



The SpringDale Messenger

March 2024
Volume 34 Issue 2



ABN 21 404 220 267

Compiled & Published by the SpringDale Neighbourhood Centre Inc.

32ND BELLARINE AGRICULTURAL SHOW

Celebrating Wool



It's Show Time!

**Sunday 10 March 2024
9am - 3pm**

Portarlington Recreation Reserve

Early Bird Tickets

are now available by
scanning on the QR Code
or online at
www.bellarineshow.com.au

SCAN ME!



Tickets will also be available at the gate, but Show day prices will apply

There is so much for you to see & do!

Come along and enjoy a fun filled day out.

As well as the usual offerings of a traditional agricultural show, we will have

- Bellarine Big Band
- Woodchopping display
- Kid's Discovery Trail
- Fizzics Education Science Show
- Dog Jump
- Gum Boot Toss
- and so much more.....

Bring your picnic rug and we'll see you there!!



MARCH 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.

Saturday	2	Harvest Basket Vege Swap at SpringDale 9am-10.30am Safe Number Plate Screws at SpringDale 9am-11am
Sunday	3	Clean Up Australia Day at Clifton Springs Boat Ramp 10am Late, late at night - Rick Springfield - Potato Shed - 2pm
Thursday	7	Cuppa and Chat at SpringDale 10.30-11.30am The Sunshine Club - Potato Shed - 11am & 7pm
Sunday	10	Bellarine Show at Portarlington Recreation Reserve 9am-3pm 25 Year Anniversary Portarlington Bayside Miniature Railway 11am-4pm
Monday	11	Labour Day Public Holiday
Tuesday	12	SpringDale Dining Group at Portarlington Golf Club 6pm Brill Building II - Potato Shed - 10.30am
Friday	15	Inclusive Games Night at SpringDale 5pm-9pm Paris after dark - Potato Shed - 7pm
Sunday	17	St Patrick's Day
Monday	18	Harmony Week starts and goes to Sun 24 March
Wednesday	20	SpringDale Lunch Bunch at Ocean Grove Bowling Club 12 noon
Thursday	21	Sustainability Talk at SpringDale 5pm
Friday	22	Potato Fair at Drysdale Primary School 3.30-7.30pm The Farndale Christmas Carol - Potato Shed - 8pm
Saturday	23	The Farndale Christmas Carol - Potato Shed - 1pm & 8pm
Thursday	28	First Term ends
Friday	29	Good Friday
Saturday	30	Bellarine North Rotary Club Easter Art Show at Christian College Drysdale 10am-4pm
Sunday	31	Bellarine North Rotary Club Easter Art Show at Christian College Drysdale 10am-4pm Drysdale Easter Market at Drysdale Community Hub 9am-2pm

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

Coming up in April 2024

Monday	1	Easter Monday Public Holiday
Sunday	7	Daylight Savings Ends



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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Available online for millions to read

https://docs.springdale.org.au/Msngr_2024/3402_MsngrMar2024.pdf

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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.**

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Art & Design by Jo Aspland Graphic Design 0438 055 679

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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



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Education and Training



Environment, Land, Water and Planning



Coordinator's News



Anne Brackley

Dear Friends and Friends I am yet to meet

Kindness continues to pop up as the value that makes a huge difference to a community. Although it is a word and value that has always been with me throughout my life, I have explained before how I looked at it as a concept of weakness. When Captain Sir Tom Moore shared his motto, Best be kind, during lockdowns and caught the imagination of much of the world, it started a mind shift for me.

Since then, kindness seems to have been spoken about more, and now I finish many of my writings with Kind regards. This month continued to hear that people, who spend time outdoors in nature, have more kindness and share it generously.

I know I feel more grounded and happier to face whatever challenges may come my way, after even a few minutes in the garden. Pulling a few weeds, looking for new growth, smiling at flowers, gathering fallen plums.

Perhaps you might consider recognizing kindness when you feel it and noting where you were and what you were doing. Can you pass it on to someone else, perhaps as a smile, kind word or deed?

People continue to tell me how friendly our part of the Bellarine is, and many remind me that we live in the best part of the world. I feel so lucky to be surrounded by such positive, friendly kind people.

Many of the best parts of the Bellarine are on display at the Bellarine Show. Our rural side, our creative side, our competitive side and so much more. Hoping to see you at the Show this year, Sunday 10 March 9am-3pm. Tickets are available online and SpringDale is happy to help you buy your tickets if you need help.

Another event in March is Potato Fair, at Drysdale Primary School on Friday 22 March. As a daughter of a potato farmer, I am always interested in potatoes and the memories they revive.

Next year, I believe that Drysdale Primary School will be celebrating 150 years. I remember the 100-year celebration and look forward to this impressive milestone. My grandfather was a Principal, another grandfather was a student as was my mother, myself and my children. Until today I hadn't thought to wonder if my great grandfather and his mother, who were all born here, might have also been students? Wonder if I could find this out.

Once again, I ask people to sign up for our webmail via our website as when opportunities pop up between Messengers, webmail gives us a way to inform people. Over the last few years many people have signed up, but I know there are more people, I would love to be able to contact you in this way.

Looking forward to seeing you soon

Anne Brackley OAM for Team SpringDale

Courses Updates

German Speaking Group

We have a new group facilitator - see P9 for details

New Group - Walk for Carers

(1st and 3rd Wednesdays each month)

Meet at SpringDale 10.15am for a walk at 10.30am. Wed 6 and or 20 Mar for a gentle walk and stay for a cuppa - Free

New Regular Event Inclusive Games Nights

(3rd Friday each month)

Meet at SpringDale 5-9pm
BYO Drinks and nibbles \$10 and please book with SpringDale

Ken and the Art of Bicycle Maintenance

Instructor: Ken Brackley

Date/time: Sat 2 Mar 9.30-11am

Fee: \$10

Friday Art Workshops Demystifying Portraiture and Life Drawing

Tutors: Annette Playsted, Gillian Turner

Dates/times: Fri 1 & 8 Mar 1.30-4pm

Fee: \$60 or conc \$50



Friendly Cuppa & Chat

Thursday 7 March 10.30-11.30am FREE
Come & chat at SpringDale - RSVP 5253 1960



The SpringDale Lunch Bunch are going to Ocean Grove Bowling Club Wednesday 20 March 12noon. **Bookings essential.** Please call SpringDale on 5253 1960 to reserve your spot.



SpringDale Dining group are going to Portarlington Golf Club Tuesday 12 March 6pm. **Bookings essential.** Please call SpringDale on 5253 1960 to reserve your spot.

QUOTE OF THE MONTH

Gardening adds years to your life and life to your years.

