



The SpringDale Messenger

October 2023
Volume 33 Issue 9



ABN 21 404 220 267

Compiled & Published by the SpringDale Neighbourhood Centre Inc.

SUNDAY 8TH OCTOBER



The Retro

SUNDAY AFTERNOON MELODIES



SpringDale
Neighbourhood Centre
17-21 High St, Drysdale

Doors Open - 1:30pm
Show - 2:00pm

Tickets - \$20

Light Refreshments
Book at SpringDale
5253 1960



50S

60S 70S 80S

BOOK ONLINE at - <https://events.humanitix.com/the-retros-sunday-afternoon-melodies>

Victorian
Seniors
Festival
2023



Learn, Love, Live - your best life and come join the fun at the 2023 Victorian Seniors Festival!

OCTOBER 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.

SpringDale open for Geelong Cup and closes for Melbourne Cup

- | | | |
|-----------|----|--|
| Sunday | 1 | Daylight Savings starts (ends 7 April 2024)
- CHECK SMOKE DETECTORS

The Elvis Presley Story - 2pm - Potato Shed |
| Monday | 2 | Safe Seats Safe Kids - SpringDale bookings essential |
| Tuesday | 3 | Friendly Cuppa & Chat 10.30am - SpringDale |
| Friday | 6 | The Dolly Show - 8pm - Potato Shed |
| Saturday | 7 | Safe Number Plate Anti-Theft Screw session 9-11am |
| Sunday | 8 | Sunday Afternoon Melodies - 2pm - SpringDale

Choosing your Journey Workshop (Positive Aging)
10am - SpringDale

Crazy Arms - 2pm - Potato Shed |
| Tuesday | 10 | SpringDale Dining Group - Portarlington Golf Club - 6pm

The Elvis Presley Story - 10.30am - Potato Shed |
| Thursday | 12 | Coryule Chorus 2pm - St James Church, Drysdale |
| Saturday | 14 | Goddesses of Jazz - 8pm - Potato Shed |
| Sunday | 15 | Geelong Harmony Chorus - 2pm - Potato Shed |
| Wednesday | 18 | SpringDale Lunch Bunch - Chui Yuan Chinese Restaurant
Drysdale - 12pm |
| Sunday | 22 | Double Feature - 2pm - Potato Shed |
| Thursday | 26 | Travel Expo - 4-8pm Leura Park Estate |
| Saturday | 28 | Children's Week Colour my World session
9am-3pm - SpringDale

Clifton Springs Garden Club Annual Plan Sale - 9am-12noon

Spookfest Adults Beetlejuice - 7pm - Potato Shed |
| Sunday | 29 | Spookfest Families Haunted House at 10am-4pm
- Potato Shed |
| Monday | 30 | Last Tax Help session for 2023 - SpringDale |
| Tuesday | 31 | Nominations for 2023 Adrian Mannix OAM Community
Service Award close |



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



SpringDale Messenger

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

COPY DEADLINE NOVEMBER 2023

Bookings/copy required by 1 October.

Dist: 25 October 2023

Circ: up to 20,000

Connecting Your Business with our Community

For all Advertising enquiries:

Email: office@springdale.org.au

Phone: (03) 5253 1960

Online: Book an advertisement online.

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

For all Editorial enquiries:

Email: messenger@springdale.org.au

Phone: (03) 5253 1960

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

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

Editing of Contributors Material:

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

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

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

Art & Design by Jo Aspland Graphic Design 0438 055 679

The SpringDale
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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

Hi Friends and Friends I am yet to meet

Until recently I had never heard of Awe Hunting although I realize, I am always looking for awe and am responsive to it. One of the first times I remember being in awe I was in Greece and saw the Parthenon in the distance. I remember standing there - seeing it with my own eyes. As I write this tears are forming in my eyes again and I feel like I am 25 again and I am on top of the hill in Athens.

Another time was at a Regional Girl Guide camp at Moggs Creek near Lorne, one night we went looking for glow worms, I had no idea how overwhelming that could be. At another guide camp I remember looking for and finding Green hooded orchids and once again being so excited and so happy.

On holidays in Tasmania, my husband and I visited a platypusary, which was located beside a Seahorse farm. Both of these attractions were so awe inspiring. Seeing the platypus swimming in low light and seeing a turbo charged echidna in another part of the building, both were so interesting and heartwarming. But the experience next door in the Seahorse farm, when I was allowed to put my hand into a tank with a couple of seahorses and one of them rested on my hand. Its dorsal fin was fluttering on my palm. As I write this I am back there again - yes and I'm in tears.

I have always enjoyed hearing great inspirational speakers and I continue to seek them out and try to learn from them. This objective has taken me all over Australia - learning from key people about a variety of subjects, but especially about Autism.

Our son, Stirling, came with me to the Asia Pacific Autism Conference in Singapore and I was in awe of him when he participated in one of the key note sessions. We were up the front so he could leave if he needed to. He responded to the speaker. The speaker then asked Stirling a question. We could feel all 500 pairs of eyes turn to us - Stirling answered the question but then needed to leave the room because of the intensity and focus. Such a proud mum moment.

I've also found awe through the eyes of others. One day I was the tour guide for a Japanese lady, while her husband was at a meeting. On our way to Apollo Bay, we were driving down a road, we were the only car on the road, and the road was framed by flowering wattle trees. I was concentrating on making good conversation and driving, when all of a sudden the lack of cars and the beautiful chorus of yellow flowers by both sides of the road was brought to my attention. I was overwhelmed by what my passenger saw, once she pointed it out to me. I still marvel at wattle when I see it.

While speaking to many people at SpringDale, all of a sudden, a wave of goosebumps will come over me, and I realise the depth and honesty of the conversation that we are having. These times are as moving as all the others listed above, can happen any day and regularly do - I can't plan for these, they just happen.

As I write this, I am so hopeful that we are all going to help make history as we use our vote for the upcoming referendum to help Australia move forward, and I will be in awe again.

Yours kindly and very sincerely

Anne Brackley OAM for team SpringDale

UPDATE

Create an Action Plan for Your Life

Instructor: Meredith Telfer
Dates/times: Sat 7 Oct or 4 Nov 2-4pm
Fee: \$40 or conc \$20

Tai Chi for Beginners

Dates/times: Fri 6 Oct - 15 Dec 2-3pm
Fee: \$3 per session
Instructor: Emilia Zukek

Tai Chi ongoing

Dates/times: Fri 6 Oct - 15 Dec 2-3pm
Fee: \$3 per session
Instructor: Emilia Zukek

Tax Help

Tax Help sessions available in October and last session is Monday 30 October. Book 5253 1960

Banking Safely Online

Instructor: Bendigo Bank staff
Dates/times: Wed 18 Oct 4.30pm
Fee: Free



Friendly Cuppa & Chat

Tues 3 October 10.30am
Come & chat at SpringDale - RSVP 5253 1960



The SpringDale Lunch Bunch are going to Chui Yuan Chinese Restaurant Drysdale Wednesday 18 October meeting at 12pm. **BOOKINGS ARE ESSENTIAL**, so everyone gets a seat, please phone Margaret 0418 370 857.



SpringDale Dining group are going to the Portarlington Golf Club Tuesday 10 Oct 6pm. **Bookings essential**. Please call SpringDale on 5253 1960 to reserve your spot.

QUOTE OF THE MONTH

The greatest discovery of all time is that a person can change his future by merely changing his attitude.

Oprah Winfrey

Anne Brackley - Quote curator

Choosing your Journey

The power of choice is incredibly motivating. Let's look at where you want to head and let's start a journey together.

First session
Sunday 8 October
10am-12noon
and monthly catch ups to keep us all on track.



CHILDREN'S WEEK Colour my World

Saturday 28 October
9am - 3pm

Help create a colourful world

Free event at SpringDale,
17-21 High Street Drysdale



Supported by CoGG grants

Supported by CoGG grants

The SpringDale Messenger October 2023

www.springdale.org.au

Alison Marchant Member for Bellarine



BELLARINE DISTINCTIVE AREA AND LANDSCAPE (DAL) SIGNED

I am very excited to announce that the Minister for Planning Sonya Kilkeny, released the final Statement of Planning Policy (SPP) for the Bellarine Peninsula. Within this policy, the Bellarine Peninsula has been declared a 'distinctive area and landscape' (DAL) under the Planning Environment Act 1987.

This policy locks in protected settlement boundaries for all townships on the Bellarine Peninsula, ensuring that the landscapes and natural beauty of the Peninsula are protected for future generations.

My predecessor, the Hon. Lisa Neville, worked tirelessly alongside the Bellarine community to safeguard the unique aspects of our region, and we now have a comprehensive 50-year policy in place for the Bellarine. A plan that not only prioritises environmental preservation, but also seeks to protect our iconic townships.

This policy was prepared together with Traditional Owners, the Wadawurrung, the Borough of Queenscliffe, and the City of Greater Geelong with significant public consultation.

The Bellarine Peninsula is a diverse region and together we have committed to a policy that will protect its unique character and natural assets for decades to come.

