

Road Safety Upgrade

Jetty Rd and Bayshore Ave, Clifton Springs intersection upgrade underway.

The City of Greater Geelong is pleased to announce the commencement of the upgrade to the intersection of Jetty Rd and Bay Shore Ave, Clifton Springs. The upgrade will include the installation of a roundabout with raised pedestrian crossings on the Bay Shore Ave approaches, scheduled to commence on Tuesday 23 April, 2024.

After assessing community complaints, crash data, speed and volume data and reviewing the options assessment for this site, the roundabout was the most beneficial treatment for all road users.

We are investing in making our local roads safer to bring Victoria closer to our vision of no lives lost or serious injuries on our roads by 2050. The Safe System approach to road safety also recognises that road safety is a responsibility shared between those who use roads and those who manage, design, build and maintain the road system and those who provide post crash care.

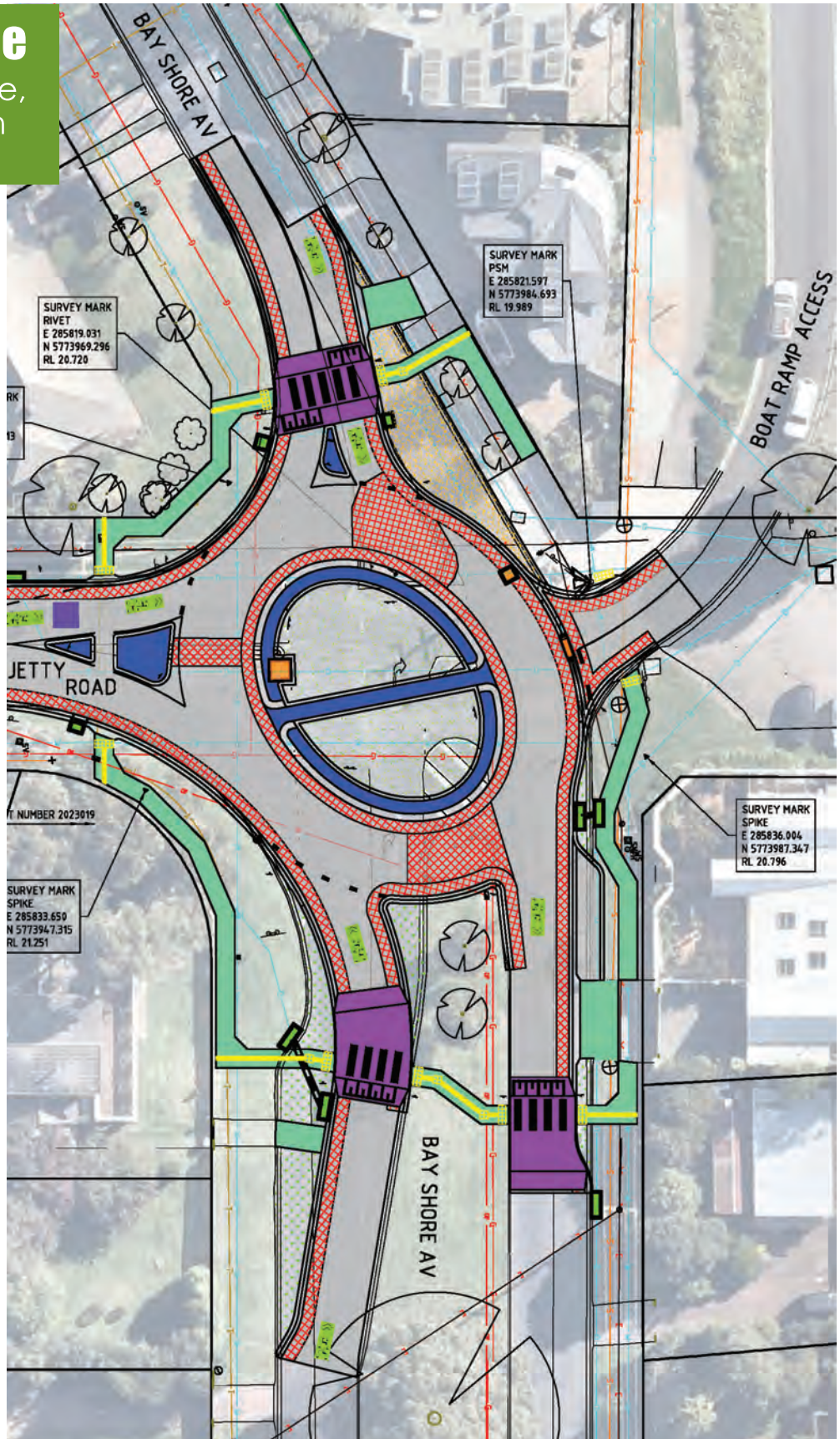
The Jetty Rd and Bay Shore Ave intersection upgrade aims to simplify the configuration of the current intersection by implementing a roundabout. Roundabout treatments promote a continuous flow of traffic whilst reducing delays and congestion. Additionally, roundabouts have been shown to significantly decrease the severity of accidents, making them a safer alternative to other intersection designs.

The circular flow of traffic eliminates the possibility of head-on collisions and high-speed T-bone crashes that are common at traditional intersections. The reduced number of conflict points and lower speeds within the roundabout contribute to a safer driving experience for all road users.

The raised pedestrian crossings on Bay Shore Ave will provide designated and safer crossing points which gives further prominence to pedestrians and encourages motorists to slow down on the approach to the crossings.

The upgrade will also include new footpath connections, drainage upgrades, new asphalt overlay, lighting upgrades, tactile installation, and minor landscaping works.

Access to the boat ramp will be maintained for the duration of the works. Please follow the advice of VMS boards and traffic controllers on site. For additional information regarding detours you may contact City of Greater Geelong on 03 5272 5272.



MAY 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.

- | | | |
|-----------|----|---|
| Wednesday | 1 | Don Juan - 8pm - Potato Shed |
| Friday | 3 | The Beatles meet the Everly Brothers Tribute Show - 8pm - Potato Shed |
| Saturday | 4 | Harvest Basket Vege Swap - SpringDale
Antitheft Screw Replacement - SpringDale Carpark
Festival of Glass Mosaics Bird workshops |
| Sunday | 5 | World Laughter Day |
| Monday | 6 | Clifton Springs & Curlewis Coastcare Waterwatch monitoring 9.30am |
| Tuesday | 7 | Welcome Morning Tea 10-11am at SpringDale Free
The Seekers and beyond- 10.30am - Potato Shed |
| Saturday | 11 | Portarlington Community Breakfast St Andrews Church
Portarlington 8-9.30am |
| Sunday | 12 | Mother's Day |
| Monday | 13 | Neighbourhood House Week afternoon tea at SpringDale 2pm
Dining Group - Japanese Restaurant High Street, Drysdale 6pm |
| Wednesday | 15 | Clifton Springs & Curlewis Coastcare Introduction to Waterwatch 9.30am
Lunch Bunch - Queenscliff Bowls - 12noon |
| Friday | 17 | Adventure in Print Making at SpringDale 1.30pm |
| Saturday | 18 | Tash York's Happy Hour - 8pm - Potato Shed |
| Wednesday | 22 | The Sunshine Club - 8pm - Potato Shed |
| Sunday | 26 | Neighbourhood House Week afternoon tea at SpringDale 2pm
National Sorry Day |
| Monday | 27 | Start of National Reconciliation Week |
| Tuesday | 28 | Lets be Frank! - 10.30am - Potato Shed |

Reminder
Bookings & copy required by 1 May for the June 2024 issue

Coming up in June 2024

- | | | |
|--------|---|--|
| Friday | 1 | Beyond The Shadows - 8pm - Potato Shed |
|--------|---|--|



SpringDale Messenger

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

COPY DEADLINE JUNE 2024

Bookings/copy required by 1 May.