Author unknown but this was shared by Mick Wallis.

Anne Brackley - Quote curator



Subscribe to our webmail and stay up to date with Courses, Groups & Events

Sustainability Talk

Thursday
21st March
5-7pm

Reduce your Energy Costs

Come to the SpringDale Neighbourhood Centre Hall and hear a local expert and installer present on

Hot Water Heat Pumps - Solar PV Cells

Cost: FREE Please book with SpringDale email office@springdale.org.au or phone 5253 1960

Alison Marchant Member for Bellarine



Bellarine Agricultural Show

The 32nd Annual Bellarine Agricultural Show is coming up on Sunday 10th March 2024 on the Labour Day long weekend.

Starting from 9am at the Portarlington Recreation Reserve, there is something for everyone at the event! It's a great space for the Bellarine rural community to showcase their skills and educate the wider community through various demonstrations on offer throughout the day as well as art, handcrafts and produce on display. The family had a great time last year- enjoying fairy floss, seeing the animals and watching the steam engine demonstrations. I look forward to seeing many of you there again this year!

Childcare on the Bellarine

Last year, I participated in the Parliamentary Internship Program, where a 4th year university student completes a research assignment based on an issue for an electorate. My intern, Indigo Coulson, completed a report called Early Childhood Education and Care on the Bellarine. This report can be found on my website. It will be no surprise to families who are either planning for childcare or are currently using childcare, but enrolling in childcare can be a complicated system to navigate. Sometimes, finding a suitable centre is difficult and some centres have waitlists.

To address some of the issues, I am pleased that the Victorian Government is investing in childcare and early education. We will build a new government-owned childcare in the St Leonards area and I know this will help local families immensely.

In addition, with the rollout of free kinder, investment was needed in the childcare workforce. To support the workforce, the Victorian Government has expanded the suite of scholarships, incentives, educator traineeships and career advancement programs and supports. The aim - to support teachers and help children get the best start in life. There is always more to do. I do, however understand the

disappointment from families when council announced it had delayed a community centre in Curlewis which would see another childcare centre built. Community infrastructure is crucial for families, to be a part of their community. If you wish to share your experiences with childcare, please feel free to contact me.

Congratulatory Messages for Milestone Birthdays and Wedding Anniversaries

If you or a member of your immediate family are about to celebrate a milestone birthday or wedding anniversary, my office can arrange congratulatory messages for the following:

- 90th Birthday from Prime Minister & Premier.
- 100th Birthday, from the King, Governor General, Prime Minister, Victorian Governor & Premier.
- 50th Wedding Anniversary from Governor General, Prime Minister, Victorian Governor & Premier.
- 60th Wedding Anniversary, from the King, Governor General, Prime Minister, Victorian Governor & Premier.
- You can also receive messages for 65th & 70th wedding anniversaries and for all birthdays over 100.

Keep Up to Date in the Community

We have a 2024 Community Calendar available in my office for people to collect for free. Created by locals Helene Cameron and Richard Clark, it can be used as a general guide to community and council activities as well as upcoming events in the Queenscliff and surrounding areas.

If you're looking for regular updates alongside this community column, be sure to follow my social media on Facebook and Instagram, 'Alison Marchant - Member for Bellarine', to see up to date information regarding what grants are available in the community, upcoming events and community notifications.

As your local member of State Government, please contact my office on 03 5250 1987 or via email alison.marchant@parliament.vic.gov.au if you require any assistance.



📍 Wadawurrung Country, Shop G066, Gateway Plaza, 641-659 Bellarine Highway, Leopold VIC 3224
☎ 03 5250 1987 ✉ alison.marchant@parliament.vic.gov.au
🌐 www.alisonmarchantmp.com.au 📱 Alison Marchant - Member for Bellarine

POTATO SHED

Last month, our amphitheatre was awash with the sounds of Bellarine alt country, and our black box theatre rang to the sounds of the best in musical comedy. This month, the music keeps flowing with **Late, Late at Night - Rick Springfield**; **The Sunshine Club**; **Paris After Dark**; and the delightfully shambolic **The Farndale Christmas Carol**.

The March Morning Show Time show, **Brill Billing II** 10:30am Tuesday 12 March is the follow up to last year's hugely successful **Brill Building**.

Late, Late at Night - Rick Springfield, 2pm Sunday 3 March, is a stage adaptation of Rick Springfield's compelling and best-selling memoir, written by Melbourne-based playwright Kieran Carroll.

It is the story of a suburban boy whose journey to fame and fortune came with enormous personal costs, giving you a ring-side seat and intimate touch with a life dedicated to the artists' muse.

Starring Sydney-based actor Jackson Carroll as Rick Springfield. Directed by Robert Johnson.

Set in 1946, the joyful and acclaimed musical **The Sunshine Club**, written and directed by Wesley Enoch, tells the story of Aboriginal soldier Frank Doyle, who is just returning home to Brisbane after serving in WW2, to find that, while the world may have changed, the same attitudes and prejudices still exist at

home. Two shows only, Thursday 7 March.

Paris comes alive at the Shed, 8pm Friday 15 March when Corinne Andrew and Milko Foucault-Larche deliver **Paris After Dark**, one of the most authentic French Cabaret Show you are likely to experience in Australia today.

Corinne Andrew and Milko Foucault-Larche are the leading ambassadors of French popular music in Australasia.

In the age-old tradition of community theatre, our resident theatre company 3triple2 will bring to life the delightful **Farndale Christmas Carol**, Friday 22 and Saturday 23 March.

The Farndale Avenue Housing Estate Townswomen's Guild Dramatic Society attempts at mounting A Christmas Carol on time, is beset with all the trials and tribulations of small dramatic societies. Directed by Rob Macleod.

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



Paris After Dark

Friday 15 March at 8pm

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

Name: _____

Address: _____

Phone No: _____

COMPETITION CLOSING FRIDAY 8 MARCH 4PM



WHAT'S ON

POTATO SHED

CITY OF GREATER GEELONG

LATE, LATE AT NIGHT - RICK SPRINGFIELD

Photo: Ivan Kemp Photography

SUNDAY 3 MARCH 2PM

By Kieran Carroll
Starring Jackson 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

THE SUNSHINE CLUB

THURSDAY 7 MARCH 11AM & 7.30PM

Set in 1946, the joyful and acclaimed musical **The Sunshine Club**, tells the story of Aboriginal soldier Frank Doyle, who is just returning home to Brisbane after serving in WW2 finds that, while the world may have changed, the same attitudes and prejudices still exist.

Tickets: Adult \$60 Conc \$56 Student \$30

BRILL BUILDING II

TUESDAY 12 MARCH 10.30AM

More songs from the catalogue of songs written in the **Brill Building** which is situated 1619 Broadway on 49th Street in the New York City borough of Manhattan.