To see the township boundaries and more

information you can search Bellarine Distinctive Area and Landscapes online and visit the engage.vic.gov.au website.

COMMITTEE INQUIRY INTO ROAD SAFETY

As chair of the Legislative Assembly Economy and Infrastructure Committee, I recently conducted several days of public hearings for an inquiry into road safety behaviours on vulnerable road users.

Road safety is something we all have a part in, and I greatly appreciated the opportunity to be able to hear from a wide range of witnesses and professionals to determine how we can improve road safety for our wider community.

The Bellarine has not been immune to serious crashes and fatalities. Crashes occur from a variety of factors, but evidence from the inquiry is showing that drivers are engaging in more risky behaviours, such as speeding, drug driving, running red lights, not wearing a seatbelt, and mobile phone usage.

I'll continue to update the community as we work towards the final report into this inquiry.

NORTHERN BELLARINE AQUATIC AND LEISURE CENTRE

It was with much pleasure that I visited the North Bellarine Aquatic and Leisure Centre recently to celebrate the eagerly anticipated Stage Two concept designs for a state-of-the-art indoor aquatic centre being approved.

This upgrade is made possible by \$20 million in the recent 2023-2024 State Budget, as well as \$20 million from the Federal Budget.

I would like to say a very big thank you to the members of the North Bellarine Aquatic Community Advisory Committee, including Anne Brackley who worked incredibly hard on the Stage Two Design.

When we listen to the community and put them at the head of decision making, better outcomes are achieved, and I am so excited to see this new development commence.

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



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

📱 📷 🌐 Alison Marchant - Member for Bellarine

WHAT'S ON

POTATOSHED

CITY OF GREATER
GEELONG

THE ELVIS PRESLEY STORY

Hear fascinating stories behind the Presley legend with music from our wonderful rockers 'All Shook Up!'

SUN 1 OCT 2PM
& TUES 10 OCT
10.30AM

ALL TICKETS \$17



THIS IS OUR
MOST REQUESTED
SHOW - EVER!

THE DOLLY SHOW

MULTI AWARD WINNING

Kelly O'Brien

Celebrating the life and music of Dolly Parton.

FRI 6 OCT 8PM

THEATRE SEATING:
Adult \$48 Conc \$46



Direct from the UK

CRAZY ARMS

Damon Smith's hot new live show about Boogie Woogie and early Rock 'N Roll music.

SUN 8 OCT
2PM

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



GODDESSES OF JAZZ

Jennifer Vuletic & Ruth Katerelos join pianist Graham Clark to perform some songs made sensational over the decade

SAT 14 OCT 8PM

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



GEELONG HARMONY CHORUS



AFTERNOON
SHOWTIME

Geelong and the Bellarine Peninsula cappella women's choir.

SUN 15 OCT 2PM

THEATRE SEATING: Adult \$35 Conc \$25 Incl. Afternoon Tea

DOUBLE FEATURE

Damian Callinan mines a surprise discovery of his mother's 1946 diary, creating a cinematic, romantic romp through Post WW2 Melbourne.

SUN 22 OCT 2PM

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



SPOOKFEST ADULTS BEETLEJUICE

SAT 28 OCT
7PM

Pay What You Can
see website for
details: Interactive/
Bands/Cocktails/
Haunted House



Licensed Event 18+
Bookings Essential

SPOOKFEST FAMILIES HAUNTED HOUSE

SUN 29 OCT
10AM – 4PM

Pay What You Can
see website for details:
Theatre Shows/ Games
Outdoor Stage/ Music
Family Friendly Haunted House Bookings Essential



41 Peninsula Drive, Drysdale VIC 3222

www.potatoshed.com.au

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

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

BOOK ONLINE AT

WWW.POTATOSHED.COM.AU

OR WITH YOUR CREDIT CARD ON 5251 1998.

The multi-stage development in Drysdale's town centre has helped create an attractive civic heart for its tight-knit community.

It was great to join fellow Bellarine Ward councillor, Jim Mason recently, to see the completed Town Square and Park project.

Alongside the modern Borongook library, the streetscape, facilities and public open space, now rival anywhere in our region.

The area is a fantastic place to visit, relax and spend time in.

Council contributed \$1.23 million to the Town Square and Park project, with \$70,000 in support from the Australian Government to deliver the CCTV element.

There are many highlights, including:

- Improved lighting, a pedestrianised mall, better surfaces, new furniture, seating, bike parking areas, smart poles and new CCTV cameras.
- An inviting green space, featuring more than 2000 indigenous plants and 30 new trees, lawns and grass mounds; and
- Multi-functional gathering spaces, allowing for a variety of events and activities, such as farmers' markets, outdoor performances, and community festivals.

At our last meeting, Council approved progress on a proposed housing development in Drysdale.

The proposal would rezone land bounded by Huntingdon St, Princess St and the Drysdale Bypass, to create about 192 residential lots of various sizes.

Located within the town settlement boundary, the land is appropriately positioned for urban development.

Lying to the south and east of existing homes, the site is about 1.2km south of the town centre and well placed to access sport, community, and education facilities.

Council's decision will see planning Amendment C447ggee prepared for public exhibition.

Interested community members will be able to have their say on the proposal through this process., which will occur later this year.

Nearby landowners and occupiers will be directly notified, while newspaper and online advertisements will inform the broader community.

All of the planning scheme amendments in Greater Geelong can be found at www.geelongaustralia.com.au/amendments

POTATO SHED

October at the Shed!

Kicking off the month we have a morning showtime!! In the afternoon! Yes, Elvis is in the building twice!! Due to the popularity of Elvis, we are presenting two chances to experience **The Elvis Presley Story** - Presented by **Mr Colin Mockett OAM** along with very talented **All Shook Up!** Sunday October the 1st and Tuesday the 10th.

Then all the way from the West End in the UK comes the number 1 Dolly Parton impersonator **Kelly O'Brien** with her tribute **The Dolly Show** - Kelly is doing a quick tour of Australia and we are very excited to be on her visit list - Just the one show with a full live band - we have limited seats available still - on Friday the 6th at 8pm.

Music features in October with the return of **Damon Smith** and his tribute to the Boogie Woogie era of music with **Crazy Arms** - Experience those early rock'n roll classics as only Damon can play - Sunday 8th at 2pm - If Jazz is more your style come along and tap those toes to the dulcet sounds of **Ruth Katerelos** and **Jennifer Vuletic** when they present **Goddesses of Jazz** - sure to delight on a Saturday night October 14th at 8pm.

Geelong Harmony Chorus return for their annual concert at the Shed on Sunday the 16th at 2pm - always a delightful afternoon of beautiful music and special guests - as well as that special afternoon tea as only they can do! Next up one of the Shed favourites returns **Damian Callinan** with the amazing story of his family = **Double Feature** delves deep into some family secrets after the WW2. This story is one not to miss! Sunday October 22nd at 2pm.

Seeing out the month we have our new annual event **Spookfest** - Saturday sees an interactive version of the great scary film **BEETLEJUICE** - with cocktails Haunted House and Live Music. This is a licensed event so for the over 18s. Sunday is **Family Spookfest day** - with great fun, games, performances, and the family friendly **Haunted House** - this year you must book in for your time to visit the venue! And this year we offer a pay what you can - so please feel free to pay what you feel is fair for this great event!

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. Or if you are a little more social Facebook and Instagram [potatosheddrysdale](https://www.facebook.com/potatosheddrysdale)

POTATO SHED

WIN DOUBLE PASS to



Double Feature

Saturday 22 October 2023
at 2pm

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

Name: _____

Address _____

Phone No: (03) _____

COMPETITION CLOSING 4PM FRIDAY 13 OCTOBER.