Dist: 25 May 2024

Circ: 15,000 copies home & shop delivered

Available online for millions to read

https://docs.springdale.org.au/Msngr_2024/3404_MsngrMay2024.pdf

Connecting Your Business with our Community

For all Advertising enquiries:

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Phone: (03) 5253 1960

Online: Book an advertisement online.

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

For all Editorial enquiries:

Email: messenger@springdale.org.au

Phone: (03) 5253 1960

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

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

Editing of Contributors Material:

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

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

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

Art & Design by Jo Aspland Graphic Design 0438 055 679

The SpringDale Messenger is a locally produced publication.



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



SpringDale Neighbourhood Centre Inc. acknowledges the support of:



Education and Training



Environment, Land, Water and Planning

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.



Anne Brackley

Dear friends and friends I am yet to meet

SpringDale Neighbourhood Centre Inc has served and worked with and for our community for almost 35 years, beginning in a few homes and progressing to a community hub that approximately 1200 people frequent weekly (maybe even more). We often have 6 different groups, classes or activities happening in our rooms and many one to one services happening in the office.

Our offerings continue to evolve as our community evolves with people and passions driving our programs, groups and classes. When I started at SpringDale, more than 20 years ago, we had 6 special interest groups, advertised 20 classes a term and a few services. Now we have more than 39 Special interest groups, advertise 60 classes and provide a long list of services which keeps getting longer daily.

Volunteers continue to support so many of our offerings, keeping activities viable and also providing a wide range of purposeful programs, giving our volunteers a great sense of community and many new friends.

People come in tentatively and usually leave with confidence ready to come back again and again or take on a new challenge. We try to provide a supportive friendly environment so everyone feels welcome and appreciated. We try to make peoples' dreams come true if we possibly can.

Our services are many and varied - from simple photocopying, printing, faxing (yes faxing) to copying from home videos to DVDs, helping with telephone questions and MyGov related questions. We hire rooms, tables, chairs, glasses and more. We advocate for

infrastructure and for people - at the moment our attention is turned to Footpaths for Drysdale / Clifton Springs.

We work in partnership with hundreds of people, groups, and businesses. Partnerships are very important for us to be able to deliver our programs and for us to help others deliver theirs.

Some people come in for something simple like a photocopy and learn about other activities and come back time and time again. This may help to reduce isolation and help to create community, helping people to feel connected and valued.

We are all about building confidence, this is embedded in everything we do. As we nurture new writers for the Messenger or walk beside new tutors or answer a question at the front counter and offer more help than expected.

Our Vision

SpringDale Neighbourhood Centre, where ideas grow and people flourish.

Our Mission

The SpringDale Neighbourhood Centre is building the capacity and strengthening our community to improve the quality of life for people on the Bellarine.

Our Values

- Approachability
- Positivity
- Fairness
- Innovation

Hope to see you at SpringDale soon.

Yours kindly and sincerely

Anne Brackley OAM for Team SpringDale

Mindfulness Collage Art

Mindful Collage Art will help reawaken your creativity and nurture your imagination. Learn to express your ideas, thoughts, and emotions in this introductory workshop. Enjoy the process as you learn about design, patternmaking, dimension, and composition to help you grow in confidence whilst expressing yourself'. For more information and to book online <https://home.springdale.org.au/creative-arts-2/#xycol>

Instructor: Peta Henshelwood

Dates/times: Mon 13,20,27 May and 1 Jun 9.30-11.30am or Sat 11, 18, 25 May and 1 June 10am-12noon

Fee: \$160 or conc \$90

Friday Afternoon Art Workshop Adventures with Print Making

Instructor: Annette Playsted

Dates/Times: Fri 17 & 24 May 1.30-4pm

Fee: \$160 or conc \$90

(Adventures with Sculpture will be held 2 & 9 Aug) - Sorry for the misprint in last edition



Friendly Cuppa & Chat

Tuesday 7 May 10-11am **FREE**

Come & chat at SpringDale - RSVP 5253 1960



The SpringDale Lunch Bunch are going to Queenscliff Bowling Club Wednesday 15 May 12noon. **Bookings essential.** Please call SpringDale on 5253 1960 to reserve your spot.



SpringDale Dining group are going to Japanese Restaurant Drysdale Monday 13 May 6pm. **Bookings essential.** Please call SpringDale on 5253 1960 to reserve your spot.

Be part of the upcoming edition now! Business & Services on the Bellarine 2024/25 Directory



It's all about connecting people

Business & Services On The Bellarine 2024/25 Directory is a tool that other businesses and householders are coming to rely upon for information about local services.



For information about colour display advertisement specifications and costings, please phone SpringDale NeighbourhoodCentre (03) 52531960.

Support Your Local SpringDale Neighbourhood Centre - Advertise Locally

QUOTE OF THE MONTH

If you think you are too small to make a difference, try to sleep with a mosquito.

Dalai Lama.

Anne Brackley - Quote curator

Alison Marchant
Member for Bellarine



Victorian Inquiry into Women's Pain

For too long, women's pain has been dismissed, ignored, or perhaps they've been told it's just normal. It's time women's health had the attention and focus it deserves. The Victorian Department of Health is working to bridge the gap in women's healthcare through the Women's Health and Wellbeing Program, a program of work to change the way women's health issues are treated.

Last year, Victoria's landmark Women's Health Survey determined that its clear women's health deserves more attention.

Research has shown that chronic pain affects a higher proportion of girls and women than men around the world. Women generally experience more recurrent, more severe and longer-lasting pain than men, yet are less likely to receive treatment. This pain could be associated with various health conditions, including cardiovascular, neurological, reproductive and autoimmune conditions. Medical gender bias routinely leads to a denial of pain and therefore, lack of pain relief and associated treatment for women.

The **Victorian Inquiry into Women's Pain** provides an opportunity for individuals, clinicians and organisations to share their experiences and knowledge on women and girls' pain, care, service and treatment in the

Victorian health system.

The Inquiry will report on Victorian girls and women aged 12 years or older, with living or lived experience of pain and the information received from the Inquiry will form recommendations to inform improved models of care and service delivery for Victorian girls and women experiencing pain in the future.

The delivery of this Inquiry will be led by Safer Care Victoria, the Victorian Women's Health Advisory Council and the Pain Inquiry Sub-Committee, with a final report of the Inquiry into Women's Pain set to be delivered to the Victorian Women's Health Advisory Council by December 2024.

Written submissions are open online until July 31st, 2024.