All Tickets: \$20 Including Morning Tea

PARIS AFTER DARK

FRIDAY 15 MARCH 8PM

Award-winning entertainer Milko Foucault - Larche has joined forces with Parisian born leading lady Corinne Andrew to create this new stage Cabaret celebrating the essence of French popular music.

Cabaret Seating: Adult \$42 Conc \$40
Theatre Seating: Adult \$40 Conc \$38

THE FARNDALE CHRISTMAS CAROL

SEE 2024 POTATO SHED SEASON EVENTS BOOKLET FOR DISCOUNT OFFERS*. PAGE 10

FRIDAY 22 8PM & SATURDAY 23 MARCH 1PM & 8PM

It may be a few months late, but the Farndale Avenue Housing Estate Townswomen's Guild Dramatic Society's Production of **A Christmas Carol** is sure to delight. Heart-warming and engagingly goofy comedy portrays the attempts the ladies of the society and a slightly reluctant man to get through a production of Dickens' **A Christmas Carol** that is disaster-prone in the lovable way of small theatre productions.

Mixed Seating: All Tickets \$27.50*

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By Mayor Trent Sullivan

Council's Community Grants program is a highly competitive process.

Which is understandable, given the grants can often be the difference between not-for-profit clubs and groups being able to pursue their facility upgrade or stock vital equipment.

In the latest round of grant opportunities - for Community Infrastructure and Geelong Heritage - we received 56 applications.

We were able to financially contribute to 31 of these, which will share in more than \$2.76 million.

From a Drysdale perspective, Council was pleased to be able support the local football and netball club to develop plans for two key projects.

Council met the club's funding request in full, providing a total of \$72,909 across the two initiatives.

The Hawks have identified the need to investigate and plan for a future lighting upgrade.

Its current lights are 40 years old, and as to be expected have fallen behind industry standards.

Thanks to funding from all levels of government, in recent years we've been able to install new sports lighting at a wide range of reserves.

We know this provides more chances for training and games, and the lighting is both

more efficient and has reduced maintenance costs.

The club is also looking to advance a Drysdale Recreation Reserve Facility Development Plan.

This strategic plan aims to present a case for improvements to the reserve, which is also a home base for the Drysdale Cricket Club.

Further afield, Council awarded a \$19,300 grant to the Portarlington Bayside Miniature Railway.

The grant will help the organisation refurbish the popular visitor attraction, and to provide new infrastructure.

And in St Leonards, the local Men's Shed received \$14,600 to progress its plans for an extension to its workshop.

This will provide more space for machinery and an increased number of workbenches.

For more information on Council's Community Grants program, please visit www.geelongaustralia.com.au/grants



At SpringDale *this Month*

- Applied 4 passport renewals
- Helped send invitations for a shower tea
- Helped move photos for one phone to another
- Hosted 5 JP signing service mornings
- 179 Membership renewals
- 214 class enrolments
- 261 group members + offsite group members
- Held a garage sale and kept 12 cubic metres out of landfill and made community members happy
- Welcomed 3 new volunteers
- Published an edition of SpringDale Messenger
- 97 volunteers delivered 15000 copies of SpringDale Messenger
- Made 82 jars of jam
- Helped many people feel less isolated



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

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

Advertisement

I am here to help.



My Office can assist you with information about Federal Government services, including:

- Centrelink
- National Disability Insurance Scheme (NDIS)
- Medicare
- Australian Taxation Office (ATO)
- Immigration, citizenship and customs
- Passports
- Pensions, and My Aged Care
- Child support
- Veterans' Affairs

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BUDGET NEWSLETTER

LIBBY COKER
FEDERAL MP FOR CORANGAMITE

Email Libby.Coker.MP@aph.gov.au
Phone 03 5261 7683
Web libbycoker.com.au @LibbyCokerMP

Authorised by Libby Coker, Australian Labor Party, 26/500-540 Torquay Road, Armstrong Creek VIC 3217





DRYSDALE
Primary School
POTATO FAIR
Friday 22nd March 2024

Drysdale Primary School would love the local community to join us for our school Potato Fair on Friday 22nd March from 3.30pm to 7.30 pm. The Potato Fair will once again recognise Drysdale's long history as a potato farming area, and celebrate our wonderful region with an evening at the school, where everyone is welcome.

The Potato Fair evening to be held onsite at the school will include rides, food trucks (lots of options for dinner), live music, and market stalls on the oval to browse. Come and join the fun, connect with your community and support the next generation of students at Drysdale Primary School.

Julie Penfold - President
Drysdale Primary School



The Bellarine North Rotary Club is holding their 45th Art Expo over, Easter on Saturday 30th and Sunday 31st of March from 10:00 AM to 4:00 PM.

It is one of the major art events in the Geelong Region with some 450 paintings by over 100 contributing artists. We include exhibitions from the Bellarine Camera Club and the Festival of Glass. Come along and see this exciting exhibition, or come to buy Original Artwork for your home, or business! - All items are for sale.

We are also displaying 'Our Stories for Change' - a lived experience art exhibition created for the 16 Days of Activism. The exhibit displays artworks created by women in the community who have been impacted by sexual and family violence

Our Café will be serving Coffee, Tea, Scones, Sandwiches and Slices. The Expo is held at the Christian College Hall 40 Collins St. Drysdale We look forward to seeing you there!

Ken Withers - Bellarine North Rotary Club Art Expo Committee

More information is available on our Website - <http://www.bellarinenorthrotary.org.au>



DRYSDALE EASTER MARKET COLLECTABLES & CRAFTS

Saturday, March 30 9am-2pm

25 Eversley St, Drysdale, in Community Hub (Mortimer Hall) next to Police Station

Entrance \$2 per person - children U16 free

Stallholder enquiries to pbruce2@bigpond.com

Presented by

Geelong Bottle & Collectables Club



All Crafts DESTASH Market

A Destash is where people from all different crafts get together to sell and buy their excess craft supplies.

PNH is now taking bookings for Seller Tables. Tables are limited.

Sunday 28 April 8am-3pm for stall holders
Members \$25, Non-members \$30.



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Australian Citizenship

Over the last few months, information about Australian Citizenship has been sparking an interest in me to research. I was quite surprised and so I share my findings, as I usually do.

Australian Citizenship can be acquired in three ways - by birth, by descent, or by conferral.

1. If you were born in Australia before 20 August 1986, and issued with full birth certificate issued by Australian Registry of Births, Deaths and Marriages

2. If you were born in Australia on or after 20 August 1986, you can prove your citizenship by:

- an Australian citizenship certificate in your name, or
- an Australian passport issued in your name on or after 1 January 2000 that was valid for at least two years, or
- one of your parents was an Australian citizen on the day you were born.