Come in for a Free chat

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andrew kibbis.
Director.
0411 424 412

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

10 Facts about the Voice to Parliament

1 **83%** of Aboriginal and Torres Strait Islander people support constitutional recognition through a Voice.¹

2 Referendums are a part of our democracy:

- since 1901 we've had 19 referendums
- 44 proposed changes
- 8 changes we've all agreed to.²

3 The Uluru Statement from the Heart was led by Aboriginal and Torres Strait Islander people

More than 1200 Aboriginal and Torres Strait Islander people participated in 13 regional dialogues across the country to consider all the options.⁴

We've voted on Aboriginal and Torres Strait Islander people issues before

4

In 1967 there was a referendum, more than 90% of Australians voted yes to include Aboriginal and Torres Strait Islander people as part of the population.³

5 The Voice does not confer 'special' rights on anyone

A group of leading constitutional lawyers, including a former High Court Judge found, the Voice does not confer rights, let alone 'special' rights on anyone.⁵



LIBBY.
BETTER
TOGETHER

LIBBY COKER
FEDERAL MP FOR CORANGAMITE

Authorised by Libby Coker MP, ALP, Armstrong Creek Vic 3217

Yes

1.YouGov, April 2023
2.Referendum dates and results, AEC, www.aec.gov.au/Elections/referendums/Referendum_Dates_and_Results.htm
3.The 1967 Referendum, 4 Nov 2021 www.aiatsis.gov.au/explore/1967-referendum
4.Final Report of the Referendum Council, ulurustatemdev.wpengine.com/wp-content/uploads/2022/01/Referendum_Council_Final_Report.pdf 30th, June 2017
5.Indigenous Voice to Parliament, Australian National University, www.anu.edu.au/about/strategic-planning/indigenous-voice-to-parliament

6

Canada, New Zealand, Sweden, Finland, Norway and the United States

ALL provide constitutional recognition of Indigenous people.⁶

8 out of 11 ⁷

Aboriginal and Torres Strait Islander leaders are in full support.⁷

8

This will Close the Gap

Closing the Gap 2023 Campaign report has 10 recommendations. The 6th recommendation is to implement in full the Uluru Statement from the Heart, Step A:

“A First Nations Voice enshrined in the Constitution.”⁸

9

Detailed co-designs were developed to show how the Voice could work, exploring the different options by which this advisory body could function.⁹

10

Enshrining Constitutional Recognition ONLY ensures the government cannot remove the Voice advisory body, however the framework and functions can be changed.¹⁰



LIBBY COKER
FEDERAL MP FOR CORANGAMITE

Authorised by Libby Coker MP, ALP, Armstrong Creek Vic 3217

6. Linda Burney says Australia is the only first world nation with a colonial history that doesn't recognise its first people in its constitution. Is she correct?, RMIT, ABC Fact Check, 10 Oct 2019 www.abc.net.au/news/2019-10-10/fact-check3a-is-australia-the-only-first-world-nation-with-a-c/11583706

7. There are 11 First Nations MPs and senators. Here's what they think of a Voice to Parliament, ABC, Brett Worthington and Dana Morse, 1st May 2023 www.abc.net.au/news/2023-05-01/first-nations-mps-senators-on-voice-to-parliament/101976080

8. Strong Culture, Strong Youth: Our Legacy, Our Future, Prepared by Karabena Publishing for the National Close the Gap Alliance Group, closethegap.org.au/wpcontent/uploads/2023/03/KAR_CTG_CampaignReport2023_230315_Online.pdf, March 2023

9. Voice to Parliament, Australian Reconciliation, www.reconciliation.org.au/reconciliation/support-a-voice-to-parliament/

10. Indigenous Voice to Parliament, Australian National University, www.anu.edu.au/about/strategic-planning/indigenous-voice-to-parliament



The AGM for the Bellarine Camera Club was held recently. The club now has a new president. Thanks to Lynne Bryant for guiding the club over many years, and welcome to Debbie Hallows, who has stepped up to the role of President with energy and commitment, to lead the club forward. There are some new faces on the Committee too, and we look forward to an exciting year ahead for the club.

The last Open Competition was judged by Sam Marini and as usual a high standard of entries provided an interesting judging night.

The winning entries are as follows:

Prints: A Grade: 1st: Fly - Jon Furey 2nd: Dingo Karijini - Jenny Warren 3rd: A Shady Character - Lynne Pearce Merit: Lake Matheson - Neil Smith Merit: Monstera Deliciosa - Neil Smith B Grade: 1st: Sunbird Daintree - Rob Peck 2nd: Abbie - Debbie Hallows 3rd: Curious - Debbie Hallows

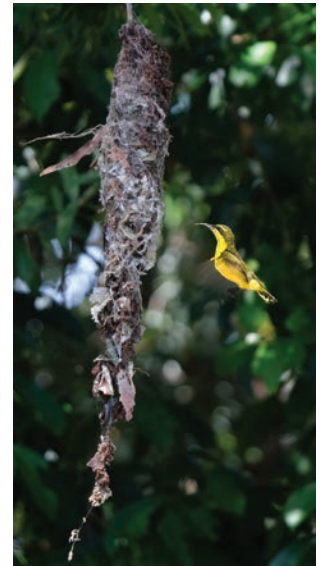
EDIs: A Grade: 1st: Kite Eats Mouse - Jim Den Ouden 2nd: After the Rain - Lynne Bryant 3rd: An Infectious Smile - Jim Den Ouden Merit: Here's Looking at You - Suzanne Fatchen B Grade: 1st: Hutong Shopper Beijing - Rob Peck 2nd: Barwon Fishermen - Rob Peck 3rd: Barcode - Geoff Gaskill Merit: Incoming - Debbie Hallows

Image of the Comp: Kite Eats Mouse - Jim Den Ouden

Bellarine Camera Club meets at SpringDale Neighbourhood Centre at 7.30pm 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



	 <p>Safe Seats Safe Kids IS YOUR CHILD TRAVELLING SAFELY? FREE CHILD CAR RESTRAINT FITTINGS & SAFETY CHECKS</p>	<p>2nd October 10am to 2pm</p> <p>in the carpark adjacent to SpringDale Neighbourhood Centre</p>
<p>Bookings Required: https://safeseatssafekids.com.au/venues-mec/</p>		



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COURSES

@SpringDale

We are an Autism Friendly Organisation

Improve your skills - Expand your mind

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

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

Term 4
Oct-Dec
2023



Being Creative

All Abilities Art

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

Instructor: Celia Adams

Dates/times: Fri 6 Oct - 15 Dec 10am-12noon
11 weeks Bookings essential

Fee: \$320 or **Conc** \$220

Art Fundamentals - Discover the Artist Within

The starter or restarter course

An introductory or refresher course using drawing media for adults. This is a great starter course or refresher course for returning artists, but no previous experience is required. The course awakens and sharpens art perceptions, the skills of seeing as an artist "sees" using drawing exercises. It also introduces concepts of colour awareness, surface texture and composition.

Instructor: Annette Playsted

Dates/times: Tues 10 Oct - 28 Nov 1-3pm

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

Art Media Course - Discover the Artist Within

Learning all the painting and drawing media

To help you develop further as a potential artist, this course is designed for those who have completed Art Fundamentals. Explore the wide range of Painting and Drawing media, and all the methods of application. Increase your media knowledge in the techniques and processes of each medium.

Increase your skills and confidence in various processes of painting and drawing. Improve your media knowledge. Prepare for the next stage of exhibiting or for exhibiting again.

Instructor: Annette Playsted

Dates/times: Mon 9 Oct - 27 Nov 1 1-3.30pm

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

Advanced Art Workshop - Develop the Artist Within

Preparing to exhibit. Developing an Art based small business.

This workshop program is designed to further develop your knowledge and broaden skills and perceptions. It is for hobbyists or art students who have studied the Art Media Course or have a mature knowledge of media applications.

Challenges are set to encourage the building of ideas to improve conceptual development and encourage the experimental use of media to broaden and develop unique approaches to artmaking.

Participants will prepare to exhibit artworks and participate in exhibitions.

Instructor: Annette Playsted

Dates/times: Mon 9 Oct - 27 Nov 10am-12.30pm
or Tues 10 Oct - 28 Nov 10am-12.30pm

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

Friday Workshop - Working with Movement, out and about in our local area

This will be a workshop full of experimental processes to explore movement when making art and attempting to capture a sense of movement. We will explore various spaces in our local area, and participants will be encouraged to try new ways, to push the boundaries.

Instructor: Annette Playsted, Gillian Turner

Dates/times: Fri 3 & 10 Nov 1.30-4pm

Fee: \$60 conc \$50

The 2024 program will include Printmaking, Sculpture and Experimental Drawing Workshops.

New - Express Yourself with Watercolour Painting and String Art

Combine two art mediums to create bespoke, yet functional art. You will learn how to combine the colour and texture of watercolour paints, along with string art to create individually personalised gift tags and cards to celebrate those special and memorable occasions with family and friends. All materials provided.

Instructor: Peta Henshelwood

Dates/times: Thur 2 - 23 Nov or Sat 4 - 25 Nov
10am-12.30pm

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

Self-publishing

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

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

Instructor: Dr Laurent Boulanger

Dates/times: Sat 4 Nov 10am-12noon

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

Edit Your Fiction

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

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

Instructor: Dr Laurent Boulanger

Dates/times: Fri 20 & 27 Oct 10am-12noon
(2 sessions)

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

Write, produce & distribute your feature film

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

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

Instructor: Dr Laurent Boulanger

Dates/times: Fri 1 & 8 Dec 10am-12noon
(2 sessions)

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

Digital Photography - Sculpting with Light

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

Instructor: George Stawicki

Dates/times: Mon 6 - 27 Nov 7-9pm

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

Manipulate images using PhotoShop Elements™

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

Instructor: George Stawicki

Dates/times: Tues 3, 17, 24, 31 Oct 7-9pm

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

Cards with Lizzy

Let's get crafty with cards. Perfect for beginners. Come along and have a go. This term we will be making Christmas Cards so you can give your own hand made cards this Christmas.