To find out more about the inquiry or to make a submission visit: www.health.vic.gov.au/inquiry-into-womens-pain

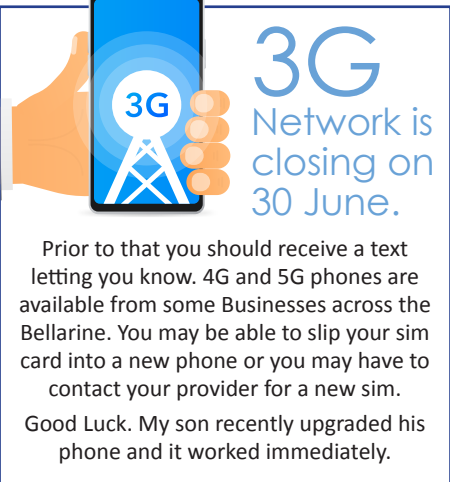
Congratulatory Messages for Milestone Birthdays and Wedding Anniversaries

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.

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.



3G
Network is closing on 30 June.

Prior to that you should receive a text letting you know. 4G and 5G phones are available from some Businesses across the Bellarine. You may be able to slip your sim card into a new phone or you may have to contact your provider for a new sim. Good Luck. My son recently upgraded his phone and it worked immediately.



Alison Marchant.

Member for Bellarine

Supporting our local community

📍 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

Autumn has kicked off with big audiences enjoying some huge shows, and this month make sure you take advantage of more of the best in Australian theatre.

Ooh la la. a slightly isolated dog and **Don Juan**? Leave your inhibitions at the door! On Wednesday 1 May, join in the revelry when a slightly isolated dog takes you on an adventure only, they could have devised. Physical comedy, twisted pop songs, razor-sharp wit - with you at the centre of the action.

Then in a change of pace, Mr Entertainment Issi Dye, alongside co-star Glenn Douglas, bring their tribute show **The Beatles meet The Everly Brothers**, Friday 3 May. You'll be transported back to the 60s, with all the greatest hits.

Then on Saturday 18 May, join multi-award-winning cabaret artist Tash York and the Red Red Wines for a night of raucous, rowdy and outrageous cabaret fun. **Tash York's Happy Hour** is a celebration of life, one glass at a time!

Postponed from March, HiT Productions and Creative Australia present **The Sunshine Club**, Wednesday 22 May. Written by Wesley Enoch, with music by John Rodgers, **The Sunshine Club** is a gloriously energetic, thought-provoking, and above all, entertaining night of theatre. And in a special offer for all

SpringDale Messenger readers, contact us for the code word to get a two-for-one ticket deal.

We have not one, but two huge Morning Showtime Shows this May - the more the merrier! Kicking off on Tuesday 7 May is **The Geekers with The Seekers and Beyond**. Colin Mockett OAM has donned his research cap and has pulled together a fascinating story of our own home-grown superstars, with **The Geekers** supplying the tunes.

Then on Tuesday 28 May, Steve Zammit returns with Issi Dye to present **Let's Be Frank**. The Chairman of the Board may have retired to the great big gig in the sky, but if you close your eyes, Steve Zammit will give you a glimpse of the late, great Frank Sinatra. Issi Dye joins in on the fun as he channels Bobby Darrin. Who is better? You'll have to book your tickets to find out.

All shows are on sale now at potatoshed.com.au. Or why not visit our box office between 10am and 4pm Mondays-Fridays. You can also call 5251 1998 to book.

Pick up a copy of our season booklet and look for the VIP logo for your chance to access discount tickets.

We look forward to welcoming you to your home of the performing arts..

POTATO SHED

WIN DOULE PASS to



The Sunshine Club Wednesday 22 May at 11am

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

Name: _____

Address: _____

Phone No: _____

COMPETITION CLOSING FRIDAY 17 MAY 4PM



WHAT'S ON

POTATO SHED

CITY OF GREATER
GEE LONG

DON JUAN (a slightly isolated dog)



WEDNESDAY 1 MAY
8PM

Leave your inhibitions at the door and join the revelry when five ludicrous 'French' performers invite you into their wild retelling of the story of the original master of seduction: **Don Juan**. Bringing together a brilliant physical comedy, twisted pop songs and explosive wit to create a hilarious and irreverent show.

Theatre Seating:
Adult \$30 Conc \$26 Student \$24

THE BEATLES MEET THE EVERLY BROTHERS



FRIDAY 3 MAY
8PM

The two biggest groups that influenced the 50s and 60s music history, were **The Beatles** and **The Everly Brothers**. Be transported back to the 60s with this wonderful costumed and styled show presented by **Issi Dye** and **Glen Douglas**.

Cabaret Seating:
Adult \$42 Conc \$40

Theatre Seating:
Adult \$40 Conc \$38

THE SEEKERS AND BEYOND



TUESDAY 7 MAY
10.30AM

Local group **The Geekers** return to the Shed for a day of all things Seekers, with dialogue from **Colin Mockett OAM**.

**MORNING
SHOWTIME**

All Tickets: \$20
Including Morning Tea

TASH YORK'S HAPPY HOUR



SATURDAY 18 MAY
8PM

Tash York and the **Red Red Wines** invite you to their world where life is celebrated one glass at a time. A raucous and rowdy filled happy hour with music and outrageously funny cabaret. Backed by her boozy music makers and singers **Peppy Smears** and **Vivian Fonteyn**.

Cabaret Seating:
Adult \$42 Conc \$40

Theatre Seating:
Adult \$40 Conc \$38

LET'S BE FRANK!



TUESDAY 28 MAY
10.30AM

Join **Steve Zammit** and **Issi Dye** as they take you on a journey into the world of **Frank Sinatra** and **Bobby Darrin**.

**MORNING
SHOWTIME**

All Tickets: \$20
Including Morning Tea

**GEE LONG'S PREMIER
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**BOOK ONLINE AT
WWW.POTATOSHED.COM.AU
OR WITH YOUR CREDIT CARD ON 5251 1998.**

By Cr Jim Mason

The opening of the North Bellarine Aquatic Centre brought much fanfare last year.

For so long the people of the North Bellarine have waited for a facility like this, and the outdoor pool that made up stage one of the precinct has been extremely popular.

However, due to financial constraints, the \$15.5 million heated facility had been set to close between April and October.

At our March meeting Council resolved to extend the season at North Bellarine Aquatic Centre for the next two months. This is a big win for the people of North Bellarine and the decision was reached after listening extensively to feedback from residents about the proposed closure.

This means the 50-metre outdoor pool is now set to remain open on weekdays from 6.00 am - 10.00am and 3.00pm - 6.00pm, and on Saturdays between 8.00am and 1.00pm, from 1 April to 31 May.

A Council Officer will then be presented to Council, in May, identifying opportunities that enable North Bellarine Aquatic Centre to remain open year-round. Keeping the pool open during this time is the right thing to do.

I am grateful to my Council colleagues for agreeing with my fellow Bellarine Ward Councillors to ensure the pool stays open during the next two months.

Council was a proud funding partner of the North Bellarine Aquatic Centre, contributing

\$5.5 million to a centre that was designed to foster health, wellness, and inclusivity for all.

And I am proud and excited that this facility will now remain open for the community for April and May, promoting a wide range of health gains.

This is a terrific result for the whole Greater Geelong community, but particularly those living in the Bellarine ward.

As recent infrastructure projects - including the \$64 million Northern Aquatic and Community Hub in Norlane - would indicate, Council is dedicated to delivering quality spaces and places where they are needed.

And the North Bellarine Aquatic Centre has filled a clear gap in our aquatics and leisure network.



