



The SpringDale Messenger

February 2024
Volume 34 Issue 1



ABN 21 404 220 267

Compiled & Published by the SpringDale Neighbourhood Centre Inc.

Adrian E Mannix OAM - 2023 COMMUNITY SERVICE AWARD



Adrian Mannix OAM was a larger than life personality in the Drysdale, Bellarine, Geelong, Victorian and even Australian Communities. Although born with physical impairments, he was never held back, perhaps he used them to his advantage. Stopping cricket balls with his prosthetic legs, mastering calligraphy with his few fingers.

Everyone knew when Adrian was about and he left gapping holes in many organisations when he died far too early. In honour of Adrian's dedication to community service, an award was struck in his name and was first awarded in 2002.

Anne Brackley representing SpringDale, Sue Harrold representing Bellarine North Rotary Club, Les O'Keefe, Award Winner and Michelle Hutchins, Adrian Mannix's daughter.



*Les O'Keefe
with Paul Swinton
nominator*

In late 2023, at the SpringDale Annual General Meeting Les O'Keefe was given the Adrian Mannix OAM Community Service Award for his great support to many people over the decades. Les is a life coach and a mentor to many who have faced hard times. He is there to support and inspire and his outlook on life is second to none.

Les helps people in all walks of life, all ages and genders. He is a person who listens and helps in any way he can. As a Boxing Trainer, Les helps you feel good about yourself, the world, and helps people feel important and so much better.

Les nominated the Drysdale Hawks Juniors as the organisation he wished the \$500 award, given by Bellarine North Rotary, to support.

Congratulations Les O'Keefe.

FEBRUARY 2024

Community Calendar

SpringDale Community Calendar is a SpringDale Neighbourhood Centre initiative to support the whole community. If you wish to place your event in the calendar and further issues of The SpringDale Messenger please email, write or call the event details to our office.

SpringDale Neighbourhood Centre Opening Hours Monday to Friday 9am-5pm and by appointment.

Thursday	1	Jigsaw Group at SpringDale 10am-12noon Friendly Cuppa and Chat Group 10.30-11.30am - NEW DAY
Friday	2	National Ukulele Day
Saturday	3	Harvest Basket Vege Swap at SpringDale 9-10am Free replacement anti-theft number plate screws at SpringDale car park 9-11am Bellarine Railway workshop Queenscliff open day 10am-3pm
Sunday	4	Bellarine Railway workshop Queenscliff open day 10am-3pm
Monday	5	Kinship Carers 10am-12noon
Wednesday	7	Walk for Carers (first meeting) at SpringDale 10.15am ready to walk at 10.30am
Sunday	11	International Day of Women and Girls in Science
Tuesday	13	SpringDale Dining Group dining at Clifton Springs Golf Club 6pm
Wednesday	14	We'd love you to renew your SpringDale Membership \$12 annual or \$100 Member for Life
Friday	16	Inclusive Games Night for Neurodivergent people at SpringDale 5-9pm bookings essential Inclusive Games Night for Neurodivergent people, over 18 years, meets monthly 3rd Friday night 5-9pm at SpringDale \$10 BYO food and drinks bookings essential
Saturday	17	Random Acts of Kindness Day Americana on the Bellarine - Potato Shed 6.30pm
Wednesday	21	Lunch Bunch at Café Zoo 12noon
Sunday	25	Don't Shoot Me I'm only the Piano Player - Potato Shed 2pm

Reminder
Bookings & copy required by 1 February for the March 2024 issue

Coming up in March 2024

Friday	1	World Day of Prayer - St James Church Drysdale 10am
Sunday	3	Clean up Australia Day - Clifton Springs Harbour 10am-1pm
Sunday	10	Bellarine Show - Portarlington Recreation Reserve 10am-3pm

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.



SpringDale Messenger

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

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

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

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United Nations Association of Australia Victorian Division



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Coordinator's News



Anne Brackley

Dear Friends and Friends I am still yet to meet

I've had a wonderful couple of weeks at home hibernating - I've found a bathing suit that was purchased and then disappeared, I've made beautiful Italian linen sheets transform from single bed sheets to Queen size. I found out what was wrong with a drawing model and it got repaired.

We've looked up new recipes to introduce into our moderate number of meals we seem to cycle through weekly or fortnightly. We've protected some plums still on the tree, nurtured some strawberry plants to fruit, grown some seeds, protected self-sown pumpkin plants, weeded and so much more. Even found some flat surfaces that haven't seen light for a while. There's still more to do but I'm quite happy with the investment of my time. Because I made the decision to have house work as my hobby a number of years ago - it waits till I have time. The important jobs are tackled in a timely fashion before and after work, but others have to wait till they get a time slice.

I hadn't realized that this mind set could be part of a structured system of Japanese practice called Ikigai. I was lucky enough to attend a session in December run by Kathy Henschke. Kathy is running sessions

all through this year and if you have time to attend a series with her, I encourage you to consider it.

There seems to be 4 of us on a similar path offering similar sessions but with our own perspectives. Kathy with Ikigai, Meredith developing action plans for your life, Laurent offering education as a kick starter and me talking a gentle, opening doors approach trying to make whatever people want to do or learn easy. Hopefully one of our approaches might help you along the next part of your journey. I know I'm loving learning from all of them.

Every now and then things converge at SpringDale and all of a sudden, we are off on another path. This time there seems to be a few of us heading in the same direction but using different modes of transport.

All these courses are listed in our course guide in the centre of this edition of the Messenger. We try to present the courses you are interested in doing. We are always looking for new ideas and people to share their skills so we can increase the offering.

Looking forward to a great 2024 and looking forward to seeing you or meeting you soon

Anne Brackley OAM

For Team SpringDale

Travel Training

A member of our community thought it would be a good idea to continue our Travel Training Journey. She spoke to a PTV (Public Transport Victoria) officer in Geelong and he contacted SpringDale. This will be the first of a series of adventures - hope you decide to join us.

Date/time: Thursday 21 March 11am at SpringDale and the session will be run by Dylan Lloyd, Community Education Officer, PTV. Book with SpringDale 5253 1960

In the session some of the topics we cover are:

- Before Travel:
 - PTV Journey Planner
 - MYKI Card
 - Concession Cards
- At The Station:
 - Station Staff how they can support passengers
 - Platform Safety Zone - red button for emergency help, green button for train timetable
 - Station Safety Tips
- On the Train:
 - Emergency Intercom
 - Train Safety Tips
- Need Support:
 - Metro Employee that offers support - Station Staff and Authorised Officers
 - Travellers Aid and what services they offer
- Are You Ready:
 - Open forum for any Train or Public Transport or related questions

JIGSAWS TRIVIA

John Spilsbury, a London mapmaker and engraver is credited with inventing the jigsaw in 1766 - it was a map of Europe created to teach geography. Known as a dissected map, Spilsbury used a hand-held fretsaw to cut around the country boundaries.

Does that inspire you to try a map jigsaw? Well, at the SpringDale Jigsaw Library there is a selection of maps, some of which are shown in picture, including a couple of 3-D Globes. There are thousands of other themed jigsaws available to borrow.

The Jigsaw Library, located in a room off the SpringDale Neighbourhood Centre Hall, is open on the first Thursday of each month, 10.00 am to 12 noon. Everyone is welcome, jigsaws may be borrowed for 40 Cents each, or just drop in for a look and a chat.