Instructor: Lizzy Free

Dates/times: Wed 4 Oct - 13 Dec 1.30-3.30pm

Fee: \$5 per session (10 Weeks)

Textiles

Teenage Sewing Classes

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

Instructor: Denise Kent

Dates/times: Sat 14 Oct, 28 Oct, 11 Nov, 25 Nov,
9 Dec 10am-12noon

Fee: \$20 per session

Things I wish my Grandmother taught me

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

Instructor: Denise Kent

Dates/times: Thurs 17 Nov 9.30-11.30am

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

The Language of Sewing Patterns

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

Instructor: Denise Kent

Dates/times: Thurs 26 Oct 10-11.30am

Fee: \$10 - Bookings essential

Sustainable Wardrobe Workshop

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

Instructor: Denise Kent

Dates/times: Thurs 12 Oct 10am-12noon

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

Circular Knitting

In this course you will learn how to knit a slouch beanie.

Circular Knitting, or knitting in a round form, is a form of knitting that creates a seamless tube. 'Work in the Round' is begun by casting on stitches as for flat knitting but then joining the ends of the row stitches to form a circle.

Instructor: Claire Duffy

Dates/times: Tues 24 and 31 Oct 7-9pm

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

Stitch, don't ditch

Use slow stitching and visible mending to bring damaged and worn clothes back to life, rather than throwing them away and buying new. Apply a sustainability lens to your wardrobe.

Repair that jumper with a few stitches on the elbow, or those jeans using a patch, or those socks be worn again if only for the hole in the toe.

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

In the first session you will learn basic hand sewing techniques - how to repair a garment. In the second session you will learn darning and visible mending techniques. Fix one special garment and the course has paid for itself.

Instructor: Claire Duffy

Dates/times: Wed 11 and 18 Oct 1-3pm

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

Music

NEW - Beginners Harmonica

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

Instructor: Jack Meredith

Dates/times: TBC - Please register your interest

Beginners Ukulele

Come and start your ukulele journey with us. Learn a few chords and strumming techniques and get started making music.

Instructor: Jan Paradise

Dates/times: Tues 10 Oct - 5 Dec 1-2pm

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

Beginners Guitar Playing

For players with no guitar knowledge at all. It's not suitable for those who know basic chords and other techniques. You will learn open chords, strumming, reading chords and song sheets. You must bring your own guitar to class. Taught by Dr Laurent Boulanger, Diploma of Music Theory, former musician-in-residence in St Kilda and Barwon Heads, qualified tertiary educator.

Instructor: Dr Laurent Boulanger

Dates/times: Fri 12 Oct - 30 Nov 1.30- 2.30pm

Fee: \$110 or **Conc** \$100

Intermediate Guitar Playing

For players who have a knowledge of basic open chords and strumming and want to expand their playing throughout the whole neck of the guitar in every key. It will include some basic scale work and improvisation skills. You must bring your own guitar to class. Taught by Dr Laurent Boulanger, Diploma of Music Theory, former musician-in-residence in St Kilda & Barwon Heads, qualified tertiary educator.

Instructor: Dr Laurent Boulanger

Dates/times: Fri 12 Oct - 30 Nov 2.30-3.30pm

Fee: \$110 or **Conc** \$100

Electric Guitar Playing

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

Instructor: Dr Laurent Boulanger

Dates/times: Thur 12 Oct - 30 Nov 3.30-4.30pm

Fee: \$110 or **Conc** \$100

Five-String Banjo - Level 1

Complete beginners. You'll learn the three-finger picking style - the basis of bluegrass banjo and also suitable for other genres e.g. country, folk, blues and pop. Friendly, supportive small class tuition. Max. 5 students. BYO banjo! (No banjo yet? Contact Steve to discuss.)

Instructor: Steve Williams

Dates/times: Tues 10 Oct - 12 Dec 9.45-10.45am

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

Five-String Banjo - Level 2

Post-beginners. You can already play a forward roll and G, C and D7 chords. Boost your skill in the three-finger picking style - the basis of bluegrass banjo and also suitable for other genres e.g. country, folk, blues and pop. Max. 5 students.

Instructor: Steve Williams

Dates/times: Tues 10 Oct - 12 Dec 10.45-11.45am

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

Five-String Banjo - Level 3

Novice. You've been picking three-finger banjo for a few months and can play simple tunes in the key of G, using the forward roll and maybe the forward-reverse roll. Learn new techniques, keys, chords and tunes and the use of a capo. Max. 5 students.

Instructor: Steve Williams

Dates/times: Tues 10 Oct - 12 Dec 11.45am-12.45pm

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

Acoustic Jam Session

3rd Wednesday each month 7.30pm at SpringDale Hall. Cost \$5 & feel free to bring your own refreshments. Facilitated by Steve Williams and Susan Norris.

12 Contact SpringDale on 5253 1960

Languages

Introduction to French Level I

This course is designed exclusively for individuals devoid of any prior knowledge in French.

The curriculum incorporates the instruction of elementary verbs, greetings, numbers and pre-selected vocabulary, with a predominant emphasis on developing speaking and listening skills. Please note that this course may not be appropriate for students who have acquired some basic French understanding, even at the high school level.

The course instructor is Dr. Laurent Boulanger, a native French speaker, bearing a Level III French language certification from Monash University and a qualified tertiary educator.

Instructor: Dr Laurent Boulanger

Dates/times: Tues 10 Oct - 28 Nov 9.15-10.15am

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

Introduction to French Level II

This course caters to students who possess a rudimentary understanding of the French language. The curriculum is designed to enhance speaking and listening skills, supplemented by an extended range of vocabulary, which includes the study of adjectives and adverbs. Please note that enrolment in this course requires the successful completion of Introduction to French Level I.

The course is facilitated by Dr. Laurent Boulanger, a native French speaker, bearing a Level III French language certification from Monash University and a qualified tertiary educator.

Instructor: Dr Laurent Boulanger

Dates/times: Tues 10 Oct - 28 Nov 10.15-11.15am

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

French

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

Instructor: Serge Botans

Dates/times: Tues 3 Oct - 12 Dec 11.30am-12.45pm

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

Latin

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

Instructor: Neil Bell

Dates/times: by arrangement

Fee: \$70 per semester

Wellbeing

SitFit brain and body exercise class

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

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

Instructor: Virginia Cooke

Dates/times: Tues 24 Oct - 19 Dec 9.30-10.15am

Fee: \$90 or \$15 single session

Pole Walking - Getting started

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

Instructor: Anne Brackley

Dates/times: By appointment

Fee: Free session

Women Living Well

Continuing to progress discussion on what we can achieve together, how we can help and support

each other and what does Living Well mean to you. For more information contact Dianne Bennett diannebennett4@hotmail.com or ph: 0422 146 604

Instructor: Dianne Bennett

Dates/times: Fri 27 Oct and 24 Nov 1-3pm

Fee: Free

Tai Chi for Health – Beginners

Same copy as the continuing one

Instructor: Emilia Zukek

Dates/times: Fri 6 Oct - 15 Dec 2-3pm

Fee: \$3 per session

Tai Chi for Health - continuing

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

Instructor: Emilia Zukek

Dates/times: Fri 6 Oct - 15 Dec 1-2pm

Fee: \$3 per session

Yoga

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

Instructor: Marta Cwiek

Materials: Bring your own mat & blanket if required.

Venue: SpringDale

Dates/times: Mon 2 Oct - 18 Dec 9.15-10.45am

12 weeks **Fee:** \$200 or **Conc** \$185

OR Thurs 5 Oct - 14 Dec 6-7.30pm 10 weeks

Fee: \$170 or **Conc** \$155

\$25 per session if paying for single sessions

Autism Plus

Talking about Autism

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

Instructor: Anne Brackley

Dates/times: Fri 20 Oct & 17 Nov 1.30-3pm

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

All Abilities Art

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

Instructor: Celia Adams

Dates/times: Fri 6 Oct - 15 Dec 10am-12noon

11 weeks Bookings essential

Fee: \$320 or **Conc** \$220

Digital Technology

Banking safely online

Interested in learning about Safe internet banking and not sure where to start. Bendigo Bank is offering a short introductory session during Seniors Month.

Instructor: Bendigo Bank officer

Dates/times: Wed 18 Oct 4.30pm

Fee: Free

Introduction to Computers

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

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

Instructor: Brenda Richardson, Literacy

Skill Level: Beginner

Dates/times: Thur 12 Oct - 30 Nov 2-4pm 8 weeks

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

Computers - Beyond the Basics

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

Instructor: Brenda Richardson, Literacy

Skill Level: Intermediate

Dates/times: By appointment

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

Smart phones, iPhones, tablets, iPads

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

Instructor: Brenda Richardson, Literacy

Skill Level: Beginner

Dates/times: Tues 10 Oct - 5 Dec 2-4pm (8 weeks)
Fee: \$165 or **Conc** \$85

Buying and Selling on eBay

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

Instructor: Ken Brackley.

