter the Constitution to recognise the First Peoples of Australia by establishing an Aboriginal and Torres Strait Islander Voice.**

### Do you approve this proposed alteration?"

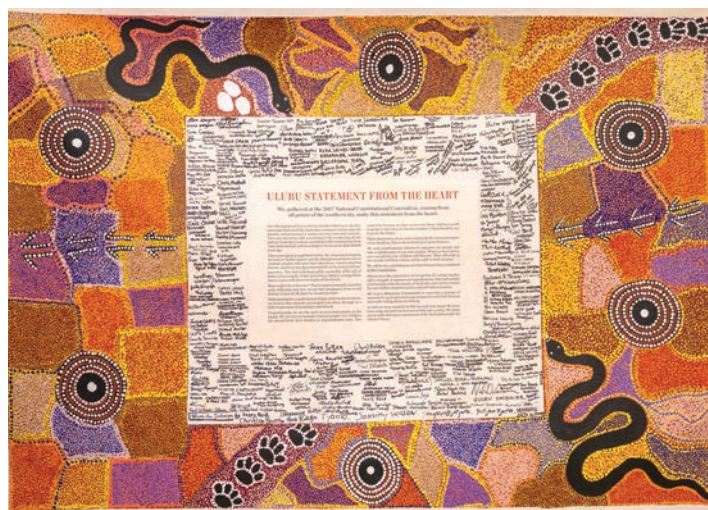
Here are the **key arguments** of the **NO** case **against** the Voice

Firstly, it should be acknowledged that the proponents of the NO case do **agree** that there should be **recognition** of Indigenous peoples as the **First Occupants** in the **Constitution**. Thus, it is not a question of Recognition that is disputed, but the specific establishment of the Voice.

Therefore, we would Vote **NO** for these reasons:

1. In a modern Constitution, there should be **no place** for **racial separation** at all. We believe we should be removing all references to race. We feel it is divisive and is already proving so, as demonstrated by the way in which some pro-Voice activists call anyone who has questions about the Referendum racist, or against reconciliation/recognition, which is just not true.
2. The Amendment will change the system of government whereby Indigenous peoples will have a **second** method of influencing public policy and the ability to have **additional** say on every law and the Executive administration. This will **erode equality of citizenship** where everyone should be equal not just before the law but before those who make the law. We believe it's a mistake to give about 4% of the population more of a say in how Government and Parliament works than anyone else.
3. As it would be entrenched in the Constitution, it would be **permanent**.  
Mechanisms (laws) to improve living standards for our Indigenous population should be temporary and (ended) reviewed when goals (i.e., "closing the gap") have been achieved.
4. There would be an **unlimited** scope of subject matter on which the Voice can make representations and have an effective Veto.
5. The **High Court** and not Parliament will have the **final say** on the scope of subject matter of representations made to Parliament and Executive. The business of Government could become **bogged** down by appeals and Court processes.
6. The Voice will almost certainly be dominated by inner city part Indigenous elites and Activists, who are not representative of the problems and lives of the Indigenous people in remote and rural Australia.
7. The Voice comes as a package deal with "Treaty" and "Truth-Telling", along with Reparations, coming in the wake of the Voice if it is passed into our Constitution.
8. The Voice is being promoted by the Government on the basis of **"vibe"** and **"doing the right thing"**, but the **detail** of how the Voice will operate has not been presented to the Australian public. In 1901 the Australian Constitution was laid out before the people to read and question before it was voted on. Why is the same thing not happening today with the "Voice"? What is being hidden from us? For example, who will elect and/or appoint the members of the Voice? If you don't know and don't understand in its entirety what the Voice entails, why would you vote for it? If you **don't know**, vote **NO**.

**Stephen & Marian**



Above: The artwork surrounding the statement was led by Maruku artist, Rene Kulitja, and was painted by Multijulu artists.

Firstly, I would like to take this opportunity to thank everyone in our local community who have supported the Carers and children part of Bellarine Kinship Carers.

I would also like to thank publicly ALL the awesome local people who have left donations at SpringDale Neighbourhood Centre for Bellarine Kinship Carers.

Many donations are left in the 'Kinship Box' at SpringDale without any name or contact details, so my article in the Messenger is the only way I can say a huge THANK YOU.

If a donation is dropped off at SpringDale with a name and contact details - I personally love to make contact and say how much we as kinship carers appreciate your donation.

The donations vary from new underwear, socks, games, books and as well as something special for our Carers.

Each donation I collect from SpringDale is photographed and posted on our private Facebook site. That way Carers can select what they would like for the children in their care. Then Carers collect donation from my home, or I take donation along to our next meeting.

The above system works really well.

So, from all 68 families and over 140 children part of Bellarine Kinship Carers, from the bottom of our hearts we stand as one to say THANK YOU.

With the festival season fast approaching, if any group or business would like to help us with something special for the children at Christmas - I would love to hear from you on the number listed below. Thank you.

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 the first Monday of each month (not during school holidays) at SpringDale Neighbourhood Centre in Drysdale from 10am to 12noon.