Remember, Jigsaws can be fragile things. They always end up going to pieces. (boom boom)

Neville, Jean, Chris, Terrie and Kathrine



New Courses

More details in the Course Guide Pages 11 to 14

Change Your Life Through Education

Instructor: Laurent Boulanger
Date/time: Mon 12 Feb 9.30-12.30
Fee: \$30 or Conc \$5

Finding your Ikigai

Instructor: Kathy Henschke
Date/time: Mon 19 or 26 Feb 10-12.30
Fee: \$25 or Conc \$5

Gelli Printing

Instructor: Libby Hildebrandt
Dates/times: Thur 1 Feb - 21 Mar 10-12noon
Fee: \$100 or Conc \$80

Travel Training

Instructor: Dylan Lloyd, PTV
Dates/times: Thur 21 Mar 11-12.30pm
Fee: Free

New Group - Walks for Carers

1st and 3rd Wednesdays each month. Starting Wed 7 Feb meet at SpringDale ready to walk by 10.30am and back to SpringDale for a cuppa and chat.



Friendly Cuppa & Chat

NEW DAY - Thursday 1 February 10.30-11.30am
Come & chat at SpringDale - RSVP 5253 1960



The SpringDale Lunch Bunch are going to Café Zoo Wednesday 21 February 12noon.
Bookings essential. Please call SpringDale on 5253 1960 to reserve your spot.



SpringDale Dining group are going to Clifton Springs Golf Club Tuesday 13 February 6pm.
Bookings essential. Please call SpringDale on 5253 1960 to reserve your spot.

QUOTE OF THE MONTH

"When we give cheerfully and accept gratefully, everyone is blessed."

- Maya Angelou

Anne Brackley - Quote curator

www.springdale.org.au

Alison Marchant Member for Bellarine



I hope you've all had a happy and safe holiday season!

2023 was a busy year, my first in the role and I did not stop! I love to celebrate and champion the very best of the Bellarine, and I plan to continue this into the new year. We live in a beautiful place, one that is made even better by the people who contribute to our community. Meeting these people, celebrating the good work they do, and sharing milestones of projects that our state Labor government supports are some of the highlights of my job!

I look forward to another year of meeting constituents and community stakeholders, speaking with Ministers and advocating for local issues, reviewing legislation, and assisting Bellarine locals with their concerns.

At the end of last year, I was able to see the Little Anglers Kits being distributed to grade 5 students at local primary schools. These kits included a fishing rod and reel with line, tackle box and an eight-page Kids' Guide to Fishing. It has been wonderful to see so many of the kits in use over the summer period, with kids making the most of the guide which features illustrations of different species likely to be encountered.

The container deposit reverse vending machines have also been busy over the summer period, with many locals returning their containers for a 10c refund. Don't forget

local community groups, sporting clubs and local charities can run collection drives or operate refund points to raise funds. To find out more visit www.cdsvic.org.au.

The Bellarine has many exciting projects that are continuing to progress throughout 2024, including the North Bellarine Aquatic Centre in Drysdale. Stage 1 of the aquatic centre has now been completed and the 50m outdoor pool was opened in time for summer. This year, I'm excited to continue working towards Stage 2 of the North Bellarine Aquatic Centre which will include an 8-lane lap pool, warm water pool, gymnasium, group exercise studio, space for learn to swim programs and a social café. It will be a facility that the wider Bellarine community has worked hard towards and can be proud of.

This year I am committed to continue to follow through on my promise to listen to the community and ensure the Bellarine continues to thrive. I look forward to working with the community and seeing these projects evolve over 2024.

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

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



DRYSDALE FILM SOCIETY

SpringDale would like to establish a local film society in 2024 and would initially be happy for the style of films to be determined by those interested.

We have someone that would be pleased to do the organising and coordination. SO, if you would like to see a Film Society established at SpringDale, please forward your name and contact details to SpringDale:
office@springdale.com.au

And if there is sufficient interest, plans will be set in motion. You are not committing yourself to anything, other than being willing to support the idea.

Looking forward to hearing from you.
SpringDale Neighbourhood Centre



Alison Marchant.

Member for Bellarine

Supporting our local community

📍 Wadawurrung Country, Shop G066, Gateway Plaza, 641-659 Bellarine Highway, Leopold VIC 3224
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🌐 www.alisonmarchantmp.com.au 📷 📺 Alison Marchant - Member for Bellarine

POTATO SHED

The New Year kicked off with Theatre 3triple2 for Kids take on the evergreen classic, **Mother Goose**. Questions were answered as to why Jack and Jill went up that hill, and why Incy Wincey Spider decided to crawl up the waterspout. As always, a lot of fun was had.

This month, sit back and relax in our natural amphitheatre Saturday 17 February when the best in local alt-country music, **Americana on the Bellarine**, rambles in and takes over the outdoor stage.

Join Sarah Carroll and Andrea Robertson for a night of blues, roots, country, folk, rock, rockabilly, gospel, and soul. Get your group together, throw down your picnic rug, bring some nibbles, enjoy a drink from our licensed bar and experience an evening of Americana music under the Bellarine skies. Cowboy boots optional.

A change of music pace later in February occurs when Australia's answer to Victor Borge, David Scheel, will dazzle with his razor-sharp wit, Sunday 25 February in **Don't Shoot me, I'm only the Piano Player**.

A runaway success in London's West End; numerous Edinburgh Festivals and the Melbourne International Comedy Festival, be prepared for a night of wit and delight as David regales you with his dazzling talent. David employs multiple accents and piano styles, breathing unusual life to well-known classics. Hearing is believing as he plays two famous pieces simultaneously; and his take on

Waltzing Matilda will have you laughing until your sides hurt.

Just a quick one to let you know that our office is closed until Thursday 15 February. When we return you will find an extended Box Office area and a new bar! All in time for our February shows.

If you haven't managed to grab a copy of the 2024 booklet from SpringDale Neighbourhood Centre, download one from our website at potatoshed.com.au. Look for the VIP logo for your chance to access discount tickets.

Follow us on our socials on Facebook and Instagram - just search [potatosheddrysdale](https://www.facebook.com/potatosheddrysdale). You can sign up to our newsletter at potoatshed.com.au.

As always, we look forward to welcoming you to your home of the performing arts.

POTATO SHED

WIN DOULE PASS to

**Don't Shoot me,
I'm only the
Piano Player**

Sunday 25 February at 2pm

To enter fill out the coupon, send or deliver to:
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WHAT'S ON

POTATO SHED

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2024 SEASON
at The Shed

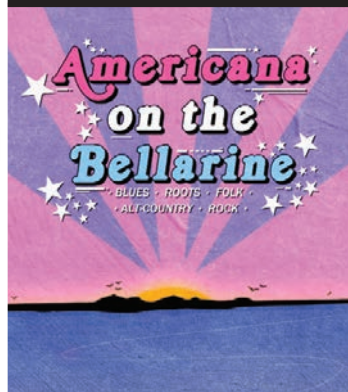


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AMERICANA ON
THE BELLARINE '24



SATURDAY 17 FEBRUARY
TWILIGHT (GATES OPEN 6.30PM)

Outdoor Stage All tickets \$38

Music lovers will experience an evening of Americana music from some of the region's finest songwriters and artists, beneath the beautiful Bellarine skies, and all as the sun sets and the stars slowly appear.

DON'T SHOOT ME I'M ONLY
THE PIANO PLAYER



David Scheel
A runaway success in
London's West End,
Edinburgh

SUNDAY 25 FEBRUARY
2PM

Beautiful music, and musical fun performed in so many accents/voices that David has also been compared to the late Robin Williams, and Peter Ustinov.