You could be eligible for Australian citizenship by descent if you were born outside Australia and one (or both) of your parents at the time of your birth was also an Australian citizen at that time.

3. Become an Australian Citizen by conferral

A. Permanent residents including New Zealand Special Category visa holders

This is for:

- permanent residents aged 18-59 including New Zealand citizens holding a Special Category (subclass 444) visa (SCV)
- children aged 16 or 17
- children 15 years or younger applying with a responsible parent
- Commonwealth Child Migration Scheme migrants
- refugees or humanitarian migrants

B. Person 60 years or over

This is for:

- permanent residents aged 60 years or over

including New Zealand citizens holding a Special Category (subclass 444) visa (SCV)

- Commonwealth Child Migration Scheme migrants
 - refugees or humanitarian migrants
- Applicants for Australian Citizenship by conferral must pass a citizenship test and if approved, attend a citizenship ceremony before they are considered to be Australian Citizens.

Australian citizenship is a privilege offering enormous rewards.

Responsibilities - As an Australian citizen you must:

- obey the laws of Australia
- vote in federal and state or territory elections, and in a referendum
- defend Australia should the need arise
- serve on jury duty if called to do so

Privileges - As an Australian citizen you can:

- vote in federal and state or territory elections, and in a referendum
- apply for children born overseas to become Australian citizens by descent
- apply for a job in the Australian Public Service or in the Australian Defence Force
- seek election to parliament
- apply for an Australian passport and re-enter Australia freely
- ask for consular assistance from an Australian official while overseas

Next month we will explore what it means to live in our Australian Democracy.

Reference: Australian Government Department of Home Affairs Immigration and Citizenship - Become a citizen (homeaffairs.gov.au)



Are you a native German speaker who would like to converse in your mother tongue, but everyone around you speaks English?

Or have you lived / worked in a German speaking country, and your German has become rusty, because you don't have a chance to practise it?

Would you be interested to meet people in similar situations on a regular basis (once a week or once a fortnight) to have conversations in German?

We could talk about food (and maybe taste some), travel, celebrations or simply everyday life - depending on the interests of the participants.

Please note that this group is not a German language acquisition class for total beginners, but an opportunity for people who have some knowledge of German to retain or improve their speaking and understanding of the language.

Possible days / times are Thursdays 3-4pm (fill part of your afternoon) and/or Tuesday 5-6pm (home in time for dinner).

To express your interest in joining the group and your time preference please contact Anne on (03) 5253 1960 or office@springdale.org.au.

Bis bald!

Susanne



It seems like we have hit the ground running this year with a really productive first meeting in February. I'm so grateful for the enthusiastic team we have become and the readiness of each one to do what they can to help make a difference in our community.

In case this is the first time you've heard about Women Living Well on The Bellarine (WLW), we are a group of women who believe that something needs to be done about the fact that one in three (33%) women over 55 are living in financial hardship.

It's hard to imagine, but they're the official statistics and it's Australia wide, not just here on The Bellarine.

We've made it our aim to make this shameful statistic known and to do all we can to help in practical ways, while finding options for more appropriate housing for older women caught in the ever increasing rent and cost of living crisis.

We came away from our last meeting with quite a "to do" list as we continue to knock on doors looking for support and partnerships.

Last year our meetings were regularly on the last Friday of each month, but life is a bit unpredictable for me at the moment, so if you would like to come along to find out more about our group, please phone or email me for the next meeting date.

Phone 0422 146 604, Email diannebennett4@hotmail.com

We'd love to have your support.

Dianne Bennett

THE WHAT DAY IS IT BIT

Victoria's bathing experiences are a short trip from home, but light years from the real world. Don't be alarmed by that strange feeling – that's just your stress melting away.

Unwind at revitalising places like Alba Thermal Springs & Spa.

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VICTORIA EVERY BIT DIFFERENT



Flavours of Sri Lanka

Sri Lankan Curry Powder

- 4 tbs - Coriander Seeds
- 3 tbs - Cumin Seeds
- 2 tbs - Fennel Seeds
- 2 tbs - Blackpepper Corn
- 2 Tbs - Rice
- 1 Tbs - Whole Clove
- 2 Tbs - Mustards Seeds
- 2 Sprigs Curry Leaves

METHOD:

1. Place the rice on a dry non stick pan. Heat over medium heat until the rice starts to turn light brown.
2. Add the rest of the spices to the rice, And roast for a further 3 - 5 minutes until the spices start to brown, toast and become aromatic Keep moving the pan to prevent the spices from burning. Also adjust the cooking time according to your stove and pan, to avoid burning the spices or your curry powder will be bitter.
3. Remove from heat and let the spices cool down.

Once the spices cool down, use a spice grinder or a Mortar and Pestle to grind the spices into a powder in batches and mix well. Store in an air tight container.

You can add 1 x tablespoon of Chilli Powder & 1 x tablespoon of Turmeric Powder for extra heat.

Egg Curry

- 12 x Hard boiled eggs
- 4-5 x Potatoes
- 1 x Can Coconut Milk
- 3 x tbs olive oil - (to saute)
- 1, 1/2 tsp - authentic srilankan Curry Powder
- 1 x red onion, chopped
- 2 x cloves of garlic, chopped
- 1 x piece of ginger, chopped
- 1 x green chilli, chopped
- 2 x tomatoes, chopped
- 1 x tablespoon coriander leaves, chopped
- 1 x sprig of curry leaves

This dish can be accompanied with steam Basmati Rice.

METHOD:

Sauté all chopped ingredients in a heavy bottom pan with 3 tbs of olive oil. When the paste becomes transparent, add the shelled whole eggs in and leave the eggs cooked in olive oil till the outside of the eggs become brown. Add coconut cream and cook for another 10 minutes, or the sauce is thick. Add salt and pepper.

Best eaten with steamed rice.



Plum Jam

After pruning the plum tree quite heavily last winter and the weather providing sufficient sunlight and rain, my plum tree produced a plentiful harvest. Local birds selected their fair share of the bounty, leaving me approximately 16 kilos to harvest. From the 16 kilos I made 76 jars of plum jam (of varying sizes). Making Jam in the slow cooker may take a little longer but jam made this way seems to have a delicious taste and has allowed plum jam to sky rocket into my favourite jam spot.

Thanks to Jan Ward for teaching Jam Making this way, last year.