Neighbourhood House Week 13 - 19 MAY '24

STRONGER Together!

National Volunteer Week 20-26 MAY 2024
Something for Everyone

Let's celebrate Neighbourhood House Week & Volunteers Week with two afternoon teas. Monday 13 May 2pm at SpringDale and Sunday 26 May 2pm at SpringDale. These are free events and open to all.

Please register for these events with SpringDale office email office@springdale.org.au or call 5253 1960

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

SCAN THE QR CODE TO READ MY 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



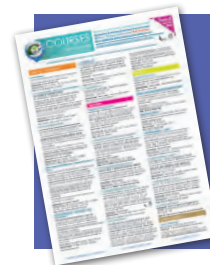
Hello to all

Can I remind everyone to be vigilant with your property? There are a lot of holiday homes in the area, so keep an eye out and, if you see something suspicious then please report it. Remember, don't leave any valuables in vehicles in plain sight.

Bellarine and Portarlington Police have now established the Bellarine Neighbourhood unit. The unit will assist with work in our community, schools and businesses, and can be another point of contact. They will produce a monthly newsletter to inform the community about what is happening in the world of policing. If you have suggestions or would like a copy of the newsletter, they can be contacted on BELLARINE-NEIGHBOURHOOD-MGR@police.vic.gov.au

Have a great month

Regards **Jane** - OIC Portarlington Police



**Find a Course
or a Group.
There is so
much to do at
SpringDale.**

Since our last WLV meeting in March, some of our team members were able to meet with the relatively new councillor for The Bellarine, Elise Wilkinson and the Chair of Sirovilla Retirement Villages Kate Kerkin. These are another two women who are really concerned about the growing statistics of one in three women over 55 living in financial hardship. They are also passionate about finding solutions to this problem.

We are meeting more and more influential women who, like us, are hoping to find a way to change the way we see aging and better understand the needs and aspirations of older women who are burdened under the weight of the ever increasing costs of renting homes that are often not designed to meet their needs.

Yes. Aspirations. Older women do have aspirations. They've not all bought in to the idea that they no longer have a role in society and should be happy to simply retire and blend into the background.

When you think about the role that many older women (and men) play within our society, we have to acknowledge the caring for sick relatives or spouses, the childminding for grandchildren and extra support for busy parents, and the volunteering that keeps many of our charities and organisations functioning such as Op Shops, Neighbourhood Centres, Animal refuges, Visiting Aged Care Homes, Meals on Wheels, Soup kitchens, Food Banks, Relief centres, Landcareand the list goes on.

Without the help of our senior citizens so much of the fabric of our society simply would fall apart. These senior people are often facing huge issues around housing affordability and the cost of living, and yet they are so often overlooked.

And what are their "aspirations"? To live in a safe, secure affordable home which meets their needs, and to be settled for as long as they want or need, within the community that they choose.

If you feel that you would like to join our "crusade" to provide this type of housing on The Bellarine, please contact me by phone or email.

Dianne Bennett 0422 146 604, diannebennett4@hotmail.com

Drainage Upgrades in Drysdale

During April and May upgrades to drainage are happening in Drysdale. This is the culmination of many years of advocacy and will hopefully alleviate the stress that many of our residents have been living under. Work has happened in Wyndham Street and during May works will happen in Barrands Lane, Drysdale.



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Shannon Calder
Manager – Bellarine Office



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lee martin.
Director.
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andrew kibbis.
Director.
0411 424 412

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

Footpaths on the Bellarine

Footpaths have long been wished for on the Bellarine to give people more opportunities for walking, improving health, reducing CO2 emissions, enabling people to get to know their community and meeting people with a similar outlook.

City of Greater Geelong is rolling out a program across the Bellarine and I hope when residents of Drysdale / Clifton Springs are contacted about a contribution to a Priority Pedestrian Network that most people are able to say yes. Although I am lucky enough to have footpath outside our home already, I am very willing to contribute to gain many kilometres of footpath.

Please consider this program as an investment in everyone's health, mental and physical. Our group specifically focused on this subject has been meeting monthly for more than two years and we have published many articles about footpaths in our area. Our work amplifies the work down over more than 30 years to try to gain footpaths.

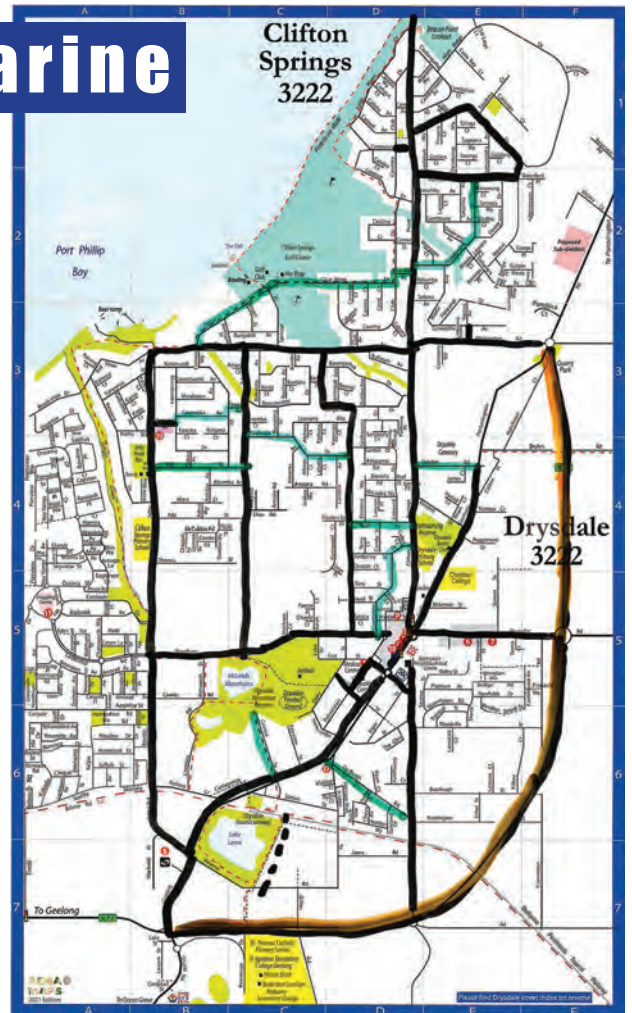
A survey in the first copy of the SpringDale Messenger, December 1991, asked people about their walking habits and needs for more footpaths. In the Bellarine Strategic Plan called for the vision of footpaths in Drysdale / Clifton Springs during the plan's timeframe of 2006-2016.

Since that time all developments have been required to supply footpaths, thus highlighting the difference between older and newer parts of our community.

We have highlighted what we believe are the very important stage 1 footpaths in black and we have marked the stage 2 footpaths in dark green (see map). If you have any comments or suggestions, I ask you to email messenger@springdale.org.au or drop a note into SpringDale Neighbourhood Centre with your contact details so we can respond.

Our group has started to receive letters of support from health professionals and we would love to receive more. If you are a health professional and would like to support this initiative please email messenger@springdale.org.au and give weight to our quest.

Anne Brackley OAM



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ANOTHER YEAR ANOTHER SUCCESSFUL ART EXPO

Bellarine North Rotary Club have again presented to our local community, a very successful Art Expo. On display were many different mediums of art and photography. Many attendees took up the opportunity to purchase a piece to adorn their walls, and at the same time, their contribution to our fundraising efforts will be well used both here, and overseas.