Cabaret Seating: Adult \$30 Conc \$28
Theatre Seating: Adult \$28 Conc \$26

LATE, LATE AT NIGHT
- RICK SPRINGFIELD



Photo: Ivan Kemp Photography

SUNDAY 3 MARCH
2PM By Kieran Carroll

A stage adaptation of Rick Springfield's compelling and searing memoir, the New York Times best-seller, *Late, Late at Night*. It traces Springfield's Australian and British childhood, his early music days in Australia.

Theatre Seating: All tickets \$20

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By Cr Jim Mason

After stints in Geelong West, Lara and the Waterfront, it is exciting to be able to host the stunning I AM sculpture in Drysdale.

Standing more than two metres tall, the public artwork celebrates people who have a lived experience with disability.

The statue now sits across from the North Bellarine Aquatic Centre and will remain there for a year.

Drysdale is a fitting location for I AM, as it was at the Springdale Neighbourhood Centre that the idea for an artwork recognising people living with a disability was developed.

The spark of the idea came from the Geelong and Bellarine Peer Action Group from VALiD (Victorian Advocacy League for Individuals with Disability).

Thanks to VALiD, Geelong-based ArtGusto and the Victorian Government for seeing the concept through to its 12-tonne reality.

Be sure to check it out when you are next in the aquatic centre and Potato Shed precinct.

Speaking of the Potato Shed, it is fantastic to see the program for the 2024 season.

Over 22 years, the Shed has delivered a fantastic array of entertainment, including at the wonderful outdoor stage and performance space.

More than 103,000 people visited the facility during 2022-23.

With a great mix of cabaret, dance, drama, music, and circus, as well as the popular school holiday pantomimes and Morning Showtime Shows, the 2024 Season promises to be as good as ever.

Visit www.geelongaustralia.com.au/potatoshed for more information.

If you're looking to get more active over summer, the new Bellarine Active Travel Map can help you.

Council was pleased to be able to provide a \$7777 grant to BBUG (Bellarine Bicycle Users Group), who have developed the map.

It contains information on the region's walking and cycling trails and is perfect to find a new route to explore.

Keep an eye out for it at different venues across the Bellarine.



Mayor Sullivan, participant Bridget Gooda pointing out her name on the letter 'I' and Alison Marchant MP



WORLD DAY OF PRAYER 2024 PALESTINE

"I beg you...bear with one another in love"

Ephesians 4:1-7

World Day of Prayer, a global ecumenical movement of informed prayer and prayerful action, began in the 19th century. Today World Day of Prayer involves people in a day of prayer in over 170 countries.

A message to us from the Christian women of Palestine's working group. We call on you, sisters and brothers in every part of the world to bear with us in love, to unite your prayers with ours for a just and peaceful solution that would bring an end to human suffering, and to stand in solidarity with us to achieve security and peace for all people around the world.

Venue: St James Anglican Church
Collins Street, Drysdale

Date: Fri 1 March **Time:** 10.00 am

Contact: Brenda 0476 207 486 (Combined Churches Drysdale Clifton Springs Curlewis)
Parish Office 0406 403

Refreshments provided. All Welcome

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Stop kidding yourself. If you drink, don't drive.

Thinking about driving after a couple of drinks? Think again.
If you blow .05 or over, you could face serious penalties,
including fines, losing your licence, getting an interlock installed
in your car and having to blow zero for three years.



Welcome to 2024 and a Happy New Year to you all.

It's wonderful how we feel that a new year brings with it new possibilities and perhaps a clean slate if we were inclined to want to forget some of what went on last year.

The reality is, however, that most of us just have to keep plodding along and moving forward and hoping for success in the things we take on.

I've spoken about "hope" before, and it's such a powerful thing.

There is an old proverb which says, "Hope deferred makes the heart sick, but a longing fulfilled is a tree of life."

Our hope for Women Living Well is that we will move closer to achieving the things that we are longing for - to find solutions to the housing crisis which is causing such distress for older, single women, to find practical ways to help older women "live well" here on The Bellarine, and to continue to spread the message that one in three women over 55 is living in financial hardship.

We are continuing to look for ways to fulfil these desires, and to kick start the year we will be hosting a screening of the Australian documentary "UNDER COVER" which premiered at the Melbourne Film Festival in 2022. This is an amazing and very moving film about the lives of ten Australian women over 50 who through no fault of their own found themselves homeless. You can learn more about this documentary at <https://www.undercoverdocumentary.com/about>.

We'll be sharing more details very soon. In the meantime, if you would like to learn more about our group and how we can support you, or how you can help, please contact me on 0422 146 604 or email diannebennett4@hotmail.com.

Dianne Bennett



**walks for
carers**

**Every 1st & 3rd Wednesday
of the month**
**Starting Wed 7 Feb
meet at SpringDale**

Be ready at 10.30am for a gentle walk followed by a cuppa and chat.

If you are a Carer, you might like to enjoy a gentle walk with other carers. A pleasant cuppa and a chat follows.

Please ring SpringDale on 5253 1960 to let us know you are coming.

DRYSDALE BRANCH of the COUNTRY WOMENS ASSOCIATION

The branch recently held its 75th A.G.M, with the committee remaining the same: Margaret Mason as President, and Jenni Plant as Secretary.

Drysdale Branch has supported the local community since 1948, and is still supporting it with financial donations to local schools, Fire Brigades, the S.E.S, along with many others. Also, donations in kind to Geelong Hospital with heart cushions, and the Premmie Baby ward receives little singlets and jackets. Cottage by the Sea is supported with rugs, teddies and slippers, and Geelong Mums receive support with many items.

Our General Meeting is on the second Tuesday of the month at 1pm and a Craft Meeting on the 4th Tuesday at 11am. BYO lunch and come along for a chat even if you are not a crafty person.

The meetings are held in the R.S.L. Club rooms located in Princess St, Drysdale. New members would be most welcome, so why not come along for some fun and friendship.

Please call Jenni, on 0452 258 333 for more details.



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MEETING MONTHLY



Business on the Bellarine

NEW MEMBERS & VISITORS WELCOMED

BOB's monthly networking events offer business professionals valuable opportunities to foster connections, mutually support one another, and contribute to the growth of both the local economy and community.

We meet on the 2nd Tuesday each month @ 7.45am. Contact Jo Aspland on 0438 055 679 for more details.

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Finding Your Ikigai



The joy of living a life worth living

Have you ever thought about your purpose, your passions, or your personal mission in life? If so you have been exploring your ikigai!

After working in both education and business sectors for several years, I took a package. Yahoo! No more alarms, schedules, deadlines. Plenty of time to catch up on my reading, coffee with friends, ramp up that exercise program, do a bit of travel. However, after a few months I was restless. I felt I needed to do more with my days, something of value, something that would make me get out of bed each morning. It was then I came across the Japanese wisdom of "ikigai" (ee-key-guy) where "iki" means life and "gai" means value - put together "the reason to live".

With my curiosity peaked I enrolled in an intensive Ikigai course. A small group of us met each week and under the guidance of our sensei, our teacher Nick Kemp, and we explored the Japanese philosophy of Ikigai: what it is, where to find it, how to get it and how to live it.

Ikigai is embedded in the everyday lives of Japanese and dates to the Heian period (794 to 1185 AD), a peaceful time in Japan's history. However, it was not until 1966 when research into Ikigai was first documented. Mieko Kamiya a doctor and psychologist working in a leper colony, became curious as to why some patients with the most severe symptoms, were still able to live daily with a sense of purpose and a desire to keep on living. They had ikigai. This got her thinking about the

question: "What makes one feel that life is worth living?"