Come join us - we laugh a lot, we talk too much, we sometimes cry a lot, but we support each other.

Stay safe everyone.

**Jeanette Hanley-Heath** - 0414 308 257



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## Development of the Access and Inclusion plan 2024-2028 - Survey - submissions close 5th Sept.

I can't help but be cynical about surveys and development plans, working groups and announcements from any government entity. So many promises never followed through, held up, or overridden in a bureaucratic jumble of multiple, often conflicting agendas, budgetary constraints, and mismanagement. However, I also realise that if any change is to be made it needs to be made through our decision-making bodies, and importantly, with collaboration from the community that requires it. And even if a small portion of suggestions are implemented from community engagement that's got to be a step forward for us all.

So, in the quest for a more inclusive accessible City of Greater Geelong I have completed the development of the Access and Inclusion Plan Survey, which is open to the public. Doing our part to improve living standards for our residents and the attraction for visitors by answering a few questions is a great way to participate in making Geelong an even better place to live and holiday in.

My input included such suggestions as:

- *Rethink the heritage listing covenants, and creatively redesign entrances to buildings. e.g. sections of Pakington Street in keeping with the façade*
- *Ensure that every single public toilet has properly accessible areas, and at best Changing Places ( <https://changingplaces.org.au/>) facilities where possible.*
- *Have a massive ongoing campaign to highlight and normalise disability in all its guises to change general perceptions and attitudes towards disability.*
- *Provide mentoring to business owners from someone with a disability.*
- *Provide financial incentives to employers for hiring someone with a disability.*
- *Increase accessible transport into and within Geelong (particularly Taxi's & Buses).*
- *Provide accessible training to the transport sector; drivers and operators.*
- *Ensure that every cross-over in COGG from path to road is accessed by a smooth gradient of no greater than 1:14 ratio.*

Our Council have made great inclusive steps from the welcoming new Drysdale Barongarook Library to the Changing Places facilities within our region, and these changes must be informed by its constituents. We mustn't forget that the potential benefit will be society wide, for disabled people, the ageing and those rehabilitating after injury, their families, and friends.

If you haven't already have a look at the survey and have your say before the 5th!

<https://yoursay.geelongaustralia.com.au/AIAP2024-2028/development-access-and-inclusion-plan-survey>

**Leanne**



## Is there a jigsaw puzzle life metaphor?

It may be said that putting a jigsaw puzzle together is the perfect analogy for anything you are trying to achieve in life.

You won't know all the steps to your goal until you are in the middle of it.

Each step comes up when it needs to and you will complete it as happens.

Some of the pieces might need to be moved around.. but that is life

If you think a jigsaw will help you contemplate life's mysteries, then the Jigsaw Club Library located at Springdale Community Centre is worth a visit.

But solving a jigsaw puzzle may reward you in many ways. Longtime library member, Kathrine, was asked why she likes jigsaws and her response was...  
*"for relaxation, to keep my brain active and to take my mind off my hectic life looking after special needs kids".*

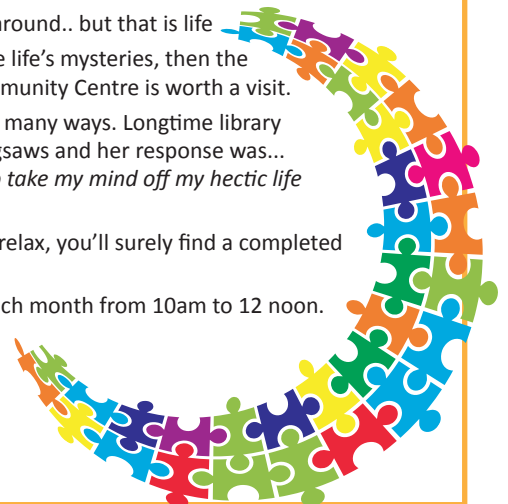
Looking to solve life's puzzles, or just want to relax, you'll surely find a completed puzzle is very piece-ful.

The Library is open on the first Thursday of each month from 10am to 12 noon.

There are many, many puzzles, suitable for all ages and interests, available to borrow for 40¢ each.

All welcome

**Neville, Jean, Terrie & Chris**



# North Bellarine Aquatic Centre Stage Two Concept Design receives tick of approval

The City of Greater Geelong Council has approved the eagerly anticipated Stage Two concept designs for a state-of-the-art indoor aquatic centre that will complement the near-complete Stage One outdoor 50-metre pool at the North Bellarine Aquatic Centre in Drysdale.

The concept design was developed in partnership with a 12-member Community Advisory Panel representing a cross-section of the local community with a balanced mix of interests, gender, and diverse backgrounds.

Members on the panel included representatives from nearby schools and community/sporting clubs, as well as people with specialist swimming or aquatics expertise and people with disability.

Council, Federal and State government representatives wish to thank the North Bellarine Stage Two Community Advisory Panel, who unanimously supported the concept design, for their contributions during the design phase.

Nine different concepts were developed by Mantric Architecture, with the Community Advisory Panel unanimously endorsing the final scenario.