After attending a session on "How to prepare an entry for the Bellarine Show" the other day. I am hoping my plum jam might be judged favourably at the Bellarine Show. I'd have to say that batch 4 looks more "jammy" than batch 1 - Its looking like a jar from batch 4 might be favoured at the moment. There might be another photo next month?

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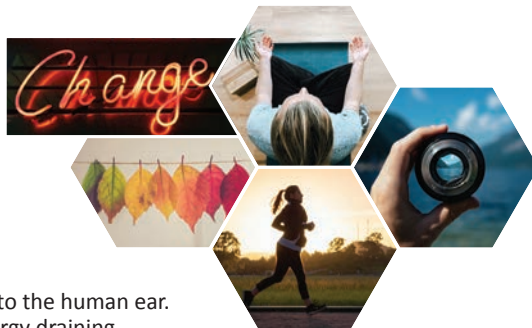
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Small Change Gathers for Big Rewards



Even the word “change” can be unsettling to the human ear. It might feel unsteady, confronting and energy draining. Depending what is on the other side of change, it can also be so many positive, powerful things.

A new adventure, an improvement, a shift in thinking, feeling empowered, accomplished, successful.

One thing is for sure, change can be hard. Old patterns, routines and perceived “comforts” can feel like a landslide pushing the mind back into old ways. In the journey of igniting positive change into your life, whether it's breaking a habit, adopting a healthy diet, starting an exercise routine, or embracing meditation, it is helpful to use some techniques that encourage that change. As a clinical hypnotherapist dedicated to helping individuals achieve their goals, I offer four practical techniques that can pave the way for your change.

1. Awareness and Goal Setting.

To elicit a permanent change, it is useful to reflect on the current behaviour that you are intending to leave behind. Make a list of its impacts and reflect on the reasons behind your desire for change. Set short- and long-term goals around your change:

CHANGE: to improve my fitness so I feel strong and energised

SHORT TERM: I will begin with 3 days of walking per week, 30 minutes each time.

LONG TERM: I will build my stamina to run a distance of 3km.

2. Visualisations and Affirmations.

Deepen your resolve, commitment, and motivation by making a daily practice of visualisation. Make this easy to do every day, in the shower, or as you get out of bed. Imagine the positive outcomes of your change and rehearse in your mind what success feels like. It can help to create an affirmation, phrase or “one-liner” that becomes a new kind of self-talk and reinforces against doubt and self-sabotage. Think of a phrase that will get you out of bed and into your running shoes or empower you to put down the chocolate cake when you aren't even hungry.

AFFIRMATION: I am grateful for the opportunity to make healthy choices.

3. Keep Perspective.

At every choice point, remember the power of that moment. Starting with small actions, you can begin to pave the way to new neural pathways - each choice you make for positive change deepens that pathway. Stay small, keep perspective, one choice at a time, and let them begin to accumulate for greater change.

THINK: It is just this one choice for positive change.

4. Implementation Intention and Habit Formation.

Develop some specific plans - for when, where and how your new behaviour will be enacted. A clear and realistic implementation plan will enhance the likelihood of forming your new habit. This plan will help bridge the gap between intention and action and promote both consistency and habituation.

I WILL: Meditate for 20 minutes.

AT: 8:30am before I begin my work.

WHERE: in a quiet, comfortable space (prepared and ready for this).

Positive change is the kindest gift you can give yourself. No-one else can give this healthy behaviour change to you. It is your action, for yourself and a wonderful source of self-kindness.

Hypnotherapy uses the relaxing and insightful techniques of hypnosis to change subconscious patterns. Hypnotherapy can provide access to your inner resources and modify deep-seated beliefs, making behaviour change more attainable. Whether it's overcoming an addiction or managing stress, hypnotherapy can empower clients to break free from limiting habits by tapping into their subconscious mind. This technique offers an approach to behaviour change by addressing the root causes.

You can change for the better, and you can change for yourself, you may even have fun doing it!

Kim High - Clinical Hypnotherapist

BSc DipEd MEnv DipClinHyp

Family Hypnotherapy

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Sunday 10th March, 2024

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Butterflies on the Bellarine

It's hard to miss the clouds of Cabbage White Butterflies which have appeared in our area recently. This butterfly (yes butterfly, it's not a moth) is introduced to Australia. The caterpillars feed on cabbages and other brassicas, including canola. Many home gardeners will be dreading the forthcoming explosion of green caterpillars devouring anything green in their vegetable patch in the coming months.

But did you know that the Bellarine is home to many native Australian butterflies as well?

These range from the tiny Common Grass-Blue and Green Grass-Dart, through larger brown butterflies such as Common Brown, Australian Painted Ladies, Meadow Argus and Yellow Admiral butterflies to the larger, more showy but usually less common butterflies such as Monarchs, Swallowtails, and Jezebels.

It can be great fun to spot butterflies in our gardens, but how do you increase your chances of attracting butterflies to your home patch?

Butterflies are the adult life stage of insects that spend much of their life as caterpillars, only emerging as butterflies to mate and lay eggs. To have butterflies in your garden, you need to have food plants for both the adult butterflies and their caterpillars!

Fortunately, some of our most common native butterfly larvae (caterpillars), feed and pupate (metamorphize into a butterfly) in native and other grasses and other grass-like plants. You can make more habitat for them by encouraging grassy places in your garden (not cut too short!) and planting clumping grass-like plants like Lomandra and native lilies. Swallowtails like citrus and correas, the spectacular Jezebels feed almost exclusively on mistletoe, while the blue butterfly



Photo by Graham Possingham

caterpillars eat various pea leaves, from medic to wisteria. A varied, but not too tidy garden is great for butterflies and other native wildlife.

Butterflies themselves generally feed on nectar, so having the best chance of attracting them to your garden means planting nectar-rich plants that flower in the warmer months. This includes all sorts of daisies, buddleia (sometimes called butterfly bush) as well as sages and lavender.

You will find pictures of some of the local butterflies on the Geelong Field Naturalist website at <https://www.gfnc.org.au/bioblitz-id-guides/bioblitz-guides>

Jenny Possingham

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Clifton Springs Garden Club

What a great start to 2024 with 34 members attending our first meeting.

Our meeting opened with President Gordon presenting a well deserved Life Membership to Rae Cashmore. Rae has been in the Club since 2002, and during that time, she served on the Committee and was Secretary for 5 years. Rae is still very active in supporting the Club in anyway she can. President Gordon also presented Recognition of Membership certificates to Susan Duncan (20 years); Peter & Marjory Nicholls, John & Marlene Clarke and Barbara Goodridge (15 years). Congratulations to you all.