Kamiya's research found the word ikigai was used in two ways: (a) as the sources of meaning in your life such as experiences, people, relationships, dreams, hobbies, work etc. that make your life worth living; and (b) as the feelings and emotions these sources evoke that make you feel life is worth living. My daughter for example, is one source (of many) of my ikigai and evokes feelings of love, pride, joy, connection and hope.

Ken Mogi, a Japanese neuroscientist, and author of a number of books believes Ikigai can be achieved in a number of ways through being, feeling or doing things that are meaningful and of value "it could be something very small like having a cup of coffee in the morning ... or a very big life-defining goal, like going to Mars".

Finding your ikigai requires self-reflection and answering questions such as:

- To what degree are you satisfied with your daily life? What gives you joy? What do you look forward to?
- What roles do you take on within your family, social group, community? Do you feel you are contributing or having some impact to someone or society?
- How strong is your sense of freedom in the choices you make in your life? Are you free to pursue your hobbies, interests, passions?

- To what extent are you open to learning or starting something new? Are you interested in many things?
- To what extent do you feel accepted by others who define you? How much do you feel you are using your unique imagination to express yourself in the service of others?

Are you interested in exploring the answers to these questions to finding and living your ikigai? An 2.5 hour introductory workshop will be run on Monday 19 or 26 February at 10:00 am. For those wishing to delve deeper, four additional workshops will be offered weekly on Mondays across March, exploring where to find ikigai; how it feels when you have it; how to live it each day; and how to recognize your unique ikigai.

Kathy Henschke



**DRYSDALE
COMMUNITY
CHURCH**

Find us on 

Sundays at 10am
We invite you to join us for contemporary worship & relevant teaching. Children's program runs throughout school terms.
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COURSES

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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 1
Jan-April
2024



All classes held at SpringDale Neighbourhood Centre 17-21 High Street, Drysdale, unless otherwise stated.

Being Creative

Explaining the Show Judging Process

Have you always wanted to put an entry in at the Bellarine Show or another Agricultural Show - then this session maybe for you? Information session about the show judging process and what makes a winning entry.

Instructor: A number of show Stewards & Judges
Dates/times: Saturday 10 Feb 1.30- 3.30pm
Bookings essential Fee: Free

New - Gelli Printing

Learn to make papers for collage, card making and other mixed media art with Gelli Printing.

Instructor: Libby Hildebrandt
Dates/times: Thurs 1 Feb - 21 Mar 10am-12noon
Fee: \$100 or **Conc** \$80 8 weeks

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 2 Feb - 22 Mar 10am-12noon
8 weeks **Bookings essential**
Fee: \$260 or **Conc** \$160

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 30 Jan - 19 Mar 1-3pm
Fee: \$160 or **Conc** \$85 (8 sessions)

Art Media Intermediate

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 29 Jan - 25 Mar 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 29 Jan - 25 Mar 10am-12.30pm
or Tues 30 Jan - 19 Mar 10am-12.30pm
Fee: \$160 or **Conc** \$85 (8 sessions)

Friday Workshop - Exploring Portraiture and Life Drawing

This will be a tutored experience of working from a live model. The first session will concentrate on the human head. The second session will concentrate on the human figure.

Enjoying the experience and demystifying working from a model will be the intent of both sessions, with participants encouraged to explore possibilities and try new ways, to just have a go.

Instructors: Annette Playsted, Gillian Turner
Dates/times: Fri 1 & 8 Mar 1.30-4pm
Fee: \$60 **Conc** \$50

Saturday Art - Express Yourself through Pocket Size Abstract Acrylic Art

Instructor: Peta Henshelwood
Dates/times: Sat 10 Feb - 2 Mar 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: Fri 22 Mar 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 1 & 15 Mar 10am-12noon
Fee: \$55 or **Conc** \$45 (2 sessions)

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 16 & 23 Feb 10am-12noon
Fee: \$55 or **Conc** \$45 (2 sessions)

Cards with Lizzy

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

Instructor: Lizzy Free
Dates/times: Wed 31 Jan - 27 Mar 1.30-3.30pm
Fee: \$5 per session (9 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 10 Feb, 24 Feb, 23 Mar 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 8 Feb 10am-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 22 Feb 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 21 Mar 10am-12noon
Fee: \$20 or **Conc** \$10 **Booking essential**

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 your 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: to be advised
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: Thurs 1 Feb - 21 Mar 10am-11am
Fee: \$90 or **Conc** \$80

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 6 Feb - 26 Mar 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: Thur 1 Feb - 21 Mar 1pm - 2pm
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: Thur 1 Feb - 21 Mar 2pm - 3pm
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 1 Feb - 21 Mar 3pm - 4pm
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 6 Feb - 26 Mar 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 6 Feb - 26 Mar 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 6 Feb - 26 Mar 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.

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 6 Feb - 26 Mar 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 6 Feb - 26 Mar 10.15-11.15am
Fee: \$90 or **Conc** \$80

French With Serge

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 30 Jan - 26 Mar 11.30am-12.45pm (9 weeks)
Fee: \$135 or **Conc** \$125

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: Saturday mornings
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: Wed 31 Jan - 27 Mar 9.30-10.15am (9weeks)
Fee: \$90 or single \$15

Pole Walking - Getting started

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

Instructor: Anne Brackley
Dates/times: By appointment **Fee:** Free session

Women Living Well

Continuing to progress discussion on what we can achieve together, how we can help and support each other and what does Living Well mean to you. For more information contact Dianne Bennett diannebennett4@hotmail.com or ph: 0422 146 604

Tai Chi for Health - Beginners

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 Kurek
Dates/times: Tues 30 Jan - 26 Mar 10-11am
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 Kurek
Dates/times: Tues 30 Jan - 26 Mar 11am-12pm
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 29 Jan - 25 Mar 9-10.30am 8 weeks **Fee:** \$140 or **Conc** \$130
OR Thurs 1 Feb - 21 Mar 6-7.30pm 8 weeks
Fee: \$140 or **Conc** \$130
\$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 16 Feb & 15 Mar 1.30-3pm
Fee: Free Bookings essential

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 2 Feb - 22 Mar 10am-12noon
8 weeks Bookings essential
Fee: \$260 or **Conc** \$160

Digital Technology

Introduction to Computers

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

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

Instructor: Brenda Richardson
Skill Level: Beginner
Dates/times: Tues 6 Feb - 26 Mar 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.

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: Thur 1 Feb - 22 Mar 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 19 & 26 Mar 4.15-6.15pm
Fee: \$55 or **Conc** \$25

Digital Photography - Sculpting with Light

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

Instructor: George Stawicki
Dates/times: Tues 6 - 27 Feb 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 5 - 26 Mar 7-9pm
Fee: \$115 or **Conc** \$105

Hospitality

Korean Cookery - Kimchi

Come along and help make Kimchi which is a traditional side dish of salted and fermented vegetables. There is growing evidence that fermented foods such as kimchi may improve intestinal health and as a result support the immune system and anti-inflammatory responses. Kimchi can also improve levels of good bacteria in the gut, and may support skin, brain and eye functions. Lunch included.

Instructor: Jasmine Hong
Dates/times: Sat 17 Feb 10am-1pm
Fee: \$60 or **Conc** \$30

Korean Cookery - Kimchi Pancake, Japchae

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

Japchae is a savoury and slightly sweet dish of stir-fried sweet-potato noodles (Dangmyeon) and vegetables that is popular in Korean cuisine. Once a royal dish, Japchae is now one of the most popular traditional celebration dishes, often served on special occasions, such as weddings, birthdays and national holidays, or as a side dish (banchan). You will enjoy the many flavours of the semi-transparent Japchae noodle dish.