Features of the approved Stage Two indoor concept design include:

- Eight-lane 25-metre pool - Warm water pool - Café and social space - Gymnasium and group exercise studio/s - Changing places changeroom - Various associated facilities
- The Victorian and Australian governments will each contribute \$20 million in funding, while it is proposed the Council provide up to \$300,000 for additional capital expenses.

Member for Corangamite, Libby Coker said the advocacy of the North Bellarine community had been a driving force behind the stage two project since its inception in 2019.

"The community has fought for many years for this indoor aquatic facility," Ms Coker said.

"It all started with forums and a survey to hear what the community wanted - this led to the formation of the advisory panel.

"I'd like to congratulate the advisory panel for sticking to their guns to deliver plans for an 8-lane 25 metre indoor pool and a warm water pool for lap swimming and learn to swim - this will be a vital piece of infrastructure for the community on the North Bellarine to enjoy for years to come."

Member for Bellarine, Alison Marchant highlighted the importance of community decision making.

"When we listen to community and put them at the heart of decision making, better outcomes are achieved," Ms Marchant said.

"I'd like to congratulate the Community Advisory Committee for their work in representing the views of the broader



community, while ensuring Stage Two of the North Bellarine Aquatic Centre is designed to cater for the needs of our communities.

"I thank them for their dedication and commitment to this project, to ensure we will have a facility that our community can now be proud of."

Mayor Trent Sullivan expressed his gratitude to the members of the advisory panel.

"I would like to acknowledge the valuable role of the Community Advisory Panel in shaping the North Bellarine Aquatic Centre Stage Two concept design," Mayor Sullivan said.

"The process of developing the Stage Two concept design was well-considered and inclusive.

"I also extend my sincere gratitude to both the state and federal governments for the significant funding they are providing."

North Bellarine Aquatic Centre Stage Two Community Advisory Panel spokesperson Gina Bell said panel members appreciated the opportunity to be involved in the concept design process for stage two.

"We believe the North Bellarine Aquatic Centre will provide opportunities for community participation in sport, promote healthy lifestyles, as well as support the sporting and community clubs," Ms Bell said.

"We unanimously supported the final concept scenario presented to Geelong City Council at its July 2023 meeting."

With the concept design now fully approved by Council, the next stage of the project will be detailed design, where the concept design is refined and fully detailed to meet project requirements.

Bellarine Ward Councillor Stephanie Asher said the inclusion of an indoor facility will complement the near-complete Stage One outdoor 50-metre pool.

"The panel carefully considered the design to ensure it caters to the needs of the entire community. I thank the panel members for their time and contributions which helped us reach this wonderful outcome," Cr Asher said.

"From infants learning to swim, to seniors and people with disabilities accessing



Front L-R: Member for Bellarine Alison Marchant, Member for Corangamite Libby Coker, Mayor Trent Sullivan  
Back L-R: Anne Brackley, Michael Exton, Councillor Jim Mason, Darryl Beales, Wayne Pick, Tania Kokelj, Gina Bell, Meredith Boardman.

rehabilitation and water exercise programs, when both stages of the North Bellarine Aquatic Centre are complete there will be something for everyone."

Bellarine Ward Councillor Jim Mason said the pool will service the entire Geelong community.

"There has been a lot of work go into this design and the panel should be commended for its input throughout the process," Cr Mason said.

"Members of the North Bellarine community, and indeed those from across Greater Geelong, will benefit from this pool for many years to come."

Work on North Bellarine Aquatic Centre Stage One began in May 2022, with final steps currently being made before it opens to the public later this year.

Stage One received \$10 million in funding from the Australian Government and an additional \$5.5 million from Council for the construction of an outdoor 50-metre, eight-lane heated pool, accessible and changing places change facilities, an entry pavilion, a kiosk, as well as significant civil and landscaping works.

The North Bellarine Aquatic Centre project has expanded into the northern end of the sports precinct with its own access road off Peninsula Drive.

# PAVILION

property bellarine

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Partner

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**Jack Bartlett**

Sales Executive

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[jackb@pavilionproperty.com.au](mailto:jackb@pavilionproperty.com.au)

While we are constantly expanding across the Bellarine, we are excited to bring our success to you with the opening of our second office which is located at **10/15 Hancock Street, Drysdale.**

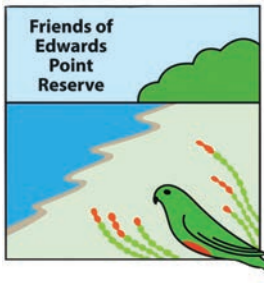
Whether selling, revaluing or just an update on the market, we are here to help and would love to hear from you!

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## Welcome to Weeding with FOEP

### Featuring: Tall Fleabane

When it comes to weeding, if we have a common obsession, it has to be fleabane (*Conyza bonariensis*), commonly known as Tall Fleabane, or Flax-leaf Fleabane. We have been seen weeding it at ridiculous times in the morning, and in all sorts of temperatures. In fact, a walk is not considered successful unless we leave Edwards Point with fleabane in hand. We always manage to fit one or two fleabane focused weeding sessions for the weeding group, during the year.