Dates/times: Tues 14 & 28 Nov 4.15-6.15pm

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

Cooking

Korean Cookery - Kimchi

NEW - Radish Kimchi and Cucumber Kimchi

Kkakdugi (diced radish kimchi)

Kkakdugi or diced radish kimchi is the second most popular type of kimchi in Korea. Usually, Korean radish (called mu, white radish) is used. It is easy to make and tastes great with Korean stews or noodles.

Oi Sobagi/Kimchi (stuffed cucumber kimchi)

Oi Sobagi (stuffed cucumber kimchi) is a delicious kimchi with a refreshing taste and crunchy texture. In Korea, Oi Sobagi is more often enjoyed during the spring and summer time when cucumbers are in season. However, you can enjoy it for any meal at any time of the year.

Instructor: Jasmine Hong

Dates/times: Sat 21 Oct 10am-1pm

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

Korean Cookery New - Bibimbap &

Tteokbokki (spicy rice noodles)

Bibimbap (mixed rice with vegetables)

Bibimbap is a Korean dish that consists of a bowl of rice topped with various ingredients, such as vegetables, meat, egg and gochujang (chili paste) sauce. It is a popular and delicious meal that can be customised to your preference.

Tteokbokki (spicy rice noodles)

Tteokbokki, or spicy stir-fried rice noodles, is a popular Korean food made from tteokbokki-tteok (long thick rice noodles, Koreans call rice cake) with vegetables or meat. It can be seasoned with either spicy gochujang (chili paste) or non-spicy ganjang (soy based sauce).

Instructor: Jasmine Hong

Dates/times: Sat 18 Nov 10am-1pm

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

Confidence Through Cookery

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

Instructors: Marie McLeod

Dates/times: Tues 17 Oct - 14 Nov 10am-1pm 5 weeks

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

Gaining Skills

NEW - Making my Home more Sustainable

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

Instructor: Robin Gardner

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

Setting up a Bokashi bucket & garden bed

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

Instructor: Anne Brackley

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

Fee: \$5 or Free for SpringDale Members

Espresso Coffee Making

How to make your coffee taste like a café using your home or work machine. You will also learn how to get the most out of your coffee machine.

Instructor: Sam Chait

Dates/times: Thurs 23 Nov 10am-12noon

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

NEW - Create an Action Plan for your Life

Are you feeling stuck, frustrated or roadblocked in areas of your life that are important to you?

Take control of your future and join us for a transformative experience where you'll learn how to design a purpose-driven life that will bring satisfaction and fulfillment.

Instructor: Meredith Telfer

Dates/times: Sat 7 Oct or 4 Nov 2-4pm

Fee: \$40 or **Conc** \$20

Focusing on the Future

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

Instructor: Anne Brackley

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

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

Joy of Volunteering

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

Instructor: Anne Brackley

Dates/times: Fri 13 Oct 10am-12noon **Fee:** Free

Introduction to Event Management

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

Instructor: Anne Brackley

Dates/times: Wed 18 Oct 2-4pm

Fee: \$20 or Free for SpringDale Members

Returning to Learning

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

Instructor: Anne Brackley

Dates/times: Mon 2 Oct, Tues 3 Oct, Wed 4 Oct 10am-12noon

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

Returning to Earning

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

Instructor: Anne Brackley

Dates/times: Mon 2 Oct, Tues 3 Oct, Wed 4 Oct 10am-12noon

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

Help SpringDale help yourself

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

Instructor: Anne Brackley

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

Ken & the Art of Bicycle Maintenance

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

Instructor: Ken Brackley

Dates/times: Sat 4 Nov 9.30-11am **Fee:** \$10

Getting Started Cycling Again

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

Instructor: Ken Brackley

Dates/times: Sat 18 Nov 9.30-11am

Fee: \$10

Accredited Courses

Provide CPR Code: HLTAID009

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

Instructor: Stayin' Alive First Aid

Dates/times: Sat 25 Nov 9-9.45am

Fee: \$65

Provide First Aid HLTAID011 (Includes CPR)

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

Instructor: Stayin' Alive First Aid

Dates/times: Sat 25 Nov 10am-12.30pm

Fee: \$130

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

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

The unit of competency applies to educators and support staff working within an education and care setting and will contribute towards approved first aid, asthma and anaphylaxis training under the Education and Care Services National Law, and the Education and Care Services National Regulation (2011).

Instructor: Stayin' Alive First Aid

Dates/times: Sat 25 Nov 10am-12.30pm

Fee: \$160

Raelene Newton

Stayin' Alive First Aid

stayinalivefirstaid@gmail.com 0413513046

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

SpringDale Groups

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

Bellarine Big Band

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

Bellarine Community Singers

We are a friendly group who meet each Thursday throughout the school terms from 1.30-3.30 at the SpringDale Neighbourhood Centre. We sing a variety of popular songs, show songs and golden oldies. Some of our current members play guitar, harmonica and ukulele and we often combine them in our performances. We always welcome new members, please contact David Smith 0411 444 048

Bellarine Family History Group

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

Bellarine Wanderers

Thursday mornings 9.30am register your interest
Group Leader: Rob Gardner on 0413 458 562

Business on Bellarine

Business network group meets weekly Tuesday mornings 7.45-8.45am

Card Games

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

Chess Group

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

Country Dancing

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

Cryptic Crosswords Group

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

Dining Club

Monthly dinner for new residents and people interested in meeting new people and trying

local dining experiences. Dates and venues are published monthly in the SpringDale Messenger. Register your interest by emailing office@springdale.org.au or phoning 5253 1960

Family Games Night

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

Felt & Textile Artists

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

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

Footpath Advocacy Group

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

Friendly Cuppa and Chat Group

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

Fun Volleyball

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

Venue: Drysdale Scout Hall

Genealogy

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

German Speaking Group

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

Girls' Shed / Craft Group

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

Harmony Group

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

Harvest Basket Produce Swap & Edible Gardening Group

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

Jigsaw Club

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

Kinship Carers

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

Line Dancing

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

Lunch Bunch

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

Mahjong Club

This group meets Wednesday from 9am-12noon.

Men's Kitchen - Tuesday Mornings

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

Men's Kitchen - Wed & Fri Morning

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

Numbers Group

Having fun with numbers.
Meets 4th Wednesday each month 1-2pm

Pole Walking Group

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

Sci Fi Group

A group to focus on bringing Science and Science Fiction to life. This group started with a single person, John Reid who has been a Lost in Space fan for years. Its through his dedication that a group has been formed. Ring SpringDale to register your interest.

Scrabble Club

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

Scrapbooking & Card Making Group

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

Scrapbooking solutions, products & use of tools.

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

Instructor: Lyn Clough

Fee: \$10 per session Ph 5251 3008

SpringDale Artists

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

SpringDale Reads

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

SpringDale Writers

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

Sprukers - SpringDale Ukulele Playing Group

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

Talking about Autism

Meets to talk about Autism strategies. Group Leader Anne Brackley. Fri 20 Oct and/or 17 Nov 1.30-3pm. Bookings essential.

Toy Library - Drysdale

Our toy library is featured on our website for you to be able to select toys toys.springdale.org.au and then pick them up at a convenient time. Membership of the toy library is \$35 a year. Click & Collect. Log onto - toys.springdale.org.au

Toy Library - Portarlington

Our toy library is featured on our website for you to be able to select toys ptl.springdale.org.au and then pick them up when the toy library is open on Tues and Thurs 9-11am. Membership of the toy library is \$35 a year. Click & Collect. Log onto - ptl.springdale.org.au

Wheeler Riders

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

Warhammer Group

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

Enrolment & Payment Conditions

Scheduled Fees: Courses at nominated rates.

Single Sessions: Incur a \$5 Admin Fee.

ENROLMENT

5 ways to book into a class -

Phone: (03) 5253 1960

Text: 0416 450 534

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

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

Email: office@springdale.org.au

Non SpringDale Activities

Bellarine Camera Club

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

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

Days for Girls Sewing

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

Drysdale Guides

Enabling girls and young women to grow into confident, self respecting, responsible community members. We meet on Thursday evenings at SpringDale Neighbourhood Centre from 7-8.30pm. Contact Anne Brackley for details 0407 529 205.