Instructor: Jasmine Hong
Dates/times: Sat 16 Mar 10am-1pm
Fee: \$60 or **Conc** \$30

Confidence Through Cookery

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

Instructor: Marie McLeod
Dates/times: Tues 6 Feb - 5 Mar 10am-1pm
Fee: \$120 or **Conc** \$60 5 weeks

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: Thur 8 Feb or 4 Apr 2-4pm
Fee: \$20 or **Conc** \$10

Grain Free Cookery - Chicken Mango Salad, Vanilla Panna Cotta

Taste the dishes and take some home for dinner.

Instructor: Christine Ciancio
Dates/times: Mon 19 Feb 10am - 1pm
Fee: \$60 or **Conc** \$30 for each session

Grain Free Cookery - Summer Beef Salad & Blueberry Slice

Taste the dishes and take some home for dinner.

Instructor: Christine Ciancio
Dates/times: Mon 18 Mar 10am - 1pm
Fee: \$60 or **Conc** \$30 for each session

Gaining Skills

Change your life through education

A transformative session designed to empower individuals with knowledge, inspiration, and tools to harness the power of education for personal growth and positive change. This workshop aims to equip individuals with the confidence and motivation to embrace education as a catalyst for transforming lives.

Instructor: Dr Laurent Boulanger
Dates/times: Mon 12 Feb 9.30am-12.30pm
Fee: \$30 or **Conc** \$5

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 9 Feb 10am-12noon
Fee: \$5 or Free for SpringDale Members

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 17 Feb or 16 Mar
Fee: \$40 or **Conc** \$20

New - Finding your Ikigai

Ikigai is the Japanese wisdom of living a joyful, meaningful life. This introductory workshop looks at the meaning of Ikigai, why you may want it and where to find it.

Instructor: Kathy Henschke
Dates/times: Mon 19 or 26 Feb 10am-12.30pm
Fee: \$25 or **Conc** \$5

Focusing on the Future

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

Instructor: Anne Brackley
Dates/times: Wed 7 Feb 2-3pm 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: Wed 14 Feb 2pm - 4pm
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 21 Feb 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 29, Tues 30, Wed 31 Jan 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: Wed 28 Feb 2pm-3.30pm
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 17 Feb 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 16 Mar 9.30-11am **Fee:** \$10

New - Travel Training

Instructor: Dylan Lloyd, PTV
Dates/times: Thur 21 Mar 11-12.30pm
Fee: Free

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: Fri 12 Jan or Sat 24 Feb
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: Fri 12 Jan or Sat 24 Feb
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: Fri 12 Jan or Sat 24 Feb
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 2nd Tuesday in month at 7.45-8.45am

Card Games

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

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.

Finding Spaces to Go Slow

Are you rushing through your day?

Showering so fast you're not sure if you conditioned your hair?

Drying your hair on hot and fast, to save time?

Drinking your coffee so quickly you don't have a chance to even taste it?

Life is busy, we all get that. Deadlines, work schedules, appointments... there is plenty to rush for, but can you slow some of it down? Moments to go slow are peppered through your day. Of course, you cannot take them all, but you CAN choose a few that will ease the pressure and benefit your mind and body.

When you wake. Stay in bed for a few extra gentle breaths, let your mind prepare for a calm and clear start to your day.

In the shower. Bring some mindfulness in with you; enjoy breathing the warm steam with your breath, give your scalp a massage with the shampoo.

Drying your hair. Sometimes our hair reflects our state of mind; rushed, made to dry under too much heat, too much pressure and not enough time... go slow, and turn it low...

Making your coffee. Whether you make it or buy it, tune your mind into that task. Listen to the sounds, smell the aroma, wait without scrolling and let your mind take a break from to-do's.

Drinking your coffee. Make it count. Stop and taste it, savour every lovely sip.

Sitting at your desk. Before you start your tasks, close your eyes and take some centering breaths, or use a meditation app to find your calm in a 5-10-minute practice. Your productivity will really improve.

Meal times. Stop. Put the work aside. Let yourself enjoy the meal and the gentle break that comes with it.

Exercise. Don't let it be a mindless tick off your health checklist. As you exercise, focus on the benefits you are feeling: tune in to your body, and enjoy the reason you are doing it for yourself.

Conversation. Lean into conversations and be as present as you can be. Let them interest you and enjoy the playful unconditional give and take.

Strangers. Be kind to them, notice the way many brief interactions can bring great joy; a smile, offering a helping hand, paying a compliment. Let kindness put a pause on your daily rush.

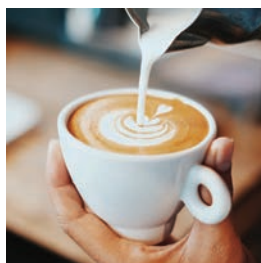
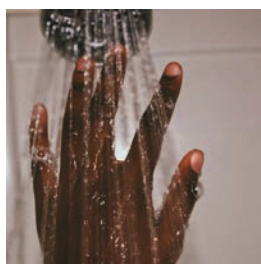
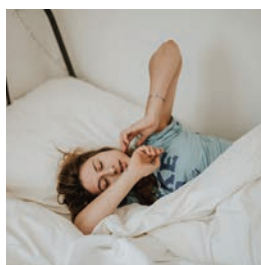
Bedtime. Switch off 30 minutes earlier than usual. Go to bed the old-fashioned way - no phones, no television, just wonderful stillness - let the surface of your skin soften and relax the tension you have held for the day.

Every act of mindful attention, is quiet conditioning of your mind towards slower, kinder ways in your day.

If you are having trouble with your sleep or have a poor relationship with stress; mindful practices such as yoga and meditation can help, or you may find benefit in counselling or hypnotherapy.

Go slow my friend, today the world will wait.

Kim High - Clinical Hypnotherapist, Family Hypnotherapy
BSc DipEd MEnv DipClinHyp



5 Everyday Tools for Managing Anxiety

Anxiety, at times, can feel like an unwelcome shadow looming over our days. However, during life's uncertainty, there exist simple yet powerful everyday solutions that can help conquer its intensity.

#1 Being present: The art of being mentally present offers a sanctuary from anxiety's grip. By anchoring ourselves in the present moment, we can break free from the cycle of worry about the past or future. This practice cultivates mindfulness, enhancing our ability to appreciate life's small joys and savour each passing moment.

#2 Gratitude: It seems too simple to be true, but starting the day with a dose of gratitude acts as a potent elixir for the soul and makes it impossible for anxiety to take hold. Taking a few moments each morning to acknowledge and appreciate the blessings in our lives - be it the warmth of the sun or the unconditional love from a pet - sets a positive tone for the day.

#3 Get into nature: Nature holds an incredible power to soothe our anxious minds. Standing barefoot on natural ground connects us with the Earth's grounding energy and electromagnetic field, instantly calming the mind. The sensation of soil, grass or sand under our feet helps us re-establish a harmonious connection with nature, fostering a healing effect for our nervous system.

#4 Anchor yourself: We only have 9 seconds to interrupt the signal in our body when anxiety is triggered. Our mind needs something to anchor ourselves in the moment when triggered. This could be a calming visualization, a reassuring mantra, or a deep-breathing exercise. When anxiety strikes, this anchor grounds us, providing stability, safety, and calmness.