It's native to South America, and was first recorded in Australia, in the 1840s. It is widespread throughout Victoria, growing on roadsides, and in waste places and disturbed ground. Essentially a fresh-water species, it can also be found fringing salt-marsh, saline swamps and lakes. It is common in sections of Edwards Point, including the Western Sector. Its growth cycle is from Spring to Autumn.

What does it look like? It is an erect annual herb, up to 1-2 m tall with grey stiff, bristle-like hairs. Stems generally unbranched below the flower-heads. Leaves are oblong or narrow, 4-9 cm long and 5-15 mm wide. The flower-heads are in a pyramidal shape (see photo), and each head is made up of many individual linear flowers.

If you would like to join us at Edwards Point Reserve, our volunteer weeding group meets in the morning, twice a month on every 2nd Tuesday, and every last Sunday, between 9.30am till 11.30am to help control environmental weeds. After weeding we always have a "cuppa" to finish the day.

If you would like to help or become a volunteer, please contact: friends.edwardspoint@gmail.com

We are also found on Facebook.

Stay well, keep clean and green,

Cheers

Judy Sault (member of FOEP)



## WHAT DOES ROTARY INTERNATIONAL DO?

Bellarine North

Rotary



Rotary is a global network of 1.4 million neighbours, friends, leaders, and problem-solvers who see a world where people unite, and take action to create lasting change - across the globe, in our communities, and in ourselves.

Solving real problems takes real commitment and vision. For more than 118 years, Rotary's members of action have used their passion, energy, and intelligence to take action on sustainable projects. From literacy and peace, to water and health, we are always working to better our world, and we stay committed to the end.

Rotary is made up of three parts: individual Clubs such as our own Bellarine North Rotary Club, Rotary International, and The Rotary Foundation. Together, we work to make lasting change in our communities and around the world.

## What we do

Within the over 46,000 clubs, Rotary members take action on some of the world's most persistent issues, either locally or internationally. We:

- Promote peace with Student Exchange between countries, invite members to enjoy spending time on Friendship Exchanges, as this enables us to learn about other Cultures. We look for opportunities to mutually assist each other in making a difference in our world.
- Fight disease: promoting the fight against Polio. A program established in 1986 by Rotary International, World Health Organisation (WHO), UNICEF and the CDC (Communicable Diseases Centre) with the assistance of The Rotary Foundation. The Bill & Melinda Gates Foundation joined the fight in 2005 to help eradicate Polio from the world. From 120 endemic countries when the fight began in 1986, there are now only 2 endemic countries left. The world is getting closer and closer to eradication, with grateful thanks to the above organisations.
- Provide clean water, sanitation, and hygiene. We have sponsored Aqua boxes: When disaster strikes, whether it is natural or man-made, the people affected are in desperate need of safe drinking water and humanitarian help. Aqua box responds by sending its Aqua Filters and humanitarian aid, working closely with selected aid agencies and distribution partners, who ensure that the aid reaches those most in need.
- Save mothers and children: Our safe, beautiful and washable solution for managing menstruation. Days for Girls Pads are delivered around the world in patent-winning Kits — along with vital health education.
- Our club has provided a Literacy Program to a local Primary School, to improve reading in Prep to Grade 2. Our 123ReadtoMe now provides books to maternal child health centres, day care centres, kindergartens, and primary schools.
- Grow local economies by running our annual Service Excellence Awards that acknowledges local businesses and services, allowing networking to share ideas that improve the economy in our local area.
- Protecting the environment by partnering with Bellarine Bayside to help restore a section of the foreshore in St Leonards.
- Dr John Birrell Award given annually to a police officer who excels in promoting road safety awareness. The awardee donates his prize money to an organization who is doing something about awareness of road trauma.
- Mother's Day lunch fundraiser



Our multidisciplinary perspective helps us see challenges in unique ways, applying leadership and expertise to social issues - and find unique solutions.

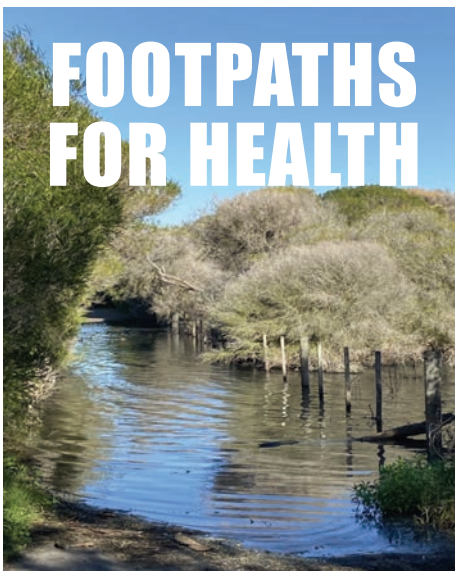
Our passion and perseverance create lasting making a difference in our community and around the world.

As a global network that strives to build a world where people unite and take action to create lasting change, Rotary values diversity and celebrates the contributions of people from all backgrounds, regardless of age, ethnicity, race, colour, abilities, religion, socioeconomic status, culture, sex, sexual orientation, and gender identity.