Wayne Long, our guest speaker at the February meeting was most interesting. I was so engaged by what Wayne was telling us I didn't take notes. I think we all learnt a lot about how native plants are being propagated in Australia today (and around the world); how many new species of plants are being found each day; and how many native species we have in Australia. Wayne also showed us examples of some new plants that had been grown by tissue culture (which is quite fascinating in itself); as well as how to care for our native plants. Thank you Wayne for your presentation, and for bringing along so many samples of native plants.

Our outings for 2024 started with a social morning tea/lunch at Van Loons, which was enjoyed by all those who attended. Gardeners will never say no to visiting a nursery, and nearly always come out with a new plant, even if they don't need one.

Outings Co-Ordinator Keith has a great variety of gardens for us to visit over the coming months, including the Dahlia Farm Gellibrand, Blackwood Ridge Gardens and Geelong Botanic Gardens.

Our next meeting is Monday 4 March, at the Uniting Church Hall Drysdale at 7.30 pm. We are currently locking in a variety of speakers for the coming months, so 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



Above - Suzy Ridgeway & Rae Cashmore

Wayne Long our February Speaker

Left - Susan Duncan, Marlene Clarke, John Clarke, Barbara Goodridge, Marjorie Nicholls & Peter Nicholls



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Many thanks to Heather Prince for judging the 2023 Image of the Year. It is a huge job to review all the first and second placed images from all competitions throughout the year.

The winning entry chosen was "Subtle" by Debbie Hallows. Debbie explained that she was at the Melbourne Art Gallery photographing people through the glass water wall. She had a lovely interaction with the mother of her subject while she composed the winning image of the child and her reflection. Debbie also won the B Grade aggregate award for the highest points throughout the year.

The winner of the A Grade aggregate points was Neil Smith who submitted consistently throughout the year and received good scores for his work.

Bellarine Camera Club is looking forward to a great year ahead, with many new members and an exciting syllabus of events and competitions.

The club will be exhibiting at the Rotary Easter Art Expo - stay tuned for more details.

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

New members and visitors are very welcome.

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2024 Art Workshop Program on Friday Afternoons

Topic: Demystifying Portraiture and Life Drawing

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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.

Tutors: Annette Playsted, Gillian Turner

Dates/times: Fri Mar 1 & 8 1.30-4pm

Fee: \$60 or conc \$50

Other Friday afternoon sessions being offered in the other 3 terms are

May 17 & May 24

- **Adventures with Printmaking**

August 2 & August 9

- **Adventures with Sculpture**

November 8 and November 15

- **Working with Reflection and shadow, out and about in our local area**

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Bellarine Birdlife **Birds' Eyes**

I frequently give talks at various clubs around the Bellarine about birds and what they give to humans. Yes, we all know about aeroplanes and helicopters being designed after research into various birds and we are still learning. Just recently plane wings have changed shape and the tips of the wings are designed to point upwards after the results of a study on soaring raptors saving us thousands of dollars in fuel costs. Great news, however one of my sincere wishes for new research relates to bird eye sight. Please researchers, please, please find out in your intense and detailed studies about bird eye sights and how we as humans can gain perfect sight. Wouldn't it be great to never wear glasses? Especially never have to hunt for your lost glasses. How can you find them when you haven't got your glasses on so you can see?

Let's look at some of those birds in gaining an understanding why my desire for eye sight knowledge is so strong.

Raptors, the numerous carnivorous birds that hunt and kill other animals have wonderful eyesight, eight times stronger than a human. Eagles can see small objects up to 2 miles (3.2 kms) away. With their eye front position, the birds can see both wider vision and also see both views in front as well as the side. Their large eyes also see depth which allows them to have a speed of perception and makes it easier to fly rapidly through the landscape. With monocular vision birds can also scan two

large areas. Some birds even have sight at 360 degrees laterally and 180 degrees vertically. If I went into all the various talents of bird eye sight I feel that the whole subject would fill up 'The Messenger'.

Owls have larger sized eyes, well larger relative to body size, and that means the image captured is larger. They can also see in ultra violet colours. Their specialisation relates to flying at night. With feathers adapted to silent flying and eyes so big and capable they easily see during night flights. Owls also have everlasting sight. I am told that their eyes are just as capable when they die as when they are born. The eye sight does not deteriorate with age with some owls living up to 27 years.

Birds who migrate use eyes to help them find the way. As an example, it is thought that 'magneto reception' allows the bird to see the earth's magnetic grid and consequently can be used as a guide in the long route.

This allows migratory birds to fly from Alaska down through the Seas of Okholok, of Japan, of East and South China and The Timor Sea to eventually arrive at our Victorian beaches, a journey of at least 11,000 kms.

Pigeons have an excellent vision for certain colours. They can easily pick out an orange or yellow object and also can detect ultra violet light consequently they have been used in rescue missions out at sea. Pigeons carried in helicopters have been trained to react to the yellow/orange colour in the violent seas



off the UK. This has saved lives as pigeons see a missing life craft or safety vest before the humans on board. I have also just read an article on pigeons being used to monitor lead pollution in the City of New York City. It seems that this 'Rat of the Skies' has many attributes.

Thank you to those who have contacted me and said that they have missed reading my notes on birds. I was so delighted to know that there are regular readers who enjoy 'Bird Notes'.

RT Edgar

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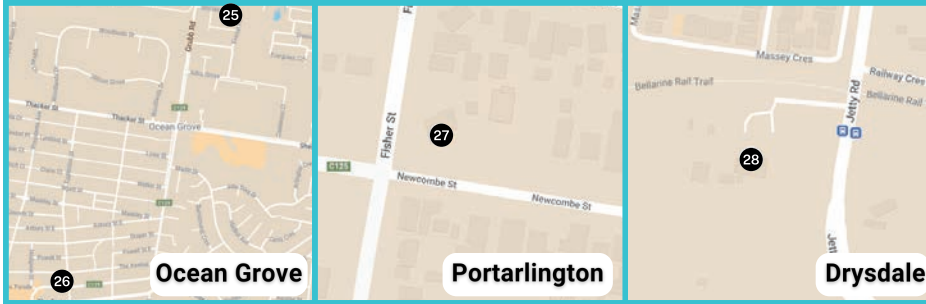
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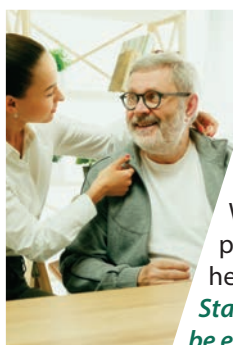
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"Fear for her..."

Last month we visited the continent spanning mile high city of North Am where in the year 4000 A.D. all work is done by robots. Magnus, a sort of "Tarzan" of the future, has been sent to investigate certain surreptitious activities of these robots, some of whom appear to be attempting to take charge of their so-called "owners." I wonder if, while he's on the job, he should give us 2000 A.D'ers a look in as well.