#5 Positive affirmations: Chemically speaking, these are catalysts for profound change within the mind. By repetitively affirming positive beliefs about ourselves and our abilities, we rewire our brains, fostering self-assurance and optimism. This simple practice gradually transforms the way we perceive ourselves and the world around us, reducing the effects of anxiety.

By consistently incorporating these 5 everyday tools into our routines transforms them into powerful allies in the struggle of anxiety, pathing a smoother path towards inner calmness and emotional resilience.

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After the hectic year last year, our group seems to have settled a bit more. Thank you to everyone who helped by supporting us in so many ways over the last year and especially at Christmas - we felt so special with every bag and box that was dropped off or picked up and given to our families to ensure they didn't miss out.

The many children in our group are now back at school, kinder and starting university.

Lots of our Carers have young children starting their educational journey in Prep this year, on the other hand lots of our young people are heading to secondary school and university for the very first time.

I know, for sure, that a few Carers are rejoicing on the children in their care starting or going back to school. But like all parents a few Carers are stressed and worried for the children in their care starting Prep or at a new school.

I would like to take this opportunity to wish every child and young person in our group the best for 2024. You all deserve a medal.

If you are a kinship carer sitting at home, thinking that you are all alone. Come join our group we laugh a lot, we talk too much and sometimes we cry. But we support each other in any way we can.

Our group meets on the first Monday (not during school holidays and not in January) of each month at SpringDale Neighbourhood Centre in Drysdale 10am to 12noon. Come join us.

Jeanette Hanley Heath - 0414 308 257



Hello there ! H.N.Y. and welcome to 2024 (or 4000?)

"Sam...Junko...battle towards the aircar!"

Gold key comics "Magnus Robot fighter 4000 A.D." was my first encounter with the date not prefixed by "19." In 1966 aged 11 I thought that dates had always started nineteen! 4000 A.D is the furthest I have ventured into the fictional future. Very exciting!

Arriving in America in the year 4000 we find ourselves in the continent spanning mile high city of North Am. Commuter travel is by hovercar or aircar. Standard versions of these cars are driven by permanent on board robots called "Drive Robs". Kind of like a mechanical taxi driver. They have a bit more glass than ours but otherwise look fairly similar except that they "float" (on board gravity screen ?) like the "Star Wars" "Land Speeder." North Am is connected by slantwise crisscross up-down "roads" for these cars.

All necessary tasks in the city are performed by robots but these sometimes go wrong and that's where Magnus comes in.

Creator Russ Manning wanted to do a sort of "Tarzan" of the future raised by robots rather than apes. His creation "Mann" subsequently morphed into "Magnus" and away we went!

My Dad bought me my first "Magnus" comic



2000 A.D.



4000 A.D.?

book. (Search - Google - readfullcomics - M - Magnus Robot Fighter 4000 A.D. No. 16 "Cloud Cloddies Go Home.") Here we join Magnus, Leeja, and Danae as they search for the long lost Pert Doner, a beautiful but tragic victim of circumstance.

Well, believe it or not, although gravity screens haven't yet escaped the comic books, it looks as if the first "aircars" may soon be with us.

South East Queensland Councils in conjunction with aircraft company "Wisk Aero" are prognosticating automated self flying air taxis in Brisbane by 2032.

And they're already airborne! **John.**

The Wish Group

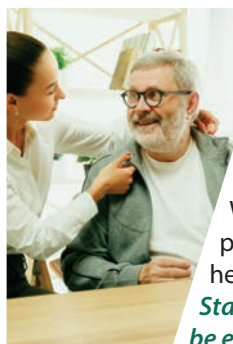
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Gorse

Of all the introduced plants that make me grind my teeth, Gorse is worst. When we arrived at our new home in Drysdale we very soon discovered a patch of gorse. We were on it immediately, chopping it back and digging it out. And here is why.

Gorse is from Europe and the UK and was introduced to make hedges in the 1800's and very quickly was spreading out of control in Tasmania and Victoria. Below is the Weed Management Guide published by the Natural Heritage Trust which makes for very interesting reading.

"Gorse is a Weed of National Significance. It is regarded as one of the worst weeds in Australia because of its invasiveness, potential for spread, and economic and environmental impacts. It is a major agricultural weed in Tasmania and parts of Victoria and is increasingly becoming a threat as an environmental weed in many national parks and other bushland areas. In pastoral areas it provides shelter for pests such as rabbits and foxes, increasing the risk of bushfires because of its flammability, reduces access by forming dense thickets and dramatically reduces stocking rates. In Tasmania the cost of gorse to the state's woolgrowers in lost production alone has been conservatively estimated at about \$1 million annually. In Victoria the costs of gorse to the community in the central



highlands region were recently estimated at \$7 million over five years. Control of gorse, like all weeds, requires persistence, with initial costs of between \$200 and \$1000 per ha and requires ongoing follow-up treatment of seedlings.

Gorse is a prickly, perennial, evergreen legume which, if left undisturbed, will grow to a height of more than 3m. It produces deep and extensive roots. All its stems and leaves are prickly, ending in a sharp spine. The plant produces huge numbers of brown to black seeds in grey hairy pods, each pod holding three or four seeds. The seeds have a hard, water-resistant coating which allows them to remain dormant in the soil for up to 30 years. The small dark green leaves are stiff and covered with a waxy coat, which helps reduce

water loss. Together with its deep root system, this feature enables gorse to flourish in areas with very low rainfall. The bush is covered with bright yellow, pea-like flowers. In spring it is one of the first species to flower.

Key points • Prevention is the most cost-effective means of weed control. • The key to controlling the spread of gorse is to prevent flowering or at least reduce its ability to set seed. • Where gorse crosses property boundaries, any eradication efforts should be coordinated with neighbouring landholders to completely destroy all plants in the area and prevent reinfestation. • Tackle the small, outlying infestations first. This allows a bigger area of land to be cleaned up first and there will be less follow-up maintenance in these areas as the seedbank will be smaller."

If you go to NHT's website on gorse they give you an in-depth guide to controlling this major pest. All you have to do is drive along Grubb Rd, on the right-hand side, towards Ocean Grove in the Spring to see the native bushes there being forced out by the copiously flowering gorse. Who controls the spread of weeds on the roadside is up for debate but any on private property needs to be dealt with before it gets out of hand.

Let's make The Bellarine gorse free again.

Susan John

RT Edgar

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Do you love gardening but, lack the room or the energy to grow your own produce? Maybe you want to grow your social network and make some new friends, or perhaps you would like to give back to the community.

Each Saturday morning members of the Springdale Community Garden (SCG) gather at the community garden in Curlewis. We connect with like-minded people, participate in, and enjoy a community garden that has in-ground, and above-ground garden plots. Members can potter, share gardening information, learn gardening skills, grow and harvest fruit and vegetables in a friendly supportive and respectful environment. We provide a safe, inclusive, and non-discriminatory environment for all participants in the activities of the community garden. The emphasis is on enjoyment.

The SCG is established on some 1,200 square metres of land. What was once a bare weed-infested paddock has been converted into a productive garden area with sustainable management, wise water practices and common-sense health and safety practices.

The SCG benefits the community by not only providing fresh produce to members and a local Foodbank, but by also demonstrating 'green' and sustainable practices. The community garden is run in a sustainable manner and as far as possible, to nurture and protect the natural environment and where possible, without the use of harmful chemicals or sprays.

We are grateful for our relationships with the local Church, City of Greater Geelong, Bunnings, and the Bellarine Catchment Network. Recently the Bellarine Catchment Network gifted Christmas trees for local families.