The next step, is to give me a call on 0408 989 221, and arrange to come along to a meeting and meet some of the members of this 1.4-million-member family.

Rotarian, **Caroline Rickard**





# FOOTPATHS FOR HEALTH

## Lake Lorne Walking Track

Many in our community use the Lake Lorne Walking Track for exercise. It is certainly used by many visitors to the area, and is a continuation of the Bellarine Rail Trail for walkers and cyclists. I personally love it, I feel safe there, it is flat (I have a dodgy knee), I get to socialise my dog and myself. I have met some wonderful people, and of course I am out in the fresh air, marvelling at this great asset to our community plus, I enjoy the birdlife and the serenity.

The walking track unfortunately is still under water at the Reserve end, and has been for many months, the lower areas such as the Lake Road end, are now so boggy with the weather and overuse, and are difficult to navigate.

I have spoken to many people over time about the state of the track, joking that we need 4-wheel drive shoes, bikes and strollers.

Obviously, the area is used a lot and this is causing further damage to the ground. Over a period of one hour, I counted 29 people using the track. The addition of the board walk has solved the High Street end of the lake and wouldn't this be great to have over the flooded Reserve end. We want to be able to walk around safely. The many school children who use this part of the track week days, need to get to school safely and dry. Certainly, the bike tracks in the mud indicate many bike users are trying to get through. People with a disability, or using a stroller are also struggling to get around safely.

With this in mind, I encourage you to submit a report to Snap Send Solve. This is a useful App which can be installed on your smart phone, or accessed online, to submit reports to Local Council, report abandoned trolleys, overgrown foliage. By taking the time to do this, you can also upload photos, and you get a reply via email and a reference number. I have found that I am getting a call back to discuss.

Website: <https://www.snapsendsolve.com>  
This narrative is from the Snap Send Solve website:

Spotted an issue in your community like graffiti, illegal parking, dumped rubbish, trip hazards or abandoned trolleys? Time to get Snapping! Snap Send Solve is the free app that simplifies the reporting of community issues across Australia and New Zealand.

We've made reporting quick and easy which means when you see an issue while you're out, you can let the responsible authority know with only a few taps. Become a community legend and download Snap Send Solve today.

Contact Footpaths for Health group through SpringDale office ph 5253 1960, email [office@springdale.org.au](mailto:office@springdale.org.au) or visit our website [projects.onthebellarine.org.au](http://projects.onthebellarine.org.au)



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Making Connections

**SEPTEMBER OUTINGS**

pick up and drop off come along and reconnect you're not alone

**5th SEPTEMBER**  
Geelong RSL - lunch  
Roast of the day - \$16  
coffee and conversation

**12TH SEPTEMBER**  
Lennox & McCartney vs Harrison  
Potato Shed - Drysdale  
10.30am \$17 entry

**19TH SEPTEMBER**  
Rolling Pin Cafe at Mitre 10  
Belmont - lunch and browse

**26TH SEPTEMBER**  
Mill Markets - vintage memorabilia  
North Geelong & lunch

We would love you to join us on a small group outing (4-6 clients). We head to easily accessible locations in the Geelong region. Limited walking, we provide a safe, warm, friendly atmosphere allowing you to connect to other people in the community. We pick you up and drop you home. Come along and join the fun!!!

Home care package friendly, ask your case manager about coming along, bill direct to your home care provider.



Hello there fans! I have been having a nostalgic time "back in the old school yard." It all started with a suggestion that we take a SpringDale Sci Fi show out to the local schools for science week.

The new bunch of kids do seem to be just as space minded as we were back in the 60s. So, I loaded up with our "Lost" space pod mockup, as well as a complete picture story board of the 1969 moon landing and I headed out to Point Lonsdale primary to show them. But, they showed me!

After I had demonstrated the pod and the moon landing, I asked for questions and started an avalanche.

Grade 4 subjected me to an intense grilling on the details of the construction of the pod. I had to take that class around the set to investigate.

A small fog machine that I ran for a few seconds aroused a lot of interest. I showed them the liquid mixture bottle and the call for more fog was quite loud.

A girl pointed to the jetpack and said "lawnmower." (The body is an old grass catcher with "Victa" printed on the side).

The Christian name "Buzz" puzzled them. I said it was just a nickname.

I ventured to touch lightly on the tensions at NASA over who was going to be first out on the moon. The grade 5 crew immediately set out to solve this themselves.

"Why didn't they go out together?"  
I said there wasn't enough room on the ladder.  
"Why didn't they just do **Rock, Paper, Scissors** ?"



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# Clifton Springs Garden Club

What a wonderful time of the year Spring is. Beautiful sunny days, not too hot, so you can spend time out in your garden blowing away the cobwebs of Winter and rediscovering what is in your garden. This is also a busy time for our members who will be re-potting and/or potting up seedlings or cuttings for our annual plant sale which is held on the last Saturday in October.