Festival of Glass

The Festival of Glass Inc has an all year-round Workshop Programme, including Mosaics and Beadweaving. Check our website for more details on these workshops held at the Drysdale Community Hub, Eversley Street Drysdale. More workshops advertised on our website www.festivalofglass.net.au

Life Drawing

The untutored life drawing group meets at St James Hall Drysdale each Monday from 1.15-3.45pm during term time. Cost is \$20 per session and new members are most welcome. Inquiries to George-Ann - 0438 028 250

Pilates

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

Instructor: Monique MacLeod

Phone to book: (03) 5251 2958

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

Dates/times - Term 4 will commence:

3 Oct - 28 Nov

Ball class starts 8.45am

Beginner floor class starts 10.30am

Intermediate floor class starts 11.40am

Fee: \$140 (9 sessions)

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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 - Adelaide
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Fully escorted group tour
16 days departing 26 February 2024

HIGHLIGHTS AND INCLUSIONS:

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 - Ha Noi
- Ha Long Bay - La Regina Grand Cruise
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Fully escorted group tour
14 days departing 13 October 2024

HIGHLIGHTS & INCLUSIONS:

- Fully escorted from the Bellarine Peninsula with return group airport transfers
 - 14 nights accommodation
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- Table Mountain and Cape Town city tour
 - Cape Peninsula Tour
 - 2 game parks with full board
- Travel along the Panorama Route
- Tour of Victoria Falls with sunset cruise
 - Johannesburg city tour
 - Johannesburg half day Soweto & Apartheid Museum
 - Internal flights

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SUGGESTING A SPRING IN YOUR STEP

The sun is shining when you wake in the morning, filling your body with warmth and clearing your mind. Those rays have a way of turning your thoughts towards a positive light, the start of a spring day has you feeling like **today you can do anything you want to do**. As you put your feet on the floor **you can feel a rush of motivation** - like the day is calling you to **start getting all that you need** to get done. Your sneakers, like tireless puppies, begging to be put on, your heart anticipating the wonderful freedom of as you **get into the sunshine and walk** (or run). Your body does **love that kind of exercise - every day**. Your feet are itching to move, **your mind feels calm** and clearly sees the ways **you can find spaces to get ahead, to move and nourish your body**. Summer is starting to seem possible, your body is **drawn to light and healthy food** choices. There are no more excuses to stay hiding indoors - this weather is the boost you need. **Motivation comes so easily now**, so **you can start** getting out of your comfort zone, and back into **feeling great about yourself!**

Read it again and emphasise the words (**suggestions**) in bold, a small change to focus on your mindset potential.



Motivating yourself this spring:

With summer knocking on spring's door, you might want to take advantage of this change in weather. Use it's buzz to kick start some new goals.

- 1. Set your goal.** Write it down - put it in a place you can see it. Whether it is a pair of jeans you want to wear, a holiday you want to go on, or a fun run you want to complete.
- 2. Meditate.** Find even just 10 minutes of your day to meditate or use self-hypnosis. See yourself in your mind's eye having reached your goal, feeling the drive and motivation you are looking for.
- 3. Tune your mind.** To look for opportunities that support this vision (not excuses to stay stuck where you are).
- 4. Stack a supportive habit.** If you want to go for a run more often - find a place in your week where it can become part of your routine - (while the kids are at basketball training, before your morning shower). If you want to start eating healthier - make it a Sunday ritual to plan your healthy meals and shopping list ahead.
- 5. Enjoy the wins.** Our minds are wired to focus on the challenges and failures, but any journey to success has to have a setback or two. You are winning more often than failing, so highlight those days (highlight them on a calendar, have a reward system for your smaller successes, say the wins out loud - even if no-one is listening - your subconscious is!)
- 6. Enjoy how this motivation to change is making you feel.** Catch it and keep it. Your body and mind love it when you are feeling that push to do best for you.

Kim High - Juggling Parent and Clinical Hypnotherapist - BSc DipEd MEnv DipClinHyp



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Christmas gifts, cards, decorations

- Use your hands & minds creatively!
- Materials supplied
- Have fun in a small group
- Support a local Charity



WHEN: Monday Nov 27, 2023. 9am-12noon

VENUE: The Art Room at Cottage by the Sea, 29 Flinders Street, Queenscliff

COST: \$50 - includes morning tea

BOOK: Ring Cynthia 0405 644 166
Claire 0417 967 072

Then pay to confirm your place by Direct Bank Deposit:
Cottage by the Sea Queenscliff branch. BSB: 633000
Account: 143034171 Indicate name please.

SpringDale Trivia by Drysdale Girl Guides

1. Which Australian city is known as "the Silver City"?
2. Which of Australia's land based National Parks is located closest to Cairns (not the Great Barrier Reef)?
3. What is the name of the largest desert in Australia?
4. True or False, more people live in Gold Coast than in Canberra.
5. What is the name of the most well known river that flows through Perth?
6. What is the deadliest snake in Australia?
7. Who was the first female Governor-General of Australia?
8. Who was the first Australian to be inducted into the International Cricket Hall of Fame?
9. In which Australian state or territory would you find the municipality of Nelson Bay?
10. Which member of the Crocodile family found in the wild in Australia, is the largest?

Turn to page 23 to find the answers.

Drysdale Guides Meet on Thursdays during the school term from 7pm - 8pm.
If you are interested or have any questions, please contact Anne Brackley on 0407 529 205 or go to <https://www.guidesvic.org.au/find-us/> to make an enquiry.



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Memories of Yesteryear

Entertainment in the Olden Days - What people did for entertainment

There were no televisions, no mobile phones, no laptops, no video games or anything like we have today.

That's why great effort was put into building the local halls like the Scout Hall. It was designed by Alexander Davidson and built in 1881 by men from the local community. There were stairs up the back and up to a door that entered a room on the mezzanine floor. It was fitted out with a projector that showed movies on the front wall. The part that's out the side of the hall is for a band as dances were held there every Saturday night.

Concerts were also very popular and the Grand Fairyland Carnival was held at the St. Thomas Hall, Drysdale and was packed. "Who shall rule Fairyland?" Prince Sunbeams and the Rainbow Princess or Prince Will-o-the-Wisp and the Fairy Princess.

The third hall was at the Anglican Church where concerts were also held. The R.S.L. hall was another popular venue. But the R.S.L. hall was used to play cards. A very competitive game of Euchre was the go and many disagreements eventuated.

At home board games were popular. Monopoly, Drafts, Chinese Checkers and Chess, Snakes & Ladders and Darts were some games. Radio was the source of news. Another popular item was the crystal set. It used a tiny piece of galena (lead sulfide), called a cat's whisker to detect radio signals.

They were a challenge to tune to a station. They were used in the early 1920's through to 1940's and 1950's.

Entertainment was usually enjoyed by large groups of the community and at local venues. Home entertainment was either individuals or family groups. Knitting, making clothes and crocheting or making items with a crochet hook and wool or cotton. People made their own entertainment.

Children played outside mostly or quietly inside. We were always told to go outside and play. You played with sticks as guns and utilized any other equipment such as cricket bats or footballs etc.

Entertainment was a personal, family or community orientated and an organized event. Certainly far from today's luxury entertainment.

Gary Kingsbury



The Festival of Glass 2023 Expo was a great success. On behalf of the FoG Committee, I would like to thank all of our Sponsors, the public who attended and of course our Exhibitors. Our Spring Workshop Programme has begun and we plan to hold a Beginner's Microwave Kiln Workshop in the later part of this year. **Do you know what a Microwave Kiln is?**

The Festival of Glass Inc has an all-year-round Workshop Programme, which, allows participants to experience a range of glass techniques. Some sessions require no experience. Why not become a member and take the opportunity to access discounts on the workshop Fees? Check our website www.festivalofglass.net.au for more details on becoming a member, upcoming workshops and other events held at the Drysdale Community Hub, Eversley Street Drysdale.

Mercedes Drummond - FoG Inc President

FAIRY LAND CARNIVAL Programme

- Orchestra BURN'S BAND
- The Fairy Queen (NANCY GRIGG) opens Fairy Land.
 - "Tip Toe Thro' The Tulips" LESLEY WHITCOMBE & DOREEN KINGSBURY
Ballet: Eileen Bartlett, Vonnie Butcher, Shirley Rodgers, Nancy Allen, Gladys Bennett, Jean Wingfield, Sadie Hatton, Maisie Butcher.
 - "Rendezvous," Shepherd (SHEILA EASTWOOD) and Shepherdess (MAVIS BUTCHER)
- The Fairy Queen presents:
 - Spring: "The Voice of Spring,"
Doreen Knights, Ivy Mahoney, Frances Burrows, Evelyn Pender, Eileen O'Shannessy, Dorothy Underwood.
 - Summer: "When June Comes Along With A Song," Vera and Kath Hoare, Maisie and Dorothy Larkins, Mary Jery, Audrey Mullins (Curlewis).
 - Autumn: "In An Orange Grove In California," Shirley Rodgers, Nancy Allen, Gladys Bennett, Jean Wingfield, Sadie Hatton, Maisie Butcher, Eileen Bartlett, Vonnie Butcher.
 - Winter: "If Winter Comes" . . . EILEEN O'SHANNESSEY
- Interlude (Song and Tableau) "Two Little Girls In Blue," Vonnie Pavletich, Hana Lekovich, Ruth Boucher, Florence Dandie, Nancy Hitch, Hazel and Eileen Miller.
- Orchestra BURN'S BAND

TABLEAUX.

Spring: Betty Boucher. Autumn: Eileen Tomney, Will Short.
Summer: Eileen Hoare, Betty Jery, Sheila Beckley, Joyce Short.
Winter: Albert Lee, Jack Pearson, Gladys and Gwen Neufly.
Fables: Nancy Gilpin, Hazel Wiskley, Edna Reuter, Lesley Butcher.
Will-o-the-Wisp: Eddie Boyle, Ken Beckley, Leo O'Connell, Ken Tully, Dan Lassaro.
Rainbow: Shirley Rodgers, Nancy Allen, Helen Downey, Maisie Butcher, Eileen Bartlett, Vonnie Butcher.
Sunbeams: Sadie Hatton, Joyce Short, Hazel Wiskley, Edna Reuter.