Come and visit on a Saturday morning or talk to us at the Drysdale Community Market. We enthusiastically welcome all new members.

For further details contact Rick on 0434 493 123



Queenscliff Workshops Open Day - Sat. 3 & Sun. 4 Feb 2024

The Bellarine Railway workshop at Queenscliff will be open to the public on Saturday 3 and Sunday 4 February 2024. Visitors may inspect progress on restoration of two historic railway items; the sole surviving Australian Standard Garratt (ASG) steam locomotive G 33 and a 145 year old timber bodied railway carriage, former South Australian Railways narrow gauge carriage Car 19. Visitors will be able to walk around both vehicles, inspect inside the carriage and the cab of the locomotive.

The site will be open from 10 am until 3 pm on both days, with admission by a gold coin donation. Entry is from the grassed area at the end of Hesse Street near the boat ramp car park, or the gate at 26 Bridge Street.

CARRIAGE 19. Car 19 was one of 21 carriages built for the South Australian Railways narrow gauge system at the Adelaide Loco Works between 1879 and 1881. The bodies were timber framed and clad with iron panels. The interior was polished timber with longitudinal seating down each side. One third was a First Class saloon, with 'luxury' seating. The remaining section was a Second Class saloon with basic timber bench seats.

G 33. G 33 is the only survivor of 57 steam locomotives designed and constructed in Australia in great haste during WW2 to assist move the huge volumes of wartime freight. As the war ended, one of the final locomotives being assembled was purchased for operation at Fyansford. It was used to shift limestone from the quarry near Batesford to the cement works. It was replaced by a diesel-electric locomotive in 1957, officially retired in 1966 and donated to the railway museum at Newport in 1968.

In March 2013, arrangements were made for the locomotive to be moved to Queenscliff and restored to operation, an objective that the railway had been aiming to achieve since the 1970's. The locomotive had been in good condition when retired. Restoration mainly involves making good deterioration that had occurred during 45 years of display in the open air.

The rear engine unit has been largely completed and the boiler section is well advanced. The leading engine unit has been almost fully dismantled and the public will have a rare opportunity to see the bare components that make up a steam locomotive.

WORKING BEES AND PROGRESS

Work is carried out on G 33 and Car 19 every Tuesday from around 10am until 3pm and similar hours on Saturdays. Some tasks require skilled work, but many simply require a useful pair of hands. A variety of age groups are involved, both male and female. New volunteers are always welcome and donations to purchase materials are also required. Progress with the ASG locomotive may be viewed on the Facebook page G33 Fundraising and Progress. Car 19's Facebook page is Car19 restoration. **Michael Menzies** - 0419 546 251

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Clifton Springs Garden Club

What a busy year 2023 was for the Garden Club, we had a variety of very informative speakers for our meetings and we visited six interesting and different gardens during the year. Our meetings and outings were all very well attended.

We finished 2023 with a very well attended and enjoyable Christmas Lunch and we had a glorious day for our visit to The Heights Newtown. The Heights has a very unique history. The house was prefabricated in Hamburg Germany and erected in Geelong in 1854 and it is the largest dwelling of its kind in Victoria. It has been owned by three generations of the one family and was bequeathed to the National Trust in 1975. Uniquely it retains the original stables, water tower, groom's cottage and dovecote. The garden still has some aged oaks and conifers and early 1860s plantings still dominate this beautiful garden. The property is much smaller than it was originally with parts of the property having been given to adjacent properties over the years. The garden now is not large but has a group of volunteers taking good care of it. We were very lucky to have been given a personal tour of the house and the gardens. We ended the outing with a most enjoyable lunch.

We look forward to 2024 being another busy and interesting year for our members with some wonderful outings and a variety of guest speakers. This year we thought we might try doing an overnight outing to enable us to visit Cranbourne Gardens and other gardens close by which are too far away to visit in one day.

We didn't have a lot of new members during 2023, but we look forward to seeing some new faces in 2024, either as a visitor to a meeting or a new member. The Club realises that peoples gardens and interests in plants are rapidly changing and we try to get guest speakers to reflect these changes.

Our first meeting for 2024 will be on Monday

5th February, at the Uniting Church Hall Drysdale at 7.30 pm. At the time of writing this article a guest speaker has not been engaged, but if you would like to keep up to date on what the Club is doing, please do not hesitate to contact our Secretary Helen, on telephone 5257 2220 or email hma3152@gmail.com.

Photographs - The Heights Newtown



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The Portarlington & St Leonards RSL has volunteer opportunities available within the Advocacy and Wellbeing teams. These roles are not limited to the ex-service community, all community members are welcome.

Advocates provide support to serving and ex-serving veterans as they navigate DVA claims and services. Wellbeing members provide support to our local members, often with home visits and assistance with DVA and ACAS paperwork.

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If you are interested or have any further questions, please contact Michael via email at welfare.pensionspsl.rsl@gmail.com or telephone at 0412 608 110

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The final competition for the year was a set subject - **"Texture"**, where the photographers portrayed the texture of their subject. The works were assessed and judged by Gillian Turner, a prominent artist, photographer and writer who lives locally on the Bellarine. Members enjoyed an interesting discussion of texture as portrayed in their images.

The results are as follows:

Prints:

A Grade: 1st: Daryl Haywood - Backlit Texture
 2nd: Graeme Addie - Burnt 3rd: Jon Furey - Sand Dunes After Rain Merit: Neil Smith - Mussel Rock
 B Grade: 1st: Rob Peck - Old and Wrinkled 2nd: Rob Peck - Fig Tree Tangle
 3rd: Rob Peck - Driftwood Sunrise

EDIs:

A Grade: 1st: Kevin Robley - Ripples 2nd: Alex Valkenburg - Hard and Rough 3rd: Kevin Robley - Knobbly Merit: Wendy Thiedeman - Shattered
 B Grade: 1st: Geoff Gaskill - Which Came First? 2nd: Rob Peck - Not the Rough End
 3rd: Debbie Hallows - Golden Grains Merit: Lynn Cornell - 'Twas Blue Once

Bellarine Camera Club meets at SpringDale Neighbourhood Centre at 7.30 pm on the 1st & 3rd Monday of each month.

For further details see www.bellarinecameraclub.org.au

New members and visitors are very welcome.

Robyn Curtis

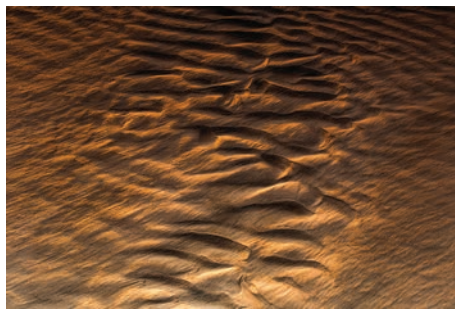


Image of the Competition:
 Kevin Robley - Ripples



Saint Ignatius College is delighted to release their 2023 VCE Results, and commends the 188 students who successfully completed Year 12.



The College is delighted to announce the results of the joint duces, Emma Fenton - 98.2 and Ross de Lange (College Captain) 98.2.



The joint duces are closely followed by Lachlan Di Pasquale 97.95, and Matilda Stepto (College Captain) 96.75.

The 2023 Results saw 10.32% of our cohort achieve an ATAR over 90.

In addition to this, the Top VCE Vocational Major Student for 2023 is awarded to James Dean.