Where I live, down near the water, we have had a reasonably dry few months. I was very surprised recently when I was out tidying up the gardening how dry some parts of my garden were. Unfortunately, the small amounts of rain we have had have just not been penetrating into the soil. Some of my pots have also required regular watering through winter as they are in rain shadows as well. So, make sure you keep an eye on these things, as rain does not always mean the garden is being well watered.

Our Outings Co-Ordinator Keith has been very busy. He has organised an outing for us each month until the end of the year. September's outing is to Barrabool Maze Estate, Ceres. This garden is a mixture of cactus, Australian natives and includes a maze for us all to try and find our way out of.

We do not have a guest speaker for our September meeting, as it is when we hold our Annual General Meeting, but don't let that put you off as Keith has organised a Garden Trivia Quiz to keep us on our toes and entertained.

I would like to take this opportunity of thanking the outing going Committee for all their hard work during the year, everyone has contributed to a very successful year for the Club.

We have several more interesting speakers booked for the upcoming months, and some great gardens to visit. Visitors are always welcome to our meetings. Keep reading the SpringDale Messenger for more information or contact our Secretary Helen, on telephone 5257 2220 or email hma3152@gmail.com for further information.

**Helen Allan**



## BUILDING DIGITAL SKILLS

**June – December**  
Various dates & library locations

Are you over 50 and want to build your online skills? We are delivering free sessions across our library network from June to December to help you confidently use your smartphone, computer, or device. Join in and improve your ability to navigate the digital world.

Find out more on our website.



Geelong Regional Library's is providing a free program for over 50's thanks to a government initiative called 'Be Connected'.

Our **Building Digital Skills program** is a free community-based approach to learning rather than a classroom approach. Learners have the freedom to choose what they want to learn, based on their existing knowledge and digital skills, and can begin their learning journey today!

**Learners can gain a variety of benefits and skills through this program, including:**

- Gaining knowledge on online safety
- Discovering ways to stay connected with family and friends using technology.
- Connecting with new or old friends who share similar interests and hobbies.
- Keep up to date with community and global events.
- Learn how to safely shop online safely from home.



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## Bellarine Show News

As the year moves onwards, so does the planning for Bellarine Agricultural Show: To be held in March 2024.

Our regular meetings are held at SpringDale Neighbourhood Centre, on the second Thursday of each month, commencing at 7:00pm. We welcome anyone interested in learning about our Bellarine Agricultural Show, particularly if you would like to join us in a volunteer capacity.

We are hoping to find people interested in the Handcraft / Aged Care section. We have many enthusiastic and talented residents in care hostels, who compete for our perpetual trophy. Their entries are much admired at our show.

Our cookery section also needs volunteers and a steward.

The long serving previous stewards, are happy to provide advice and support, to any new members.

To make an enquiry, please send an email to [bellarineshow@gmail.com](mailto:bellarineshow@gmail.com), nominating what area you are most interested in, or call our President, Denise Kent on 0419 119 481.

## SpringDale Trivia 70th Edition by Drysdale Girl Guides

- Which colour appears most frequently on the world's National flags?
- How many dots are on a standard dice?
- What are the indentations of a golf ball known as?
- Chartreuse is a colour between yellow and what?
- Which tiny, doubly landlocked, European country has a National Anthem that is sung to the same tune as "God Save the King" (UK national anthem)?
- Photophobia is extreme sensitivity to what?
- Which mammal has no vocal cords?
- For how many nights is Hanukkah celebrated?
- How many times has North Melbourne won the VFL/AFL Premiership as of July 2023?
- What is the capital city of Uzbekistan?

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

## CLIFTON SPRINGS COMMUNITY MEN'S SHED INC.

Clifton Springs Community Men's Shed is celebrating Men's Shed Week, and 30 years of Men's Sheds in Australia

For many Australians, the local Men's Shed offers somewhere to go, something to do, meet other men in similar circumstances, and form friendships. One of the key aspects is incorporating men's health, which comes in a number of forms.

Caring is one of those forms. Helping with direction and gaining knowledge in an aged care requirement. Learning new skills, connecting with Community, connecting with Schools, and also helping local charities, and donating to those charities.

The Clifton Springs Community Men's Shed (CSCMS), will be holding a community BBQ /Sausage sizzle breakfast, on Saturday 16 September, at our shed situated at **45 Central Rd Clifton Springs**, behind the Central Baptist Church.

Cost is only a gold coin donation, and/or, some form of packaged food items. Food items will then be donated to our local food bank.

**Wombat Wish**, and **Food Bank**, will be the beneficiaries of the morning. The **CSCMS** will then match dollar for dollar, the money collected.

Sales of items made by members will also be available for purchase.

If you are interested in learning more about our Men's shed and supporting our community, we look forward to seeing you there between **8.00am and 11.00am on Saturday the 16th September.**

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## The Portarlington Mussel Festival needs you!



Did you know...

The Portarlington Mussel Festival is the largest volunteer run festival in Victoria?

Since its beginning in 2007 the festival has brought in more than \$250,000 to our community!

Our festival continues to grow each year and we're in need of more helping hands.

Why not consider making the 2024 Portarlington Mussel festival your year to join our fantastic team of volunteers for this one-day occasion?