Some of the groups and organisations we support do not get any government funding. Our support can take the form of donations either with money or practical requirements. Groups like Kinship Carers, Feed Me Bellarine, Drysdale and Portarlington Food banks are just some of the beneficiaries of our efforts. Overseas we are currently assisting a school in Cambodia to establish a library.

Last year my word for the year was to be "intentional", i.e., catching up with people and making sure things were followed up. This year my word is "collaboration". This has become true for us with our Club. To put together our Art Show like this, takes an army of people. The setting up of the display boards, paintings in and out, selling the works, running the show over two days, providing refreshments from our café, pulling the boards

down, and returning trailers to storage etc.

This year not only did we have our regular members, partners, family and friends, we were very grateful for members of the local Venturer group, who came and helped lift the art boards into place, and assisted with bringing paintings into the hall for hanging. Along with that, we had a parent and his sons from St Ignatius, put aside their Easter Sunday afternoon to assist with bringing paintings back out from the hall for the artists. We always quote that "many hands make light work", from our club membership, and to everyone who assisted us to provide another successful Art Expo. A very big THANK YOU.

We will also be collaborating with the Venturer Group, to help us rid part of the foreshore in Idented Head of noxious weeds.

Are you part of a group that needs a helping hand? Do you have an idea or thoughts for a project here, or globally, that could do with some assistance? Reach out to us to see if it's something we can collaborate with.

Publicity Officer - **Caroline Rickard**

Bellarine North Rotary Club

0408 989 221



JIGSAWS

The many health benefits of jigsaw puzzles...

- Jigsaw puzzles improve analytic skills and attention to detail. ...
- They sharpen problem-solving skills. ...
- Puzzling is a great social activity. ...
- They improve your focus and concentration skills. ...
- They decrease stress levels and improve your mood. ...
- Get a good night's sleep. ...
- Reboot your brain.

Want to join the health club...? Well, at the SpringDale Jigsaw Library there are thousands of jigsaws available to borrow, all shapes, sizes and themes.

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. Next open 2nd May, everyone is welcome, jigsaws may be borrowed for 40 Cents each, or just drop in for a look and a chat.

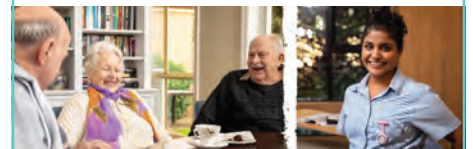
Neville, Jean, Chris, Terrie and Kathrine

Estia Health Leopold is a Residential Aged Care home with current vacancies for **Respite and Permanent Care.**

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Estia Health



MEETING MONTHLY



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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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Unlocking Serenity - Stress reduction from a subconscious perspective.



Humans have been at battle with stress since the dawn of time. Today's fast-pace however, matched with technology's immediacy, has definitely increased the incidental daily stress of life. Unmanaged, we show up to this age long battle underprepared, and unprotected.

As a clinical hypnotherapist, I find most of my practice is dedicated to helping individuals overcome stress and reduce their baseline anxiety. So many presenting issues pivot around these two "hot points" - stress & anxiety - and involve finding one's calm and "ok-ness" above the storms of daily life. Stress affects us all, but through targeted techniques and practices, it can be possible to unlock inner calm and regain control over our lives.

Hypnotherapy offers a unique approach to stress reduction by tapping into the subconscious mind, where deep seeded patterns and beliefs reside. By guiding clients into a deep state of relaxation, hypnotherapy enables people to access their inner resources and reframe negative thought patterns associated with stress.

Techniques, as seemingly simple as a progressive muscle relaxation, can promote physical and consequentially mental relaxation. This alleviates tension held in the body and begins to train ease into the mind. When the body is relaxed, the mind feels a greater sense of safety and openness to consider positive suggestions for relaxed change.

Visualisation is another powerful stress and anxiety reducing hypnotic tool. Through guided imagery, clients are encouraged to create and experience a peaceful and calming environment in their mind. Many clients have noted a profound relaxation and mental clarity from these visualisations. Clients are encouraged, through self-hypnosis or meditation, to continue this practice regularly; thereby training the mind to respond to stressors with greater resilience and more productive technique.

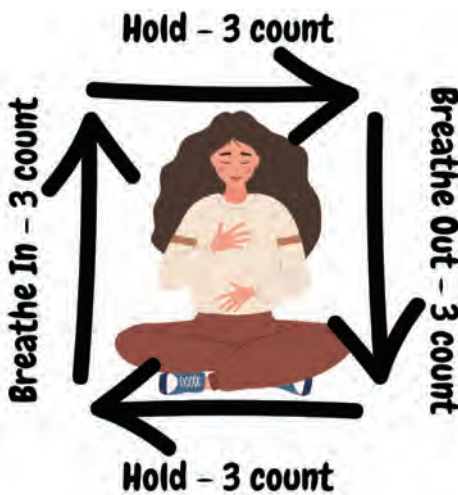
There can be underlying causes of stress and anxiety, such as negative thought patterns, past events and limiting beliefs. By uncovering

and reframing these subconscious influences in hypnosis, clients can experience a shift in perception and behaviour, leading to a lasting reduction in stress and greater emotional wellbeing.

Beyond hypnotherapy sessions, the importance of self-care is paramount to managing stress. From mindfulness meditation to breathing techniques, exercise, and diet, incorporating self-care into your daily routine can have incredible success in reducing stress & anxiety levels. Ask yourself at the start of every day - "what am I going to do for me (to ease my stress) today?" Be sure it is positive and helpful, not a distraction or avoidant behaviour like drinking alcohol. Try something to release the stress cycle; Rest, Connect, Exercise, Create.

Collaboration against stress & anxiety is helpful, please seek professional advice from your doctor if you are feeling unable to manage your stress levels. Hypnotherapy, counselling, yoga, and meditation are among the many reflective practices that can support your positive wellbeing.

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



Happy May everyone, I cannot believe how fast 2024 is going.

Sadly our numbers are increasing beyond my wildest dreams, I established Bellarine Kinship Carers nearly 9 years ago to offer support and guidance to those families living under kinship arrangements in our local area.

Our numbers are now 83 families and well over 200 children in our group.

Each of our 83 families has a different story to tell about their kinship journey.

Some stories I hear from Carers - which are held in the strictest confidence between the Carer and myself - are absolutely heartbreaking to hear.

Some kinship carers and the children in their care have experienced such horror and abuse from so many people over the years, they simply do not see a so called 'light at the end of the tunnel' for themselves or the children in their care.

But when a Kinship Carer joins our group, they relax and open up about their experiences and their situation they find themselves in.

Our new Carers soon realise that they are not travelling the kinship journey on their own. With 82 other families going through exactly the same thing as they are.

We as a group share lots of information, both at our meetings and on our private Facebook site.

We offer a swap or free to good home on our Facebook site as well, things like children's clothing is regularly posted on our site.

We as a group offer as much information and support to our new Carers as they need it and more importantly when they need it.

If you are travelling the kinship journey, please reach out to me in the first instance on the number listed below.

I will be honoured to assist you in any way I can.

Bellarine Kinship Carers meets on the first Monday of each month (not during school holidays) at SpringDale Neighbourhood Centre from 10am to 12noon.