We're told that the "Smart" house of the future, which is more or less available to us today, will be a magic solution to all our domestic problems. But what if the "house" started taking charge of us, instead of just our services?

In the 1977 sci fi movie "Demon Seed" actress Julie Christie finds herself a hapless prisoner inside her own smart house which has decided that it wants to create "life" by using her as a breeder for a sort of computer chip "embryo."

Although it is, of course, built into the house, the master computer uses its self-maintaining equipment, to mount a sort of computerised "actuator" onto a wheel chair, thus providing itself with a controllable "in house" mobile "drone" which can personally "engage" with its prisoner.

But I wonder if in 2000 A.D., Magnus would be more concerned by the current proliferation throughout our society of the so-called "smart phone." After investigation he observed that the "4000" people were fit only to play and watch television. But I must say that nobody there was walking about in a sort of trance in broad daylight, staring at a miniature television screen held in their hand. They watched OR played. But in our case, there's the phone, and there's the human. What I want to know is... who owns who? **John**

Bellarine Food Scraps & Compost Warrior's

At Bellarine Food Scraps and Compost Warrior's, our mission is to empower individuals and communities with a sustainable solution for managing their unwanted food scraps. We provide the opportunity for people to make a conscious choice by offering a convenient and accessible system for diverting food waste through composting.

Through our program, we aim to reduce food waste and its harmful impact on the environment, while promoting the value of composting as a means of nourishing the Earth. We strive to encourage responsible consumption habits and resourceful practices within our community.

By supplying each participant with a bucket and lid, we enable them to easily collect their food scraps. Once these buckets are returned full, we take the responsibility of composting the waste, turning it into nutrient-rich fertilizer. We believe in the power of composting to create a cyclical system that closes the loop on food waste and supports sustainable agriculture.

Additionally, we offer the opportunity for individuals to collect a bucket of compost as they need it, in order to encourage the utilization of this valuable resource in their own gardens and green spaces, contributing to the creation of healthy and thriving ecosystems.

Join us in our mission to make a positive impact on the environment by becoming a part of Bellarine Food Scraps and Compost Warrior's. Together, let's transform unwanted food scraps into a source of nourishment for our planet, promoting a sustainable future for all.

Details on how to join in can be found via our Facebook page. Just search Bellarine Food Scraps and Compost Warrior's. <https://www.facebook.com/profile.php?id=61553324996898>

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Making my Home more Sustainable - Part 9

I was able to replace the gas cooktop with an induction unit in mid December.

The cooking is going well - it is easy to clean and very controllable/responsive as well as being more efficient and not producing harmful gases.

This was my third and final step in replacing the gas appliances and I'm now gas-free and saving the connection fee of around \$400/year and some energy costs.

It's good to do your research early on potential upgrades (eg Hot water, central heating, induction cooking) so one can act quickly if you need to (eg after a failure)

December did not prove to be overly hot but as school returns there is still a lot of summer to come. However it's still the time to try and reduce the cooling demands which generally also helps reduce the heating requirements in winter.

- Stop the heat entering - improve seals, fill gaps, insulate ceiling and walls and double glazing/ window treatments, seal up unused chimneys
- Stop the sun striking the windows by using external blinds, pergolas, deciduous trees or close internal blinds and curtains
- Clean the air conditioner filters
- Cook outside

To also reduce costs one could

- Use fans (very small power use) with the moving air feeling having a cooling effect
- Restrict rooms being cooled - zone the house so as not to cool areas not being used regularly (be aware of any system minimum flow constraints)
- Install a more efficient and correctly sized air conditioner (substantial improvements have been made in the last 15 years so check the CoP, coefficient of Performance and higher the better and they are also generally very efficient heaters)
- if you're on a time based electricity tariff consider some pre-cooling on the cheaper rate
- go to free air conditioned places (or the beach) and then cool the house at night by opening windows and doors to cause a cross flow to flush out the hot air.

AEMO (The energy system manager) recently issued its quarterly report for 2023 Q4. It is a fact based technical analysis but shows what is actually happening and their forecast for the near term and associated actions. The link is

<https://aemo.com.au/-/media/files/major-publications/qed/2023/quarterly-energy-dynamics-q4-2023.pdf?la=en&hash=9E82966D60F4FA5050F1AF1109D5F158>

It shows the average wholesale price (What the generators are paid) for Victoria was 2.6c/kWh for Q4,2023 which was 59% lower than the previous year so should lead to reduced price offerings. (The retail price also includes the costs of transmission and the retailers costs and their profits). For 29% of the quarter the wholesale price for power in Victoria was negative and between 10.00 and 14.00 it was negative 73% of the time (this means the generators have to pay to produce power).

Many records were broken for the NEM (Eastern Australia)

-For electricity generation in Q4 2023 (compared to Q4 2022) Solar provided 23.2% (+1.6%points), wind 13.4%(+0.7%pts) whilst black coal fell to 39.1% (-1.5%pts and the first time below 40%), brown coal fell to 14.1%(-0.8%pts) and gas supplied just 3.6% (-0.4%pts).

In South Australia Domestic PV alone provided 101.7% of total demand for a brief period which is the first time for the world and again shows that the system can be stable with a very high penetration of renewable energies
Our first meeting/discussion at SpringDale on Home Sustainability went very well. One attendee installed a heat pump for their hot water the next week and like myself he is impressed with its performance. We've decided to have some more events. The details will be advertised at SpringDale / on their website shortly and the next one will be on Thursday, March 21st from 5.00pm on hot water heat pumps, solar and batteries with an equipment display and a talk and q&a from a local expert. Heat pumps are very efficient and Vic Energy Upgrade subsidies are generally available and our local supplier is now fully registered..

Rob Gardner



First Sustainability Meeting



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Clifton Spring & Curlewis Coastcare Group

Forthcoming Events

Friday 1 March - World Seagrass Day - Walk and Talk.

Meet at the Dell by the rotunda near the beach at 9.30am. Wear suitable shoes and bring a water bottle, sunhat etc.

Clean Up



Sunday 3 March - Clean Up Australia Day.

Meet at 10.00am to 1.00pm at the Clifton Springs Boat Ramp. All Ages and Abilities are welcome. Bags and some gloves will be available. A Table will have information about various environmental aspects and events.

Wednesday 10 April - Habitat restoration.

Be part of the first habitat restoration community activity and meet with the CSCC group 9.30am to 12.30pm at the Clifton Springs front beach. Access from the ramp opposite 34 Edgewater Drive, Clifton Springs. Look out for signage. All welcome. Gloves, tools, training, and advice will be provided. This will be the first activity of a regular Habitat Restoration Program along the foreshore with support from Geelong Council Officers.