Curtains 8.15 p.m.

- The Lord-Chancellor (SHEILA EASTWOOD) presents
"The Prince and Princesses"
Pages: Tom Connor and Walter Noy.
(a) Enter "THE FAIRY PRINCESS" — JOAN GALLOP (Drysdale)
Retinue: Edna Bartlett, Frances Carlson, Dot Bartlett, Bruce Butcher.
Item: "The Fairy Wedding," Song, Dance and Tableau.
Vonnie Butcher, Lesley Whitcombe, Lois Kingsbury, Mavis Butcher, Doreen Kingsbury, Victoria Lazzaro.
- Enter "PRINCE WILL-O-THE-WISP" — MARTIN PEVLETICH (Porterlington)
Retinue: Gladys Pavletich, Frances Lekovich, Ivan Lekovich.
Item: "Dance of the Glow-Worm" — Song, Dance & Tableau — DOREEN KINGSBURY.
Ballet: Vonnie Butcher, Lesley Whitcombe, Lois Kingsbury, Mavis Butcher.
- Enter "THE RAINBOW PRINCESS" — EILEEN RODGERS (Drysdale)
Retinue: Maureen Rodgers, Irene McHugh, Peggy Smith.
Item: "There's A Rainbow In The Sky," Song and Tableau.
Eileen O'Shannessy, Evelyn Pender, Frances Burrows, Dorothy Underwood.
- Enter "PRINCE SUNBEAMS" — LESLIE MULLINS (Curlewis)
Retinue: Dea Larkins, Bernard Mullins, Jack and Jim Carlon.
Item: "Hitch Your Wagon To A Sunbeam," Song and Tableau — DOREEN KNIGHTS.

The Result of the Voting is Announced.
Right Rev. Mgr. BENSON, P.P., V.F., at the request of the Lord Chancellor, will declare THE RULERS OF FAIRY LAND AND ENTHONE THEM.

- Finale: "To Night I Feel So Happy"
THE WINNING PRINCE AND PRINCESS INVITE ALL TO A DANCE IN THEIR HONOR.

"Fairy Land" produced by and under the direction of Mrs. J. McMAHON.
Ballet and Dancing Mistress Mrs. H. MORAN
Accompanist Miss D. PIGDEN



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Alpha

alpha.org.au

How lucky are we to live in this wonderful part of Victoria, with a wide range of beautiful gardens on our doorstep? The Club is slowly working its way through them. We recently visited Yarrabee Gardens in Lara. We first saw this garden in 2014, it was interesting to see the growth that has occurred and the development that Steve & Judy have done over that time. The weather wasn't the best, but at least it wasn't 35° and blowing a northerly. Yarrabee Gardens is well worth a trip out to Lara. The garden has a lovely combination of natives and other plants, with something in flower the whole year. You can take a leisurely walk along the paths that meander through the gardens, giving you little surprises at each turn. And at the end of the walk, you can do what we all did, fill up the boot with plants and black berries after consuming a beautiful muffin with a cuppa.

Dimitrii did not disappoint us at the August meeting, giving us all food for thought on mulch, pruning fruit trees, potting mix, manure and grafting. We all went home with a snapdragon and chrysanthemum grown by Dimitrii from seed, and generously donated to members. I am looking forward to seeing what colour they bring to my garden.

Don't forget our Annual Plant Sale is on Saturday 28 October from 9.00 - 12.00 noon. We always have a wide variety of easily grown plants, propagated by our members. Monies made at this sale, allow the Club to give a generous donation to a local charity or organisation, including SpringDale & the Uniting Church. So come along and support the local community.



The last few months of our "gardening year" will be very busy. If you would like to keep up to date with what the Garden Club is doing, contact our Secretary Helen, on telephone 5257 2220 or email hma3152@gmail.com or keep reading SpringDale Messenger for details.

Yarrabee Gardens

RT Edgar

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SCAN HERE TO BOOK A FREE APPRAISAL

It was mid-winter and I was wandering in the Colac Botanic Gardens, when I was amazed to scare up from the tanbark area a flock of dull olive-green birds. The under parts were whitish with scalloped brown marks and when they took flight their brown flight feathers and brown tail feathers were rather conspicuous. The group gathered in a small tree and eyed me with dark blue and very suspicious eyes, until with one accord, they took to the wing and disappeared into the canopy. I was surprised to note that the flock consisted of at least 50 birds, an estimation only, but one that could have been correct, as my bird books clarified my guess to the species, a flock of female Satin Bowerbirds, and at the time of my viewing, they were in their large foraging flock of all females. Some books state that they can form up to 200 birds, definitely all females in one flock, and not a male to be seen.

Satin Bowerbirds find the habitat of wet rainforest and eucalypt woodlands most attractive, however now that their natural habitat is decreasing, they have found parks, orchards and large gardens rather enticing. On another birding outing, I was able to sight a number of birds, not in the bushland, but in a large, Australian garden at Angelsea. Once again, all females. It seems that they gather together in late summer, and stay together during autumn and winter, only separating to mate and nest.

The male of the species has a black sturdy bill, with brownie-pink legs and brown eyes. He is a rich glossy blue-black, with a voice that has been described as noisy as he splutters, hisses, buzzes, chirps and in many cases brings forth a jumbled medley of mimicry. One of the reasons that this bird has been studied for a many a degree, or research project, is due to the ability of mimicry in matching with a male Lyrebird. The male works hard in attracting his mate. He collects brush and sticks, which is formed into just a structure, not a nest, or even a roosting area. It certainly has no practical benefit. Perhaps it can be best described as an artistic construction, of a bachelor pad, or a decorated avenue to visit, certainly not a place to lay eggs. Before the females arrive, the male has to search the local area to find treasures to decorate his bower, preferably in blue shades such as flowers, seed cases, feathers and even a dead fairy wren has been noted, and if near human habitation, and many house-hold items are used in the highly prized blue shades. Those bowers nearest to human dwellings have seen many items stolen from back yards. The searching male also destroys other bowers he comes across, as no competition is needed.

After completing the bower, with a loud penetrating voice, he calls the females to examine his artwork. Only the most superior structure will



attract a mate. He next has to impress all ladies with his song and dance routine. This routine is very special with the male practicing for hours and hours, even showing his routine to many a group of male juveniles, who aged at between 5 to 8 years, do not have the same colour as a mature male, and it seems singing and dancing really needs rehearsal until perfection, as only the best woo the opposite sex. The young ones learn the songs and dances by taking many in fact, usually 8 years to rehearse, with other observant juveniles watching and judging. The juvenile does not use blue objects to decorate the bower, but bits of green moss. It is only when he reaches maturity at 8 years, that he may have a chance of finding someone willing to let him mate with her. If there is a successful mating, off goes the female to build a nest in a tree far away from the male and his bower, where she lays up to 3 pale eggs. It is up to her to raise the family.

Carole O'Neill



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Making my Home more Sustainable - Part 6

My apology for missing a couple of Messengers - I was away visiting my daughter and family in British Columbia, Canada. I thought I might start with my initial impressions (and vast generalisations) of Canadian vs Australian environmental practices.

The Canadian houses seem to be much better built with good insulation, double glazing and good seals around windows and doors and heat retention aspects. However as it was 30oC each day for almost 5 weeks they were certainly not designed to allow cross flow breezes (opening opposite doors / windows) or external coverings over windows to reduce the heat impact.

Their electricity is generated almost entirely from hydro (98%) so it has an extremely low CO2 impact. The transmission lines tend to be quite long and mostly above ground so severe storms and freezing weather does lead to disruptions. Similar to here the costs of undergrounding cables is thought to be far too expensive (An opportunity)

Home solar is unusual and very expensive - Australia has organised this industry very well and the costs are about half those in North America.

Public transport was reasonable in Vancouver (very good in Toronto) but poor outside the cities as it is on the Bellarine.

Car ownership is high with substantially more EVs (particularly Teslas) and very considerably more charging stations. However, it wasn't unusual for families to have a Tesla and a humungous ute (Truck) to carry all their gear when required. I was surprised that so few could fit their cars in the garage in such a tough climate but there seemed no room due to the ski-doods, sea-doods, electric bikes and other "toys" stored inside. There were many more bikes with children and shopping carts and trailer adaptations, generally electric assisted.

The waste minimisation and recycling seemed similar.

Water usage was considerably higher, and the attitude appeared to be it was an abundant resource and there were no usage charges. There were supposedly garden watering restrictions, but the sprinklers seemed to be watering lawns all night and no enforcement done.

The Fires were massive - record number and area covered, and it was quite smokey a few times. I did a trip up to a First Nations community near Lilloet which four days later was surrounded by fire though they saved the township and buildings. However, the forest fires to the north were so extensive they seemed to be waiting for winter to put most of them out and the city populations seemed less concerned.