Whether you're interested in helping out for a couple of hours on the day or can contribute to a full day, we would love to hear from you.

Would you like to be more involved?

We are also seeking committee members who would like to contribute their skills and enthusiasm to the preparations leading up to the festival in once a month meetings.

President, **Richard Underwood**: 0417 315 763  
Secretary, **Kyla Field**: 0417 388 442



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This month's Set subject competition was, "Leading Lines" and was judged by Frank Kennedy. Thank you Frank, for the big job of reviewing and judging over 70 entries.

**Prints: A Grade:** 1st "Walking the Line" by Liz Furey, 2nd "Point Lonsdale Pier" by Neil Smith, 3rd "Bridge Perspective" by Daryl Haywood, Merit "Burra Station" by Jon Furey, Merit "The Gap" by Graeme Addie. **B Grade:** 1st "Enchanted Walk" by Debbie Hallows, 2nd "Let's Sit Here" by Lynn Cornell, 3rd "Penguin" by Debbie Hallows, Merit "The Red Bag" by Rob Peck

**Electronic Digital Images: A Grade:** 1st (and Image of the Competition) "Morning is Here" by Kevin Robley, 2nd "State Library" by Suzanne Fatchen, 3rd "Honouring the Fallen" by Lynne Pearce, Merit "The Flowing Stream" by Lynne Bryant, Merit "Off into the Mist" by Lynne Bryant. **B Grade:** 1st "Guiding Light" by Rob Peck, 2nd "On the Road Again" by Debbie Hallows, 3rd "Exams Coming Soon" by Rob Peck, Merit "Inside the Web" by Rob Peck.

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](http://www.bellarinecameraclub.org.au)

New members and visitors are very welcome. **Robyn Curtis**



## Portarlington Community Breakfast

Saturdays 8am - 9.30am

Cost: \$5 per person  
includes light breakfast

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[standrewsportbreakfast@gmail.com](mailto:standrewsportbreakfast@gmail.com)

### Speaker Calendar:

Saturday September 9:  
Craig Castree - Horticulturist

Saturday October 14:  
Geelong Beekeepers Club

Saturday November 11: Carole O'Neil -  
Commonwealth War Graves Commission

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## Currawongs

Stepping outside recently I heard the musical call of a pair of Currawongs and was delighted to think that they were still residential by the seaside, as we entered the winter period. It is usual however for them to be gathering together during this colder time of the year in much bigger though looser flocks, and I was surprised to hear only two calls penetrating the very cold air. A few days later, I stepped outside and much to my delight, more and more calls were heard. It seems as if all were gathering, planning to head in company to warmer winter places. The birds actually prefer cities and towns as humans tend to be surrounded by warmth which makes the birds happy.

Currawongs are distantly related to the larger black birds like the ravens, and the crows. In fact, they are often mistaken for ravens but to hear their musical call and to see their wing patterns, a tiny white mark intermixed with dominating black also white under the tail, makes them more identifiable and different. The Currawongs are smaller than ravens, and a closer look shows a hooked tip to their beak, handy for the gathering of food. They also have longer tails.

In Victoria we have two distinct species, the Pied Currawong and the Grey Currawong. The pied has very similar markings, but is a deeper black, whereas the grey is generally a lighter tone. A third species, the Black Currawong, can only be seen in Tasmania. To confuse matters, the pied is a black Currawong, native to eastern Australia, but also seen at Lord

Howe Island. I like to photograph the birds for identification and clarification, as both pied and grey can have similar markings. Colourings vary from juvenile to adult. As with lots of bird identification, it certainly tests your observation skills.

The nests are extremely flimsy, built in a haphazard way, and it is amazing that the babies have any support at all. The female builds the nest and incubates the young, however later, the disinterested male does take part in feeding. Generally, the birds are omnivorous, foraging in foliage, on tree trunks, small limbs and sometimes near the ground. Insects, larvae, fruit, nestlings, small vertebrates, and other tiny offerings are collected for the noisy youngsters. Family parties stay together for quite some time after the breeding season.

Often regarded as an agricultural pest, the birds are at home in towns, cities and country areas wherever their human kind friends, reside. Because of their love for crops, they can be a nuisance, but are protected in certain states. I am sure they can be helpful as well, eating pests hidden amongst the crops.

There are sub species such as the King Island and Flinders Island Black Currawong.

I thoroughly enjoyed photographing the very friendly and curious Lord Howe Island Currawong. It posed beautifully, though eyeing me with very penetrating yellow eyes, as seen in my photo of the species.

Carole O'Neill

A group of ten people, including men and women, standing in a grassy area with several white pickup trucks and a green ute. The vehicles have 'SEASCOPE PLUMBING' written on them. The background shows more vehicles and a building.

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# Memories of Yesteryear

## Travelling in the Olden Days

The Pier at Clifton Springs was intact, and it was a popular place with the hotel, Clifton Springs Mineral Water and Baths (electro hydro and massage establishment).

There were also tennis courts at The Dell to attract people. People came there by coach and horses, by horse and cart, by bicycle or walked. The other popular way to get there was by the ship courier, "Edwina" or "The Hygeia". People came from all around Clifton Springs, and enjoyed the beauty of the area and what it had to offer.