We laugh a lot, we talk too much and sometimes we cry as a group. But we have so much fun because we are there for each other. Stay safe everyone.

Jeanette Hanley Heath - 0414 308 257



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Rebates available through some private health providers

The Festival of Glass is conducting four sessions of learning about Microwave Kilns. The participants learning to explore together, how to use a microwave kiln to melt glass and create small glass objects for use in mosaics, jewellery and other creative projects. If you wish to learn more about participating in this group, please send us an email festivalofglassdrysdale@gmail.com.

We would like to take this opportunity to thank Bellarine North Rotary, for their generous donation which allowed us to buy the equipment to facilitate the running of this activity.



glass Workshops

The Festival of Glass Inc has an all year-round Workshop Programme. The following workshops are now available for interested people to register their interest.

Mosaics Bird: May 4, 5, 11 (suitable for beginners)

Mosaics - Bird & Bee Bath: June 22, 23, 29

Mosaic - A Lantern: July 27, 28

Mosaic - Christmas Decorations: November 23, 24 (suitable for beginners)

Fused Glass Christmas Decorations: TBA

Check our website for more details on these workshops held at the Drysdale Community Hub, Eversley Street Drysdale. More workshops will be announced on our website later this month.

www.festivalofglass.net.au Mercedes Drummond - FoG Inc President

Why did I join Drysdale & Clifton Springs Curlewis Association (DCSCA)? No matter where, in Victoria, I have lived I always have been involved in the local community as a volunteer. I joined DCSCA as I am passionate about community involvement and advocacy. My commitment to volunteering and my belief in the importance of contributing to the community's well-being drove me to seek out opportunities to make a difference in this area.

I feel if we all contributed to our community the more vibrant, healthier, happier and engaging the community will be. When I first arrived in Drysdale, I became involved in several community groups to reduce my social isolation and loneliness, however I needed something else, I needed a sense of belonging. I came across DCSCA via SpringDale Neighbourhood Centre, the aims of the group sounded like something I could relate to. The plus for me was to have the opportunity to join an association that works with and advocates on behalf of our community. I feel advocacy is a powerful means for change, enabling individuals and communities to address and rectify issues of concern.

The "old" Drysdale & Clifton Springs is changing very fast. The rapid changes in the area, particularly the housing developments, spurred my interest in advocating for the community's wishes amidst this transformation. Additionally, my focus on environmental issues and the broader development across the Bellarine Peninsula aligns well with the goals of a community advocacy group like DCSCA.

The privilege of being elected to the role of President, four years after my arrival here, surprised me. It made me nervous but inspired, spurring me on to advocate for our community wishes, in the atmosphere of change. In this challenge there is a team with me of equally motivated community minded people, without the team the challenges can't be met.

This supported team will develop and encourage community engagement increasing the visibility and understanding of issues enabling our community to have their say over decisions that affect their lives, and their neighborhood.

Jacky Noble, President Drysdale Clifton Springs Curlewis Association (DCSCA)

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LEOPOLD VIEW CLUB

Leopold VIEW Club had a great start to the year with the popular Book Club meeting in January at the Fork and Flower Café in Moolap. Members share the individual books that they have read and often swap with each other, have a coffee and often stay for lunch.

The AGM in February saw the formation of a new and very enthusiastic Committee led by Victoria Trofimovs. There are regular coffee mornings and lunches. Many exciting activities are being planned for 2024.

The Leopold VIEW Club celebrated its First Birthday in March at the Leopold Sportsman's Club. There was much fun and laughter led by the capable group of volunteers who organised a short Trivia quiz, a piano performance by Victoria Hay, who is an accomplished musician and who also accompanied a singalong. Following this was the traditional singing of Happy Birthday and the cutting of the cake by Angela Pegram who was instrumental in establishing the Club.

Many guests attended, including: Alison Marchant MP Bellarine, Bronwyn Shearer Bendigo Bank, Lorraine Batrouney VIEW Zone Councillor, Janet Park VIEW National Councillor, Marg Woodhouse Past VIEW National President, Bev Orgill Past Zone Councillor, Lyn Geer & Jenni Wynd VIEW Development Team, and Members from many VIEW Clubs.

VIEW Clubs of Australia (VIEW) is a national women's organisation exclusively supporting the work of The Smith Family. VIEW stands for

Voices, Interests and Education of Women.

VIEW offers a network for women to connect with each other in the community, while supporting the work of The Smith Family in providing long-term educational support for Australian children and young people in need. It is the largest community sponsor of students on The Smith Family's Learning for Life Program, and has supported children and young people in need for over 60 years. There are close to 300 clubs and over 14,000 women members throughout Australia.

VIEW Clubs provide an opportunity for you to meet new friends, have fun and learn new skills, while supporting Australian children and young people in need.

Meetings are held at 10.30am on the 2nd Tuesday of each month at the Leopold Sportsman's Club. (Please note that there is no meeting in January)

Please come along and join us.

If you'd like more information please email: leopold.viewclub@gmail.com

You can learn more about VIEW on the web page www.view.org.au



Learn today, change tomorrow.

DRYSDALE DAY VIEW CLUB

Drysdale Day VIEW Club was formed in 2001.

Currently, the Club sponsors twelve Smith Family Learning for Life students and is actively involved in fundraising activities to raise donations for The Smith Family programs.

We are always open to new members, so please get in touch today and come and see what it's all about.

Location

When: Meeting Day on 4th Friday each month

Time: At 10.30am for 11.00am

Where: Portarlington Golf Club

Address: 130 Hood Road, Portarlington

Contact - Maureen on 0468 495 488

Email: drysdaleday.view@gmail.com

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BELLARINE CAMERA CLUB

The latest Open subject competition "Portraits" was judged by John Conway. John is a local portrait photographer who recently held a workshop for our club.

A large number and range of portrait entries were reviewed by John who gave an informative critique of every image. We were also shown some of John's fabulous portrait prints.

Congratulations to members who were awarded the following places:

Prints: A Grade: 1st (And Image of the Competition) "Ben 1" by Debbie Hallows, 2nd "Good Self" by Graeme Addie, 3rd "I'll Make this Shot" by Rob Peck, Merit: "Rachel" by Daryl Haywood, Merit: "Selfie" by Neil Smith B Grade 1st "Maasai Woman" by Chas Taylor, 2nd "Rustlers Afoot" by Lynne Cornell

Electronic Digital Images: A Grade: 1st "Just Waiting" by Sheridan Garra, 2nd "My Girl" by Kevin Robley, 3rd "Lava Lamp Fascination" Sheridan Garra, Merit "Lukey 1" by Debbie Hallows. B Grade: 1st "Alice" by Geoff Gaskill, 2nd "Jodie" by Maria Hardie, 3rd "Hello Sailor" by Geoff Gaskill.

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

Robyn Curtis
PO Box 308
Point Lonsdale Vic 3225



ADVENTURES IN PRINT MAKING

This will be a taster workshop to open the contemporary, non-traditional possibilities of printmaking, introducing different approaches to block printing and the many possibilities of embellishment. We will develop prints with a range of materials and effects.

Exploring the possibilities, discovering new ways and enjoying the experience will be the intent of both sessions, with participants encouraged to experiment.