In April, date TBC - Plastic Pollution Monitoring Program.

Come and participate with the CSCC Group in the Plastic Pollution Monitoring Program, coordinated by the Bellarine Catchment Network (BCN). This program (twice a year activity in April and October) helps us better understand the sources, movement, distribution and impacts our waste can have.

In May, date TBC - Waterwatch Victoria Program (Introduction).

Come to an information and training session of the Waterwatch Victoria Program with the Corangamite Catchment Management Authority (CCMA) in May. The CSCC Group has been undertaking monthly water monitoring at two sites on the Clifton Springs Curlewis foreshore. Through the Waterwatch Program, citizen scientists are encouraged to become actively involved in local waterway monitoring and on-ground activities.

Look out for further information and announcements on Facebook.

Rob Gardner, Hans Heine



Springdale Trivia

by Drysdale Girl Guides

1. In what year was the first Jurassic Park movie released?
2. What is the tallest mountain in the world?
3. What name does Whoopi Goldberg's character Deloris adopt while in hiding in a convent in the movie Sister Act?
4. Which country won the gold medal for women's soccer during the most recent Olympic games in Tokyo?
5. What type of animal is a Flemish giant?
6. What is the capital city of Italy?
7. Who wrote the novel "The Great Gatsby"?
8. Who was the last winner of the Men's singles at the Australian Open Tennis who did not come from Europe?
9. What word describes a word that spells the same backward and forwards?
10. What chemical element has the symbol, Na?

Turn to page 22 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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1000 Games of Pennant Bowls



Kevin Steen started playing bowls at 27 years of age, which was considered as very young at the time. He was introduced to Bowls by his employer at the time, the late Lex Mortimer.

Kevin has played all of his 1000 games for Drysdale and during that time has held many club positions on the board, committees, coaching and selection.

Kevin has won multiple club championships in various disciplines, multiple pennant premierships, the latest was 2019 Division 1 Pennant promoting Drysdale in to Premier league. Last year Kevin played in the Division 3 team.

Kevin represented Drysdale in various regional events over his 56 years of playing bowls. He is 84 years old and still going strong at the top levels of competition. Kevin recently played his 1000th game of pennant and has been inducted as life member of the Drysdale Bowling and Croquet Club.

Swimming for Health

I am very thankful for our new 50m outdoor pool here in Drysdale.

It's appreciated by the Community and has been life changing for me.

Have finally mastered the art of doing pool laps with encouragement from other swimmers.

What a great way to start your day with gentle aqua aerobics on Wednesday and coach has us moving at our own pace.

Staff and life coaches are friendly and welcoming - great facilities provided for young and old.

Again thank you to all the dedicated team who have made this a wonderful facility and I look forward to Stage 2 and the indoor facilities.

Sincerely Priscilla of Drysdale

BELLARINE WANDERERS

Over the last few weeks, we have been fortunate to welcome several new members and have walked and explored:

Fyansford and the Moorabool River, Indented Heads/ the St Leonards coastline, Point Impossible, and Point Lonsdale at a very low tide and also around Lake Victoria.

We have also started a "longer walks group" for those wanting to do 2 hours plus walks.

If you're interested in either or both groups, please contact Anne at the SpringDale Office.

Rob Gardner



SpringDale Numbers Group

Welcome to a social get together sharing and understanding numbers. If you have a maths formula that works for you and you would like to share it - please come along.

You may be surprised what numbers can do for you. You can contribute or enjoy what others have to offer. Maybe you'll discover why there are 52 cards in a deck. Maybe you'll find a way to impress your grandchildren.

We share an easy going, no pressure chat with some number quizzes and puzzles thrown in.

Together, we share laughs, and discovered easy to understand numbers and formulas and have become friends.

Hope to see you at one of our get togethers, 4th Wednesday in the month 1-2pm at SpringDale.

Will

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Trivia Answers

- | | |
|-------------------------|------------------------|
| 1. 1993 | 7. F. Scott Fitzgerald |
| 2. Mount Everest | 8. Andre Agassi (USA) |
| 3. Sister Mary Clarence | in 2003 |
| 4. Canada | 9. Palindrome |
| 5. Rome | 10. Sodium |
| 6. Rabbit | |



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The local Drysdale Hawks Football Club have both in spades. It's an exciting time for the Hawks having played in a close see-saw grand final last season. The senior men's football program is in full swing, recruiting has been good, and development of the young group excellent. Congratulations also go to the following Hawks players who return for the 2024 season, having made the 2023 BFNL Team of Year; Ben Fennell (Team of the Year Captain), James Breust and Tom Ruggles.

Hawk's senior men will open their campaign against reigning premiers Torquay on Saturday 30 March, venue yet to be confirmed. The senior women will start their journey on 5 April, with some new faces alongside familiar ones. The women's team are striding forward under the guidance of new female coaches and trainers. All are feeling positive and optimistic about the upcoming season. The under 18's and junior female begin on 13 and 14 April, other juniors the 19 April.



An open invitation is extended to the Drysdale, Clifton Springs, Curlewis and Bellarine community to come along, and support your hometown Hawks, during the 2024 Bellarine Football Netball League season.

Want to support the Club but don't know how? Become a SOCIAL MEMBER to receive FREE entry to all home games, two free meals and invitation to the Club's social events. The Hawks social events are fun and great way to meet new people. Get your 70's Disco on with some vibrant colours or a glittery outfit, bell-bottoms, flared pants, skirts, think John Travolta in Saturday Night Fever and hit the dance floor on 4 May. Tickets will be released soon.

The Club encourages the whole community to Thursday night dinners (kicking off with the start of BFNL season). Meals are heavily subsidised by the Club's volunteers with the cost of a meal only \$15-\$25. Don't be shy, come on down.

The Hawks will again offer discounted SOCIAL FAMILY MEMBERSHIPS to families that have a registered Junior Member. For only an extra \$30, families can gain FREE entry into all nine home games (valued at over \$144). Visit the website to click on the link to register a junior and you will be prompted during registration to gain access to this deal.

Go Hawks!

Caitlin Redmond, Simone Strath, Ciarne Atkinson, Elie Montgomery, Zoe Unsworth, Nicole Wakefield.



Matt Pigott, Captain Mitch McGuire and Ben Fennell in the new Hawks apparel.

Key dates and contacts

BFNL commences - 1 April 2024

Junior Football - contact Junior Coordinator Amy 0409 859 837

Peninsula Sharks Junior girls football - contact Glenn 0438 344 918

Senior Women's Coordinator - Rhyll Montgomery 0409 944 602

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



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