Getting to Geelong was by coach (Cobb & Co). It had a half way stop at Leopold, where people could get off while the horses were changed over. Then the trip to Geelong would be completed. Geelong was a thriving city. Wool was bailed and carted to Geelong then put on barges to go to Melbourne for export. Travelling was not a popular thing, and most people confined themselves to the place where they lived. Finding girls that were not related was difficult. I remember looking into my heritage, and wondering why we were related to so many people, but a Kingsbury family had fourteen girls and the boys of Drysdale married them.

Transport was a train, which delivered goods to the train station at Drysdale, and carried passengers to the other towns. Cobb & Co coaches, horse and cart (jinker, buggy, wagon or a dray), as well as push bikes, or you walked. Some people walked long distances

to get to where they were going. My father rode his bike to Ballarat and back, to dig ten ton of spuds by hand. People walked to farms to find work. Shearers rode their horses to properties to shear sheep.

Transport was very different in the old days. People didn't have access to travel as we know it today with cars, trains, buses, ships and planes. In Australia we travel long distances compared to England and other places.

With the arrival of cars, many people piled up old horse drawn vehicles and burnt them. It was the same on the farms when tractors came. One funny memory told by my dad, was a person in Drysdale bought a new car to replace his horse and cart. When pulling into the local shop he yelled out "whoa", but the vehicle didn't stop and ended up smashing the front door of the shop.

**Gary Kingsbury** - longtime resident of the Drysdale area

*Buggy used extensively by people around Drysdale & Clifton Springs.*



Jinker



S.S. Edina



S.S. Courier



Hygeia

Walking in Wyndam St



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# HAWKS NEWS

As you read this, the mighty Hawks Football Club is chasing flags in the senior men and women's groups along with many junior competitive age groups.

"The Club says it every year, but this season has been amazing at the Club", says President, David Walder. "Not only are our senior groups flying, but our juniors are also. Quite a few under 18 players were selected in the senior men's throughout the season. It is a very exciting time" he said.

The Club has seen a twenty percent increase in junior registrations for 2023. Introducing a family membership for junior players has seen many families attend home games. The Hawks Committee making a conscious effort to engage members and the surrounding community through social events like the Big Freeze and TAC speed up on the field slow down on the road have been big draw cards for the Club.

As the sun sets on another cracking season at the mighty Hawks the hope, to clinch the coveted flag.

**Go Hawks!**



Alan and Gary enjoying the game.



Trainers Neil and Jeff.



Senior Men.



## At SpringDale this Month

- At SpringDale this Month
- Applied for 51 Power Saving Bonuses (507 applied for 24 Mar - 16 Aug 2023)
- Applied for: 1 Veterans Card
- 9 passport renewals
- 2 Working with Children Checks
- 20 appointments for Tax Help
- 6 MyGov Accounts set up
- 3 Commonwealth Seniors Cards applied for
- 7 concessions applied to Electricity and Gas Accounts
- 1 British Passport renewed



The SpringDale Messenger welcome

## SpringDale Messenger letterboxes stickers

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.



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## Trivia Answers

1. Red - 74% of national flags have red on them
2. 21
3. Dimples
4. Green
5. Liechtenstein
6. Light
7. Giraffe
8. Eight
9. Four; 1975, 1977, 1996 and 1999. They also previously won six VFA premierships in 1903, 1904, 1910, 1914, 1915 and 1918.
10. Tashkent

## NEW MEMBERS WELCOME

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## Discover the Healing Power of Bowen Therapy with Andrea

In our fast-paced world, it's easy to lose track of our goals and dreams while dealing with everyday stress. Andrea, an experienced Bowen Therapist, is on a mission to help clients become the best version of themselves.

As a Bowen Therapist for over a decade, Andrea understands the struggles our bodies face in keeping up with life's demands. From low back pain to neck stiffness, she knows how these issues can hinder us from living life to the fullest. That's where Bowen Therapy comes in - a holistic approach that addresses the body, mind and spirit, allowing you to heal and flourish.

Andrea's impressive background includes professional qualifications in Nursing, Midwifery, Public Health, Reiki Level 2 and Equine Therapy, complementing her Bowen expertise. With more than 40 years in the health and well-being sector, she has a wealth of experience, from working with the Royal Flying Doctor Service to serving as an International Humanitarian Worker in conflict and disaster zones.

Recently settling in Drysdale, Andrea is thrilled to be part of the community and share her passion for healing with her horses and dogs.

Empowering your body's innate healing intelligence is what Bowen Therapy does best, and Andrea find joy in assisting clients to reclaim their lives. If you are seeking a dedicated therapist who collaborates with other health providers to achieve your goals, a session with Andrea could be just what you need to start your journey to a better you.

Appointments with Andrea at Drysdale Remedial Therapies can be booked by calling the clinic on 5251 3410, or you can book online at [www.drysdalremedialtherapies.com.au](http://www.drysdalremedialtherapies.com.au)




## Calling for Walkers

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

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


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