Instructor: Annette Playsted

Dates/Times: Fri 17 & 24 May 1.30-4pm
Fee: \$160 or conc \$90

(Adventures with Sculpture will be held 2 & 9 Aug)





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Hi there, I've been laughing myself into stitches after the "wash-up" of the potato festival at the Drysdale Primary School. We added a science fiction element to the SpringDale Centres' jigsaw trading table, by "adding in" a jet pack and base station appearance.

A nice sunny day made for a genuine carnival atmosphere, a good crowd attended and, having set up the radio equipped station, I set off on "Jet Pack patrol." Some of the kids tried the radio "talk down" sequence, guiding me down through the "clouds" at the base. The radios worked O.K. (this time anyway!) and my radio "internship" flourished.

I got involved in some fascinating conversations `en route. (Adults) "Is it heavy"? Actually, the weight of the outfit doesn't feel at all static. The longer you wear it the heavier it gets. Eventually you have to sit down before you fall down!

But the kids, on mastering the concept, immediately wanted a real one. After all, if the "mock up" could be built, the flying version was the obvious next step. You could see that this step, in their eyes, was quite short, like the last nail in the project or the last piece of the puzzle.

Spokesperson (upper primary age) ..." Next year you should take this to the next level and make a real one."



Myself (flattered by their faith but doubtful of the outcome) ..."I don't know if I have the skills or money for this. Still, if you have faith in me..."

Everybody (wild enthusiasm) "We have faith, we have faith! "

Spokesperson (taking the problem seriously) ..."What about twin aerosol cans?"

Now when I thought of that one in 1966, Mum said "It wouldn't work and it's wasting money."

Now it's being served up to me!

Old sins have long shadows...

Serve me right!

Don't forget Star Wars at SpringDale!

Saturday May 4... John

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Making my Home more Sustainable - Part 11

I've received a number of comments and questions regarding my Electric Vehicle article, in particular about charging time, and the costs.

Every car, driver, and power company charging system are different, but with my Red Energy electricity supplier I plan to:

1. Charge up during the day to use all of my "surplus" solar energy from the roof. I have a charger which can be easily and immediately varied and there are some now available which will do this automatically. This results in an energy cost to me of 8c/kWh or 1c/km driven. Sometimes I charge at the maximum rate on the weekend and use many other household appliances between 12pm and 2pm, as my power is free during this period.
2. If I have a longer trip planned (over 250km), then, I try and get the battery near full by charging overnight, or in the morning at off-peak rates at 24c/kWh or 3c/km driven.
3. If I'm still low I'll use a higher free speed charger, generally when I'm shopping or doing an activity in Drysdale.
4. The final fall-back would be to go to the Drysdale Swimming Pool and get a very high rate of recharge (58c/kWh at 50kW rate).

To date I've only required to use a high-speed charger on my trip past Sydney, so there is a saving in time for me to charge the car for most of the year.

My son-in-law has a BYD Atto 3 and drives about 100km to 150km per day and he recharges every night.

His electricity is retailed by AGL and costs just 8c/kWh (1c/km driven) between midnight and 6.00am so when he gets home, he plugs the car in which takes about 15 seconds and the car automatically starts the charger at midnight and stops it at 6.00am or earlier if it is already full.

His car electricity cost is \$7.50/ week compared with over \$160 for petrol each week so he's saving over \$150/week or about \$7,500/year which generates a good payback for the car. He also reckons that it actually saves him quite a bit of time versus having to go to a petrol station every few days.

As an aside he also found the BYD could keep several domestic appliances, e.g., fridge, freezer, a kettle and a few lights, going through a recent power failure.

Overall, recharging is a different way of "fueling" a car, (think, more like a mobile phone and, that you don't need a trip to the petrol station). It isn't difficult, and one quickly learns to save vast amounts of money, plus it takes no effort/time. If you do sufficient kms, you can justify installing a wall mounted (Mode 3) charger with more features (such as solar charging, timed charging, smart phone monitoring etc). Note EV charging can be difficult for on road parking or rental properties, but roadside chargers are available elsewhere in the world and should become available here. There are also more solutions for apartment charging including some tailored solutions -e.g., <https://www.wattblock.com/>

For an article that covers charging options at home, see (<https://thedriven.io/2023/08/01/when-should-i-choose-a-dedicated-home-ev-charger-over-a-power-point/>)

SpringDale Trivia

by Drysdale Girl Guides

1. In what Southeast Asian country is Mother's Day celebrated by offering jasmine flowers and performing a traditional kneeling ceremony?
2. Who is the mother of Baby Pebbles in the cartoon The Flintstones?
3. Which living mammal has the longest gestation period?
4. What is the name of the mother of the Bridgerton family (Anthony, Benedict, Colin, Daphne, Eloise, Francesca, Gregory and Hyacinth) in the TV series Bridgerton?
5. According to the Guinness book of records, what is the highest number of children born in a single birth to survive?
6. Who said this famous quote about his mother "All that I am, or ever hope to be, I owe to my angel mother."
7. What is the name of Wednesday and Pugsley's mother in The Addams Family?
8. What month is known as Breast Cancer Awareness month in Australia?
9. By what superhero name does Helen Parr, mother of Violet, Dash and Jack-Jack in the Incredibles, go by?
10. Who was the paternal grandmother of Queen Elizabeth II?

Turn to page 21 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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Clifton Springs Garden Club

Since I wrote my last article talking about how dry our gardens were, we have had 45 mls of rain over night at our place. This was the best rain we have had in many months, and the garden and lawns look refreshed.

Beth Ross, Bellarine Landcare Group, was our guest speaker for April. Beth is a Botanist, and her passion and interest in the environment and especially endangered plants, indigenous to our region, showed through in her interesting and informative talk.

Beth is one of those lucky people who is able to combine her passions with her work. What amazing work this group does, from restoring native vegetation areas, to growing local plants indigenous to our area, so others can enjoy them. I was fascinated to hear that Beth, and others in the Bellarine Landcare Group, and some members of the public, have found rare species of plants in our area, and have been able to gather seeds and samples of these plants, and they are now available to plant out in their natural habitat to keep the species going. As a result, you are now able to grow them in your gardens. If you are interested in obtaining some of these rare plants, you can visit the Bellarine Landcare nursery. Did you also know that there is a yellow gum that is rare and unique to the

Bellarine area - Eucalyptus leucoxylo subsp. Bellarinensis? Looking after our plants, is also a great way to look after our little critters that live amongst the vegetation.

This month we have one of our members as our guest speaker. Susan John is going to give us a talk and presentation of beautiful photos that she took on a recent tour of South Africa. I am really looking forward to this, as I have an ancestor who was an Archdeacon in South Africa. His passion was collecting plants, and he found an un-named species which was subsequently named after him.

Our May outing is to the Common Ground Project Freshwater Creek. This outing will be very different from most of our outings, as it is a farm and social enterprise, which provides tours, hands-on workshops, training, and a whole lot more in the area of more resilient food systems.

Our Club meets the first Monday of the month (except July) in the Uniting Church Hall Drysdale at 7.30 pm. Visitors are most welcome. If you would like to keep up to date on upcoming speakers and outings, please do not hesitate to contact our Secretary Helen, on telephone 5257 2220 or email hma3152@gmail.com.