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Bellarine Show News

Its 2024 and the Bellarine Show is almost here, so save the date now, Sunday March 10, and remember if you are thinking about entering in any of our sections, early preparation is the key, what could you enter you ask? Well, we cater for everyone who has an interest area of Craft, Horticulture (including cut flowers), Art, Photography, Cookery, Cattle, Sheep, Fleece, Horses, and Poultry. On Showday there's always the ever-popular Gum Boot toss for all ages and the Dog Jump, along with all the show day activities to enjoy.

We are holding an information afternoon at SpringDale Neighbourhood Centre on the 10th of February from 2-4.30pm to answer any questions and give you an idea of how each section works, from how to enter, to being a steward, and judging tips, then picking your entries up after the show. This workshop is free, however bookings are essential, so contact SpringDale Neighbourhood Centre to book this fantastic information session.

Schedules and entry forms are available online at bellarineshow.com.au, just click on the entries tab and it will take you to the section of your interest. Show schedules are also available in hard copy at SpringDale Neighbourhood Centre, Indented Head General Store, Portarlington and Drysdale Post offices and some local Neighbourhood houses and Bendigo Banks.

This year we hope to be able to offer a picnic blanket in a designated picnic area for families to relax have a break and watch the show from the picnic rug.

Tickets will be available online towards the middle of February both through our website bellarineshow.com.au and ticketebo.com.au. Remember if you buy your tickets online you will save with the early bird discount. Tickets will also be available on the day at the gate at the normal rate.

Let's get excited about the Bellarine Show, finish off your entries, prepare the animals, practice your cookery, take a photo, paint a painting, nurture the veggies and wash the chooks, and we will look forward to seeing you at the Show.

Contact via email: bellarineshow@gmail.com

SpringDale Trivia by Drysdale Girl Guides

1. How many teams are playing in the 2023/2024 Big Bash League?
2. Which country did Ikea originate in?
3. What is the name of the largest moon in our Solar System?
4. In which state is Australia's deepest Lake, Lake St. Clair?
5. On average, which month is the wettest in Drysdale?
6. What is the largest ocean on Earth?
7. In total how many dots are on one six-sided die?
8. What is an angle called if it's greater than 90 degrees?
9. Who was the first President of the United States of America?
10. What is the appropriate name for a baby koala?

Turn to page 23 to find the answers.

Drysdale Guides Meet on Thursdays during the school term from 7pm to 8:30pm. 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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Hawks open the door for Season 2024



The Bellarine Football League (BFL) men's competition, will kick off on the 29 March followed by the senior women's competition on 5 April, the under 18's and junior female commence 13 and 14 April, with the juniors starting on 19 April.

Men: The senior men's football program is in full swing under the watchful eye of coach Ben Carmichael. From the outset, the senior men and women's groups have been focusing on new year fun, and fitness with a bit of footy thrown in. Recruiting over Christmas has been good, and development of the young group is excellent.

Women: The senior women's pre-season, for the first time in the club's history, is being led by an all-female coaching and support team. Co-coaches, Prue Davis and Sarah Chapman bring a wealth of knowledge, passion, experience and look forward to an exciting season of competitive football.

"It's been wonderful seeing some new faces amongst our more experienced players joining in the fun, building connections and getting fit in preparation of another action-packed year of football", says Prue.

The Drysdale senior women pride themselves on being inclusive, welcoming, and supportive with a strong focus on lifting, and empowering every team member to achieve greatness both on and off the ground. "Be part of something incredibly special, come down and meet the team, all levels of fitness and experience are welcome", says Women's Coordinator, Rhyll Montgomery.

Juniors: Recent Junior football training and clinics hosted by the Club, attracted many experienced and first-time youth to the physical, emotional, and social benefits of junior sport. The Junior football season will kick off on 13 April. Keep an eye on the DFC website and social pages, for pre-season schedules in each age group, and future holiday programs to benefit all kids.

Events: Social events return to the Hawks Nest, with the whole community encouraged and invited to Thursday night dinners (kicking off with the start of BFNL season), home games and public events. The DFC Committee and Members would like to thank our current

2024 Club Sponsors, who without their support, rewarding community engagement through sport would not be possible. If your business would like to be a part of a great, inclusive Club we encourage you to reach out today.

Key dates and contacts

BFNL commences 29 March

Peninsula Sharks Junior girls football contact Glenn 0438 344 918

Football Clinics contact Junior Coordinator Amy 0409 859 837

Senior Women contact Rhyll 0409 944 602

To find out more visit the Clubs website www.drysdalefc.com.au or follow the @drysdalehawksfc on socials to keep up to date with training, announcements, raffles and functions.



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Drysdale/Clifton Springs Pickleball Club



On November 19th we celebrated our 1st year as a club, and what a momentous year it has been. Starting with 14 of us and now there is more than 170 members. We are the 2nd largest club in Victoria, and we now have 2 venues, one indoor and the other outdoor. We held our celebration at the Clifton Springs Bowling Club, where our new venue is located. Our club has undertaken the restoration of the unused 3rd bowling rink and turned it into 8 amazing Pickleball courts. The ball bounces really well on the surface, and it was nice to have just one set of lines on the court. We are used to playing on courts without Pickleball lines, but with badminton and basketball lines which can be confusing. The spectacular view from the courts is an added bonus. 80 members came to play. Then there was a sausage sizzle, and then we had our birthday cake.



The club now has a partnership with the Bendigo Community Bank, and we would like to acknowledge our appreciation for their support towards our growth and development.

Monday, December 11, will be the big Opening Ceremony of our new courts, with many dignitaries coming, including Alison Marchant, Member for Bellarine, the Mayor of the City of Greater Geelong, Trent Sullivan, along with our sponsors Neville Richards Real Estate and Bendigo Bank.

We are holding our 1st tournament, "The Bellarine Big Bash" on Sunday, February 4, at our new courts. The response has been amazing, with teams coming from as far afield as Sale, Warrnambool, Shepparton, and Sorrento. It will be a great opportunity to showcase our great new facility.

Also on Sunday February 4, (in the USA),



there will be the \$1million Pickleball Slam 2, between John McEnroe and Maria Sharapova, Andre Agassi, and Steffi Graf. So, keep your eye out for that on the TV (US time).

If you are interested in playing, and finding out more about Pickleball, and having a try, contact us on our email: dcspickleballclub@gmail.com

Fiona Bond

Clean Up Australia Day Sunday 3rd March



Clifton Springs & Curlewis Coastcare Group is organising an event from 10am - 1pm at the Clifton Springs Harbour on Sunday 3rd March.

Bags will be provided and gloves will be available.

All Ages and Abilities are welcome

Rob Gardner

BELLARINE WANDERERS 2023 REVIEW

We did a walk every Thursday in 2023 (52 of them with only a few repeats during the year) and averaged 12 participants.

Our numbers varied from 7 to 21 with 10 people doing more than half the walks.

Our super regulars (45 walks plus) were Hans, Barbara, Sigrid and Terry.

We mostly walked on the Bellarine Peninsula but also had trips to Point Addis (Anglesea), Sorrento and to the You Yangs.

We started 2024 at McLeod's Waterholes but will have a few more distant and newer walks during the year as well as our favourite ones.

If you are interested in joining us, please call Anne at the Office.

Rob Gardner

Trivia Answers

- | | |
|---------------------|----------------------|
| 1. Eight | 6. The Pacific Ocean |
| 2. Sweden | 7. 21 |
| 3. Ganymede | 8. Obtuse |
| 4. Tasmania | 9. George Washington |
| 5. October (64.4mm) | 10. A Joey |



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