As we transition from cool to hot it's time to think about:

- Using the air conditioner as a heater in selected areas (and zone the heating) rather than the gas central heating - it is considerably more efficient and cheaper to run. Can you drop the heating setting by a degree or two during this period.
- Fixing the uncontrolled heat access points

- leaks around doors and windows, poor insulation, window coverings inside and outside)
- Consider solar energy on the roof (the economics are generally very good, particularly if your usage can be high during the day). Geelong Sustainability have an initiative currently running (and there are also lots of other reliable installers including in Drysdale)

Previously I've mentioned the new Victorian Energy Upgrade which was introduced at the end of May but is still hardly operating due mostly to their revised and much tougher rules for Suppliers and Distributors and inadequate support and Personnel. I will try and inform you of progress as it is a major concern for people wanting some help in replacing their hot water service with a heat pump (A good investment but could and should be excellent) and similarly with heating/ air conditioners.

Electric vehicles have no government support in Victoria (unlike all other States) but sales are still increasing steadily as are the installation of charging stations, including one in Portarlington and soon at the Drysdale swimming complex and at Barwon Heads.

Rob Gardner



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Entrepreneurship as a vehicle to solve social challenges

As a social entrepreneur, I believe that business is a clear way to solve social and environmental challenges. Entrepreneurship is often about solving a problem for your customers, through providing a product or service that fills their need. Social entrepreneurship does this, but with a wider lens of solving a problem for society in general, a local community, an ecosystem, or a group of people.

In this series I hope to take you through some principles and tips for using entrepreneurship to solve challenges, with a view to financial sustainability and creating social and environmental value.

Myth-busting entrepreneurship: it's not just for Silicon Valley or start-ups. It's not just for ambitious people in tech. You don't need external investment to get started. It's not all cutthroat. You don't need to be a certain age or gender.

What entrepreneurship can be: people with a vision for change, starting a business to achieve that vision. Influencing people's attitudes and behaviours, through introducing new solutions to common problems. For example, the Keep Cup changes the behaviour of getting throwaway coffee cups. A vehicle for financial empowerment for traditionally marginalised groups with another example: people who've had trouble finding employment, or immigrants to Australia, who have strong skills and the ability to provide their services, products or creativity through business.

I've been in social enterprise for 8 years, and an entrepreneur for almost 15. The rewards of entrepreneurship include creating networks of other people changing their communities through business, satisfaction in helping people, and great enjoyment in continuing to evolve your offerings as problems and solutions evolve.

So, how do you get started? Whether or not you currently own or run a business, you can consider, 'what problems would I like to see solved in my community?', and consider, 'what skills do I have?'. Whether you are creating and selling crafts and sharing profits with a cause you believe in, or providing paid services and a percentage of time pro bono to people who need your help. Your skills can be varied and contribute as part of the work of a greater community solving social challenges.

Lara Stephenson, Impact Designer at Social Good Outpost (socialgoodoutpost.com)

We were so blessed to have June Ryan visit our group last meeting.

June is an activist for human rights and social justice. She is a mother of six and still finds time to write numerous letters to politicians and was nominated for three City of Greater Geelong Community Life Awards in May this year.

June is 94 years old. She is such an amazing woman and an inspiration to all who know her.

June has advocated for Community Housing and affordable housing in the Geelong area for many decades working alongside another Women Living Well contributor, Francesca. We could say that she was ahead of her time, but the truth is that affordable housing has always been an issue for some, and if governments and authorities had listened to people like June thirty years ago, we would not be in the precarious position that we are now in.

June left us with a heartfelt encouragement to keep on pressing forward, to let our politicians and councillors know what we want and what we need, and to encourage young people to take up the baton.

"Never give up!" was her message and don't let age dictate what you can and can't (or will and won't) do.

Thank you, June for inspiring us, and if you feel you would like to contribute to our conversation please feel free to contact me for a chat, or come along to our regular meetings at SpringDale on the last Friday of each month at 2pm.

Dianne Bennett. Phone 0422 146 604



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Rain or shine Margaret Reing and her four-legged friends

Charlotte and Evie, are newly adopted dog friends, who join Misty and Cici. Margaret has been caring for this sort of dog since she moved to Drysdale in 2017.

We have already written an article about Margaret, Mini and Pumpkin (still her favourite), Misty and Cici in April 2020. I am still inspired by Margaret and her calm adoptive nature as she helps to keep these friends a good home for the rest of their lives.

Many people tell her that they would love a dog, but they are too old to adopt one but Margaret says **"Adopt an older dog!"**

10 YEARS

AUSSIE BIRD COUNT

16-22 Oct 2023
#aussiebirdcount
aussiebirdcount.org.au

By giving 20 minutes of your time, you can make a difference to BirdLife Australia's conservation work and count the birds that are counting on you. Download the Aussie Bird Count app to get involved.



BELLARINE WANDERERS

In the last month we've taken advantage of a very low ride at Point Richards and very high water levels at McLeod's waterholes plus a high tide and waves at Black Rock and a quieter but windy walk along the St Leonards beach.

If you are interested in our Thursday morning walks message or call SpringDale office.

Rob Gardner

Footpaths for Health

According to the City of Greater Geelong **Walking More: Walking Safely Report.**

Walkable environments in urban and neighbourhood settings are characterised by the following issues being adequately addressed: - Footpath adequacy relating to width and usage levels, obstructions, directness of route, location and type of facilities, features for mobility/visually impaired, Attractiveness of pedestrian environment, legibility of route, local pedestrian network maps, surface quality, trip hazards, trench reinstatements, informal surveillance via urban design, access to services, and urban developments feature safe streets where walking becomes the preferred modal choice for short trips to and from shops and community service centres.

Thank you to City of Greater Geelong for recommending this in their 2004 report. We continue to advocate for this to be in place.

SpringDale Footpaths for Health advocacy group. Projects.onthebellarine.org.au or phone SpringDale 52531960

At SpringDale this Month

- Helped a farmer access accreditation modules
- Helped with 2 Working with Children checks
- Helped with a Victims of Crime claim
- Finalised 486 successful Power Saving Bonus applications




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- Dizziness & vertigo
- Symptoms of arthritis
- Pregnancy discomfort
- Stress



Remedial Massage

Bowen Therapy

Relaxation Massage

Hot Stone Massage

Cupping Therapy

Dry needling

Woohoo!

An outdoor swimming pool on the North Bellarine!

Finally, year round access to a decent place to exercise in the open air without the overpowering smell of chlorine. Wonderful! I'll be there all year. Keeping my fingers crossed that there's a good deal for locals, especially young mums, seniors and those with special needs.

Thanks to all who worked tirelessly to make this happen.

A resident of Clifton Springs



NEWS FLASH Drysdale Aquatic Centre, Stage 1 is scheduled to open 6am 1/11/2023

Trivia Answers

- | | |
|------------------------------|-------------------------|
| 1. Broken Hill | 6. Inland Taipan |
| 2. Daintree National Park | 7. Quentin Bryce |
| 3. The Great Victoria Desert | 8. Sir Donald Bradman |
| 4. True | 9. New South Wales |
| 5. Swan River | 10. Saltwater Crocodile |

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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?

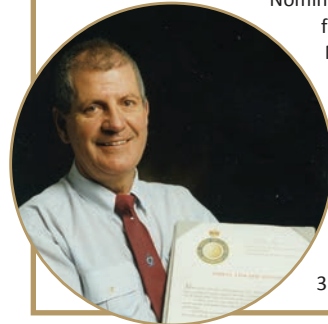
We are also seeking committee members who would like to contribute their skills and enthusiasm to the preparations leading up to the festival in once a month meetings.

President, **Richard Underwood**: 0417 315 763

Secretary, **Kyla Field**: 0417 388 442

Adrian Mannix OAM Community Service Award 2023

Bellarine North Rotary Club in conjunction with SpringDale Neighbourhood Centre call for nominations for the 2023 Adrian Mannix OAM Community Service Award. Please nominate someone, who generously gives of his/her time and skills to our community on the North Bellarine. This award is presented in memory of Adrian Mannix OAM a devoted community service volunteer and legend.



Nominations available from SpringDale Neighbourhood Centre website or office.

Nominations close Tuesday 31 October 2023

Relive your Childhood

Were you one of thousands of boys and girls who collected postage stamps? As we got older and our lives became more busy, with work and family commitments, this hobby faded away and died, or did it?



As those boys and girls enter the golden age of retirement, and think back on those times, they may reflect on the pleasure and knowledge they gained from stamp collecting. If you are one of those people, why not come and join a band of likeminded folk, who form the Ocean Grove Stamp Club. We meet every 4th Wednesday of the month except December, in the meeting room of Ocean Grove Senior Citizens Club, 101 The Terrace Ocean Grove.

We gather for a 10am start, for a very relaxed, friendly and informal discussion for approximately 1 hour, followed by a cup of tea/coffee and biscuits.

More information from secretary **Dianne** on 52551372.

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