Drysdale Harvest Basket

Garden Produce Swap and Edible Gardening Group

Forge Friendships and Share Skills

9-10.30am On the first Saturday of every month (except January)

Inside Hall at
SpringDale Neighbourhood Centre
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Come along with your goodies to swap and share. New members are always welcome. (SpringDale membership \$12 plus \$2 per month)
Visit us on Facebook: www.facebook.com/drysdaleharvestbasket

Calling for Walkers

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

Join a team of almost 91 people helping to deliver the SpringDale Messenger across the North Bellarine. Could you spare one or two hours a month?
Join our Fitness with Purpose activity.

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Mental Health Movement, Let's Tackle the Silence.



The Drysedale Hawks have launched a Club and Community Wellbeing committee. The Club recognises the importance of supporting the welfare of players, coaches, members, and greater community to unlock their full potential on and off the field.

The Hawks recognise support for mental health and wellbeing in community sport is important, particularly for young people. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.

Sports play a key role in our culture, which is reflected in the fact that a majority of young people participate in organised sport. Participation in sport can have direct benefits for physical and mental health, by encouraging regular exercise, along with providing an opportunity for a sense of community and wellbeing to be cultivated. It can provide a safe space and a trusted network where people feel socially connected.

A team of incredibly inspiring and compassionate people who share a wealth of knowledge and experience in the field of mental health and wellbeing will head up our Hawks committee.

This committee will be a point of contact for club members, and support initiatives and programs to promote connection, belonging and a healthy club and community.

Mental Health Awareness Week 2024 will take place from 13-19 May. The year's theme is Movement: Moving more for mental health.

If you would like to be a part of this great community, why not become a Social Member? It costs only \$75 single or \$50 concession. That's over \$100 worth of value including FREE entry into home games and two FREE meal vouchers and entry into the weekly members draw.

The Club fosters inclusiveness and invites all members of the community to join us for Thursday night meals and events. Thursday night meals are very reasonably priced, subsidised by the Club and our volunteers. Don't be shy, come on down.

Keep an eye on the DFC website and social pages for social events, training schedules in each age group, and future holiday programs to benefit all kids.

Key contacts

Junior Football - contact Junior Coordinator Amy 0409 859 837

Peninsula Sharks Junior girls football contact Glenn 0438 344 918

Senior Women Camp contact Jess 0427 753 723

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

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Trivia Answers

1. Thailand
2. Wilma
3. Elephants
4. Violet, Dowager Countess Bridgerton
5. 9, born to Halima Cisse of Mali on 4th May 2021
6. Abraham Lincoln
7. Morticia Addams
8. October
9. Elastigirl
10. Queen Mary

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Iris O'Connor: The Beating Heart of Peninsula Blitz

In the world of Peninsula Blitz Basketball Club, there's a hero whose story transcends the game itself. At the vibrant age of 80, Iris O'Connor has become much more than a spectator; she's the very soul of the club. Six months ago, amidst a time of profound sorrow following the loss of her granddaughter, Cienna Rose, Iris found a beacon of hope and connection within the club, making it her home away from home.

The loss of Cienna, a bright and beautiful girl at just 12 years old, could have cast a long shadow over Iris's life. Instead, she chose to channel her grief into supporting her grandsons, Couper and Cohen, in every dribble, pass, and shot on the court. The Peninsula Blitz games have become a living tribute to Cienna, with Cohen donning the number 12 jersey in her memory, a symbol of her age when she passed, ensuring that every play carries her spirit forward.

Iris's unwavering support and her ability to bind the community together have not gone unnoticed. In a heartfelt recognition of her impact, the club has honoured her as the Number 1 Member, a title that speaks volumes of her significance to the team and its supporters. This accolade is a testament to how she's embraced the club and its members, offering them the same love, support, and resilience she showers on her grandsons.



Presentation of our number 1 Supporter jersey

Her presence at the games is more than just about cheering; it's a reminder of the power of community, love, and healing. Iris embodies the spirit of Peninsula Blitz, showing everyone that amidst loss and despair, there is a family waiting with open arms, ready to lift you up. As Iris stands tall, watching over the court, she's not just a figure of support but a beacon of hope and strength for everyone around her. The title of Number 1 Member is not just an honour but a reflection of the invaluable role she plays within the club. Through her eyes, we see not just the game of basketball, but the game of life, played with love, loss, and the unyielding strength of family bonds.

Today, the Peninsula Blitz plays with a purpose that goes beyond winning or losing. They

play for Iris, for Cienna Rose, and for the undeniable truth that in this community, no one stands alone. Iris O'Connor, with her grace and grit, has shown us all what it means to be truly undefeated.

Peter Hobbs



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Pickleball



On the March long weekend, the Victorian Open Tournament was held at the Weribbe Eagle Stadium. An amazing complex with 28 courts, where over 450 people from all over Australia came to play Pickleball. About forty (40) of our club members took part, with many of them playing for the first time in a tournament. We had great success in all the different categories, with around 30 medals won. Many played over the 3 days in singles, gender doubles and mixed doubles. The conditions were quite extreme, as it was around 34 to 36 degrees inside the stadium the whole weekend.

Every 3 months we have a friendly rivalry with the Torquay Pickleball Club, where we play a round robin to see who takes home the trophy. Torquay were desperate to win, as we had won 5 out of 6 times previously. Despite them fielding a very strong team, we still won.

On Good Friday we had an Easter competition, at our new outdoor courts at the Clifton Springs Bowling Club. It was a spectacular sunny day with 46 players. There were 2 teams, the Bunnies versus the Bilbies. It ended up a very close competition, with the Bilbies just winning. We also held a very successful raffle with all the money raised going to the Good Friday Appeal.

Besides all these competitions, the main focus of our club is on social play for all our members. We have sessions on 3 weeknights, and numerous daytime sessions on weekends at the Drysdale School Hall. Then there is



outdoor play available at our new courts at Clifton Springs Bowling Club, a number of times during the week. This means that our members now have options of when and where they want to play. But, it is still not enough to meet the demand of over 200 people. If you are interested in learning how to play pickleball then contact us on our email: dcspickleballclub@gmail.com

Fiona Bond



Clifton Springs & Curlewis Coastcare Group

We have implemented a schedule of regular events for the community to participate in local activities. On the first Monday of each month CSCC members perform water testing for the Waterwatch Victoria monitoring program, and on the third Wednesday of each month we meet for either a Habitat Restoration activity or a Walk & Talk event.

Upcoming events in May and June:

- **Mon 6 May:** Waterwatch monitoring. Monthly water testing by CSCC members. Meet at 9:30am at the Clifton Springs Boat Harbour car park near the swimming beach.
- **Wed 15 May:** "Introduction to Waterwatch" session. Learn about the Waterwatch Victoria program from Deidre Murphy, Regional Citizen Science Project Officer of the Corangamite Catchment Management Authority and the monitoring activities of the local coastcare. Meet at 9:30am at the Clifton Springs Boat Harbour car park near the swimming beach.
- **Mon 3 Jun:** Waterwatch monitoring. Monthly water testing by CSCC members.
- **Wed 19 Jun:** Habitat restoration/weeding activity on the Clifton Springs foreshore in conjunction with CoGG officers. We'll meet at 9:30am, see FB for further details.

Look out for upcoming events and updates on the group's Facebook page.

Hans Heine, Rob Gardner





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